

## Table of Content



<u>Chief Editor's Desk</u>	<u>2-5</u>
<u>News &amp; Reports</u>	<u>6-19</u>
<u>Language Club News &amp; Reports</u>	<u>20-24</u>
<u>Self-love First</u>	<u>25-32</u>
<u>Travel &amp; Leisure</u>	<u>33-41</u>
<u>Home Garden</u>	<u>42-45</u>
<u>Teaching &amp; Learning</u>	<u>46-54</u>
<u>Lecturer's Contribution</u>	<u>55-72</u>
<u>Creative Corner</u>	<u>73-83</u>
<u>The Team</u>	<u>84</u>

from the

# LECTURERS

---

Tossing Yee Sang

58

Mastering the art of netball

59

My Switzerland trip

61

Harga sebutir "painkiller"

62

Noël

65

Kembara karomah

66

Menangani tekanan di kalangan ibu bekerja

71



# Mastering the Art of Netball: A Comprehensive Guide to Gameplay



Netball is a dynamic and exhilarating sport that demands a unique set of skills, teamwork, and strategic thinking. Originating from basketball, netball has evolved into a distinct game with its own set of rules and nuances. Let's explore the fundamentals of playing netball, from the basic rules to the essential skills required to excel on the court.

Netball is played between two teams, each consisting of seven players. The court is divided into thirds, and players have designated positions such as shooters, defenders, and midcourt players. The objective is to score goals by shooting the ball through the opponent's net, positioned at each end of the court. Some fundamental rules of netball include the following:

- 1. No Dribbling:** Unlike basketball, players cannot dribble the ball. Once a player receives the ball, they must come to a complete stop before passing or shooting.
- 2. Footwork:** Footwork is crucial in netball. Players must pivot on one foot while holding the ball, and once they lift that foot, they cannot land on it again until they release the ball.
- 3. Three-Foot Rule:** Defenders must maintain a distance of at least three feet from the player with the ball. This ensures fair play and adds a strategic element to the game.
- 4. Positional Play:** Players are assigned specific positions, each with its own responsibilities. Understanding these roles is vital for effective teamwork and gameplay.

## Essential Skills for Netball:

**1. Passing and Receiving:** Accurate passing is the backbone of netball. Players must master various passes, such as chest passes, bounce passes, and overhead passes. Equally important is the ability to receive the ball cleanly, ensuring a smooth transition between teammates.

**2. Shooting Accuracy:** Shooters play a critical role in netball, aiming to score goals for their team. Developing accuracy and consistency in shooting is a skill that requires practice and precision.



Training session with UiTM CPP's students

By Norhafizah Abdul Halil



3. **Defensive Techniques:** Defenders work to intercept passes, block shots, and create turnovers. Defensive skills include marking opponents closely, timing interceptions, and disrupting the opposing team's attacking flow.

4. **Court Awareness:** Understanding the flow of the game, knowing where teammates and opponents are on the court, and making quick decisions are essential for success in netball. This requires heightened court awareness and strategic thinking.

Talking about the benefits, this fast-paced and exhilarating sport, not only provides an avenue for physical activity but also offers a myriad of holistic benefits. From fostering teamwork and enhancing cardiovascular fitness to promoting mental well-being, playing netball is a wholesome experience that contributes to both physical and mental health.

Playing netball is a multifaceted endeavor that demands a combination of physical prowess, strategic thinking, and effective teamwork. By mastering the basic rules, honing essential skills, and embracing the unique aspects of positional play, players can elevate their performance on the netball court. Whether you are a beginner or an experienced player, the joy and fulfillment derived from the game are boundless, making netball a truly captivating and rewarding sport.



Winning second place at Kejuanan 5 Penjuru organized by Perbadanan Pembangunan Pulau Pinang (PDC) on 21st October 2023



UiTM CPP staff and students joining Netball Tournament Liga Sukan Komuniti Seberang Perai Utara district on 27th August 2023

