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The Beginner's Guide to Netball by Maria Tutaia

Publisher: Random House

RRP \$35.00

The publication of this first-rate guide is well-timed for the netball season. Maria Tutaia's sporting journey opens the introductory pages of her fascinating insight into the popular game. The star goal shooter has notched up 100 games for the Silver Ferns, has played in World Cup and Commonwealth Games tournaments, and won many accolades. She is recognised for her strong attack skills and graceful performance on the court.

Follow-on chapters detail the history of netball and its development in New Zealand. The rules are outlined, plus how various age groups play the game from when they start in the younger grades, to when they move into the older age brackets.

An interesting section talks about netball uniforms, the gear used, and the three areas the court is divided into. Types of passes, stepping, obstructions, and sanctions are well covered. The different positions are fully explained and provide a sound base for the next chapters dealing with technique. These are packed with tips on balance and ball handling skills, footwork, pivoting, dodging, defensive moves, troubleshooting, and a myriad of other useful hints.

There's plenty of goal shooting advice from the expert athlete, plus discussion on leadership, attitude, and mental preparation. Colour illustrations and action photos from Maria's career fill the pages, along with diagrams and fact boxes.

This comprehensive book is a worthy companion title in the beginner's sporting series published by Random House. Check out the other 'Beginner's Guide' on the Random House website:

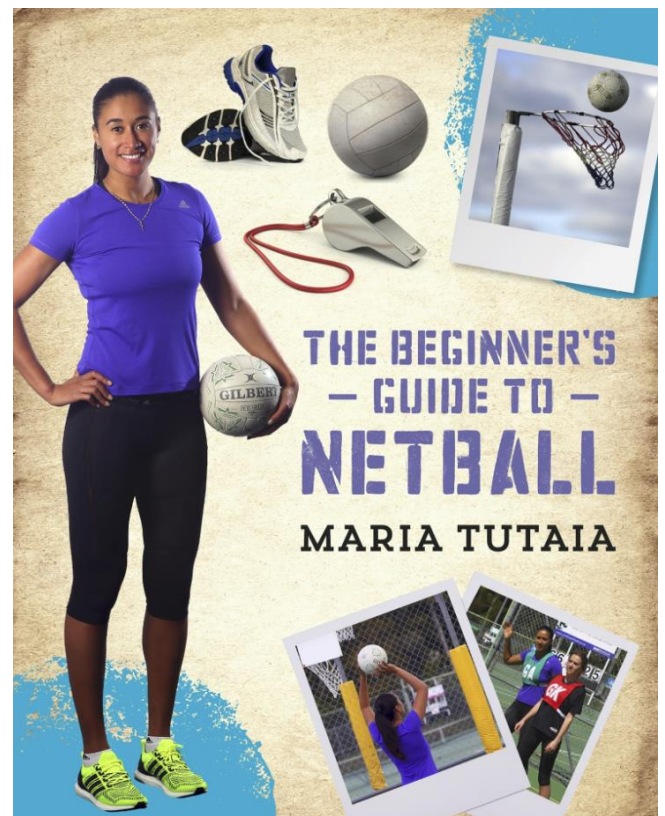
www.randomhouse.co.nz

Author's social media:

www.twitter.com/mariatutaia

www.instagram.com/mariatutaia

Reviewed by children's book author, Jean Bennett



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