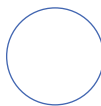




FunNet + NettaNetball



a guide
to the games of
FunNet + NettaNetball



modifiedSport

the role of junior netball policy

Modified sport enables children to learn new skills and have fun at the same time, without having adult expectations placed on them. Netball NSW offers two modified programs for children under the age of 10 years, which allows for a positive introduction into the sport of Netball.

funNet

(5-7years)
a play based skills program

nettaNetball

(8-10years)
a modified version of netball



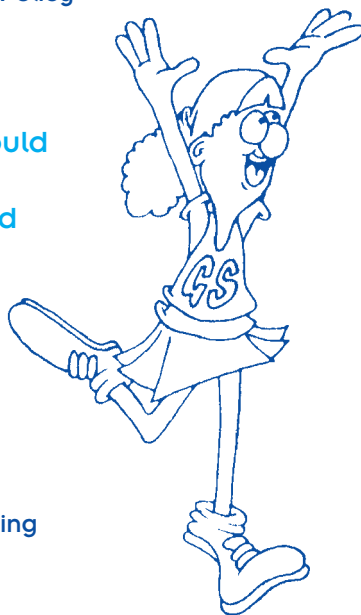
These programs have been introduced to provide a safe and fun environment through which junior players learn new skills and interact with others. The rules of both programs comply with the Junior Netball Policy (1995) which states:

“The introduction of children to organised competitive netball should be gradual and is best achieved through minor games/activities and modified rules”

modifiedRules

are aimed at:

- developing skill level, and learning these new skills with friends
- improving self esteem and confidence
- providing a safe environment for play, with the use of modified equipment and rules
- participation rather than competition, reducing the expectations by adult standards, so that participants enjoy their netball and continue playing





funNet

a fun skills program for
5-7year old girls and boys

what is funNet?

funNet is a FUN skills program for 5-7 year olds who want to play netball. Children learn and master game skills while interacting with friends. The length of the funNet program can be run between 8-16 weeks, although this is flexible, according to School or Association needs.

a funNet session includes:

warm up (5-10mins)

- fun games
- stretches

skill stations (15-20mins)

- catching and throwing, balance skills, footwork and running

mini game (10-15mins)

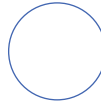
- related to skills learnt

why do we have funNet

- funNet allows for children to obtain a gradual introduction to the sport of netball by learning basic motor skills, including balance, co-ordination, footwork, catching and throwing skills
- the program is appropriate to age and ability level of players
- It gives individuals an opportunity to participate and have fun
- It provides a non competitive environment for children to learn new skills
- funNet players will have better skill level for when they enter into netta netball

rules of funNet

- there is no organised competition structure
- there are no scores kept and no winners or losers
- players are arranged into small groups with a coach
- players are put through a 30-45 minute FUN training session
- modified equipment is used (size 4 netballs)



funNet

how to implement

associationProgram

Children enrol in funNet as individuals, these individuals must be registered with Netball NSW.

The funNet program should be run according to the needs of the Association. It will depend on the facilities, equipment and space available to them, and the number of participants involved in the program.

Associations will need to appoint a funNet Program Leader or a funNet Committee to run the program. The responsibilities of the leader/committee are:



- manage and plan the program
- recruit and organise coaches
- recruit and organise players, make sure both players and parents are well informed as to what the program entails
- organise equipment
- make sure coaches are prepared (funNet coaches day)
- organise certificates for all participants

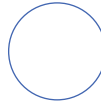
schoolsProgram

This program can run during or after school. Teachers can run the program with the assistance of parents. If further assistance is required contact members of the local netball Association.

The program can ideally be run in sport time with class groups.

The head teacher should be in charge of organisation, equipment, helpers and participants.





nettaNetball

netta making skills betta!

what is nettaNetball?

nettaNetball is a modified netball game for 8-10 year old boys and girls.

The emphasis is skill development, mass participation and FUN. The program has been developed under the guidelines of the Junior Sports Policy which emphasises:

“all players between the ages of 8-10 years must play according to modified rules.”

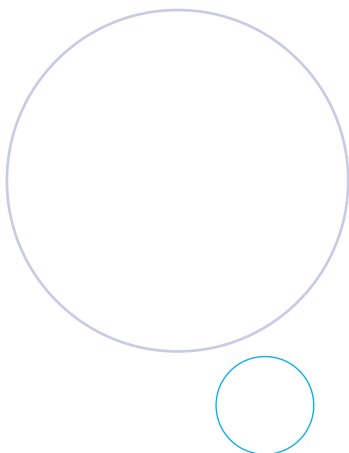
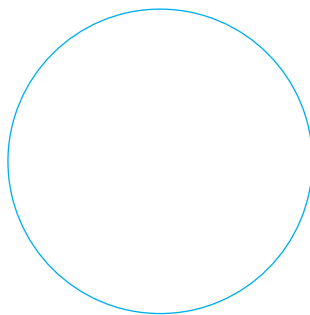


nettaNetball

why do we have it?

nettaNetball is for children, without modification it has the potential to:

- put too much emphasis on competition rather than skill development
- prevent skills being fully developed
- take the FUN out of the game because the game will be dominated by stronger players
- place excessive physical demands on participants with the use of adult rules and equipment
- focus too much on the talented players instead of those needing more development with skills





rules of nettaNetball

equipment - a size 4 netball is used to develop correct catching and throwing skills. The goal post is only 2.4 metres (8 foot) high, this makes it much easier to score using the correct shooting technique.


the game - is 4 x 10 minute quarters.

catching - players are allowed up to six (6) seconds between catching and throwing the ball.

footwork - minimum shuffling when catching and throwing to regain balance is allowed, but no shuffling forward. Always encourage correct footwork.

defending - players must be 1.2 metres (4 feet) from the player with the ball when defending. There is no defence of the shot allowed.

obstruction/contact - a player who contacts or obstructs is not stood out of play. The umpire will blow the whistle for the infringement but will allow the player to continue after a brief explanation.



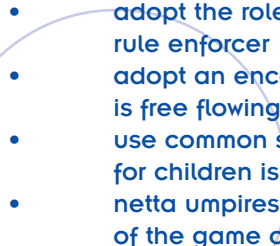
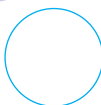
substitutions - up to 10 players can participate in the game, 7 players and 3 reserves. All players are to participate for at least two quarters and players are to rotate positions at the completion of each quarter. This provides all children with equal playing opportunities and gives them the chance to play all positions.

competitions - no finals games are to be played. Games should be non-competitive, with no recorded scores. Cloth badges or certificates should be presented to all players for participation and effort.

umpiring nettaNetball

“The rules for nettaNetball are primarily for umpires rather than the coaches. Umpires of netta must be flexible, easy going people, with a desire to help children enjoy and learn from the game”

umpires should:

- use simple language and explain decisions
 - umpire according to the skill level of the players
 - adopt the role of the teacher/ umpire rather than a rule enforcer
 - adopt an encouraging manner to ensure the game is free flowing
 - use common sense to ensure the ‘spirit of the game’ for children is not lost by overcalling the game
 - netta umpires will find they spend the majority of the game on the court with the players
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- 



netta making skills **betta!**

by melissa dwyer 1995

My name is Sally and I have just turned 8,
I love playing sport and Netball is great.

Because I'm just little and my hands are quite small
we get to play with a size 4 ball.

When playing the game I often get stranded,
Coz' I sometimes forget on which foot I landed.

In Netta the stepping rule isn't too tough,
we are allowed to shuffle but not too much.

When I catch the ball I get such a thrill,
that I throw it really quick and look like a dill.

Now I have 6 seconds to make up my mind,
to throw it in front and not out the sideline.

A 10 foot post is way too high,
and i'm not strong enough to get the ball up to the sky.

Now that the post is only 8 foot tall,
I can now shoot properly not just chuck the ball.

After a one hour game I get very puffed,
4 x 10 minute quarters are more than enough.

The thing about Netta that I love the most.,
is that I don't get stuck holding the post.

From GK to GA to Centre top,
at the end of each quarter I get to move.

By the end of my time of playing in Netta,
my skills will be just so much betta!!

nettaNetball

substitution example

It is a good idea for coaches to keep a record of substitutions made throughout the season, to make sure all players receive the same amount of court time and have the opportunity to play all positions.

week 1

| quarter: | 1st | 2nd | 3rd | 4th |
|----------|-----|-----|-----|-----|
| Rod | off | off | GK | GD |
| Toni | off | GK | GD | WD |
| Kerry | GK | GD | WD | C |
| Renee | GD | WD | C | WA |
| Kaye | WD | C | WA | GA |
| Kylie | C | WA | GA | GS |
| Troy | WA | GA | GS | off |
| Chris | GA | GS | off | off |
| Kathy | GS | off | off | GK |

week 2

| quarter: | 1st | 2nd | 3rd | 4th |
|----------|-----|-----|-----|-----|
| Rod | WD | C | WA | GA |
| Toni | C | WA | GA | GS |
| Kerry | WA | GA | GS | off |
| Renee | GA | GS | off | off |
| Kaye | GS | off | off | GK |
| Kylie | off | off | GK | GD |
| Troy | off | GK | GD | WD |
| Chris | GK | GD | WD | C |
| Kathy | GD | WD | C | WA |



publication list

the role of junior netball policy


The following is a list of manuals available to assist netta and funNet coaches. These manuals can be purchased through the Netball NSW Office

netta manuals

creative coach guide - melissa dwyer (1995)
compiled by our former Junior Development Officer, this manual has been devised for coaches of netta and Junior teams. It is made up of a compilation of games and activities that while developing and teaching the players the skills of the game, will also keep training sessions enjoyable.

nettaNetball - a game for young players
developed to provide primary school teachers and junior netball coaches with an informative coaching manual. The manual contains coaching sessions, warm up activities and minor games designed to provide children with a fun and interesting introduction to netball.

netta manual netball australia - this manual is produced by Netball Australia to assist junior coaches and teachers with nettaNetball. It provides in-depth lesson plans, rules, guidelines and an activity reference section. It is a must for netta coaches.



junior coaching guide (1987) - this is a resource for coaches who are responsible for introducing netball to young players. The book outlines strategies for structuring teaching sessions, coaching options and ideas for training programs including the use of popular ball games and drills.

funNet manuals

funNet - tahnee norris (1996)

this book was compiled by the NSW Development Officer to cater for 5-7 year old boys and girls who want to play netball. This manual includes sections on warm ups and stretches as well as a week by week plan for eight weeks introducing funNet and netball skills to this age group.

funNet - netball australia manual (1997)

the funNet Manual is aimed at assisting coaches and teachers of 5-7 year old netballers. It contains implementation guidelines, sixteen lesson plans, coaching tips, and an activities reference section.

guide to the game of netball - video

featuring NSW and Australian representatives, Catherine Cox and Natalie Read and presented by former NSW and Australian Captain, Anne Sargeant, the Guide to the Game of Netball video is the essential aid for any new or aspiring player, coach or umpire.





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