



## NETSETGO SKILL DEVELOPMENT COORDINATOR

**STATUS:** APPOINTED POSITION (NO VOTING RIGHTS)

**QUALIFICATIONS:** Essential  
Experience in coaching junior netball teams.  
Ability to work with young children.

### RESPONSIBILITIES RE NETSETGO:

#### **Pre-NetSetGo! skills for 5-6year -olds.**

This activity requires two volunteers.

A manager is needed to liaise with the KNA registrar to obtain names and addresses of all the children who have registered, and to take any new registration on a Saturday. A list of children is made with name tags which are put on each week. Each name tag has a colour which then puts a child in a team. The manager can email the parents if there is a need. The manager also helps with the equipment.

The other person (s) is the coach who plans the programme for the season. The coach must have experience with teaching little ones so that the children can learn to throw and catch correctly. They also learn how to shoot a goal and have correct footwork. By the end of the season, they can play a mini game.

NetSetGo! is held once a week during the season to teach basic skills to our young ones.

It is held at Lofberg courts each Saturday, with a fun atmosphere, and no pressure to do anything until they are ready.

They enrol with KNA registrar and pay \$50 which covers insurance. Their names are marked off each week and they are given a name tag with a colour, so we have teams to work with.

Equipment is held in the little room at Lofberg. There are 20 balls, skipping ropes, sandbags bibs, and hoops.

Our programmes are structured.

Parents are completely involved so that they can become coaches later.

Skipping is available while everyone arrives. They must be taught to skip!

We start with a warmup activity e.g., a game of tag or “stuck in the mud”, until they are warm.

Next is a footwork, stopping on a whistle with no stepping. They understand “statues” or squashing a spider. They learn to pivot on both feet, both ways.

Throwing and catching is taught with parents help. Every pair has someone to show them how to place their hands and how to do a shoulder pass. In 4 weeks, they can all do these activities. We have a lot of balls so all girls can throw and catch reasonably well.

There is a list of games and how to teach these skills in the appendix.

Defence is taught with shadowing, also leading out to a space, shooting and a game of “keepings off”.

The hour they are there is split into:

Warm up – Footwork - Ball skills – Games - Skipping

The NetSetGO programme has a lot of activities. Many of these are for 9- and 10-year-olds, so we have games for 5–6-year-olds. Activities need to change if the children are bored.

### **Games:**

Team games include: Tunnel ball, Over and under, Captain ball later in the season. Corner spry is good, passing the ball down the line, each having a turn. River crossing is a good jumping game.

Run to a dot and catch the ball, pivot, and throw.

Jumping in and out of a hoop with a pivot, no stepping.

Throwing the ball up and catching it correctly with fingers in a “W” and elbows out.

In a circle, pass the ball around while one girl runs around the outside. Take turns to run. All passes are shoulder passes.

Any game with throwing and catching is used. Their concentration is short, so a change of activity is a help. These appear in coaching manuals.

Some children are scared to join in, so we allow parents to join in too to make it easy. We want the children to enjoy the day and come back the next week. Every child will join in eventually.

If there are large numbers of children, it is best to split them up into coloured groups and have different activities with each group. Parents have been very happy to help. One group is learning to shoot, another group is throwing and catching, a third is learning to run to a space, catch, pivot etc. and a fourth is skipping.

They enjoy competition with team games. The children need to learn to handle the ball, so any game that involves picking the ball up and passing it is good.

With 2 adults attending each week NetSetGO is a fun activity which will go a long way in helping the standard of Ku-Ring-Gai Netball, as these girls can play well when they are turning 7 years.

## APPENDIX

### Ball Skills - Shoulder Passes

Start with two hands on the ball, then transfer the ball to the throwing hand. Take the ball back to shoulder level. The ball is going in a straight line to the receivers' shoulder. The palm of the throwing hand must end facing the receiver, not down on the ground.

This is done by standing with Left foot forward, as the arm come through to throw there is a transfer of weight. The Right hip and right shoulder come forward and the right foot lands in front.

The left hand can point to the partners' shoulder to help get the action right. At first stand 2m apart, lengthening the distance as they improve. An adult need to be with each pair to help with the arm action and the catching. Some girls are scared of the ball, the coach can stand behind her and help her catch a few times until she can do it. Parents have helped with this, and several have become coaches for their daughters playing NetSetGo! The girls like their parents helping too.

After a few weeks they can all throw well, then more games can be put in the programme. Throwing to a line of girls, throwing to a girl who runs out from a line, any throwing game. They like to throw with friends. Stop any other pass than a shoulder pass and get the thrower to do it again properly. It is no use practising mistakes.

### CATCHING

We all start by showing girls "W" for the position of their hands. However, it is important that the palms face each other. The ball has ears, and we catch it by the ears. Otherwise, it bounces out of their hands. Then they can bring the ball into their chests. Their elbows are out sideways, fingers out of the way.

Touch the palms of their hand to let them feel where the ball is going to land, with their thumbs behind the ball. The little ones want to catch with their arms, stand behind them and help them catch the ball out in front with their hands, their fingers out of the way. The other problem is that noses get hurt. A parent with each group can make sure this does not happen. Deflect a pass heading for a nose!!! It is worth the effort for a few weeks, in no time they can do it.

### FOOTWORK

There are many activities for feet:

- Jumping, hopping, side-stepping, and straight leads.
- Learn about which foot has landed first, pivot on that foot both ways. Land on the other foot, then two feet and pivot on one. They enjoy this.
- Statues are good, they understand stopping with no stepping, also squashing a spider. Eventually they can run, stop on a whistle, pivot, pretend to throw and run again.

- Balancing is a good skill running on the lines, also zig-zag, so they push off with the outside foot. Never too young to learn!
- Dodging and shadowing is also good fun.
- In pairs, one girl dodges and gets in front using quick feet. They must learn to keep arms down when defending No aeroplane arms.
- In pairs, the front girl shadows her partner. This is great fun.

## **SHOOTING**

We start with the ball held high above the head. It is best to learn the right way at the beginning. The ball is held on the throwing hand as if holding a tray of fruit. So, the ball is in the palm of the hand with the elbow straight and pointing to the post. The arm has a small action. The power comes from the legs and feet.

The first action is to bend both knees, bring the ball down about 30cm, then push up with the legs and arm moving together with a flick from the hand. The ball goes straight up, not forwards. They can all shoot 8 ft hoop by the end of the season. Please don't let them start with the ball down low. We must change them when they are 9 years.

## **GAME**

They all love playing a game. We have too many for court play, so we have teams going across the court using bibs. When they pass the ball to a girl in a hoop at the edge of the third, they are playing in, they score. We help by making sure every girl has the ball to throw and catch. They love it. After a few games they understand why they must be able to throw and catch well.

They also understand about a dodge and defence. Distance is hard to teach. Some older sisters help with the games. They like to have a whistle to blow.

We can have all the family helping which has made NetSetGo! a success.