

COACH'S GUIDE FOR NETSETGO

SUNCORP



Coaching Resource

## What is NetSetGO?

NetSetGO is Netball Australia's only junior entry netball program. It provides children aged from 5 to 10 years with the best possible learning and playing experience to develop a positive introduction to netball, ensuring enjoyment and continued participation.

NetSetGO incorporates skill activities, minor games, music, dance and modified matches in a fun and safe environment. The weekly program is coordinated by accredited coaches to ensure a quality experience for all participants.

The program consists of two tiers, Net and Set, and to ensure a consistent approach to the delivery of NetSetGO, Netball Australia has developed resourcing to support coaches in this area.



## Contents

Introduction	6
Catch	9
Throw	27
Run	59
Jump	91
Balance	109
Minor Games Coaching Resource	127
Dance	139
Stretching	161
Coaching Points	171

# NetSetGO

### Net Tier (5 – 7 years)

**Focus:** Developing fundamental motor skills through netball activities.

**Delivery:** The NetSetGO Net session plans have been developed to provide a sequential 10-session program for delivery within a NetSetGO Centre program. Players will be encouraged to develop fundamental motor skills in a netball environment by being involved in individual, small and large group games. Activities should allow for maximum participation and repetition, with the key outcomes for each having a direct link to a netball-specific skill.

### Set Tier (8 – 10 years)

**Focus:** Applying skill to modified games.

**Delivery:** The NetSetGO Set session plans have been developed to provide a sequential 10-session program for delivery within a NetSetGO Centre program. Players will be involved in activities that have a specific netball skill outcome, and activities will allow players to make more decisions and execute skills in small-sided netball games while learning the rules of the sport. Players will hone their skill execution and decision-making in this program.

The Set tier can be delivered as a skills-only program or a combination of skill program and modified NetSetGO competition.

## Activity Cards

As part of each session plan, a number of activity cards have been designed to ensure a consistent approach to delivery, development, use of language and coaching for coaches delivering at a NetSetGO Centre.

These activities can be used in conjunction with the NetSetGO Session Plans for the Net and Set tiers or can be used to create your own NetSetGO Session Plan.

In this resource, activities are grouped by the skill being coached, and the Stretching and Coaching Points are towards the end of the resource.

### What's on a card?

**Objectives:** Clearly defined netball-specific learning outcomes relevant to the activity. Coaches should base their delivery, support, discussion and questioning around these.

**Start out/Get into it/Finish up:** The format of each session is broken up into a warm up (Start out: 10–15 minutes), skill development and minor game (Get into it: 30–35 minutes) and modified game/cool down (Finish up: 5–10 minutes).

**Equipment/area:** What equipment and area is required to play the activity.

**Group management:** What group numbers are required.

**Description:** Provides simple instructions on how to deliver the activity.

**Coaching tips:** Provides key technical and tactical coaching points to guide coaching as participants are engaged in the activity. More detailed coaching points can be found in the appendix of this resource.

**Change it:** Ideas on how to change the activity to reflect the developmental stage of the group and individual. Down = Easier; Up = Harder.

**Questions:** Examples of individual and group questions that can be asked to develop awareness around technical or tactical aspects of the game.

### Minor Games

The minor game variations are included at each level of the program in the 'Get into it' sections. These invasion games allow players to practise and develop skills in a game-like environment without actually playing a match. Minor games may be modified by changing the rules, increasing or decreasing the activity space or setting time restrictions. The coach can decide whether they use the minor game identified in the session plan, or use their discretion to choose an appropriate variation based on the development of their players.