

Welcome to the 2023 NetSetGo Season!



Firstly, thank you to you all for volunteering your time and energy to ensure our young netballers have a great introduction to Netball. Without you, we could not run a NetSetGo competition, we really appreciate the effort that goes in throughout the season.

Welcome to our new NetSetGo coaches and managers, and welcome back to those who have coached in previous years.

Tonight is intended to provide you with an overview of the NETSETGO competition. For those who have coached/managed previously, hopefully this will be a good reminder. For those new to the role, we hope that this will answer any questions you have.

The Primary focus for all NetSetGo games is for players to have a fun introduction into netball, with graduated skill development, with a focus on the important aspects of being a good teammate, working together as a team and showing great sportsmanship rather than focusing on winning.



2023 TEAMS

SET	
Div 1 Vasse Mini Magpies GMAS Shooting Stars GBD Goalers Aces storm Aces Thunder Coasters Stars Coasters Jets Coasters Firebirds	Div 2 GBD Glitterbombs GMAS Stars Aces dolphins Aces Gems Coasters Mermaids GMAS Comets
GO	
Div 1 Vase Magpies GMAS Jets GBD Goldbugs Aces Hearts Aces Lightning Coasters Comets Coasters Fever Royals Rainbows	Div 2 GMAS Rubies GBD Gems GBD Gummybears Aces Stars Aces Clovers Coasters Falcons Coasters Lightning Coasters Dragons



The role of the Coach



Keep in mind why the children are taking part in NetSetGO, and what the research tells us about why children of this age participate in sport. Your role as the Coach is to create a fun, safe, inclusive and positive coaching environment, and be encouraging as you reinforce skills and technique. Understand and respect individual and cultural needs. Facilitate the principles of NetSetGO, especially providing encouragement, and the opportunity for children to build teamwork skills and friendships so they develop confidence in their netball, and themselves. Understand your role in creating and maintaining a 'Child Safe Environment'. You can explore this further in the Play by the Rules website and online courses at www.playbytherules.net.au. Ensure you abide by the Netball Australia Codes of Behaviour.



In all levels, except Set, **Coaches are expected to remain in a stationary position on the side of the court.** Please do not walk up and down on the sideline, either the umpires or a committee member will ask you to remain in a chosen position. This is distracting to the umpire and the players and is not how netball coaching is done at any level (except Set !)

In Set, the Coach may assist a player to help the flow of the game. Please be aware that this should be very limited, with the umpires doing an excellent job of helping the players and the game to flow. **In most cases, it is better for the coaches to remain stationary on the sidelines.**



The Net is a play based movement skills program over 8 – 10 weekly sessions that last between 45 – 60 minutes. Children join as individuals, not as a team and the emphasis is on the acquisition of basic movement skills in a fun environment.

The key skills developed in the Net tier of NetSetGO are:

- Running
- Balancing
- Passing
- Catching
- Jumping.

The Set tier builds on the fundamental movement skills in Net, and introduces netball skills and basic netball strategy. Set introduces modified matches (rules and equipment) over 8 – 10 weeks, with two sessions per week. Centres are encouraged to run one activities/skills session, and one modified game session each week.

The key skills developed in the Set tier of NetSetGO are:

- Passing
- Pivoting
- Shooting
- Defending
- Dodging
- Intercepting
- Leading

The GO tier introduces participants to more netball-specific skills and refines their fundamental movement skills. They continue to take part in modified matches with the rules adapted to allow a smooth transition into junior netball (adult rules).

The key skills developed in the Go tier of NetSetGO are:

- Defence of shot
- Rebounding
- Two leads
- Double dodge
- One hand control
- Goal circle positioning

The **MAIN** focus of Net set Go is **participation-** making sure netball is **positive, fun, collaborative and builds confidence.**

The rules are modified with this in mind.....

Umpires and coaches are to ensure that the game is played in a spirit which allows as even a match as possible, **with all effort being made to ensure play is not one sided.** If you notice your team is much stronger than your opposition it is YOUR RESPONSIBILITY as a coach to adjust so this is evened up and everyone from both teams has a fun game- this includes moving strong players into other positions, attempting to balance matchups to allow less strong players being matched up together, potentially resting stronger players for some of the game. NO TEAM SHOULD BE CLEARLY WINNING OR LOOSING AT THE END OF THE GAME.



In **Go**, Umpires will also monitor the scorecard and to ensure a more even game, they will institute that the non-scoring team takes the centre pass once the score reaches a difference of 10 goals. The Umpire will check the scorecard at each break and will advise both coaches of the change to the centre pass. At the umpire's discretion, the centre pass will return to alternate passes if the game returns to a more balanced competition.

For **SET**, the centre pass is always taken by the non-scoring team.

Particularly in Set, the **umpires play an important role in helping the players to understand the rules** as they play and to assist with the flow of the game. In Go, the umpires continue to play this role, however there is an expectation that the players have a better understanding of the rules and skills involved, the umpires will have less of a coaching role than is seen in Net and Set.





BNA Board members will also be around the courts each week and are available for any questions you may have. We will also support the Coaches and Umpires to ensure the games are as even as possible, and in the spirit of NetSetGo.

- Marie Bilston- NSG Coordinator



It is important that your team's parents understand the focus is on the players having a good experience rather than winning by lots of goals. This is where we lead by example and are great role models for our players, applauding every goal and supporting great effort.

The specific rule modifications for Net, Set and Go are attached, please familiarise yourself with them. It is important not to introduce concepts from full rules netball too early, as we are keen for the players to achieve great skill development with the basics, allowing a great foundation for the player to build their skills in the years that follow.

Training should be focussed on fun and skill development. Netball Australia website has a great range of skills and drills, as well as fun games to keep players moving and developing their skills.



Game Day preparation:



It is important **to have the rotations for your team worked out in advance.**

Do not underestimate how hard this is. Players essentially need to be broken into either attacking or defending each game and be evenly rotated each week (you may choose to change this each week or give them 2-3 weeks attacking and then 2-3 weeks defending- the choice is yours)

You have very little time during the breaks, so you want to be organised. Working out your team positions and rotations in advance, and having them written down clearly will save you time. It is also important for you to keep a record of the positions each player has played, and the court time they have had – I will come and check these records 😊

There is an expectation in NETSETGO that **all players are to play all positions over the season, and for players to receive as close to equal court time as possible.** Keeping accurate records has been important, when there are questions raised by parents over equal opportunity and court time, with good records, these questions can be easily resolved.

- In all levels of Netsetgo, when a player starts in an attacking position (GS, GA, WA or C), they must remain in attacking positions. Players may only remain in the one position for 2 quarters of netball, and then must be rotated to another attacking position or onto the bench. The same occurs if the player starts in defence (GK, GD, WD or C) The only position that can go to either attack or defence is the Centre position, however once a move has been made i.e. Q1 C, Q2 WD, the player can only go back to Centre, remain in other defensive positions, or go off. This is another reason why being prepared with your team rotations is important.*

All players should be advised to attend the game with **nails cut short, jewellery removed, team uniform** (exemptions may apply this season- contact BNA if this applies to anyone in your team). Players should **arrive 20 mins before the game**, ready to warm up and follow their coach's instructions.



NOTES:

- Umpires will complete a check with Players before the game. A **captain** should be available from each team to complete the **toss** for centre pass and end selection, and they should advise the umpires of the result. Please ensure your players know to participate in a **cheer** with the opposing team immediately at the conclusion of the game.
- A scoring /timing roster is helpful to allocate the duties amongst your parents. First named team scores, second named team times. Please ensure all players playing that game are accurately recorded on the score card and that position changes are recorded each quarter. The timer and scorer stand together in the designated area and the timer works with the umpire to time the game. Please see the sheet on Timer Information for Netsetgo for further information.
- There is also usually a Canteen duty which is allocated from your club which is shared between each team. If parents can assist their Managers by volunteering for this 2 hour duty it is greatly appreciated and shares the load.
- Games do not get cancelled due to weather unless there is a risk to the kids- prepare to get wet ☺ If the decision to cancel is made by BNA- clubs will be contacted and they will let coaches know (if you don't get told it cancelled- we are playing)
- All players must wear a BNA approved uniform and have hair tied back in a safe manner.
- Set and Go have 1 umpire instead of 2. All umpires are badged and experienced
- Players who require prescription glasses can wear these with a headband to secure them
- Each team needs a FIRST RESPONDER. They do not need first aid qualifications
- NSG does not have finals and no 'awards' / trophies are given. There is a presentation after the last match where all players get a medallion.

Thank you again for helping our young players to have a great experience in NETSETGO. Your BNA Board is here to support you, please feel free to speak with us at any time you have questions or need assistance. We look forward to seeing you on the courts over the season.

Modified Rules of



netsetgo.asn.au

Game Parameters



Set tier: 7-8 year olds

GO tier: 9-10 year olds

Match Duration	4x 8 minute quarters	4x 10 minute quarters
Goal Post	2.4m high	2.4m-3.05m high
Ball Size	Size 4	Size 4



Game Management



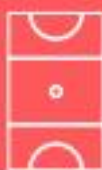
Set tier: 7-8 year olds

GO tier: 9-10 year olds

Centre Pass	Centre pass is taken by the non-scoring team.	Alternate centre pass
Substitutions	The game time should be evenly distributed amongst all players A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/ season	The game time should be evenly distributed amongst all players A team can make unlimited substitutions at any time. Players should experience all positions over the course of the program/ season
Penalty Pass	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing	Player taking the penalty pass must stand in the correct position and wait for the offending player to stand out of play before passing
Advantage	The advantage rule should not be applied, with the exception of advantage goal	The advantage rule should not be applied, with the exception of advantage goal
Awards and Scoring	No scores should be kept and no finals are played No best and fairest awards should be awarded	Scores may be kept but no ladder produced; no finals are played No best and fairest awards should be awarded
Coaching	The coach may enter the field of play to provide players with immediate feedback as required If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> Rotation of players into positions they don't usually play Rest more skilled players 	The coach may move along the sideline (but not interfere with the umpire) to provide players with immediate feedback as required If the game is one-sided, coaches should use any means necessary to ensure a good experience for all players. This could include: <ul style="list-style-type: none"> Rotation of players into positions they don't usually play Rest more skilled players Centre pass is taken by the non-scoring team



Positioning



Set tier: 7-8 year olds

GO tier: 9-10 year olds

Offside	<p>A player who moves into an incorrect playing area and self-corrects should not be penalised for offside</p> <p>Player may "play on" in the case of simultaneous offside (one player touches the ball), rather than a toss up being taken</p> <p>Players should be given guidance if they move into offside areas and should not be penalised at the first instance. If a player regularly goes offside, even after guidance is given, they may be penalised</p>	<p>Usual offside rule applies, with consideration given to the age and skill level of the players.</p> <p>Players may "play on" in the case of simultaneous offside (One player touches the ball), rather than a toss up being taken.</p> <p>If a player regularly goes offside (and does not seem aware that they are breaking the rules), they should be given guidance when being penalised.</p>
Breaking	A Player who breaks on the centre pass should not be penalised for breaking	Players should be given guidance if they break on the centre pass and should not be penalised in the first instance
Defending	<p>Strict one-on-one defence</p> <p>Players may not defend a shot at goal</p>	<p>Strict one-on-one defence</p> <p>Players may defend a shot at goal</p>
Obstruction	<p>Players should be given guidance if they are obstructing (i.e., defending from a distance of less than 1.2m or have arms away from the body so as to limit the movement of an opponent) and should not be penalised at the first instance</p> <p>If a player regularly obstructs, even after guidance is given, they may be penalised</p>	<p>A player must defend from a distance of no less than 1.2m</p> <p>A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movements of an opponent should be penalised</p>

Ball Handling



Set tier: 7-8 year olds

GO tier: 9-10 year olds

Time to pass ball	Up to 5 seconds	Up to 4 seconds
Short Pass	<p>Ball must be thrown (not handed) to another player</p> <p>If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass</p>	<p>Ball must be thrown (not handed) to another player</p> <p>If two players from the same team gain possession of the ball in quick succession, this is not considered a short pass</p>
Replayed Ball	<p>A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball.</p> <p>A player may bat or bounce the ball up to 2 times to gain possession</p>	While the usual rules for replay apply, consideration must be given to the age and skill level of the players in determining whether a player has control of the ball (i.e., some fumbling should be expected and allowed)
Footwork	1-2 steps to regain balance allowed	Shuffling on the spot to regain balance allowed, without moving down the court

MY PERSONAL TIPS...

- I encourage you to contact parents prior to the first game and explain that their support for the players is appreciated but everyone yelling and shouting (even if it is encouraging) is really distracting for the players and quite confusing as they become unsure who to listen to. Encourage parents to cheer and clap (for both sides) but refrain from 'parent coaching' during the game. Players need to learn to listen to the umpires and their coach for instruction.
- Rotate who is captain each week and let their guardian be responsible for timing/ scoring- in my teams I give a captain of the week note out at training which outlines their roles and responsibilities !! (I have attached one for you)
- Have the rotations organised before the game- I have even sent to parents the morning of the game and got them to write them on the kids hands to make the bib swapping easier 😊 - this does make it hard though if you have last minute changes/ injuries etc... I use one like below each week and just move their name down on the left column each week- but you may have your own way of doing this.



You are captain of the most awesome netball team ever....

TEAM NAME

on : _____

Your captain responsibilities are;

- You need to bring an adult to score/ time keep. They will need to sit with the other teams scorer/ time-keeper.
- Doing the toss before the game with the captain of the other team and deciding which end of the court the winner of the toss will shoot goals. Check with the GS before the game, which end they want you to choose!
- Leading the team on a warm-up jog and stretches before the game so no one gets injured or hurt.
- Motivating and encouraging your team-mates.
- Display excellent teamwork and commitment to trying your hardest – the team will look to you as a leader in this area.
- Leading the huddle at the end of the game and saying “3 cheers for _____ and 1 for the umpire. This is how we show our appreciation for the other team and the umpire at the end of the game.
- **The most important part..... choosing something delicious to share with your team-mates at the end of the game 😊.**

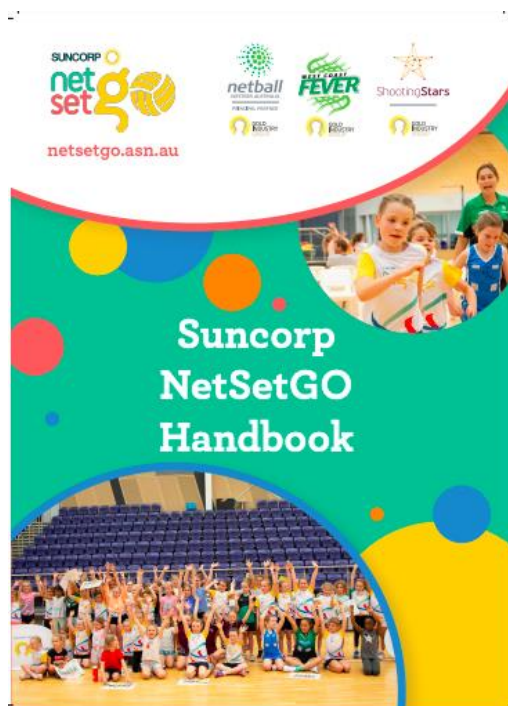
I know you will be a great captain on the day and can't wait for the game!!!!

Example of rotations

	1	2	3	4
	GS	C	GA	OFF
	GA	GS	OFF	GS
	WA	WA	C	GA
	C	OFF	WA	WA
	OFF	GA	GS	C
	WD	OFF	GD	GD
	GK	GD	OFF	WD
	GD	GK	WD	OFF
	OFF	WD	GK	GK

2023 SEASON

ROUND#	SATURDAY#	MONDAY#
Grading-1#	29-April-2023#	1-May-2023#
Grading-2#	6-May-2023#	8-May-2023#
Grading-3#	13-May-2023#	15-May-2023#
Round-1#	20-May-2023#	22-May-2023#
Round-2#	27-May-2023#	29-May-2023#
BYE#	3-June-2023#	5-June-2023#
Round-3#	10-June-2023#	12-June-2023#
Round-4#	17-June-2023#	19-June-2023#
Round-5#	24-June-2023#	26-June-2023#
Round-6#	1-July-2023#	N/A#
School-Holidays#	1-July-2023 — 16-July-2023#	
Round-6#	N/A#	17-July-2023#
Round-7#	22-July-2023#	24-July-2023#
BYE#	29-July-2023#	1-August-2023#
Round-8#	5-August-2023#	7-August-2023#
Round-9#	12-August-2023#	14-August-2023#
Round-10#	19-August-2023#	21-August-2023#
Prelim-Finals#	26-August-2023#	28-August-2023#
Semi-Finals#	2-September-2023#	4-September-2023#
Grand-Finals#	9-September-2023#	



<https://wa.netball.com.au/sites/wa/files/2021-01/Suncorp%20NetSetGO%20Handbook%20PDF.pdf>