



A GUIDE FOR GROWN-UPS



WHAT IS SUNCORP NETSETGO?

Suncorp NetSetGO is a fun, safe, social and active program for girls and boys aged 5 to 10. It gives kids of all abilities a positive introduction to netball and teaches them the basic skills of the sport.

Suncorp NetSetGO is divided into three tiers; Net, Set and GO, meaning that your child will learn at a pace that's right for their age and ability.

Each week your child will take part in skill based activities, minor games, music, dance and modified matches that will help them develop fundamental movement skills, as well as important social skills like team work. Each session will be lead by an accredited coach, using modified equipment.

What tier is right for my child?

Suncorp NetSetGO is divided into three tiers; Net, Set and GO*.

- **Net is for 5 to 6 year olds** and teaches fundamental motor skills through dance, music and games
- **Set is for 7 to 8 year olds** and focuses on refining fundamental motor skills and introducing modified netball matches
- **GO is for 9 to 10 year olds** and focuses on developing netball specific skills through modified netball matches

*These age brackets are only a guideline for centres and coaches

Minor games and modified matches

Minor Games are used in all three tiers and are a great way for participants to learn the technical and tactical skills of netball. This enables greater involvement of participants and provides more opportunity to execute skills and make decisions.

Modified Matches look like a traditional game of netball and use the full sized court and normal playing positions however the goal post height and ball size are modified. The rules and playing positions of a modified Suncorp NetSetGO game are explained below.

NetSetGO Rules Break Down

RULE	SET 7-8 year olds	GO 9-10 year olds	NETBALL
Match Duration	4 x 8 minute quarters	4 x 10 minute quarters	4 x 15 minute quarters
Goal Post	2.4m	2.4m – 3.05m	3.05m
Ball	Size 4	Size 4	Size 5
Time to pass the ball	Up to 5 seconds	Up to 4 seconds	Up to 3 seconds
Stepping	1-2 steps (to regain balance) allowed	Shuffling on the spot (to regain balance) allowed, without moving down the court	Rule 9.6 Footwork (Rules of Netball p51)
Defending	Strict one-on-one defence Players may not defend a shot at goal	Strict one-on-one defence Players may defend a shot at goal	Other forms of defence may be introduced.
Centre pass	Taken by the non-scoring team	Alternate centre pass	Rule 8.2 Centre Pass (Rules of Netball p36)
Substitutions	Game time evenly distributed amongst all players Unlimited substitutions at any time Players should try all positions during the program/season	Game time evenly distributed amongst all players Unlimited substitutions at any time Players should try all positions during the program/season	Rule 9.1 Substitutions and team changes (Rules of Netball p44)
Coaching	Coach may enter the field of play and give players immediate feedback If the game is one-sided, coaches must make sure all players have a good experience by: <ul style="list-style-type: none"> • rotating players into different positions • resting skilled players 	Coach may move along the sideline (but may not interfere with the umpire) to give players immediate feedback If the game is one-sided, coaches must make sure all players have a good experience by: <ul style="list-style-type: none"> • giving centre pass to the non-scoring team • rotating players into different positions • resting skilled players 	Rule 5.1 Team (Rules of Netball p20)
Awards & Scoring	No scores No finals No best and fairest awards	Scores may be kept No ladder No finals No best and fairest awards	Scores and ladders may be kept Finals played Best and fairest awards

SUNCORP NETSETGO VALUES



Help young children have fun while gaining life skills through netball



Introduce netball skills through fun, social and safe activities

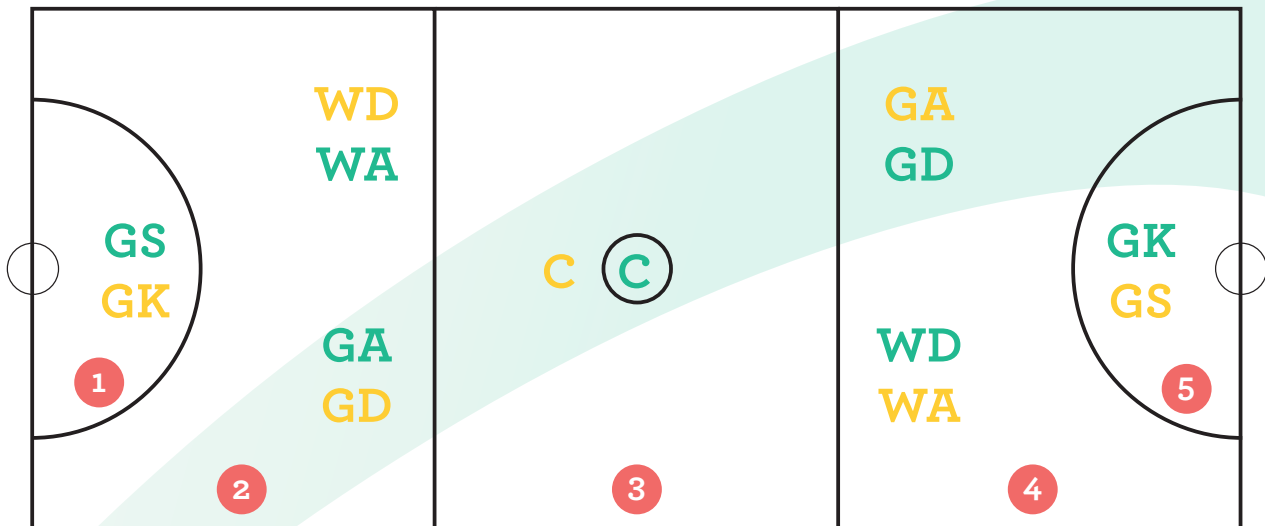


Develops young children's confidence



Encourage young children to collaborate and work as part of a team

PLAYING POSITIONS



1 Goal circle

2 Goal third

3 Centre third

4 Goal third

5 Goal circle

GS – Goal Shooter

Areas 1 & 2

Scores goals and works in and around the goal circle with the Goal Attack.

GA – Goal Attack

Areas 1, 2 & 3

Feeds and works with the Goal Shooter to score goals.

WA – Wing Attack

Areas 2 & 3

Feeds the Goal Circle players giving them shooting opportunities.

C – Centre

Areas 2, 3 & 4

Takes the centre pass and controls game flow between attack and defence.

WD – Wing Defence

Areas 3, 4 & 5

Looks for intercepts and prevents the Wing Attack from feeding the ball into the goal circle.

GD – Goal Defence

Areas 3, 4 & 5

Defends the Goal Attack, looking for intercepts, trying to prevent the opposition from scoring.

GK – Goal Keeper

Areas 4 & 5

Works with the Goal Defence to prevent the opposition from scoring.

PARENTS' ROLES & RESPONSIBILITIES

Before the game

- You don't need to tell your child that winning doesn't matter because they know it has some meaning. Instead, help them to develop a healthy competitive attitude for trying hard and having fun
- Tell your child to "go for it, give it your best shot and have fun"

During the game

- Don't yell instructions at your child during the game. The coach has given them instructions and their teammates are also calling out to them; too much input is confusing
- Cheer and acknowledge good play by both teams
- Never criticise a mistake, only make motivational comments
- Respect the decisions made by the officials. Your child will learn to respect authority by seeing you do the same
- Accept the decision of where your child may play during that game. All participants will play in all positions during the season

After the game

- Thank the officials and the coach
- Congratulate your child and their teammates on their efforts
- Compliment individual players on good plays they made during the game
- Focus on the way your child played rather than winning or losing
- If your child is upset with losing, help them not to focus on the outcome

During the car ride home

- Point out a good play your child made during the game
- Avoid criticising or correcting mistakes
- Ask questions like:
 - What was fun about netball today?
 - What was something you did well today?
 - What did you learn from the game?
 - What do you like best about Suncorp NetSetGO?

Refer to Parent Code of Conduct on our website

Find your nearest centre and register online now at netsetgo.asn.au