



# A GUIDE FOR GROWNUPS



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## What is Suncorp NetSetGO?

Suncorp NetSetGO is Netball Australia's only junior entry netball program. It provides children from 5 to 10 years with a positive introduction to netball, incorporating skill activities, minor games, music, dance and modified matches.

Delivered in a fun and safe environment, the weekly program is coordinated by accredited coaches to ensure all participants have an enjoyable experience, while developing fundamental life skills.

## Net Tier (ages 5 to 7)

The Net tier is a play based movement skills program for children aged 5 to 7. Emphasis is on the acquisition of basic movement skills, in a fun environment of games and activities including music and dance.

## Set Tier (ages 8 to 10)

The Set tier is an introduction to the sport of netball for children aged 8 to 10 years and incorporates modified matches and equipment. It is a skill and competition based program that all children should participate in prior to entering junior competitions. It allows children to learn and develop their skills in a series of fun activities and minor games, which they can then apply in a game situation.

## Minor games and modified matches

Minor Games 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.

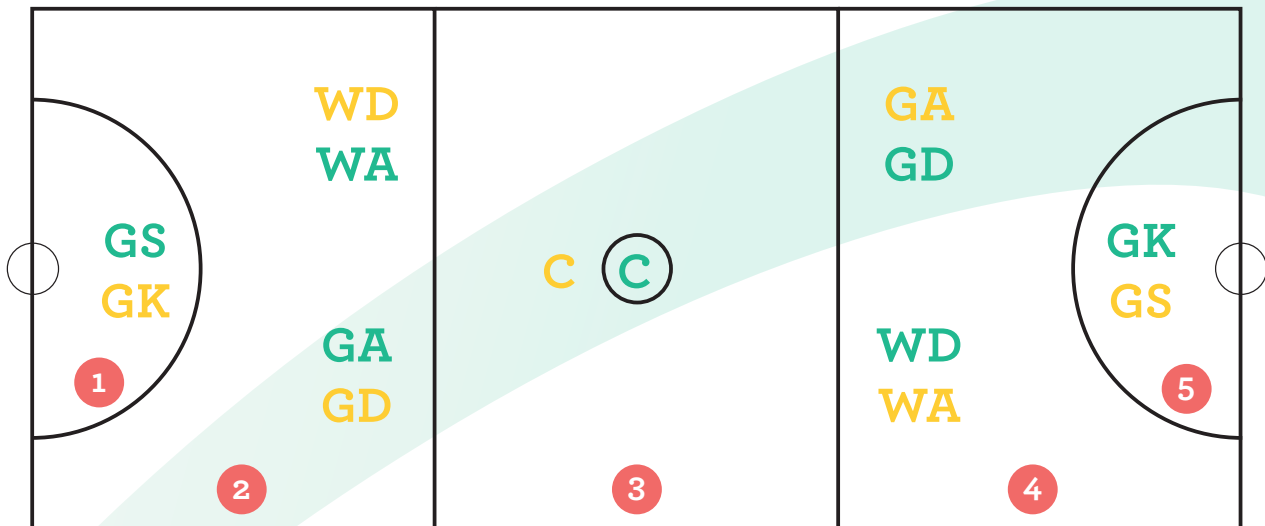
Modified Matches look like a traditional game of netball and use the full sized court and normal playing positions however the goal post height and ball size are modified. The rules and playing positions of a modified Suncorp NetSetGO game are explained below.

## Suncorp NetSetGO rules

The below rules are used during both minor games and modified matches.

<b>Match duration</b>	4 x 10 minute quarters
<b>Goal post</b>	2.4m high
<b>Ball</b>	Size 4
<b>Time to pass ball</b>	Up to 5 seconds
<b>Stepping</b>	Shuffling on the spot to regain balance allowed, without moving down the court
<b>Defending</b>	Strict 'one-on-one defence'. Players may defend a shot at goal
<b>Obstruction</b>	A player must defend from a distance of no less than 1.2m
<b>Substitutions</b>	<ul style="list-style-type: none"> <li>• The game time should be evenly distributed amongst all players</li> <li>• A team can make unlimited substitutions at any time</li> <li>• Players should experience all positions over the course of the program/season</li> </ul>
<b>Centre pass</b>	Centre passes are taken by the team that did not score the last game
<b>Awards and scoring</b>	<ul style="list-style-type: none"> <li>• Scores may be kept but no ladder produced; No finals are played</li> <li>• Each participant receives a medal of participation</li> </ul>

# 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](https://netsetgo.asn.au)