

Being SMART

Player Development Programme

We live this game.

NETBALL NEW ZEALAND
POITARAWHITI AOTEAROA

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Introduction

The Being SMART Player Development Programme represents a refreshed and enhanced version of the Year 7 & 8 Player Development Programme, now extended to include Year 9 & 10 players.

The Being SMART Player Development Programme is a holistic, evidence-informed player development pathway designed to retain, develop, and inspire Tamariki and Rangatahi through positive, high-quality Netball experiences. This expansion aims to cater to their specific needs during this pivotal stage of growth and development. The programme's core intent is to grow capable, confident young people who love Netball and feel supported to stay in the game for life.

Purpose and Objectives

WHAT IS NETBALL NEW ZEALAND'S BEING SMART PLAYER DEVELOPMENT PROGRAMME AIMING TO ACHIEVE?

The Netball New Zealand (NNZ) Being SMART Player Development Programme offers Netball Centres and coaches the chance to support and grow the fundamental skills of Year 7 to Year 10 players by giving them access to quality development opportunities. The main goal is to deliver a well-rounded programme in a fun and supportive environment. At this stage, the focus is on building the key skills needed to meet the demands of the game, laying a strong foundation for those who may want to progress to higher levels in the future regardless of motivation. This allows players to explore the game safely and to the best of their ability.

PROGRAMME OBJECTIVE

1. Increase and retain Tamariki and Rangatahi in Netball by delivering high-quality player development programmes.
2. Develop skilled, knowledgeable players who are equipped to enjoy and thrive in the game they love.
3. To give players the opportunity to grow and enhance their fundamental Netball skills, helping to broaden the overall talent pool.

Why This Programme Matters

Research shows the 11–14 age group – particularly girls – is the most vulnerable to dropout from sport due to:

- Pressure and comparison
- Low confidence and body image concerns
- Over-specialisation and excessive loading
- Poor coaching environments.

Being SMART directly addresses these challenges by embedding:

- Balance is better principles
- Age-specific wellbeing education
- Game-based, inclusive learning environments
- Progressive skill and decision-making development.

Alignment with Sport NZ Pathways Framework

The Being SMART Player Development Programme is closely aligned with Sport NZ's Balance is better philosophy – prioritising quality experiences, long-term development, and the needs of young people over early specialisation.

The programme supports players predominantly in the Foundation and early Development stages (spanning social and competitive engagement) within Sport NZ's athlete development framework.

These formative years are critical for nurturing:

- Movement competence and confidence
- Social connection and team understanding
- A lifelong love for sport and physical activity.

Rather than focusing on early selection or performance outcomes, Being SMART creates a positive and inclusive environment that promotes enjoyment, skill development, and wellbeing. Tamariki and Rangatahi are encouraged to stay in the game longer, explore their potential, and develop lifelong physical literacy.

Key features of alignment include:

- Multiple entry points recognising that every player's journey is different
- Physical literacy and Balance is better principles embedded in all programmes
- A clear commitment to holistic development, allowing young players to thrive both on and off the court.

This ensures that all participants – regardless of different motivations and aspirations – are supported in a way that is developmentally appropriate and personally meaningful.

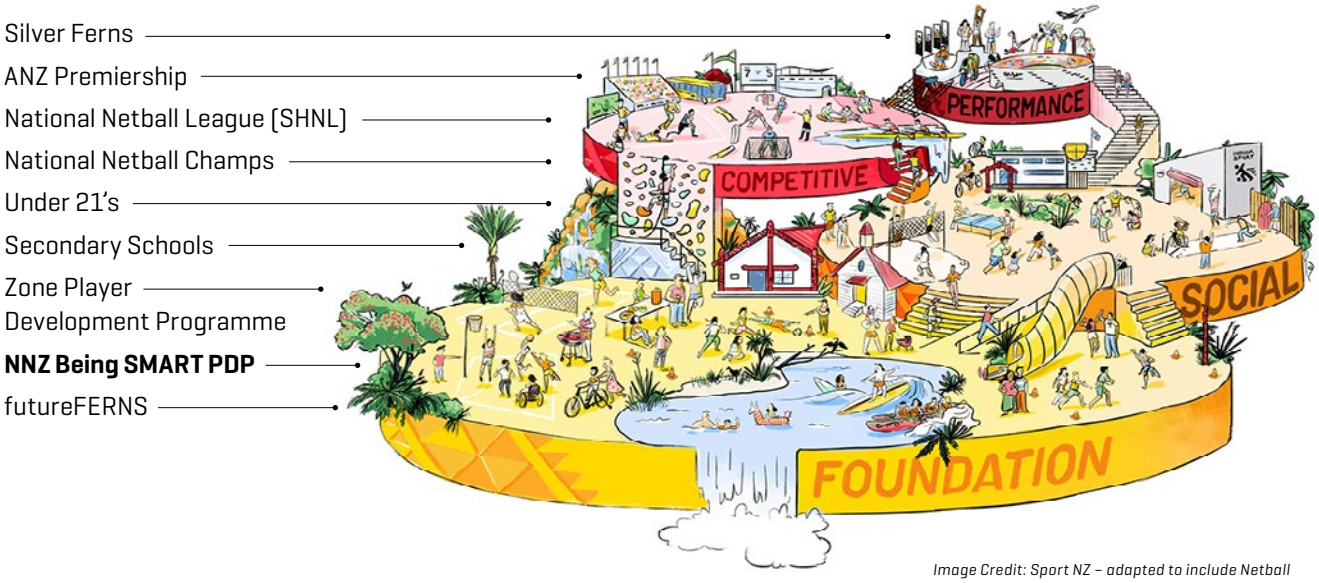


Image Credit: Sport NZ – adapted to include Netball

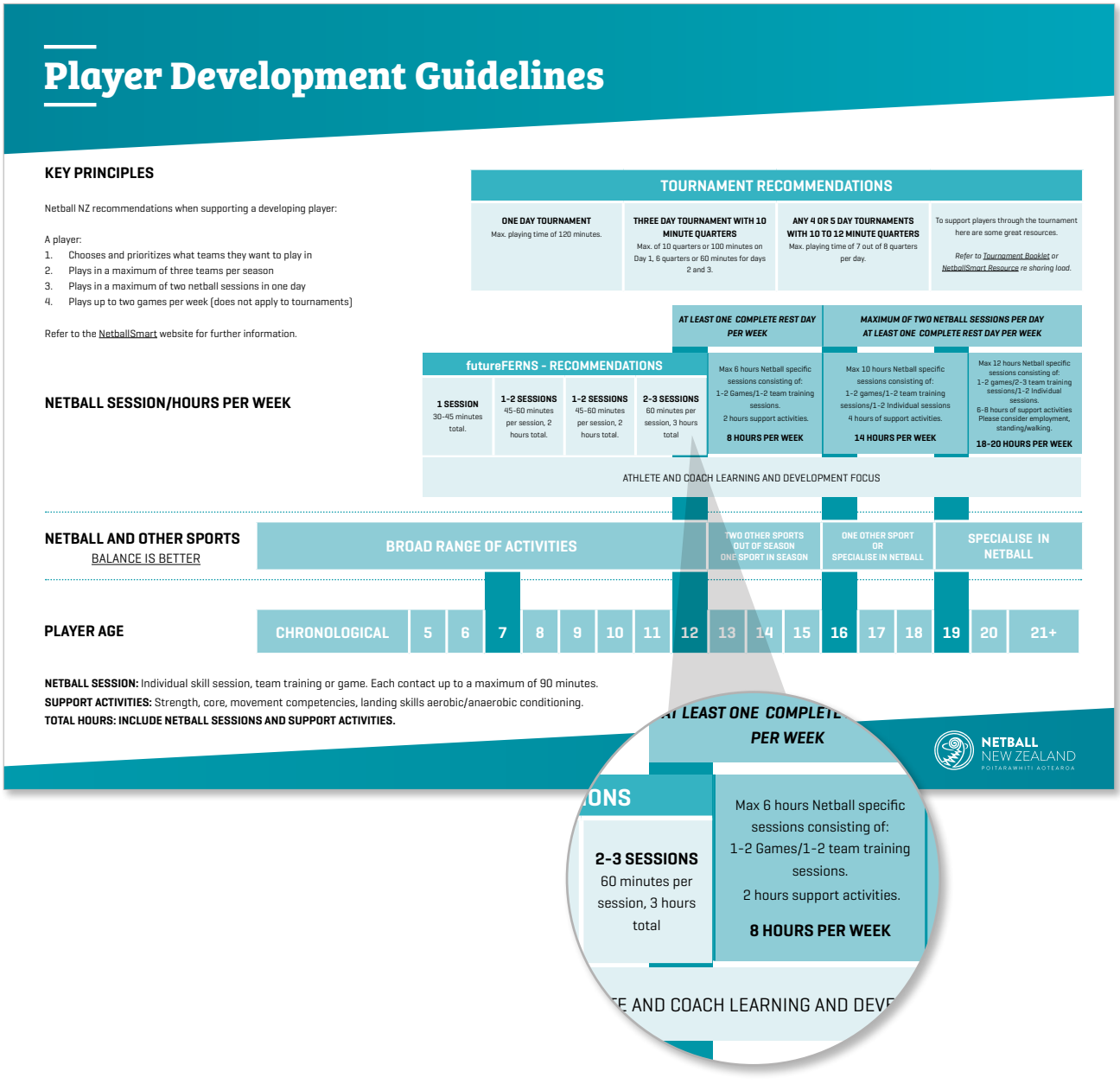
Sport New Zealand defines Physical Literacy as a combination of a person's motivation, confidence, and competence to be active, along with their knowledge and understanding of how being active contributes to their overall wellbeing. It encompasses the physical, cognitive, emotional, and social aspects of an individual's engagement with movement and physical activity.

Player Development Guidelines

Year 7 to 10 players are encouraged to play a diversified range of sports that involve different movement patterns and body loading, thus improving performance and decreasing the risk of injury. Netball, basketball, and volleyball involve many similar movements, which can limit overall movement diversity. When young athletes also take part in activities like cycling, swimming, or tennis, they experience a broader range of movements and challenges. This variety helps accelerate both physical development and thinking skills, laying stronger foundations for long-term participation and performance.

FUN FACT: Did you know that those who become high-performing athletes are more likely to have played multiple sports in their youth.

The table below highlights that the recommended number of Netball sessions per week for these age groups is three.



Structure of the Being SMART Player Development Programme

The programme can be delivered over a six-week period with one session per week or over a short period of time in a holiday programme format.

These are examples of how the programme can be delivered:

Six-week programme – one session for 5 weeks, concluding with a Festival Day:

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Session 1	Session 2	Session 3	Session 4	Session 5	Festival Day

OR:

A three-day holiday programme example:

DAY 1	DAY 2	DAY 3
Session 1	Session 4	Festival Day
Break (e.g. Morning Tea)	Break (e.g. Morning Tea)	
Session 2	Session 5	
Break (e.g. Lunch)	Break (e.g. Lunch)	
Session 3	Team Consolidation	

Please note the full NetballSmart Dynamic Warm-Up will not be required for subsequent sessions if the programme is being delivered as a holiday programme with multiple sessions in a day. Use the full NetballSmart Dynamic Warm-Up (Appendix 2) for the first session, and then the NetballSmart Power Warm-Up (Appendix 3) thereafter.

A Festival Day rounds out the programme, allowing players to showcase their development and enjoy the experience of tournament play. Refer to page 75 for further details about the delivery of the Festival Day.

Guiding Principles

These principles help create the ideal training and playing environment to support well-rounded player development.

1

Make it GAME-like

Design activities that mirror the real demands of the game, combining movement, passing, catching, defending, and attacking. Since these skills are interrelated, sessions should blend them with decision-making. Game-like activities help build skills, fitness, tactical smarts, and keep players engaged – all at the same time.

2

Maximise TIME on TASK

This is the ideal stage for skill development, where players should be given plenty of opportunities and time to develop and explore their skills. The skills chosen for this programme are essential. Activities should be dynamic, engaging, and connected to help players retain skills and stay adaptable.

3

Players are fully ENGAGED

Encourage players to take ownership of their learning and decision-making both on and off the court. Adapt activities to meet their needs, use questioning to broaden thinking, provide leadership opportunities, and maintain a player-centred focus. Minimise downtime and provide ongoing learning opportunities to keep players engaged and motivated.

4

Reinforce and Acknowledge POSITIVE Efforts

Promote a growth mindset by acknowledging effort, good behaviours, and skill development. Highlight learning and progress in real-time. Focus on desired actions, helping players recognise and experience success. Use positive, solution-focused language to guide players, and reward persistence and effort over just outcomes.

5

An ENJOYABLE LEARNING ENVIRONMENT

Create a fun, inclusive, and supportive environment where players and coaches enjoy learning. When players feel safe, challenged, and valued, they're more likely to stay engaged, take risks, and develop a deeper love for the game.

6

Recognise and promote SAFE MOVEMENT

A player's ability to master a stable body position (SBP) when landing, stopping, and turning reduces the risk of serious injuries. The players' feet should be a shoulder-width apart, with both hips and knees bent. Their knees should be in line with their feet and not in front of them. They should be on the balls of their feet, with their trunk upright and their head facing forward.

The Five SMART Pillars of Development

The Being SMART Player Development Programme is built around five key pillars that help grow players' skills, strengths, and overall game sense.

This programme is all about giving players the chance to reach their full potential – be the best they can be. For those eager to learn and grow, the Being SMART Player Development Programme provides a clear, supportive pathway.



S

Skilful Player

Builds strong fundamental Netball skills including movement, passing, shooting, attack, defence, and game understanding to develop confident, capable players. We encourage versatility by supporting players to learn and experience multiple positions.



M

Mind Space

Helps players grow self-awareness, confidence, resilience, and mental skills like staying calm under pressure, making smart decisions, and showing leadership – on and off the court. After all, they say 90% of the game is played above the eyebrows!



A

Athlete Habits

Promotes healthy habits around fitness, recovery, nutrition, and injury prevention to help players perform at their best and stay well both on and off the court.



R

Role & Responsibility

Enhances players understand how teams work – like knowing their position, reading the game, and working well with others – so they can make a real impact on and off the court.



T

Tactically Aware

Boosts players' game sense by helping them make smart decisions, follow strategies, and solve problems during real match situations.

This table outlines the components of the Being SMART Player Development Programme for each age group.

					
Year 7 & 8	· Focus on fundamental skills: movement, landing, turning, take off, passing and catching, pass selection, shooting, various movements to get free, defending the player and the ball, intercepting · Developing both sides of the body · Knowledge of the rules e.g. Simon Says · Players as umpires	· Self-awareness · Team values · Mindfulness · Confidence building · Positive self talk · Goal setting – process vs outcome · Focus and concentration · Growth mindset · Managing mistakes and resilience	· Physical capacity · Stamina · Strength – core · NetballSmart Warm-Up · Movement training · Jump and landing · Agility · Balance and control · Cool-Down · Recovery · Sleep · Smart nutrition · Nutrition for life · Fuelling to play · Your digital footprint	· Why do we play the game? · Being part of a team · Playing different positions where they need to be on court · Main job of each playing position · Balance is better – diversification – sport and body · Teamwork	· Game-based activities · Centre pass – attack · Through court attack · The smarts of the game · Rules in action
Year 9 & 10	· Focus on fundamental and key skills – movement skill, landing, turning fast and fully, back, back and up, meeting the ball, defensive movement around a player, recovery, pass and catching passing power and accuracy, pass selection, receiving the ball uncontested, getting free in a confined space, defending the receiver, defending the passer, defending the space, · Specialist skills – shooting · Rules in action · Players as umpires · Developing both sides of the body	· Coping with pressure · Reset routine · Time and energy management · Intensity of effort · Leadership · Character building · Decision making · Problem solving	· Physical capacity · Strength – core and body weight · conditioning · NetballSmart Warm-Up · Movement training · Jump and landing · Agility · Balance and control · Cool-Down · Recovery · Sleep · Hydration · Mental recovery · SmartHealth · Female health · Smart nutrition · Nutrition for life · Pre-training Nutrition · Fuelling for performance · Your digital footprint · Loading – balance is better	· Teamwork · Specific position descriptions · Movement decision making – position specific · Team culture · Strength and conditioning	· Game-based activities · Creating and using space · Through court · Centre pass – attack / defence · Shooter to shooter passing · Throw Ins · Netball savvy of the game, application of rule knowledge

Planning the Sessions

The Being SMART Player Development Programme is designed to support well-rounded player growth by embedding the core fundamental skills essential to Netball.

Each session is carefully structured to include content from each of the programme's five key pillars, ensuring a holistic and consistent approach to player development. Sessions run for up to 1.5 hours and are tailored to reflect the developmental stage of the players.

In the Year 7 & 8 programme, the focus is weighted at approximately 80:20 – skill development to tactical development. At this stage, players are still developing the fundamental elements of the game, such as balance, coordination, passing, footwork, and spatial awareness. Prioritising skill development lays the groundwork for players to participate confidently and competently, providing them with the tools they need to effectively engage in the tactical concepts later.

An example session reflecting the approximately 80:20 – skill development to tactical development:



As players move into the Year 9 & 10 programme, the emphasis begins to shift slightly to a 70:30 balance, introducing more tactical development while still ensuring that skill development and growth remain a core focus. This change supports players' growing thinking and physical skills, helping them slowly learn decision-making, strategy, and how team systems work.

By progressively building tactical understanding on top of a strong skill base, this approach aligns with Balance is better and Sport NZ's athlete development framework. It ensures that players are not only equipped to succeed in the current stage but are also better prepared for long-term involvement in the sport – regardless of their motivations or aspirations.

Who Will Deliver the Programme

- Coaches with several years coaching experience
- Year 11-13 players with coaching experience at this level
- Coaches engaged in the Community Coaching Award (CCA) framework.

Prerequisite: All coaches need to complete the Introduction to NetballSmart Module on Sports Tutor. If new to this page, you will need to sign in first.

Quality coaching plays a crucial role in providing a positive experience for Tamariki and Rangatahi in Netball. Netball Centres are encouraged to offer coach development opportunities and familiarisation sessions before delivering the Being SMART Player Development Programme. Therefore, NNZ recommends that all coaches who facilitate the programme will have completed the Being SMART Player Development Coach Developer training.

Session Structure

Each session will be up to 1.5 hours.

The sessions will focus on key athlete habits such as the NetballSmart warm-up and cool-down, movement and strength development, skill and tactical development, role awareness, strength exercises, team building and mental skill activities. Activities can be tailored to meet the players' needs, adjusting the difficulty level as required, integrating theory and practical where appropriate.

Cost of the Programme

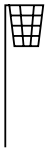
NNZ acknowledges that there will be costs associated with the delivery of this programme and the need to make it accessible to all. Ideally, the programme should operate on a break-even basis. NNZ encourages Netball Centres to seek community sponsorship and/or apply for funding to support the programme. If needed, NNZ will provide a letter of support for funding applications.

Cost should not be a barrier to participation.

Delivery Tips

- **It is important to embrace Whanaungatanga in every session.** Whanaungatanga builds strong, trusting relationships and a sense of belonging, helping to create an environment where Tamariki and Rangatahi feel connected, supported, and confident to grow. When relationships are strong, communication improves, learning feels safer, and Tamariki and Rangatahi are more willing to share ideas and give honest feedback.
- **Suggested ratio players-to-coach is 10:1;** therefore, if you have 50 players registered for the programme, you would need a minimum of 5 coaches.
- **Include a familiarisation session with coaches delivering the programme before each session.** Each coach could be assigned one activity to lead, while the other coaches support by working with a group of players, allowing the lead coach to circulate and provide feedback. This approach makes it easier for coaches, as they only need to lead one activity and can support others in the remaining activities.
- **Adapt/change activities** where possible to ensure they meet the individual needs of everyone.
- In some sessions you may only need to use two of the activities to develop the skills. By using the ADAPT IT tool, you can **simplify or extend the activity to enhance the skill development.**
- Keep instructions brief to hold the players attention: **say less, do more.**
- **Keep group sizes to a minimum** to ensure maximum engagement of all players and touches on the ball.
- **Rotate players** during the game so they experience all positions.
- **Be creative** and add your own flair to the lesson plans provided.
- **Ensure players complete an appropriate warm-up for each session** depending on the format of delivery. If sessions are being delivered across multiple days, use the full NetballSmart Dynamic Warm-Up (Appendix 2). If sessions are being delivered as multiple sessions in a day, start with the full NetballSmart Dynamic Warm-Up for the first session and then use the NetballSmart Power Warm-Up (Appendix 3) for the remaining sessions.
- **Players to bring a notebook and pen** for recording useful information for future use.
- **You'll notice that umpiring is integrated into every activity, and this is intentional.** We encourage you to let the players act as umpires during the activities. This approach not only enhances their skill sets but also deepens their understanding of the game and nurtures their overall development as competent and confident players.

KEY

	Path of ball		Umpire		Cone
	Direction of movement	P	Position (Ie, P for Posts, F for Feeder... specific instruction in the how to play section)		Ball
	Players		Hoop		Dots

Adapting the Activities

There are different ways that you can change an activity to make it easier or harder for players when practising the skills, to maximise participation or to meet the objectives/purpose of the activity. Most importantly, adaptations need to allow players to feel and experience success and be challenged and extended.

To enable you to have a good view of the players performing the skills, change your position by moving around the activities to observe them from different sides/angles.

Altering the activity doesn't mean you're planning or your activity has failed; it means that you are being flexible, player centred and catering for the player's ability.

Player actions you might see that tell you to adapt the activity:

- Activity isn't achieving the skill development expected, e.g. when the skill being coached is dodging, but the players run to get free to receive the pass
- Player/players are unable to complete the skill due to its difficulty
- Players are looking bored
- Players look confused
- Players complete the activity with ease.

The coaching tool uses the acronym ADAPT IT, providing coaches with an easy framework to identify ways the activity can be changed. The players will also have some great ideas as to how the activity could be adapted. By asking them for and implementing their suggestions, coaches are reinforcing player empowerment and the player-centred approach. It is good practice to keep challenging the players by changing the problem for them to solve.

Using a game-like setting, ask the players to explore ways to find multiple solutions to solve the problem. Examples would be if the WA is being double marked at the centre pass; the opposition are playing a three-over/wall defence at the centre pass; the centre is floating in the middle.

A	***ASK*** ASK QUESTIONS! e.g. What passing options do you have?
D	***DURATION*** Decrease or increase the amount of time the players have to achieve the goal. e.g. was 2 minutes now 1 minute.
A	***AREA*** Change the area or amount of space the players have to move in. e.g. if the area is smaller, it could become harder for the attackers, but easier for the defenders and vice versa.
P	***PLAYERS*** Alter the number of players on each team. e.g. was 3 on 3 change to 2 v 4.
T	***TWEAK*** Tweak the rules to ensure all the objectives are met. e.g. must pass to all team members before a shot can be taken.
I	***INDIVIDUALS*** Allow individuals to modify the game. e.g. ask the players what would improve the game.
T	***TIME*** Allow players time to practice. Just let them play. The more they practice, the more chances they have of improving.

Year 7 & 8 Sessions

AIM:

Build fundamental skills to grow confidence, competence, and love for Netball while enhancing the playing experience.

Session 1

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: having the ability to land and work from both sides of your body and communication and options at the centre pass.

ATHLETE HABITS

NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by holding up 1, 2 or 3 fingers. Once players have answered, ask them to find a partner with the same number and share how they could improve or maintain their response.

What's your vibe right now?

1 = Half asleep
2 = Okay
3 = Ready to go

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength**
- **Part B – Running**
- **Part C – Dynamic Preparation**
- **Part D – Jumping and Landing + Netball Specific Preparation**

NOTE: If sessions are being delivered across multiple days use the full NetballSmart Dynamic Warm-Up (Appendix 2). If sessions are being delivered as multiple sessions in a day start with the full NetballSmart Dynamic Warm-Up for the first session and then use the NetballSmart Power Warm-Up (Appendix 3) for the remaining sessions.



Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know that a player can land up to 60 times in a game?*

1 *Focus: Landing*

Netball is a game full of explosive movements and repeated landings. Learning how to jump and land correctly helps prevent Netball related injuries and improves performance.



2 *Movement Skill: Vertical Jump*

3 *NetballSmart and Coaching Focus:*

- Good squat technique to initiate jump from a stable body position. Ensure good limb alignment – no kissing knees
- Feet parallel and hip width apart
- Land softly, pushing back through the hips
- Head up and hands in catching position



In pairs, player 1 performs a vertical jump landing on two feet. Player 2 observes their technique, giving feedback where required. Player 1 then completes another two jumps making the required adjustments. Players then swap.

In pairs, player 1 performs a vertical jump landing on a single foot (repeat on both sides). Player 2 observes their technique, giving feedback where required. Player 1 then completes another two jumps making the required adjustments. Players then swap.

Extension: Add a ball. In pairs with one ball – one passer, one worker. The worker drives as hard as they can towards the passer. The passer delivers a firm chest pass. The worker must have their hands ready and fingers open to catch the ball. Catch, land in an SBP and pass back. Repeat 10 times.

Activity 1

4 FEET TO BEAT

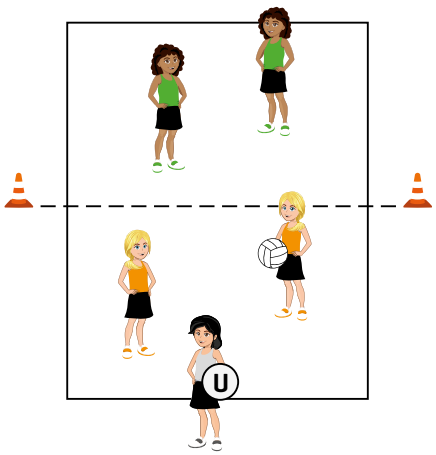
Purpose: To practise moving into space to catch the ball while landing in a stable body position (SBP) landing on the outside leg.

NETBALLSMART AND COACHING FOCUS

- Land in good squat position (stable body position)
- Weight evenly distributed across both feet
- Hips, knees and feet are aligned – push back through the hips
- Soft landings (minimal sound), cushioning the landings by bending at the hips, knees and ankles

SET-UP

- Number of players: In groups of 5
- Area: Within one-third of the Netball court
- Equipment: Balls – 1 ball, cones



HOW TO PLAY

- Four players compete 2 v 2 as per the diagram. The size of area they are working in should be large enough to challenge the players, having to take 1-2 steps to receive the ball. Divide the area in half.
- One team starts with the ball and passes a bounce pass into a space away from the two opposing players in their area.
- One of the players moves to catch the ball before it bounces for a second time, landing in a stable body position, outside leg first.
- Encouraging players to move right, land on their right leg first. Move left, land left leg first challenging and extending their teammates
- The player with the ball can either bounce to the ball into a space in the oppositions half or pass to their teammate to allow them to release the bounce pass into space.
- The umpire will award a point to the teams when they are able to land strong on their outside leg. The umpire's focus is on footwork and calls all incorrect landings.

ADAPT IT

- Adjust the area to ensure the players are challenged and being extended as required.
- Add in a time challenge – how many points can you get in one minute?

Activity 2

4 SQUARE

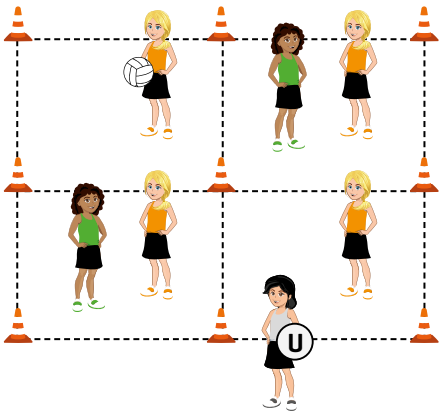
Purpose: To practice moving in a confined space to get free and receive the ball, ensuring a stable, balanced landing.

NETBALLSMART AND COACHING FOCUS

- Stick landing in good squat position (stable body position)
- Weight evenly distributed across both feet
- Hips, knees and feet are aligned – push back through the hips
- Soft landings (minimal sound), cushioning the landings by bending at the hips, knees and ankles

SET-UP

- Number of players: In groups of 7-9
- Area: Within one-third of the Netball court
- Equipment: Bibs, 1 ball, cones/spots



HOW TO PLAY

- Set up the area as shown in the diagram. Start small and expand as more defenders are added or when attackers need a challenge.
- One attacking player is in each square, with the umpire outside the squares. Two defenders move within the squares.
- The attacking team aims to make 5 consecutive passes without interception or an infringement.
- The umpire (U) moves around the outside, focusing on footwork, replayed ball, and contact.
- An attacker starts with the ball, while defenders mark players. The remaining attackers move to space to create passing options.
- Once 5 consecutive passes are completed, switch the attacking players.
- Change roles regularly.

ADAPT IT

- Increase the number of passes the attacking team need to receive to score one point.
- Adjust the size of the area to ensure the players are challenged and being extended as required.
- Add an additional defender one at a time, building up to 4 on 4.
- Add in a time challenge – how many points can you score in one minute?

Activity 3

POSSESSION BALL

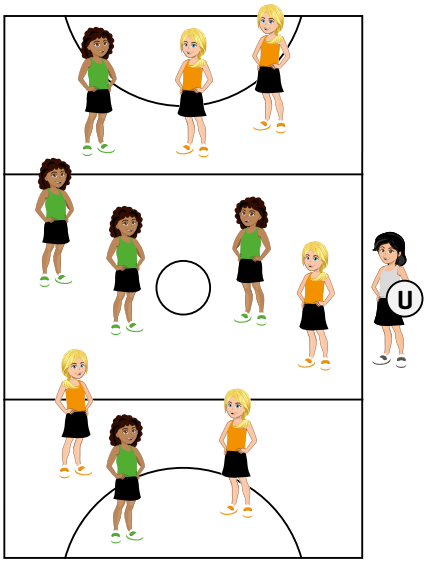
Purpose: To maintain possession of the ball for as long as possible, while being creative with movements and focusing on running, stopping, starting and landing in a stable body position.

NETBALLSMART AND COACHING FOCUS

- Stick landing in good squat position (stable body position)
- Soft landings (minimal sound), cushioning the landings by bending at the hips, knees and ankles
- Upper body strength for strong passes
- Controlled stopping with hips, knees and feet are aligned when landing
- Good squat and lunge technique

SET-UP

- Number of players: Two even teams
- Area: A Netball court
- Equipment: A variety of balls and bibs



HOW TO PLAY

- Divide the group into teams of five to six players.
- One member from each team plays Paper, Scissors, Rock to decide which team starts with the ball.
- The winning team gets to decide which ball to use e.g., rugby ball, vortex, spikey ball...
- Start by only allowing the players to use the centre third.
- Then extend it to two-thirds and finally full court.
- The attacking team is looking to make 10 consecutive passes.
- If possession is lost, the opposing team chooses their ball and attempts to secure 10 consecutive passes.
- The umpire focus is on footwork. If there is an infringement possession changes to the other team.

ADAPT IT

- Vary the number of players allowed in each area of court.
- Add in a time challenge – how long does it take a team to make 10 consecutive passes.

Netball Chain Tag

ROLE & RESPONSIBILITY

Objective: *Develop an understanding of communication, spatial awareness the players role as a team member.*

SETUP
- Choose 2-3 players to start as "taggers."
- The rest of the team spreads out around the court or third.

ACTIVITY
- The taggers must link arms or hold hands to form a "chain."
- They work together to move around the court and tag other players.
- When a player is tagged, they join the chain, making it longer.
- The game continues until all players are part of the chain.

RULES AND CHALLENGES
- The chain must always stay connected.
- Encourage communication (e.g., "Let's go left!").
- Adjust the number of starting taggers based on group size.

DEBRIEF

Ask the players:
- What strategies worked best?
- How did you communicate to catch others?
- How does this relate to working together in a game/ team situation?

Centre Pass – Attack

TACTICALLY AWARE

The following game principles will assist players at the centre pass:

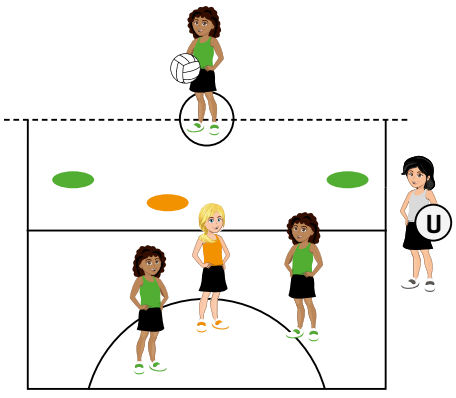
- Encourage the attacking players to vary their starting positions behind the transverse line.
- The attacking players behind the transverse line communicate so that only one player provides a passing option for the C and the other provides an option for the 2nd or 3rd pass/phase.
- The WD and GD supports the centre pass, providing additional passing options.
- C lets the ball go confidently within 3 seconds after the whistle.
- Attacking players prepare early to ensure a passing option is available when the whistle is blown.
- Receive the centre pass as close to the transverse line (closest to the goal end) and as close to middle of the court as possible.
- Receiver of 2nd pass is close to the attacking goal circle.

ONE OVER

Purpose: To develop movement and communication between attackers so that one player commits to the centre pass while the other positions for the second phase.

NETBALLSMART AND COACHING FOCUS
- Controlled stopping at speed
- Hips, knees and feet are aligned when landing
- Land on outside leg first
- Turn fully to look down court

SET-UP
- Number of players: In groups of 5
- Area: Half a Netball court
- Equipment: Bibs and a ball



HOW TO PLAY
- Divide the group into teams of five players.
- One player is a defender and wears a bib and defends the attacking players.
- The attackers work together to ensure there is an option for the Centre to pass to when the whistle blows. After the pass is made move quickly away from the direction of the pass.
- The player that doesn't receive the first pass, runs to receive the 2nd pass.
- The umpire focus is on footwork, starting play and offside.

ADAPT IT
- Add another defender in the centre third.
- Place dots on the ground to mark the number of points an attacker is awarded if they receive the first pass, e.g. close to the transverse line and central = 3 points, wide and high = 1 point.
- Add another defender in the goal third.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Preparation

Smart Preparation prepares the mind and body before you reach the court. We want PREPARED Netballers.

? *What is in my Netball bag?*

In pairs, ask players to draw a Netball Bag and then draw and/or write what they should have in their bag to ensure they are well prepared for a Netball training or game. Get each pair to feed back a different item to the group. Ensure that the following items have been mentioned:

- Netball shoes with good tread
- Strapping tape and/or an ankle brace if required
- Water bottle
- A snack for before or after training/game
- Sanitary items
- Warm clothing if cold or wet
- Sunscreen
- Towel
- Nail clippers and hair ties
- PDP notebook and pen
- First aid supplies (e.g. band aids, medication)



Why Do We Play Netball?

MIND SPACE

If sending out any information to players before this session, ask them to bring along a photo of when they first started playing Netball.

- Ask the players to write down what they love about Netball and why they play?
- Now, looking at the photo of when they first started, ask the question, **"What is different now?"**

Session 2

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: turning hard, fast and fully, take off and meeting the ball. Put the ball into space. First option is always to/towards the post.

ATHLETE HABITS

NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by moving to the red, orange or green cone. Once players have answered get them to find a partner in the same colour group and share how they could improve or maintain their response.

How prepared were you getting here today?

Red = Rushed
Orange = Sort of ready
Green = Very organised

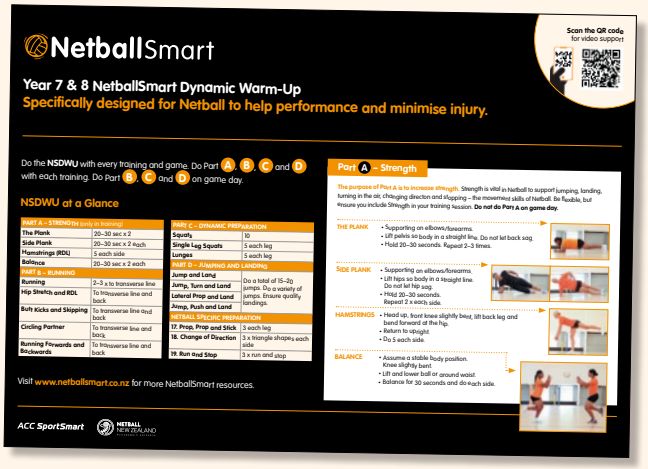
NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength** *To change it up try these variations:*
  - » Plank – In pairs facing each other perform x10 shoulder taps at the same time
  - » Side Plank – In pairs, one completes x20 Star Jumps while the other holds a side plank
  - » Hamstrings – Hold onto a drink bottle/ball and stretch out in front (x5 each leg)
  - » Balance – Complete chest passes with a partner while standing on one leg (x20 each leg)
- **Part B – Running**
- **Part C – Dynamic Preparation**
- **Part D – Jumping and Landing + Netball Specific Preparation**



NOTE: If sessions are being delivered across multiple days use the full NetballSmart Dynamic Warm-Up (Appendix 2). If sessions are being delivered as multiple sessions in a day start with the full NetballSmart Dynamic Warm-Up for the first session and then use the NetballSmart Power Warm-Up (Appendix 3) for the remaining sessions.



Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know that players stop 90-95% of the time when they catch the ball.*

1 *Focus: Turning fast and fully (both directions)*

When catching the ball, the turning movement should begin with the head, followed by the shoulders and hips in a coordinated sequence. The body should remain aligned within the cylinder, ensuring a stable base (SBP), upon landing.

2 *Movement Skill: 180 degree turn*



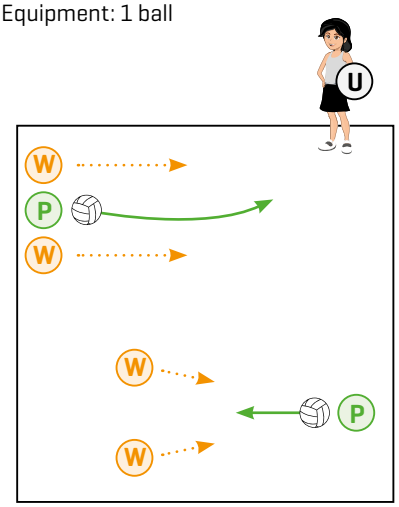
3 *NetballSmart and Coaching Focus:*

- Turn body fast, hard and fully as you are catching the ball.
- Look down the court to the goal post.
- Pull ball into your body on landing and land in SBP.
- Keep ball up at chest level.

In pairs facing each other practice turning 180 degrees and landing in stable body position. Do x3 turns in each direction.

Extension: Add in a ball. In pairs with one ball – one passer and one worker. The passer throws ball and player catches the ball and turns fully (180 degrees) to face down court, landing in a stable body position. Complete x4 each side and then swap over.

Activity 1

FAST FEET *Purpose: Two players compete to gain possession of the ball, using quick, fast footwork and landing with balance and control.*	**NETBALLSMART AND COACHING FOCUS** · Lands balanced in a stable body position (SBP) · Alignment of hips, knees and ankles · Pull ball into body · Turning away from the defender · Turn to look down the court, head hips and feet facing the goal
SET-UP · Number of players: In groups of 3 · Area: Within a 5m x 5m area · Equipment: 1 ball 	**HOW TO PLAY** · The Passer (P) stands in the middle of the 2 Workers (W). · The Passer throws a loose ball anywhere out the front of the workers. · The Workers compete to gain possession of the ball, landing in a stable body position turning away from the other worker. Workers practice landing on their outside leg and turning away from the other worker. · The Umpire is looking for breaking, contact and footwork. **ADAPT IT** · Must wait until the ball has bounced before the Workers can move. · The Workers stand out the front of the Passer. The Passer can throw the ball anywhere (rolled, chest height or high) and Workers cannot move until the ball has been released and then compete to get the ball. · The Workers move closer to the passer and have their backs to the passer. The Passer throws the ball over the Workers heads who as soon as their see it can react and compete for the ball. The Worker that gets the ball, turns fast and fully to pass back to the Passer. The non-receiving Worker becomes the defender.

Activity 2

5 POINT PLAYER

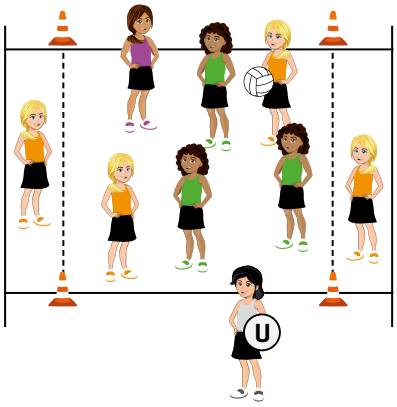
Purpose: To give players the chance to practice moving into space, meeting the ball, and turning quickly and fully. The attacking team aims to score as many points as possible within the set time.

NETBALLSMART AND COACHING FOCUS

- Lands softly and balanced in a stable body position (SBP)
- Alignment of hips, knees and ankles
- Secures the ball before pivoting
- Turning away from the defender
- Turn to look down the court, head hips and feet facing the goal

SET-UP

- Number of players: In groups of 9-10
- Area: One-third of the Netball court
- Equipment: Bib, 1 ball and 4 cones/spots



HOW TO PLAY

- Create an end zone that only one attacking player can use.
- Place a bib on one player, who becomes the five-point player, this player provides an undefended passing option to keep the ball moving.
- Attackers score points by passing to each other = 1 point. If they can get a pass to the 5-point player, they get 5 points.
- Defenders work together to create intercept opportunities – each successful intercept deducts 3 points from the attacking team. The attackers have 30 seconds to accumulate as many points as possible.
- If the defenders intercept the ball, they then place the ball on the ground, and the attackers pick it up and continue.
- Swap roles when time is up.
- Provide the player's time to discuss what is working, what they could change and how they can work together to increase their number of points (attacking team) or create more intercepting opportunities and decrease the attacking team points (defensive team).
- The Umpire/s rule held ball, footwork, contact and obstruction.

ADAPT IT

- Increase the size of the area if necessary.
- Add a bonus point if the players take the ball from end to end to the end zone player?

Activity 3

END TO END

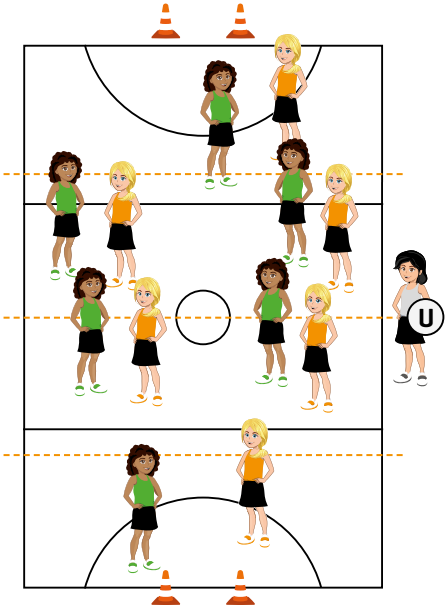
Purpose: To practice precise passing into space, helping attackers turn sharply and at speed to outplay defenders and move the ball from end to end effectively.

NETBALLSMART AND COACHING FOCUS

- Lands softly and balanced in a stable body position (SBP)
- Alignment of hips, knees and ankles
- Secures the ball before pivoting
- Turning away from the defender
- Turn to look down the court, head hips and feet facing the goal

SET-UP

- Number of players: 10-12 players
- Area: A Netball court or less
- Equipment: 1 ball, cones and dots, bibs



HOW TO PLAY

- Court or less is divided into four zones.
- In each goal scoring end zone place two cones.
- Each goal-scoring zone has one player from each team, while the remaining zones have two players from each team. The ball must be touched in each zone.
- Encourage the players to turn hard, fast and fully.
- Netball rules apply.
- Defending team try to turnover possession.
- Once a goal is scored, the attacking team all rotate, moving one spot in a clockwise direction
- The defenders team then starts with a goal line throw-in once all attackers have moved.
- The Umpire is ruling contact and footwork.

ADAPT IT

- Teams are awarded 1 point for each time they turn fully and look towards their end zone.
- How long does it take for the ball to travel from end to end? How could your team improve this time?

Role of the Middies

ROLE & RESPONSIBILITY

Objective: *Help players understand the key roles and responsibilities of mid-court positions (Wing Defence WD, Centre C, Wing Attack WA) and how these roles connect to team play.*

DIVIDE INTO GROUPS

- Divide players into groups of three.
- Allocate each group one mid-court position: Wing Defence (WD), Centre (C), or Wing Attack (WA).

SMALL GROUP DISCUSSION (3 MINUTES)

- Each group discusses and records what they believe the key roles and responsibilities of their allocated position are.

TEAM UP AND COMPARE (3 MINUTES)

- Each group joins with one or two other groups who worked on the same position.
- Compare notes: What did you agree on? Were there any differences or new ideas?

GROUP SHARING

- Nominate one player from each larger group to speak on behalf of their position group and share the key points with everyone.

DEBRIEF AND REFLECTION

- Facilitate a whole-group discussion:
  - » What did you learn about each mid-court position?
  - » How can this knowledge help you make better decisions during a game?

Centre Pass – Attack

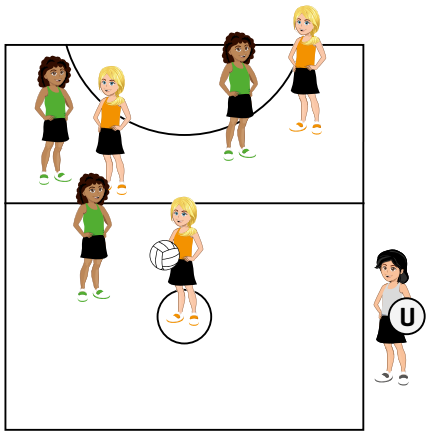
TACTICALLY AWARE

CENTRE PASS – ATTACK

Purpose: To encourage players to create some centre pass moves to enhance the team's opportunities to score off their own centre pass.

SET-UP

- No. of players: Whole group
- Area: A Netball court
- Equipment: 2-4 balls, bibs



HOW TO PLAY

- Split the group into 3 to 4 groups.
- Each group is to discuss and come up with a centre pass move/strategy. Encourage the player to think about how useful the skill just learnt will help.
- Each group practices its centre pass move and then tests it out on the group.
- Discuss the centre pass moves, are they effective and meet the game principles? If not, how could they be enhanced?

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

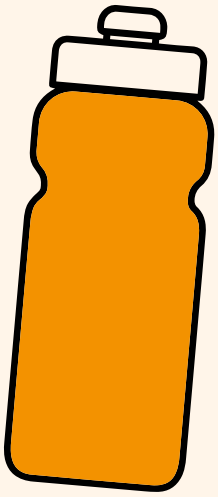
1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Hydration

Hydration is important before, during and after exercise. If a player doesn't drink enough water they can; feel more tired, have reduced coordination and reaction time, make poor decisions and are at an increased level of getting injured. An easy way to check your hydration levels is to check your urine colour.

Split players into small groups and ask them to brainstorm the following questions, sharing back to the group after each question.

1. **Demonstrate what you may look like if you haven't had enough water?**
   Thirsty, headache, low in energy, grumpy, difficulty concentrating, having trouble thinking clearly and following instructions.
2. **Demonstrate what you would you look like if you were well hydrated?**
   Full of energy, able to concentrate, ready to play.
3. **How can I make sure I'm well hydrated and can be at my best?**
   Drink regularly during the day, always bring water bottle with me, drink during breaks in training,
   drink if I feel thirsty. Check the colour of your pee.
4. **Do I need something else rather than water at my Netball game/practice.**
   NO – If you are exercising for less than 60 minutes in regular conditions water is just fine!



Self-Awareness



Better people often make better teams. Self-awareness means understanding yourself – your strengths, weaknesses, stress triggers, personality traits, preferences, and how your behaviour affects others.

Activity

Grab a piece of paper or your notebook and draw a Netball with 5 to 6 panels. In each panel, write down something that reflects your self-awareness. You could include:

- A strength you are proud of
- Something you want to improve
- What motivates you
- What stresses you
- How you like to work in a team
- How you think others see you

Purpose: This activity is a fun and creative way to reflect on who you are as a player, teammate, and person. It helps you recognise what makes you strong and where you can keep growing.

NEXT STEPS:

Once players have completed their Netball, encourage them to keep building their self-awareness as the programme continues.

Remind them that self-awareness is like a skill – the more you practise it, the stronger it becomes.

Session 3

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: passing and catching from where the ball is caught, pass placement and using a variety of pass. Through court and court balance.

ATHLETE HABITS

NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by positioning their thumb up, sideways or down. Once players have answered get them to find a partner with the same thumb position and share how they could improve or maintain their response.

How hydrated are you right now?

Thumb down = 🌵 Desert – thirsty / dry lips and mouth
Thumb sideways = 💧 Okay – might only need a sip
Thumb up = 🌊 Need to have a pee – fully hydrated

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength** *To change it up try these variations:*
  - » Plank – In pairs, one player rolls a tennis ball underneath their partner in plank position x20 (swap over).
  - » Side Plank – In pairs, one player rolls a tennis ball underneath their partner in side plank position x20 (swap sides).
  - » Hamstring – In pairs, simultaneously RDL and then pass ball when in an upright position (x10 passes each leg).
  - » Balance – Standing 1 leg, move the ball around waist and then pass to partner (x20 each leg).
- **Part B – Running**
- **Part C – Dynamic Preparation** *To change it up try these variations:*
  - » During squat, single leg squats and lunges the coach passes a ball to random players to encourage "eyes up".
- **Part D – Jumping and Landing + Netball Specific Preparation**





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Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know that a Netball is passed (at an absolute minimum) 1,200 times a game.*

1 *Focus: Passing*

Passing and catching skills are complementary. A good pass leads to a good catch. Changing the type of pass you give makes it harder for the defence and puts attackers and shooters into space.

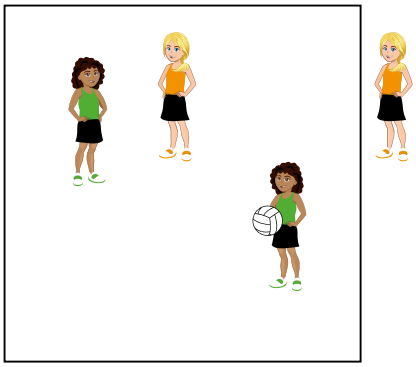
2 *Movement Skill: Wall Press-Up*

3 *NetballSmart and Coaching Focus:*

- Start from position of stability.
- Follow through and extend the arms.

Using a wall/fence or in pairs facing each other, get players to set up with one foot in front of the other and hands at shoulder height in a chest pass position. Lower the body towards the wall or partner until elbows are at 90 degrees. Then push off the wall/partner till arms are fully extended. Repeat x5 times then swap legs around.

Activity 1

CATCH AND RELEASE *Purpose: To encourage players to release the ball quickly from where they receive the ball.*	**NETBALLSMART AND COACHING FOCUS** · Takes body (including feet) into the catch · Alignment of hips, knees and ankles · Stick the landing, head up sighting the passing options and defender · On contact with the hands, the ball is pulled in quickly · Transfer weight from back leg to the front leg as the ball is released · Hands follow through on release of pass
SET-UP · Number of players: In groups of 5 · Area: In a 5m x 5m area · Equipment: 1 ball and bibs  	**HOW TO PLAY** · Mark out an area that provides enough space for the attackers to run, catch and pass. · Start with 2 attackers in the area and one defender. · The attacker who receives the pass releases the pass from where they receive the ball. The passing attacker quickly moves after releasing the ball to space to catch the next pass. · The Umpire rules on held ball, footwork, contact and obstruction. **ADAPT IT** · Add another defender · How many passes can the attacking pair make in 30 seconds?

Activity 2

ORDER BALL

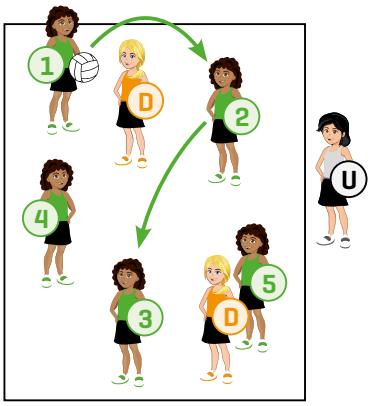
Purpose: To practice using a variety of passes and working to get free when it is your turn to receive the ball.

NETBALLSMART AND COACHING FOCUS

- Plant and cut
- Shoulders over hips
- Takes body (including feet) into the catch
- Alignment of hips, knees and ankles

SET-UP

- Number of players: In groups of 6-8
- Area: Within one-third of Netball court
- Equipment: Bibs, 1 ball



HOW TO PLAY

- 2 players wear bibs and are the defenders.
- The remaining 4 – 5 players are numbered. The ball must pass in order with the last player passing to the 1st.
- 1 point is scored for each successful circuit. A bonus point is awarded if the passing team can complete 3 consecutive circuits.
- The 2 defenders are trying to make it difficult for the passers and work hard to force a turnover or infringement.
- If an infringement occurs, swap roles and start again.
- The Umpire/s rules on held ball, footwork, contact and obstruction.

ADAPT IT

- Each pass must be different to the one received.
- Change the order of the passes, e.g. 5-4-3-2-1
- How many circuits can you complete in 2 minutes?
- Remove one attacker who becomes a defender or add another defender.

Activity 3

ON COURT VS OFF COURT

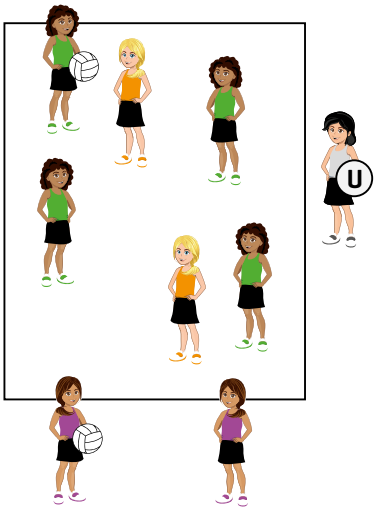
Purpose: To try and receive as many passes on court as off court, put players under pressure to pass quickly and accurately.

NETBALLSMART AND COACHING FOCUS

- Alignment of hips, knees and ankles
- Acceleration and deceleration
- Takes body (including feet) into the catch
- On contact with the hands, the ball is pulled in quickly
- Transfer weight from back leg to front leg as the ball is released

SET-UP

- Number of players: In groups of 8-10 players
- Area: One-third of a Netball court
- Equipment: 2 balls and bibs



HOW TO PLAY

- Four passers on court (centre third) pass the ball to each player trying to receive as many passes as possible.
- Two other on-court players are taggers who try to tag a passer when they have the ball in hand.
- Off court, two passers pass to each other using a variety of passes, keeping a tally of how many passes they can do.
- Each off-court pair is given 30 seconds to see how many passes they can make.
- On-court players attempt to catch as many passes as possible without being tagged. These players need to have awareness of their teammates and the taggers, selecting the right pass to pass to their teammate and practices releasing the ball from where it was caught to avoid being tagged whilst in possession of the ball.
- The Umpire rules footwork and playing the ball – replayed ball, held ball.

ADAPT IT

- Add more taggers inside the area.
- Introduce a defender on the off-court passers.

Role of the Defenders

ROLE & RESPONSIBILITY

? *How many defenders are there on court?*

Seven – when our team doesn't have the ball, we are all on defence.

Simon Says Activity

- Divide into groups
- A leader will call out a wide variety of activities and skills. If these are skills that is used by the circle defenders, GD or GK, they demonstrate the skill. If it isn't a skill a defender does, like shoot a goal, the player must remain stationary.

Examples of skills:

- Jump for a rebound
- Pivot
- Catch the ball
- Defend the shot
- Receive the centre pass
- Pass and cut
- Screen the opposition

Debrief the activity, highlighting the few specialist skills the GD and GK require and their tactical importance. Highlight that all positions bar shooting have similar skills.

Through Court – Spatial Awareness and Court Balance

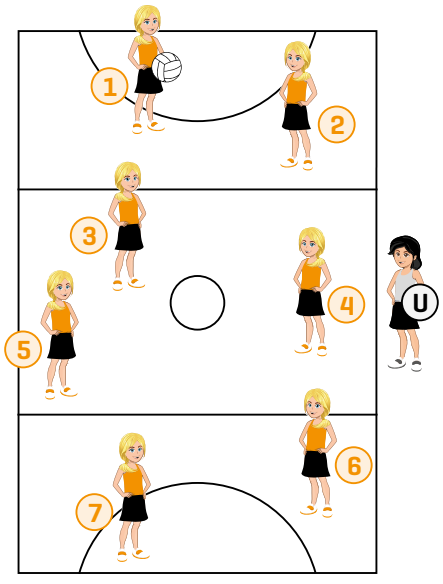
TACTICALLY AWARE

MISS A NUMBER

Purpose: To encourage players to use the width and length of the Netball court to open up spaces for through court attacking play.

SET-UP

- No. of players: 7 players plus
- defenders
- Area: Whole Netball court
- Equipment: 1 ball, bibs



HOW TO PLAY

- Players are numbered 1 to 7. Use remaining players as defence.
- The ball is passed from the defence end (1) to the attacking end (7).
- Then, before the first pass is taken, the 'caller' will call a number, e.g., 3. That player must not receive the pass in sequential order but should make themselves available for a pass anywhere on court.
- Add defence, initially one in each third.
- As the players get used to one player moving, call two numbers, e.g., 4 and 6. Those two players must receive a pass out of order and the other players on court must ensure passing options are available and that the court remains balanced.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Fuelling

What you eat, and drink directly influences your health and enjoyment of sport. Eat a balanced diet and enough to fuel your body for all of life's energy needs.

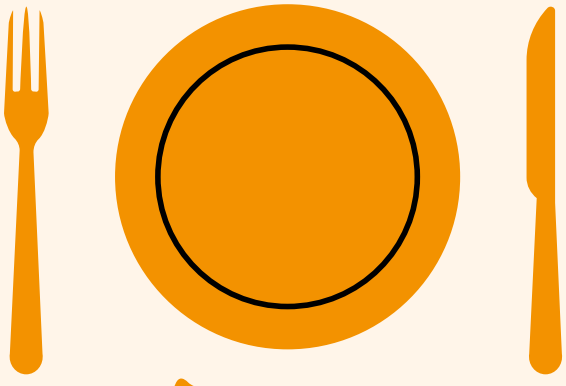
In small groups brainstorm answers to the following questions to feedback to the wider group.

Q *Why is it important to eat enough food during the day?*

Food gives us energy to do all the things we want to do (e.g. school, sport, hanging out with friends, after school job, plus keep all our body functions going). It also helps with building muscle and strong bones as well as tissue repair and general growth.

Q *What are some things to consider so I can get enough fuel for all my energy needs?*

Be prepared – bring extra snacks in your bag, make sure you eat breakfast, try to not go long periods without eating, don't skip meals.



Q *What are some snack Ideas?*

Muesli bar, bliss balls, nuts, sandwich, banana.



Mindfulness

MIND SPACE

Purpose: Introduce players to mindfulness and help them recognise how it can support their focus, calmness, and performance both on and off the court.

- Mindfulness means paying full attention to the present moment – being aware of what you are doing, how you are feeling, and what is happening around you, without judgement.
- It helps players manage pressure, stay focused, and reset quickly during games and in everyday life.

Activity

- Ask players to lie down on the floor and take their own pulse for 1 minute.
- Encourage the players to become aware of their own body and the changes that occur.
- At the completion of the task, ask the players to highlight what they noticed, e.g., heart rate slowed down, breathing rate decreased, felt relaxed, at times felt self-conscious....
- Discuss with the players the benefits of mindfulness on and off the court. Answer should include helps manage nerves and pressure; improves focus and decision-making; assists recovery after mistakes; supports wellbeing and resilience off the court.



Guided breathing – Box Breathing Exercise: Watch the video here
Complete for 2 minutes.

Grounding Exercise to follow the box breathing

- Ask players to slowly open their eyes and notice:
  - » 5 things they can see (court lines, teammates, sky, fence....)
  - » 4 things they can feel (shoes, the breeze, clothing on shoulders...)
  - » 3 things they can hear (voices, breathing, music...)
  - » 2 things they can smell (hot chips from the café, deodorant...)
  - » 1 deep breath to refocus.
- Encourage them to breathe slowly and deeply as they notice each sense.

Mindfulness is a skill players can practise to stay calm, focused, and positive during games – and in life. Like any skill, it gets easier and more powerful the more you practise it.

Session 4

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: Shooting technique and maintaining possession.



NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by moving into a continuum line using the thirds of a Netball court. Once players have formed a continuum line get them to turn to the person beside them and share how they could improve or maintain their response.

Q *How's your energy today?*

First 3rd = Sloth mode
Middle 3rd = Normal
End 3rd = Full of beans

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength** *To change it up try these variations:*
  - » Plank – In Pairs, one player holds a plank while their partner runs to end of court and back (swap over).
  - » Side Plank – In pairs, one player holds a side plank while partner puts up x5 shots (swap sides, then swap over).
  - » Hamstring – In pairs perform a RDL at the same time and pass a ball x10 when in RDL position (swap legs).
  - » Balance: Standing one leg, move the ball around your head and then pass to partner 10 times (swap legs).
- **Part B – Running**
- **Part C – Dynamic Preparation** *To change it up try these variations:*
  - » Add a ball – In pairs players face each other and pass a ball x10 times between each other for each movement.
- **Part D – Jumping and Landing + Netball Specific Preparation**

NOTE: If sessions are being delivered across multiple days use the full NetballSmart Dynamic Warm-Up (Appendix 2). If sessions are being delivered as multiple sessions in a day start with the full NetballSmart Dynamic Warm-Up for the first session and then use the NetballSmart Power Warm-Up (Appendix 3) for the remaining sessions.

Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know a Netball hoop is 38cm wide and the ball is 22cm – that's only about 8 cm of space on each side. No backboard, just precision!*

1 *Focus:* Shooting

Through practice, shooters will be able to refine their technique and mental skills to increase success, thus being able to turn and shoot with confidence.

2 *Movement Skill:* Squat with Extension

3 *NetballSmart and Coaching Focus:*

- Feet shoulder width apart with a strong base
- Power of your shot comes from the legs – 'squat down and then stand up'
- Bend knees and then straighten body sequentially
- Finish with a hand flick like they're dipping their hand into a cookie jar on the top shelf.

In pairs, practice x5 squats into full body extension with arms raised. For an added challenge go from a squat up into single leg full body extension x3 each leg. Add in a ball so they finish with a shot. Complete x5 shots per player.

Activity 1

STEALING SHOOTING CONES

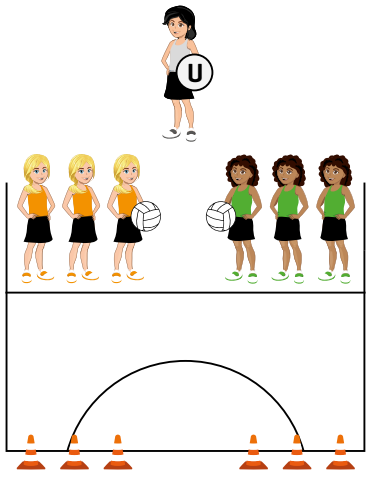
Purpose: To practice shooting under pressure.

NETBALLSMART AND COACHING FOCUS

- Stands in an SBP, alignment of hips, knees and ankles when landing.
- The ball is above their head to get up and over the defender
- The ball is on their fingers of the shooting hand, with the other hand resting on the side
- Bent knees, then straightens their body sequentially
- Finishes with a hand flick like they're dipping their hand in the cookie jar on the top shelf

SET-UP

- Number of players: In groups of 8-12
- Area: Goal third
- Equipment: 2 balls, bibs, cones and a goal



HOW TO PLAY

- Passer releases 2 balls into the goal third.
- Everyone runs to retrieve a ball.
- The teams then pass to all teammates while working their way to the goal.
- Anyone can shoot.
- The first team to score can steal a cone from the oppositions cone pile and move it into their own pile.
- The ball is then returned to the passer and the game restarts.
- The Umpire rules on footwork, playing the ball, contact and obstruction.

ADAPT IT

- Only one ball. The team that gets to the ball first is on attack and must pass to all teammates before a shot at goal can be taken.
- Only 2 attacking players and 2 defending players are allowed in the goal circle.
- Have a different shooter

Activity 2

PRESSURE

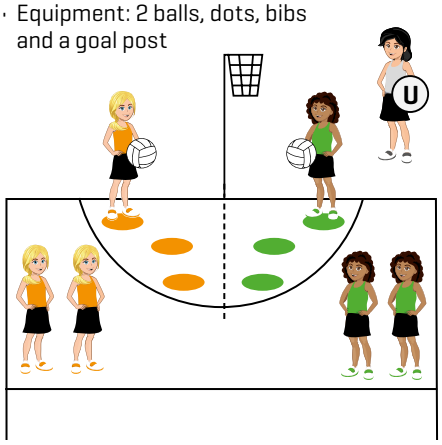
Purpose: Encourage the players to shoot from a range of positions so that they are shooting under pressure.

NETBALLSMART AND COACHING FOCUS

- Stands in an SBP, alignment of hips, knees and ankles when landing.
- The ball is above their head to get up and over the defender
- The ball is on their fingers of the shooting hand, with the other hand resting on the side
- Bent knees, then straightens their body sequentially
- Finishes with a hand flick like they're dipping their hand in the cookie jar on the top shelf

SET-UP

- Number of players: In groups of 7-9
- Area: Goal third
- Equipment: 2 balls, dots, bibs and a goal post



HOW TO PLAY

- Divide the players into two teams.
- Divide the shooting circle in half and place the dots in the circle mirroring each side.
- Team members stand on a dot in their half.
- The shooter with the ball puts up their shot. If successful, the dot is removed, and the player moves to another dot if there are any spare dots.
- If unsuccessful the player stays on the dot, but the ball is passed to the next shooter.
- The shooters keep shooting until a successful shot has been scored from each dot. The teams are trying to be the first team finished.
- The Umpire rules on footwork and playing the ball

ADAPT IT

- Only one ball and one team is on attack and the other defence. The attacking team has 30 seconds to score as many goals as possible. Then change roles.

Activity 3

BEAT THE CLOCK

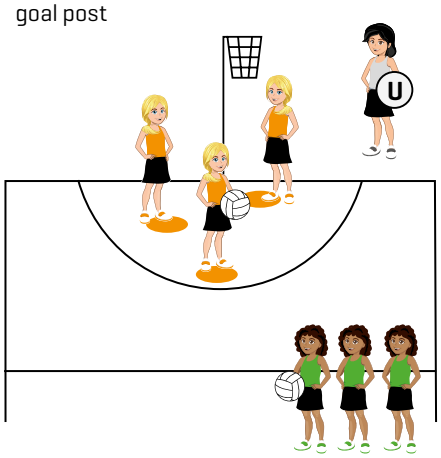
Purpose: To develop shooting accuracy, decision-making under time pressure, and teamwork in a fast-paced, energetic environment.

NETBALLSMART AND COACHING FOCUS

- Stands in an SBP, alignment of hips, knees and ankles when landing.
- Turning fully to face the goal post
- Bent knees, then straightens their body sequentially
- Finishes with a hand flick like they're dipping their hand in the cookie jar on the top shelf

SET-UP

- Number of players: In groups of 7-9
- Area: Half a Netball court
- Equipment: 1 ball, dots, bibs and a goal post



HOW TO PLAY

- Divide the players into two teams.
- Place three dots in the goal circle – one close, one mid and one long range shooting positions.
- Each team is given 90 seconds to see how many points they can score.
- Points are awarded
- - Close = 1 point
- - Mid = 2 points
- - Long = 3 points
- The shooters keep shooting until a successful shot has been scored.
- Once a goal is scored the team must play the ball back to the transverse line.
- After 90 seconds it is the other teams turn to see how many points they can score.
- Allow the teams time to consider how they could maximise their points and then each team have another turn.
- The Umpire rules on footwork and playing the ball.

ADAPT IT

- Increase the time frame.
- One team is on attack; the other team is on defence.
- Only two attackers allowed in the goal circle and two defenders.

Role of the Shooters

ROLE & RESPONSIBILITY

- Divide the players into groups of 4-5.
- Brainstorm with the whole group, "What are the skills and attributes a Goal Attack and Goal Shoot must have?"
- Each group is allocated a skill or attribute and are asked to come up with a fun activity that reflects this skill/attribute.

For example: Accuracy could involve the players standing outside the goal circle and trying to hit the goal post.

Quick reactions – could be a reaction activity where players in pairs stand facing each other one with the ball and the other with hands beside their side. When the ball is released, the other player must try to catch it before the ball hits the ground.

Spatial Awareness and Maintaining Possession

TACTICALLY AWARE

5-3-2

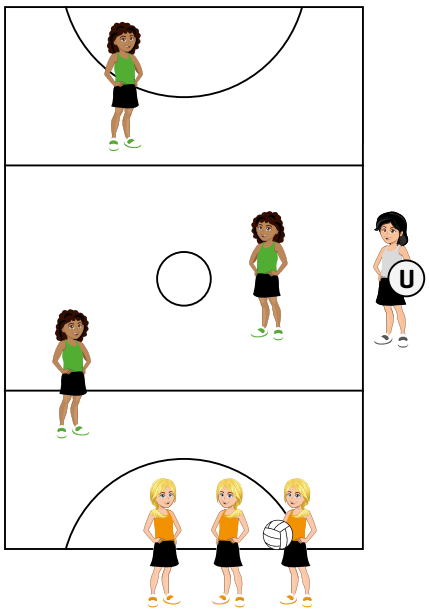
Purpose: To encourage players to maintain possession of the ball and ensuring the court is balanced as they work the ball through court.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and ankles are aligned
- Small knee bend when changing direction
- Shoulders over hips
- Plant and cut
- Turning fully to face the goal post

SET-UP

- Number of players: In groups of 6-9 players
- Area: A Netball court
- Equipment: 1 ball, bibs



HOW TO PLAY

- Three defenders, one in each third.
- Three players start on the goal line.
- The attacking players must complete five passes in the first third, three in the centre third and finally two in the goal third.
- The Defender is trying to tag a player with the ball.
- Once in the goal third, an attempt at goal can be made.
- Swap roles regularly.
- The Umpire is looking for contact, obstruction, footwork and playing the ball.

ADAPT IT

- Add another attacker.
- Add another defender.
- Change the number of passes the attacking team must complete in each third.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart Stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Recovery

The recovery process starts as soon as training/game finishes, with the first 30 minutes of post training / games being vital for refuelling and rehydration. However, it continues until the next training/game, through sleep and rest days.

Q *What bedtime routine will help you play your best Netball?*

In pairs, get players to discuss a bedtime routine from finishing dinner to lights out. Once completed, get players to feed back to the group.



Coach Prompts:

- 8 – 10 hours of sleep per night (5 – 6 nights per week).
- Similar bedtime and wake up time each day.
- Shower, brush teeth (single leg balance), read (quiet time).
- Technology away 30 minutes before bedtime. Bright screen lights from your device can stop your body producing melatonin, the sleep hormone.



Confidence Building



Help players identify what builds and breaks confidence, understand each other better, and strengthen team unity.

MATERIALS

- 2 cards per player (size of a brick)
- Pens/markers
- Wall, table, or large sheet of paper

SETUP

- Prepare the wall or large sheet of paper with two sections:
  - » Confidence Builders
  - » Confidence Breakers

STEPS

- Explain the Purpose: "This activity shows what sets our hearts on fire and what makes our hearts sink. Understanding this helps us support each other and be a stronger team."
  - » Write Bricks
  - » First card: Write one thing that builds your confidence (e.g., encouragement, team claps).
  - » Second card: Write one thing that breaks your confidence (e.g., being yelled at, forced motivation).
  - » Place Bricks on the Wall
  - » Stick cards in the correct section of the wall.

TEAM DISCUSSION

- What patterns do we notice in what builds confidence?
- What patterns do we notice in what breaks confidence?
- How can we support each other to build confidence during training and games?
- How can we avoid breaking confidence?

REFLECTION AND COMMITMENT

- Ask each player: "Name one action you can do to help a teammate feel confident."
- Optionally, take a photo of the wall as a team reminder.
- Encourage honesty – there are no right or wrong answers.
- Keep discussion positive and solution focused.
- Ensure all players contribute and feel heard.

Session 5

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: Defence – Getting the Ball – intercepting and spatial awareness through court.



NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by completing the movement that matches their answer. Once players have answered get them to find a partner with the same movement and share how they could improve or maintain their response.

Q *How's your body feeling today?*

Sit = 🤖 Stiff
Stand = 🙂 Fine
Stretch Tall = 🐓 Fresh

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength** *To change it up try these variations:*
  - » Plank – In groups create a plank circle, one player jumps up runs around circle and back to their spot and then next player goes.
  - » Side Plank – In a circle, players hold a side plank while players take turns running around group and back to their spot.
  - » Hamstrings – In a circle players perform x5 RDLs each leg, a ball is passed to anyone on way back up to encourage 'eyes up'.
  - » Balance – Standing on one leg players are to move the ball around their waist and head before passing to partner (x10 each leg).
- **Part B – Running**
- **Part C – Dynamic Preparation**
- **Part D – Jumping and Landing + Netball Specific Preparation** *To change it up try these variations:*
  - » Prop, Prop, Stick – Player receives a pass from partner on the 'Stick' (x3 each side – swap over).
  - » Run and Stop – Player receives a pass from partner on the 'Stop' (x3 each leg – swap over).

NOTE: If sessions are being delivered across multiple days use the full NetballSmart Dynamic Warm-Up (Appendix 2). If sessions are being delivered as multiple sessions in a day start with the full NetballSmart Dynamic Warm-Up for the first session and then use the NetballSmart Power Warm-Up (Appendix 3) for the remaining sessions.

Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know that there are SEVEN Defenders on a Netball Team? Everyone needs to defend.*

1 *Focus: Defence Positioning*

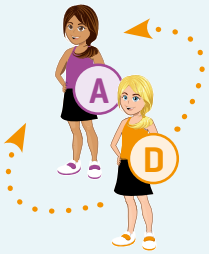
It is important to always sight the opponent and the ball. Use small, quick steps staying on the ground in a stable body position Keep arms in the 'cylinder' until the pass is released.

2 *Movement Skill: Washing Machine*

3 *NetballSmart and Coaching Focus:*

- Move in a stable body position
- Short sharp steps
- Keep eyes up

In pairs. One player is a stationary attacker (A), and their partner (D) moves in a half circle in front of them with short quick steps and eyes up. Rotate body so outside arm is ready for an intercept. x3 to each side, swap positions with partner.



Activity 1

ROUND THE OUTSIDE

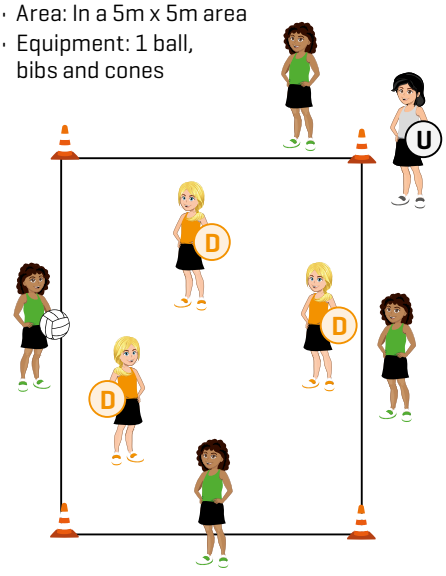
Purpose: To practice reading the flight of the ball, passing options and release time to successfully make an intercept.

NETBALLSMART AND COACHING FOCUS

- Body fully extended when moving
- Hips, knees and feet are aligned
- Small knee bend when changing direction
- Shoulders over hips
- Run through the line of the ball to take the intercept

SET-UP

- Number of players: In groups of 8
- Area: In a 5m x 5m area
- Equipment: 1 ball, bibs and cones



HOW TO PLAY

- Use the cones to create the area.
- Four Passers are outside the square, one on each line.
- Three Defenders are inside the square.
- The Passers can only move along their line.
- The Passers pass to each other, and the Defenders look to intercept the pass.
- Once a Defender has made 2 intercepts they become a Passer.
- The Umpire rules on playing the ball and footwork.

ADAPT IT

- If the Defenders are unable to take an intercept, change the timing of release to 2 seconds.
- Increase the size of area to extend the Defenders if they are taking lots of intercepts easily.
- Attackers can't pass back to the person they received it from

Activity 2

HEDGE OR CON

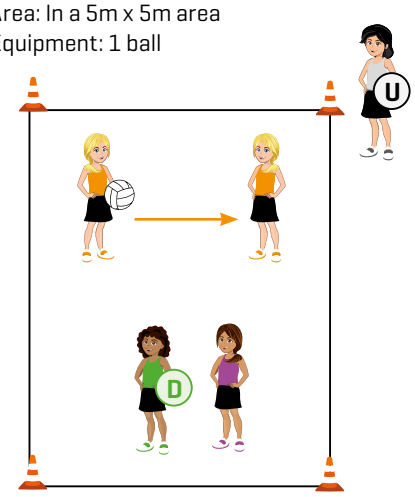
Purpose: To practice reading the attackers passing options, either stopping them or intercepting straight-line passes.

NETBALLSMART AND COACHING FOCUS

- Alignment of hips, knees and ankles
- Start on balls of the feet
- Defender sights passer and attacker
- Move quickly around / across the attacker
- Take short sharp steps into the ball

SET-UP

- Number of players: In groups of 5
- Area: In a 5m x 5m area
- Equipment: 1 ball



HOW TO PLAY

- Passers pass continually to each other, until the Attacker is free on the straight line to the passer.
- The Attacker uses a variety of methods to get free and work on their timing to receive a straight-line pass.
- The Defender moves around the Attacker to stop them receiving the straight-line pass or hedges / cons the passers by leaving the straight line open and the attacker thinks the pass is on but the defender is ready to intercept the pass.
- The Defender practices leading with the outside arm to take the intercept to avoid contacting the attacking player.
- Change roles regularly.
- The Umpire rules on contact and obstruction.

ADAPT IT

- Change the width of the Passers to make it easier or harder for the Defender. If the Defender hasn't made an intercept, bring the Passers closer together.

Activity 3

FIVES REVERSED

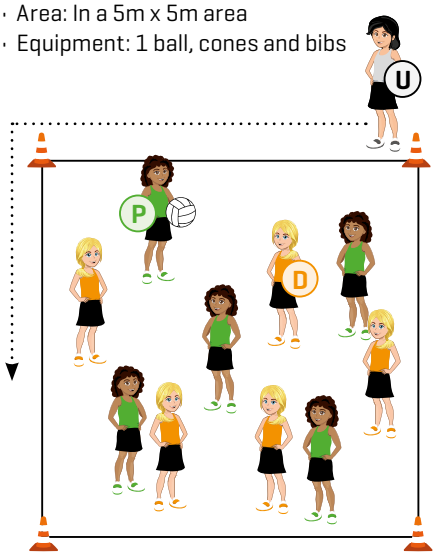
Purpose: To create and take intercepts with a decreasing number of defenders. Defenders must work together to achieve the intercept.

NETBALLSMART AND COACHING FOCUS

- Accelerations – fast take off and strong change of direction
- Single-leg stability
- Trunk control
- Take short sharp steps into the ball

SET-UP

- Number of players: two even teams of 5-6
- Area: In a 5m x 5m area
- Equipment: 1 ball, cones and bibs



HOW TO PLAY

- Five Attacking players and five Defending players start in the grid.
- The Attacking team aim to make five consecutive passes without the defending team intercepting the ball or causing a turnover.
- The Defending team try to make an interception and if successful, the defending team lose a player.
- The winning Defence team is the team that has the least number of players remaining.
- If the attackers make five passes, a Defender is added back in.
- Play until the Defence team has only two to three players remaining or for a set time, before swapping roles.
- The Umpire rules on footwork, contact, obstruction, throw ins and playing the ball – held ball, replayed ball

ADAPT IT

- Change the size of the area to ensure Defenders' success and then extend the area to challenge the Defenders.
- Provide the teams time to consider their strategy of how they can improve their performance when swapping roles.

Teamwork Activity – Netball Obstacle Rescue

ROLE & RESPONSIBILITY

The Scenario: *Your team must rescue a 'magic Netball' and get it safely across the court to score the winning point – but your hands have been zapped and can't be used!"*

THE RULES

- Players must carry the Netball from one end of the court to the other using only their elbows, backs, feet, or between two bodies (e.g., back-to-back or shoulder-to-shoulder).
- If the ball is dropped, they must return to the start.
- Entire team must participate; players rotate in.

VARIATIONS

- Time the challenge: can they beat their time on a second go?
- Make it a relay: one pair transports the ball, then transfers it to the next pair without using hands.
- Try using bibs instead of balls – players carry the bib between them like a parachute or slingshot.

DEBRIEF PROMPTS

- What strategy worked best for our group?
- When did we communicate well?
- How did it feel when we succeeded together?
- What can we take from this to use on the Netball court?

Spatial Awareness – Defensive Focus

TACTICALLY AWARE

3 GOAL NETBALL

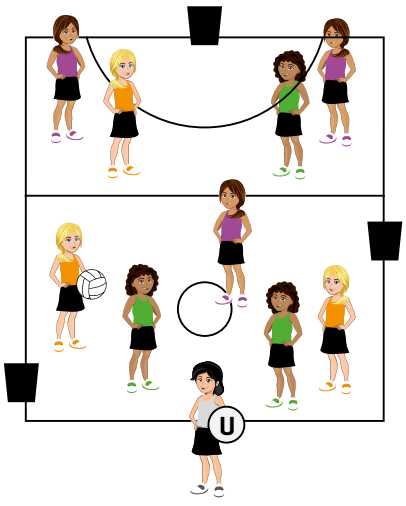
Purpose: To provide players with the opportunity to outsmart defenders utilising the space and multiple goals to score.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and feet are aligned
- Small knee bend when changing direction
- Shoulders over hips
- Read the passing options
- Take short sharp steps into the ball
- Work with team mates to direct the attackers into a space

SET-UP

- Number of players: In groups of 9-15 players
- Area: Two-thirds of a Netball court
- Equipment: 1 ball, bibs and 3 bins (goals)



HOW TO PLAY

- Set out three bins/goals around the outside of the playing area.
- Divide the players into teams of three to five players, with three teams per court.
- Teams can score at any goal by either tagging the goal or throwing the ball into the bin.
- Game starts with one player from each team coming in for a 3-person jump ball.
- The team that wins the ball is on attack and only 1 team is one defence. The non-playing team waits on the side of the court. Swap out – the winning team stays on and the team on the sideline swaps out with the defending team.
- Encourage players to continue trying to intercept the ball.
- If a turnover occurs, the first defending team to the ball is on attack.
- Play for a set time, then allow the teams a chance to discuss how they could enhance their performance before play resumes.
- The Umpire is looking for contact, footwork and playing the ball.

ADAPT IT

- If the attacking time is finding this activity hard, to make it easier have two teams on attack, each team with a ball.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart Stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Loading

'Player load' is the physical stress the body endures when doing exercise. The amount of stress depends on the volume, intensity, and type of activity.

Q *What does your week look like?*

In their notebook or on a piece of paper, ask players to fill in the chart below for a typical winter week. Add in all exercise including sport trainings and games, home sessions, PE at school. Once players have completed their week get them to calculate their TOTAL hours for the week. Total hours of exercise for the week should be less than their age.

SmartPlayer Smart Training Checkpoint

Task: Check your training load by recording your weekly exercise load in the table below.

Write up in hours how long each exercise session is. Add all of these together in the "total" box.

- Include all sports
- Practices and games
- Strength and fitness
- School PE
- Social sports

Use the results to compare to the checkpoint tips on the following page

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before School (am)							
During the day							
After school (pm)							

Total hours per week:

Refer to the SmartPlayer Smart Training Checkpoint in the appendices (page 81). Ask players to score themselves out of nine and then to share this with their whānau and coaches.

Focus Circle

MIND SPACE

This activity aims to sharpen concentration and awareness.

- Players stand in a circle. One person starts with a rhythm (clap-tap).
- A ball or object is passed around the circle while the rhythm is maintained.
- Add distraction: coach calls out numbers, play music, gives instructions
- Change the rhythm

After the activity, ask players:

- What helped you stay focused even when there were distractions?
- What made it harder to concentrate?
- What did you notice about your rhythm and your passing when you were focused versus distracted?

Key link to Netball:

Concentration under pressure is vital in Netball, especially during quick passing sequences, turnovers, centre passes, and defensive resets.

Maintaining focus allows players to perform their skills under pressure, communicate effectively, and recover quickly from mistakes.

Year 9 & 10 Sessions

AIM:

Consolidate and strengthen fundamental skills and tactical understanding, fostering a love for Netball while enhancing the playing experience.

Session 1

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: receiving the ball uncontested + creating and using space in and around the goal circle.

ATHLETE HABITS

NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by holding up 1, 2 or 3 fingers. Once players have answered, ask them to find a partner with the same number and share how they could improve or maintain their response.

What's your Netball mode today?

1 = 😴 Sleepy
2 = 😎 Cruising
3 = 🔥 Game-ready

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength**
- **Part B – Running**
- **Part C – Dynamic Preparation**
- **Part D – Jumping and Landing + Netball Specific Preparation**

NOTE: If sessions are being delivered across multiple days use the full NetballSmart Dynamic Warm-Up (Appendix 2). If sessions are being delivered as multiple sessions in a day start with the full NetballSmart Dynamic Warm-Up for the first session and then use the NetballSmart Power Warm-Up (Appendix 3) for the remaining sessions.



Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know that when you jump and land you are absorbing up to 4 times your body weight.*

1 *Focus: Landing*

Netball is a game full of explosive movements and repeated landings. Learning how to jump and land correctly helps prevent Netball related injuries and improves performance.



2 *Movement Skill: Vertical and Horizontal Jump*

3 *NetballSmart and Coaching Focus:*

- » Good squat technique to initiate jump from a stable body position. Ensure good limb alignment – no kissing knees
- » Feet parallel and hip width apart
- » Land softly, pushing back through the hips
- » Head up and hands in catching position



- In pairs, Player 1 performs a vertical jump landing on 2-feet. Player 2 observes their technique, giving feedback where required. Player 1 then completes another x2 jumps making the required adjustments. Players then swap.
  Extensions: Single foot landings and 90 and 180 degree turns.
- In pairs, Player 1 performs a horizontal jump landing on two feet. Player 2 observes their technique, giving feedback where required. Player 1 then completes another x2 jumps making the required adjustments. Players then swap.
  Extensions: Single foot landings and jumping toward a destination (e.g. transverse line or circle edge).
- Add a ball. In pairs with 1 ball – One passer, one worker. The worker drives as hard as they can towards the passer. The passer delivers a firm chest pass. The worker must have their hands ready and fingers open to catch the ball. Catch, land in a stable body position and pass back. Repeat x5 times.

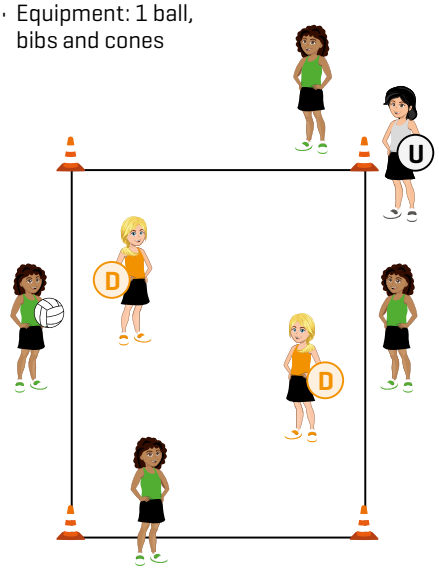
Activity 1

SPACE INVADERS

Purpose: To practise getting free to receive the ball uncontested.

SET-UP

- Number of players: In groups of 8
- Area: Within a third of the Netball court
- Equipment: 1 ball, bibs and cones



NETBALLSMART AND COACHING FOCUS

- Hips, knees and ankles aligned
- Stick landing
- Good squat technique to initiate jump Ensure good limb alignment – no kissing knees
- Bend in hips and knees – push back through hips
- Knees not in front of feet – push back through hips
- Land in good squat technique (SBP)
- Equal weight bearing
- Soft landing – bend in hips and knees
- Control trunk – head up
- Stick landing

HOW TO PLAY

- Use the cones to create the area.
- Two Defenders are inside the square.
- Four Attackers start one on each line.
- The Attackers receive a pass in space within the square.
- If a Defender touches an Attacker, the Attacker is out and must return to the space outside the square.
- The attackers are attempting to invade the space to receive a pass but can keep outside the space to avoid being tagged as long as they keep moving.
- Attackers are aiming to receive 6 passes. Then change roles.
- The Umpire rules on playing the ball, contact and footwork.

ADAPT IT

- Allow the tagged players to re-enter game once they have moved out of the area.
- Adjust the size of the square.

Activity 2

CROSS THE LINE

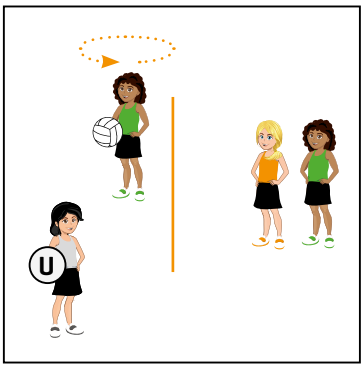
Purpose: One on one the attacker will always have a free side. Practice using the free side to receive the ball uncontested.

NETBALLSMART AND COACHING FOCUS

- Alignment of hips, knees and ankles
- Accelerations and strong change of direction
- Trunk stays stacked on top of hips
- Decisive movement
- Push off on outside foot when changing direction
- Time the movement to receive the pass within 3 seconds

SET-UP

- Number of players: In groups of 4
- Area: In a 5m x 5m area
- Equipment: 1 ball, bib per group



HOW TO PLAY

- In groups of four, a passer, a defender, an attacker and an umpire.
- The defender (orange) wears a bib
- The passer faces away from the attacker and defender, tosses the ball above their head, turning in the air and catching it, landing in an SBP to signal to the players to prepare to move.
- The attacking player will receive 1 point if they catch the ball on the other side of the line.
- The defending player is trying to keep the attacker on the same side of the line and also attempts to intercept the pass.
- The Umpire rules on contact, footwork and playing the ball.

ADAPT IT

- The attacker and defender start further away from the line.
- Add another attacker and defender, and the attacker works on the timing of the movement to receive the pass from the previous attacker in a straight line.

Activity 3

SIDE LINE HELP

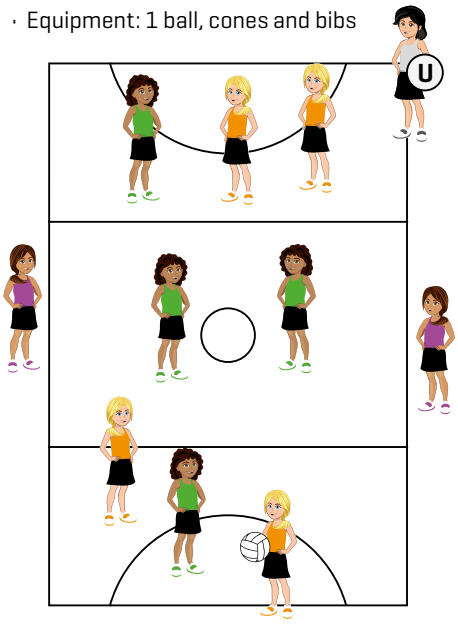
Purpose: To pass the ball through court, using the sideline help if required, to allow the attackers to get free and receive the ball uncontented, while maintaining possession.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and feet are aligned
- Small knee bend when changing direction
- Shoulders over hips
- Meet the ball
- Turn fast and fully and stand tall to sight all the passing options
- Decisive movements to get free in space
- Ball clears the defender's hands

SET-UP

- Number of players: two even teams of 5-6
- Area: Whole Netball court
- Equipment: 1 ball, cones and bibs



HOW TO PLAY

- One player is placed on each side line and can move along this line, and these players can be used by either team.
- Two even teams are placed on court.
- The team in possession of the ball is on attack and starts with a goal line throw-in. By passing to the players on-court or off court they aim to get the ball through court to score a goal.
- If a goal is scored, the opposition are now on attack, recommencing play with a throw-in.
- If a turnover occurs, possession changes.
- Teams get one point for every goal and one point for every roll off.
- Swap the sideline players in regularly.

ADAPT IT

- Change the size of the area to ensure Defender success and then extend the area to challenge the Defenders.
- Provide the teams time to consider their strategy of how they can improve their performance when swapping roles.

Teamwork Activity – Bench Tunnel Races

ROLE & RESPONSIBILITY

- Players in a press up position – side by side players shoulder to shoulder. Lift knees off the ground into a good bench shape.
- The end participant rolls the ball through the tunnel. The ball is rolled back by the person at the other end during which time the original roller gets up and runs to join the other end of the tunnel. The ball should be keep moving and the tunnel will move down the court.

OR

- The end participant crawls through the tunnel. Once their feet pass the player next to them (and who is now at the end of the tunnel), that player begins to crawl through, and so on, and so on. The effect is like a tank wheel of motion.

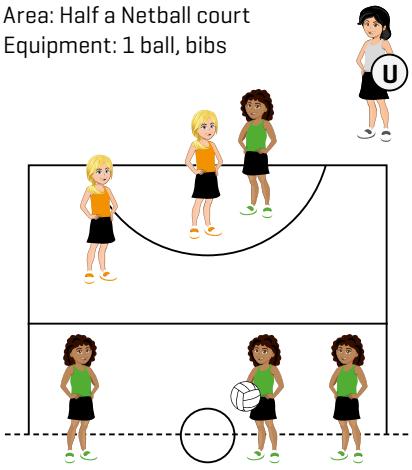
CHALLENGE

If the groups can maintain quality bench shape through-out, attempt these challenges:

- Get the tunnel to move between two cones or across the width of the court.
- Race another team.
- Under and Over – the ball is passed, under and over through the bench.

Activity – Creating and Using Space

TACTICALLY AWARE

TRIANGLES *Purpose: To use ball movement to create space, enabling an attacker to receive the ball uncontested.*	**NETBALLSMART AND COACHING FOCUS** • Hips, knees and feet are aligned • Small knee bend when changing direction • Acceleration and deceleration – take-off and stopping • Stand tall to sight all the passing options • Quick release of pass into space
SET-UP • Number of players: In groups of 10-12 players • Area: Half a Netball court • Equipment: 1 ball, bibs 	**HOW TO PLAY** • One attacker and one defender inside the goal circle plus one defender who starts outside the goal circle who can also go inside the circle. • The other players line up in three lines at halfway. • The first three players bring the ball down towards the circle edge, pass to an attacker then then run to space. • Players swing the ball across the circle, opening a space triangle before the ball is passed to the shooter and the shot goes up. • Defenders are looking for intercepts. • The Umpire is looking for contact, footwork and playing the ball. **ADAPT IT** • Add more defenders. • Where else could we use triangles through court?

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Preparation

Smart Preparation prepares the mind and body before you reach the court. We want PREPARED Netballers.

? *How can I ensure I am **physically** and **mentally** prepared for Netball?*

In pairs, players are to discuss and write down one method of how they can be physically prepared for Netball and one method of how they can be mental prepared for Netball. Players are to then swap partners and in their new pairs explain WHY their chosen methods will help them be more prepared.

Physical Methods: Practice landings, include strength and conditioning into schedule, do the NSDWU 2 – 3 times a week, attend practices.

Mental Methods: Be organised and on time, get plenty of sleep, make sure I arrive at Netball well fuelled and hydrated, meditation/reading a book before bed, switch off devices at least 30 minutes before bed.









Concentration Grid

MIND SPACE

Concentration Grids are a simple powerful tool used to improve mental focus.

You can either complete this concentration grid activity online, or download a concentration grid PDF and print it out.

- Players start at a number (decided by the coach) and have 60 seconds to find as many consecutive numbers from the starting number, as possible.
- Encourage the players to complete the test every few days and track their improvement. Start with a different number each time.
- **Challenge:** Working in pairs, one player trying to distract the other.
- **Debrief:** What was hard? What did we learn? How does this link to Netball?

Why develop concentration?

Young people's brains – especially the parts controlling focus, decision-making, and self-control – are still developing. Concentration can be affected by:

- **Brain maturity –** self-regulation and sustained attention take time to develop.
- **Distractions –** technology, social media, and busy environments.
- **Sleep –** not enough rest reduces focus.
- **Overload –** juggling school, sport, and social life can cause fatigue.
- **Limited strategies –** time management and stress control skills are still emerging.
- **Health –** poor nutrition or lack of exercise impacts mental clarity.

Support from coaches, teachers, and whānau helps young people build lifelong focus skills.

Session 2

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: turning fast, turning fully and being Netball savvy – knowing how the rules are applied.

ATHLETE HABITS

NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

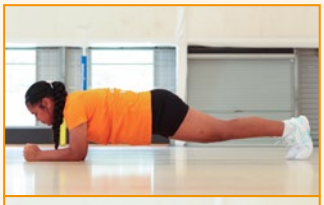
Players are to answer the question by moving to the red, orange or green cone. Once players have answered get them to find a partner in the same colour group and share how they could improve or maintain their response.

How did getting to training go today?

Red = Chaos
Orange = Mostly sorted
Green = Smooth operator

NetballSmart Dynamic Warm-Up

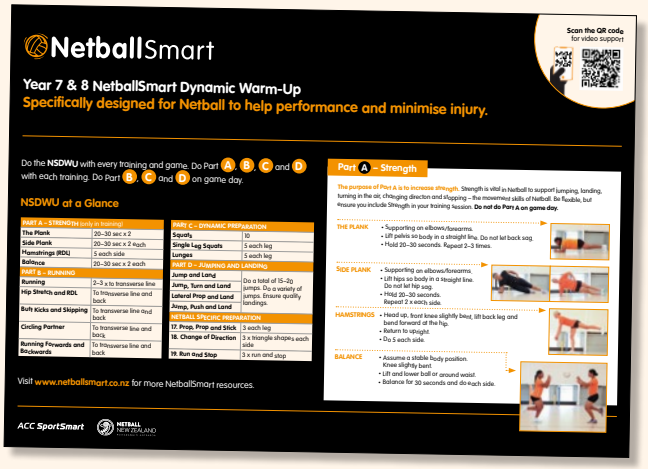
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- **Part A – Strength** *To change it up try these variations:*
  - » Plank – Add toe taps during plank
  - » Side Plank – Roll a small ball underneath a partner for 20 seconds
  - » Hamstring – RDL and open out
  - » Balance – Move ball around the body
- **Part B – Running**
- **Part C – Dynamic Preparation**
- **Part D – Jumping and Landing + Netball Specific Preparation**

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Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know that your HEAD leads the turn and the rest of your body will follow!*

1 *Focus: Turning fast and fully (both directions)*

When catching the ball, the turning movement should begin with the head, followed by the shoulders and hips in a coordinated sequence. The body should remain aligned within the cylinder, ensuring a stable base (SBP), upon landing.

2 *Movement Skill: 180 degree turn*



3 *NetballSmart and Coaching Focus:*

- » Turn body fast, hard and fully as you are catching the ball
- » Pull ball into your body on landing and land in SBP
- » Keep ball up at chest level
- » Land right, turn right – land left turn left

- In pairs with 1 ball – One passer, one worker. The worker drives as hard as they can toward the passer who delivers a firm chest pass. The worker has their hands ready, and fingers open to catch the ball. Catch, land in a stable body position and pass back. Repeat x5 times.
- Repeating the same activity as above, now get the worker to turn fully (180 degrees) with the ball so that they are now facing down the court. Repeat x6 times alternating turning left vs turning right.

Activity 1

TURN AWAY

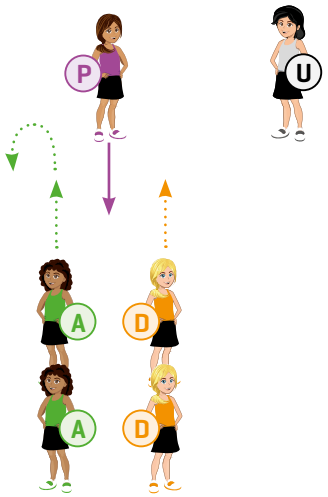
Purpose: To practice turning fully in either direction, turning away from the defender to protect the ball and vision of the passer.

NETBALLSMART AND COACHING FOCUS

- Start on balls of the feet
- Acceleration and deceleration – take off and stopping
- Land on outside leg
- Turn away from the defender and fully (180 degrees)
- Land in a stable body position
- Clear the defender's hands with the pass

SET-UP

- Number of players: In groups of 6
- Area: Within a third of the Netball court
- Equipment: 1 ball per group



HOW TO PLAY

- First 2 players, one Attack (A) and one Defence (D), run forward.
- Passer (P) passes to the Attacker: a flat pass initially.
- The Attacker receives the ball, landing on their outside leg, e.g., in the diagram, their left leg, then pivots left or right to pass back to the next Attacker in the line.
- Then the Attacker and Defender return to the back of the opposite lines.
- Change the side of the attackers to ensure the players practice turning left and turning right.
- The Umpire rules on contact and footwork.

ADAPT IT

- Introduce a high pass to allow the Attackers to practice turning in the air. Ensure the Attackers run straight forward to receive the pass
- Rather than in a line players in pairs are placed on court.

Activity 2

3 ON 3

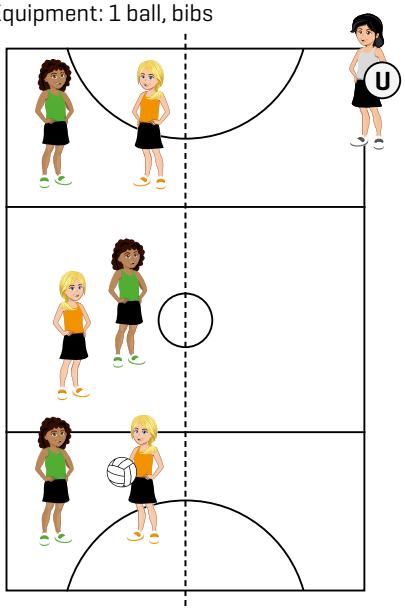
Purpose: To practice turning fast and fully to get the ball from one end of the court to the other.

NETBALLSMART AND COACHING FOCUS

- Hip, knees and ankle aligned
- Stick landing in a stable body position
- Turn fast and fully to look down court
- Pass ball into space clearing the defender's hands
- Time movement into the space

SET-UP

- Number of players: In groups of 7
- Area: Half the length of the Netball court
- Equipment: 1 ball, bibs



HOW TO PLAY

- In groups of seven, 3 players on each team and an umpire. Play in half a court divided lengthwise.
- One team will start on attack with a throw in from the goal line.
- The attackers can only pass in the direction they are facing and must pass straight ahead, e.g. if your landing position is on the 45 degree angle you pass straight ahead on that angle.
- The aim is to get the ball to the other end by passing straight in as few passes as possible. The focus is on turning fast, turning fully.
- The other team are the defenders, and they are trying to cause a turnover.
- If a turnover occurs, team swap roles.
- Teams get one point for each pass. Team with the least number of points wins.
- The Umpire rules on playing the ball, contact and footwork.

ADAPT IT

- Provide the attacking team with a target – number of passes to get the ball from end to end, e.g., 7.

Activity 3

WASH DRILL

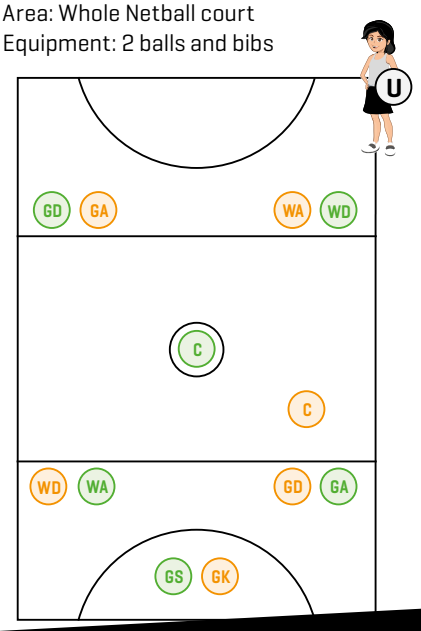
Purpose: The attacking team aims to score a goal from their own centre pass and then score from the turnover ball. If unable to do so, it is a wash and the teams start again. Players continue to focus on turning fast and fully.

NETBALLSMART AND COACHING FOCUS

- Land in a stable body position with hip, knees and ankle aligned
- Stick landing after turning fully
- Turn to face goal
- Secure the ball before turning
- Turn away from the defender
- Use the first grounded foot to pivot

SET-UP

- Number of players: In groups of 10-12
- Area: Whole Netball court
- Equipment: 2 balls and bibs



HOW TO PLAY

- 2 teams of 5-6.
- Teams scores a point for scoring a goal from their own centre pass and then get a point if they also score after picking up the 'turnover' ball.
- The coach or spare player can roll the 'turnover' ball into the centre third at any stage. When the turnover ball is on court this ball becomes the live ball. The other ball is returned to the side line.
- The game starts with a centre pass by the attacking tea.
- If the attacking team score a goal from their centre pass that ball is passed to someone on the sideline and a turnover ball is rolled into the centre third. The attacking team now plays this ball to their goal to score again focusing on turning fast and fully.
- If the attacking team score from the turnover they get 2 points.
- If the defence secure a turnover, they must play the ball back to the second transverse line and then it is their centre pass.
- If the team is unable to score off their centre pass or the turnover, it is called a 'wash' and points are wiped from that sequence of play and teams start again.

ADAPT IT

- Decrease the number of defenders to increase the chances of scoring.

Teamwork Activity – Position Switch Challenge

ROLE & RESPONSIBILITY

The purpose of this game is to develop knowledge and understanding of each position roles and pressures. This builds appreciation responsibilities and challenges for different positions.

- Play a game (7 v 7) for 5 minutes where players swap into a position they don't normally play, from one subgroup (Shooters, Middies, Defence) to another subgroup.
- Ask the players to quickly share with another player the skills that they could bring to this new position and what new skills they would need. For example, A Centre who has just moved to GS, new skill is shooting, similar skill is getting free, dodging.

ADAPT IT

A minimum of 4 players must change position. If your team can score you get bonus points for each positional change.

A useful resource is Crafting your Coaching, Positional Requirements, page 6

Activity – Being Netball Savvy

TACTICALLY AWARE

It is important that players know the rules of the game and understand the application of rule.

- Divide the players into groups of 4-6.
- Each group is allocated a rule of the game which they enhance their understanding of the rule demonstrate three ways the rule can be interpreted. All of these demonstrations may not be correct application of the rule. After 5 minutes each group will present their rule back to the whole group and will ask the players which application is correct or not.

Which areas of the netball court does each umpire officiate in? · In the application of the rule, it could be an out of court on the sideline near the goal line. Which umpire will call this infringement? · Which umpire blows the centre pass?	*Is the Line in or out?* · Can I have my toe on the transverse line at the centre pass? · If my heel is on the goal circle line, can I shoot? · If my toes are on the circle edge as a mid-court player, am I offside? · How far back from the line can I be at a throw in?
Defending out of court? · Do you have to let a player come back on court if they have gone out of court when the ball is in play · Do you have to let a mid-court player into the goal third before the centre pass is taken?	*Pass or Shot* · In the goal circle, when can the shooters shoot? · Penalty Pass?? · Free Pass?? · If a midcourt player is offside?? · If a defender uses the goal post to gain balance?
Where is the penalty or free pass taken from? · Over a third? · Held ball at a throw in? · Offside??	*Area behind the goal line.* · A player can run behind the goal circle to move from one side to the other side. · Goal line throw in – WA places one foot behind the goal circle at the throw-in.

Useful resource https://Netball.sport/game/the-rules-of-Netball/ and also check out the app store.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game.
It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Nutrition

What you eat, and drink directly influences your health and enjoyment of sport.
Eat a balanced diet and eat enough to fuel your body.

There are huge energy demands at this age- you are fuelling for school, sport, socialising, after school jobs, regular body functions plus growth. Remember to take your water bottle with you and drink regularly during the day. It is important to make sure you have something to eat before and after we exercise.

? *What to eat and why?*

Players should aim to include all of the food groups at their three main meals.

In groups players come up with examples of a meal made up from ALL food groups.
Describe the role of each food group for our bodies.

- **Carbohydrates –** To Fuel
  - » Examples: wholemeal bread, rice, rolled oats
- **Protein –** To Build and Repair
  - » Examples: eggs, beans, chicken, yoghurt, low fat milk
- **Fruit/Veges –** To Protect
  - » Examples: lettuce, grapes, carrots, broccoli, apple
- **Fats/Oils –** For Hormone and Focus
  - » Examples: avocado, cheese, sesame oil, chia seeds



Decision Making – Scenario Cards

MIND SPACE

This activity helps the players learn to make quick confident choices under pressure. You can also tie in the Netball savvy around rule knowledge and provide the players with game like ???

- Prepare cards with in-game situations (e.g. last minute of the game, down by 1, your centre pass – what is your plan?). Make up 3-4 different scenarios.
- Divide the players into pairs. They have 15 seconds to discuss and decide quickly what they would do in the given situation?
- Ask the players to share with the group what they would do? Use the white board to show the strategies. Depending on time you might just get two groups to share back.

Progression – add a twist (e.g. opposition WD called for offside at circle edge when there is only 10 seconds to go, or the umpire plays advantage).

Debrief – what was hard? What did we learn?

Session 3

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: Defence Positioning – Maintaining ball side and centre pass defence.

ATHLETE HABITS

NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by positioning their thumb up, sideways or down. Once players have answered get them to find a partner with the same thumb position and share how they could improve or maintain their response.

How hydrated are you right now?

Thumb down = Empty
Thumb sideways = Half
Thumb up = Full

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength** *To change it up try these progressions:*
  - » Plank – Lift alternating leg up and down during plank.
  - » Side Plank – Raise and lower hips up and down during plank.
  - » Hamstring – Pass Netball between pairs
  - » Balance – With a partner complete 20 firm chest passes.
- **Part B – Running**
- **Part C – Dynamic Preparation** *To change it up try these variations:*
  - » During squat, single leg squats and lunges the coach passes a ball to random players to encourage "eyes up".
- **Part D – Jumping and Landing + Netball Specific Preparation**





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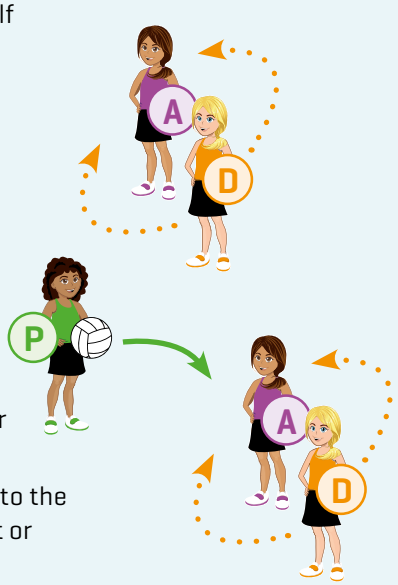
Skill Development

SKILFUL PLAYER

FUN FACT: *Did you know that a GD jumps/lands on average 45 times a game.*

1 *Focus: Defence Positioning*

Move your feet quickly to get onto the same side as the ball, positioning yourself between the opponent and the ball.



2 *Movement Skill: Washing Machine*

3 *NetballSmart and Coaching Focus:*

- » Start in a stable body position
- » Position where defender can sight both the ball and opponent
- » Make a quick recovery if attempt unsuccessful.

- In pairs, set up with one Attacker (A) and one Defender (D). The defender practises moving around the attacker – with short, quick steps. The defender works for 30 seconds before resting. Repeat x3 then swap roles.
- **Extension:** Add a ball. As the defender continues to move, the passer passes to the attacker. The defender quickly adjusts their position to allow them to contest or intercept the ball using their outside hand. Repeat x3 then swap.

Activity 1

BALL SIDE

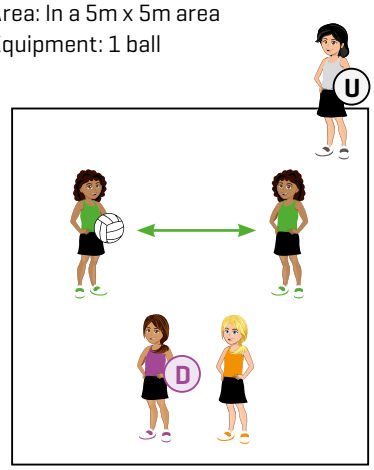
Purpose: To defenders practice moving around the attacker, marking on ball side and using the outside arm to go for the ball.

NETBALLSMART AND COACHING FOCUS

- Upper body strength for strong passes
- Small knee bend when changing direction
- Hips, knees and feet are aligned when landing
- Defend for 3+ seconds
- Defender sights passer and attacker
- Move quickly around / across the attacker staying on the ground
- Arms within cylinder until ball is released
- Use outside arm, if coming around a player
- Directs the attacker's movements

SET-UP

- Number of players: In groups of 5
- Area: In a 5m x 5m area
- Equipment: 1 ball



HOW TO PLAY

- Passers pass quickly and continually to each other, until the attacker is free on the straight line to the pass.
- The Attacker uses a variety of methods to get free and work on their timing to be free for a straight-line pass.
- The Defender moves around the Attacker to stop them receiving the straight-line pass or hedges / cons the passers and attacker to think the pass is on but is ready to intercept the pass.
- The Defender practices leading with the outside arm to take the intercept to avoid the attacking player and being called for contact.
- Change roles regularly.
- The Umpire rules on contact and obstruction.

ADAPT IT

- Change the width of the Passers to make it easier or harder for the Defender. If the Defender hasn't made an intercept, bring the Passers closer together.
- After 3 intercepts, change roles.

Activity 2

FIVES REVERSED

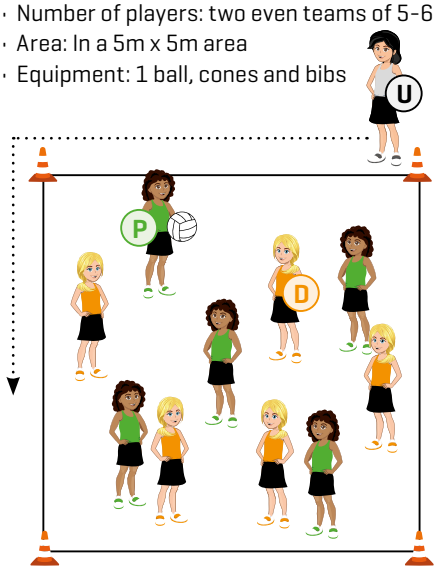
Purpose: To create and take intercepts with a diminishing number of defenders. Defenders must work together to achieve the intercept.

NETBALLSMART AND COACHING FOCUS

- Accelerations and strong change of direction
- Single-leg stability
- Trunk control with body up straight
- Body angles to see teammates and passing options
- Running through the line of the ball to take the intercept
- Arms within cylinder until ball is released
- Use outside arm, if coming around a player
- Directs the attacker's movements

SET-UP

- Number of players: two even teams of 5-6
- Area: In a 5m x 5m area
- Equipment: 1 ball, cones and bibs



HOW TO PLAY

- Five attacking players and five defending players start in the grid.
- The attacking team aim to make five consecutive passes without the defending team intercepting the ball or causing a turnover.
- The defending team try to make an interception and if successful, the defending team lose a player.
- The winning defence team are the team that has the least players remaining.
- If the attackers make five passes, a defender is added back in.
- Play until the defence team has only two to three players remaining or for a set time, before swapping roles.
- The Umpire rules on footwork, contact, obstruction, throw ins and playing the ball – held ball, replayed ball

ADAPT IT

- Change the size of the area to ensure Defender success and then extend the area to challenge the Defenders.
- Provide the teams time to consider their strategy of how they can improve their performance when swapping roles.

Activity 3

3 ON 3

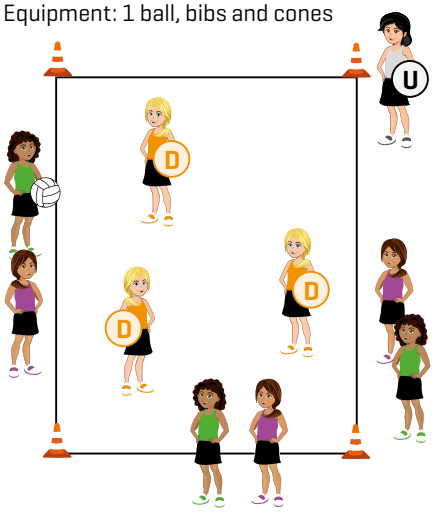
Purpose: To mark ball side, working together with team to cause a turnover before the attackers can make 10 consecutive passes.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and feet are aligned
- Shoulders over hips
- Take short, quick steps into the path of the ball
- Body fully extended when going for the ball
- Sight opponent and ball at all times
- Arms within cylinder until ball is released
- Use outside arm, if coming around a player

SET-UP

- Number of players: In groups of 10
- Area: In half a third of the Netball court
- Equipment: 1 ball, bibs and cones



HOW TO PLAY

- Three players start inside the area and are initially on attack.
- One player is the umpire.
- The remaining players start outside the designated area and the first player from each line make up the first team.
- On 'start', the two players (one from each team) move from their front of the line to receive a pass in the area. The passer can then move into the space.
- The attackers keep passing and moving and work to make 10 consecutive passes.
- The defenders practice moving around the attackers, marking ball side and restricting the attacker towards one of their team and try to force a turnover. If the defenders can force a turnover before the attackers make 10 consecutive passes, the attackers become the defenders.
- The Umpire rules on playing the ball, contact, obstruction and footwork.

ADAPT IT

- If the Defenders are unable to take an intercept, change the timing of release to 2 seconds.
- Increase the size of area to extend the Defenders if they are taking lots of intercepts easily.
- Attackers can't pass to the person they received it from.

Teamwork Activity – Netball Escape Room

ROLE & RESPONSIBILITY

- *Develop teamwork, communication, and understanding of Netball rules and positions.*
- *Encourage problem-solving and leadership within small groups.*

1. Create 3–5 "missions" that teams must complete to "escape":
   - » **Netball Rules Riddle:** Provide a scenario, e.g., "Player A is standing out of court but catches the ball – what rule was broken?"
   - » **Blindfold Passing Challenge:** Teams must complete 10 accurate passes while one player is blindfolded.
   - » **Secret Netball Positions Grid:** Spread bibs and cones on court. Teams must place player bibs in the correct court areas.
   - » **Intercept Mystery:** Share a short fictional game scenario. Teams must figure out "who made the intercept" using clues such as player positions, angles, and passes.
2. Split participants into small groups (3–5 per team).
3. Assign each team a starting mission and rotate through all challenges.

- **Explain the rules:**
  - » Teams must complete all missions as quickly as possible.
  - » Every team member should contribute.
  - » Encourage teamwork, communication, and strategy.
- **Start the timer:**
  - » Teams race to complete all missions.
  - » Facilitators monitor progress, give hints if stuck, but don't solve the challenge for them.
- **Debrief: discuss as a group:**
  - » **Roles:** Who naturally took the lead? Who supported quietly?
  - » **Teamwork:** How did the group communicate under pressure?
  - » **Problem-Solving:** What strategies worked best?
  - » **Netball Knowledge:** Which rules or positions were clarified or reinforced?
  - » **Reflection:** How can lessons from this game be applied during actual matches?

- *Encourage positive language: no criticism if a team struggles.*
- *Rotate roles within the group if time allows, so everyone experiences leadership and support.*
- *Adjust difficulty of riddles or physical challenges based on the age group.*
- *Capture learning moments for later discussion: communication, leadership, and decision-making.*

Activity – Centre Pass Defence

TACTICALLY AWARE

CENTRE PASS DEFENCE

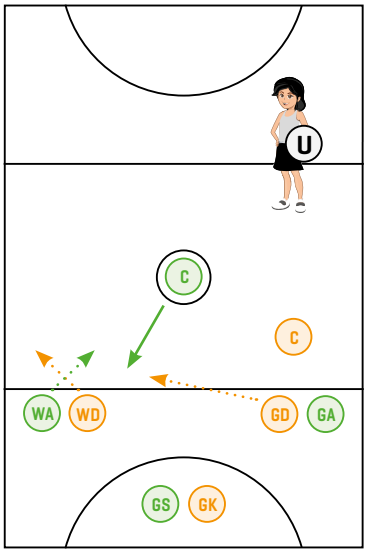
Purpose: To provide players with the opportunity to create a centre pass defensive strategy.

NETBALLSMART AND COACHING FOCUS

- Agility, soft knees
- Accelerations and strong change of direction
- Trunk control
- First step forward
- Use outside arm, if coming around a player
- Restrict the attacking player movements, using fast feet to keep the attackers high and wide – keeping them up court and wide.

SET-UP

- Number of players: Groups of 6-9
- Area: A Netball court
- Equipment: 1 ball, bibs



HOW TO PLAY

- Divide the group into smaller groups.
- Each group is to come up with centre pass defensive strategy and as an extension think about what this strategy would be a good as a counter for the opposition attacking strategy, for example., opposition GA is taking most of the centre passes.
- Players discuss the relevant rules they need to consider.
- After 5-10 minutes, allow the players to test their centre pass defensive strategy against an attacking line up.
- Allow the players to debrief their strategy.
- During the game play, Umpire is ruling contact, footwork and playing the ball.

ADAPT IT

- Pass the ball through to goal. Encourage the GK to defend ball side – switching at the ball changes side.
- Each group has five centre passes and count whether either attackers or defenders win the play.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Recovery

The recovery process starts as soon as training/game finishes, with the first 30 minutes of post training / games being vital for refueling and rehydration. However, it continues until the next training/game, through sleep and rest days.

? *Which out of these 10 forms of recovery are **'must dos'** and which are **'additional'**?*

Read out each of the below recovery methods. Players must decide whether the method is a **MUST DO** or if it is an **ADDITIONAL** form of recovery (read out the recovery methods in a mixed order so players have to actively sort them into the correct category). Players can work individually or in pairs.

Highlight the importance that the MUST dos are the foundation of your recovery, and the additional methods contribute to your recovery but should not stand alone.

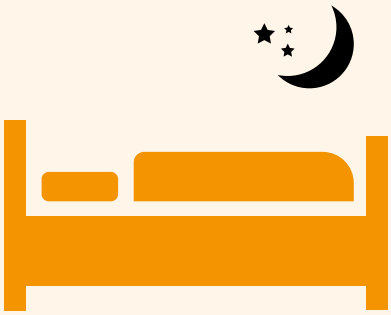
MUST DO:

- Sleep
- 5 minute active cool-down
- Good hydration and nutrition
- Rest day
- Treat Injuries Immediately

ADDITIONAL :

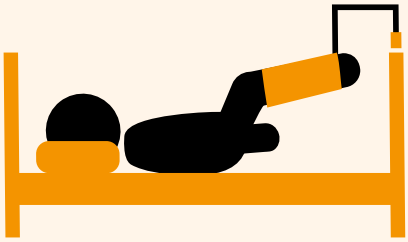
- Ice baths
- Elevate legs
- Compression garments
- Active/physical recovery – walk, yoga
- Massage and roller recover

Read these out in a mixed order so players have to actively sort them into the correct category.











Blind Build Activity to Develop Leadership and Communication Skills



The learning focus in this activity is clear communication, patience and helps to develop trust.

- Divide the players into pairs. One player ("builder") has their eyes closed; the other ("leader") gives instructions to build a simple shape with Netball equipment/lego or draw a picture.
- **Progression:** Limit leader's words to 10–12 per turn.
- Swap over.
- **Debrief –** What was hard? What did we learn? How does this link to Netball?

Session 4

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: Pass and Move, and our tactical focus is how we create space in and around the circle edge.



NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by moving into a continuum line using the thirds of a Netball court. Once players have formed a continuum line get them to turn to the person beside them and share how they could improve or maintain their response.

Q *How's the body holding up today?*

First third = 🤖 A bit stiff
Middle third = 🙂 Moving okay
End third = 🐓 Feeling fresh

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength** *To change it up try these progressions:*
  - » Plank – Lift opposite arm and Leg.
  - » Side Plank – Lift leg up and down during plank. Bend knee if required
  - » Hamstring – RDL with Ball then Chest Pass.
  - » Balance – With a partner complete 20 firm overhead pass (Swap legs).
- **Part B – Running**
- **Part C – Dynamic Preparation** *To change it up try these variations:*
  - » Add a ball – In pairs players face each other and pass ball in between each movement x10.
- **Part D – Jumping and Landing + Netball Specific Preparation**

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Skill Development

SKILFUL PLAYER

FUN FACT: *Centre runs the most in a game of Netball – some more than 5km in a 60-minute game.*

1 *Focus: Passing*

Passing and catching skills are complementary. A good pass leads to a good catch. Changing the type of pass you give makes it harder for the defence and puts attackers and shooters into space.

2 *Movement Skill: Wall Push-up*

3 *NetballSmart and Coaching Focus:*

- » Start from position of stability
- » Hands in chest pass position
- » Lower body until 90 degree elbow flexion – keep elbows close to side
- » Lift pelvis so body remains in a straight line

- Using a wall/fence or in pairs facing each other, get players to set up with one foot in front of the other and hands at shoulder height in a chest pass position. Lower the body towards the wall or partner until elbows are at 90 degrees. Then push off the wall/partner till arms are fully extended. Repeat x5 times then swap legs around.
- **Extension:** When pushing off the wall/partner players are to clap their hands together before positioning them on the wall/ partner again in a press up position. Repeat x5 times.

Activity 1

CONE TAKEOVER

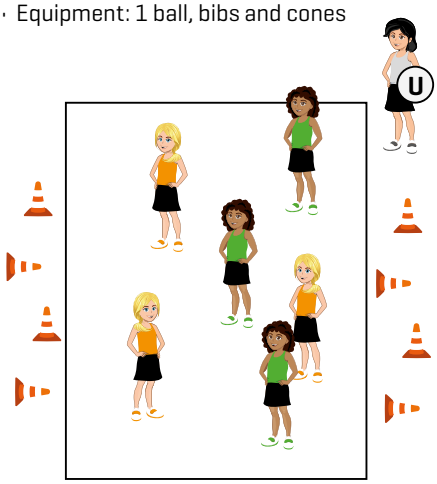
Purpose: To encourage players to pass and move quickly in the opposite direction from the pass.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and feet are aligned
- Shoulders over hips
- Use the outside foot when changing direction
- Transfer weight from back leg to foot leg as ball is released
- Strong clearing drives away from the line of play
- Always able to sight the ball throughout the movement

SET-UP

- Number of players: In groups of 8-12
- Area: One-third of the Netball court
- Equipment: 1 ball, bibs and cones



HOW TO PLAY

- Place an even number of cones on either side of the area – half up and half lying down.
- Divide the players into 2 teams – one team will lie the cone down and the other will stand them up.
- The player with the ball passes to a team mate then moves in the opposite direction to a cone and either stands it up or lies it down depending on what task their team has been assigned. They can then move back into the area to be a passing option.
- Team with most cones turned down or standing up wins.
- The Umpire rules on playing the ball and footwork.

ADAPT IT

- Reduce the number of cones to increase decision making.
- After a two-minute game block allow the teams to debrief and reflect on what was working and how they could improve. Then allow the teams to test out their new strategy.
- First team to flip 5 cones – adding time pressure.

Activity 2

PASS AND CUT

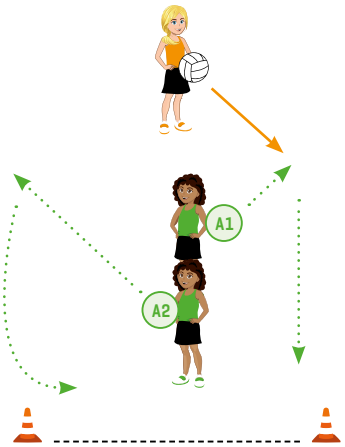
Purpose: To provide 2 options for the passer and if you don't receive the ball to re-offer for the next pass.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and feet are aligned
- Small knee bend when changing direction
- Shoulders over hips
- Plant on the outside foot and cut
- Strong decisive movements

SET-UP

- Number of players: In groups of 4
- Area: In a 5m x 15m area
- Equipment: 1 ball



HOW TO PLAY

- In 3's – 1 Passer (P) and 2 Attackers, A1 and A2.
- The Passer throws the ball up to self. The A1 player runs diagonally to the left or the right. A2 runs in the opposite direction.
- The Passer decides which Attacker is the best one passing option and delivers the pass.
- The non-receiving Attacker then re offers, running back to provide a straight-line option while the Passer runs up to provide the square option.
- The Attackers decide which is the best option and then both players – the Passer and non-receiver re offer again.
- On the 3rd pass, players must try to get the ball into the end zone to a teammate or target.
- The Umpire rules on contact and obstruction.

ADAPT IT

- How many successful 3 pass sequences are completed in 2 minutes.
- Add in 1 -2 defenders who only become live after the first pass is made defending the reoffer.
- Add a fourth attacking player.
- Allow only 3 passes before a scoring attempt.

Activity 3

END ZONE CHAOS

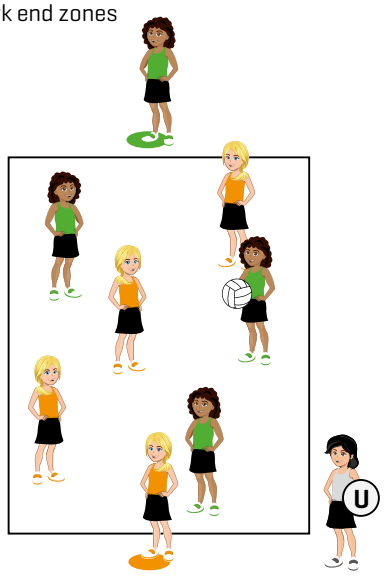
Purpose: To apply pass and move, reoffering, leading into space moves and defending in a game like situation.

NETBALLSMART AND COACHING FOCUS

- Accelerations and strong changes of direction
- Hips, knees and feet alignment
- Turn on the outside leg
- Time move into space

SET-UP

- Number of players: Two even teams
- Area: One-third of the Netball court
- Equipment: 1 ball, bibs and cones/dots to mark end zones



HOW TO PLAY

- Divide the players into two teams of equal size; one team wear bibs plus one or two players are umpire, or you may use the players standing in the end zone to be the umpires.
- Each team select one player who stands in the end zone at the team's scoring end.
- Two players, one from each group, use Paper, Scissors, Rock to determine which group start with the ball.
- The attacking team pass the ball towards their player in the end zone.
- If the attacking team pass the ball successfully to their player in the end zone (a goal), the opposing team take a throw-in from behind the goal line and work the ball to the opposite end.
- Encourage players to pass and move to a space and turn fully within this activity.
- Rotate the end player frequently.

ADAPT IT

- Change the size of the area to ensure Defender success and then extend the area to challenge the Defenders.
- Provide the teams time to consider their strategy of how they can improve their performance when swapping roles.

Teamwork Activity – Values

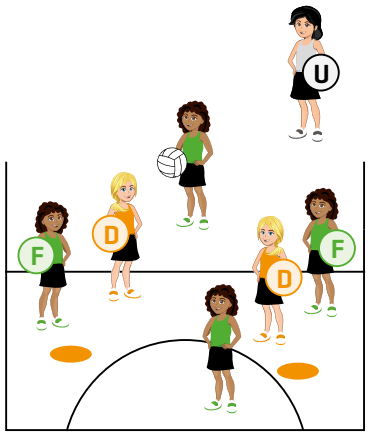
ROLE & RESPONSIBILITY

- A wide variety of values cards are placed on the ground. The players move around the area and consider the values, choosing one or two that resonate with them.
- For the values each player chooses, the players need to picture what their behaviour looks like and if they are living the value at school or on the court. For example, 'respectful – cares for others and thanks coach/teacher at the end of each session, listens when others are speaking'.

Activity – Moving to Different Spaces on the Circle Edge

TACTICALLY AWARE

Encourage clean movement on/off the circle edge and effective communication.

HOT SPOT *Purpose: To develop footwork and decision making to land on a hot spot to maximise your teams' points.*	**NETBALLSMART AND COACHING FOCUS** · Hips, knees and feet are aligned · Stick the landing · Time the move to run onto the circle edge
SET-UP · Number of players: In groups of 7 players · Area: Half a Netball court · Equipment: 1 ball, bibs and dots  	**HOW TO PLAY** · Place two dots anywhere on the circle edge. · One feeder (F) is on the transverse line and one feeder is inside the circle. · Two more feeders can move anywhere between the goal circle and the transverse line. · Two defenders can also move anywhere in the goal third outside of the goal circle. · The attacking – feeding team have 1 minute to gain as many points they can achieve in this time. Each time a feeder lands on a hot spot with the ball they are awarded 1 point. · If a turnover occurs, the first attacking pairs switch. · After 1 minute, allow the attacking team to consider how they could increase their point tally. · Allow another attacking combination to see how many points they can get in 1 minute then allow the first combination to better their score. · The Umpire rules contact, footwork and playing the ball. **ADAPT IT** · Add defenders, inside the circle and on the transverse line. Add the defenders one at a time. · Decrease the amount of time the teams' combinations have to score points. · Introduce a shooter inside the circle.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart Stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Health

SmartHealth is a about better understanding female player health, empowering the female player to manage their own health, and how to recognise signs in players who may need support.

Q *What is a Healthy/Smart/Balanced Netball Player?*

In small groups discuss the following questions and write/draw thoughts on a piece of paper.

A HEALTHY PLAYER:

- Balances training with recovery – has at least 1 rest day a week
- Ensures sleep is a priority
- Supports training with adequate fuelling and hydration – has a drink bottle with them and drinks regularly. 3 main meals and some snacks and eats a variety of foods.
- Is proactive at managing injury and illness
- Supports their mental wellbeing- takes time to do something they love, gets outdoors, says 'No' if feeling overcommitted.
- Works on core strength so can land with good trunk control
- Practices and improves landing and stopping strategies
- Works on their strength so they can play at a higher level for longer and make better decisions under pressure.



Mystery Bag Challenge

MIND SPACE

The purpose of this activity is to enhance problem solving, encourage creativity, resourcefulness and teamwork.

- Create a bag of random household or sports items (e.g., cone, cup, whisk, shoe). You may use the same items for all groups or provide each group with a different random bag.
- Divide the players into groups or 4 – 5.
- Each group must create a 1-minute "pre-game warm-up' activity using the items in their mystery bag. Encourage creativity and lateral thinking.
- Include a time limit to increase pressure and complete the task as required.
- Allow each group to share/demonstrate their activity back to the whole group.
- **Debrief –** What was the hardest item to include and how did you counter that? How does this activity link back to Netball?

Session 5

Welcome and Introduction

- Welcome players.
- Introduce the skill and tactic focus for the session: Defence: Getting the Ball – decide to get the ball and go, how far off to stand and defence working together in the goal circle.



NetballSmart Player Wellbeing Check In

It is important to be aware of how players are feeling both physically and mentally. A simple way to do this is to check in on players before the session begins by asking them a quick wellbeing related question.

Players are to answer the question by completing the movement that matches their answer. Once players have answered get them to find a partner with the same movement and share how they could improve or maintain their response.

Q How nice have you been to your body this week?

Sit = 😬 Not great
Stand = 🙂 Okay
Stretch Tall = 🌟 Very kind

NetballSmart Dynamic Warm-Up

The NetballSmart Dynamic Warm up is Netball specific preparation for each game and training. It will prepare the player for the movement demands of the game, improve the movement skill of the players, warm them up and help reduce injury risk. The NetballSmart Dynamic Warm-Up is Netball.

- **Part A – Strength** *To change it up try these progressions:*
  - » Plank – In pairs add small ball rolling it underneath player
  - » Side Plank – Knee to chest.
  - » Hamstring – RDL to Lunge (X5 Each side).
  - » Balance – With partner stand 1 leg and circle ball around waist and then throw an overhead pass to partner. 10 each leg and swap.
- **Part B – Running**
- **Part C – Dynamic Preparation**
- **Part D – Jumping and Landing + Netball Specific Preparation** *To change it up try these variations:*
  - » Prop, Prop, Stick – Player receives a pass from partner on the 'Stick' (x3 each side – swap over).
  - » Run and Stop – Player receives a pass from partner on the 'Stop' (x3 each leg – swap over).

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Skill Development

SKILFUL PLAYER

FUN FACT: *WD and GD reach speeds of 16-23 km/hr during a game – faster than GA and WA.*

1 *Focus: First 3 Steps*

Take-off affects your timing as you run to a space, go for the intercept, run towards the ball. Moving forward first gives you a quick take-off and an advantage over the defence.

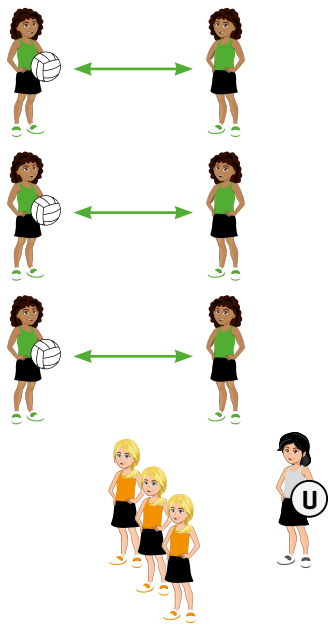
2 *Movement Skill: Take Off*

3 *NetballSmart and Coaching Focus:*

- » Equal distribution of weight across both feet, ready to move forward
- » Strong use of the arms to assist explosive forward movement
- » Weight is transferred forwards on initial movement without a step backwards

- Starting on the base line have players set up in a 'ready' position (split stance – one foot in front of each other). On the coaches' call get players to accelerate forward for 3 steps then stop in a stable body position. Repeat x2 each side
- **Extension:** Add a ball so player receives a pass from partner when they stop.

Activity 1

FLIGHT OF THE BALL *Purpose: To read the timing of release of the pass and timing their run through the passes without getting hit.*	**NETBALLSMART AND COACHING FOCUS** • Upper body strength for strong flat passes • Body up straight with good alignment reading the flight of the ball • Strong take off and movement, changing pace between the passing pairs
SET-UP • Number of players: In groups of 9 • Area: Within a third of the Netball court • Equipment: 3 balls per group 	**HOW TO PLAY** • 6 players pair up. These pairs spread out in 2 lines and pass continually to each other, using chest or hip passes. Passers maintain the same rhythm of their passing • The remaining players line up at the end of the passers. • The first player reads the timing of the passing and runs forward through the space between the passers, eyes forward, through the passes without being hit by the ball and without ducking or dodging. • The next player starts when the player ahead of them has past 2 passers • After 2 – 4 turns (run throughs), change roles. • The Umpire rules on contact and obstruction. **ADAPT IT** • Spread the passing pairs out to create more distance between each set of passers. • If a passer seeing the defender already moving, the passer can hold the delivery of the pass.

Activity 2

4 ON 3

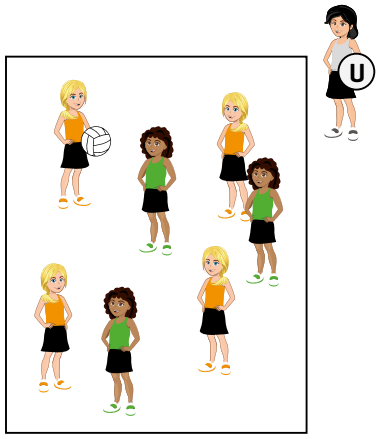
Purpose: To work with your team mates to create turnovers and development awareness of how far away you can be to take the intercept.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and feet are aligned
- Small knee bend when changing direction
- Shoulders over hips
- Strong fast take off
- Body fully extended when going for the ball
- Use outside arm if coming around a player

SET-UP

- Number of players: In groups of 8
- Area: Within a third of the Netball court
- Equipment: 1 ball, bibs



HOW TO PLAY

- In groups of seven, with four defenders and three attackers.
- While the attackers pass and cut, the defenders are trying to work together to create opportunities to intercept.
- Attackers get one point for every 10 passes.
- Defenders get two points for every intercept.
- The Umpire rules on playing the ball, contact and footwork.

ADAPT IT

- If the Defenders are unable to take an intercept, change the timing of release to 2 seconds.
- Increase the size of area to extend the Defenders if they are taking lots of intercepts easily.
- Attackers can't pass to the person they received it from.

Activity 3

FORCE THEM WIDE

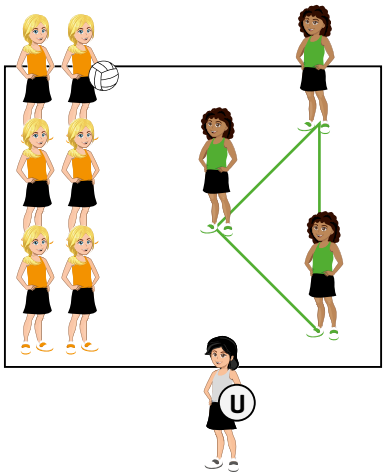
Purpose: To develop the ability to mark space, forcing the attackers wide and attacking the intercept to gain possession.

NETBALLSMART AND COACHING FOCUS

- Hips, knees and feet are aligned
- Small knee bend when changing direction
- Shoulders over hips
- Able to sight the opponent and the ball and keeping head up
- Defends for 3+ seconds
- Keeps arm in the 'cylinder' until the ball is passed
- Directs the attacker's movements away from the ball so that the pass is an angle

SET-UP

- Number of players: In groups of 10
- Area: Across a third of the Netball court
- Equipment: 1 ball, cones and bibs



HOW TO PLAY

- Set up three defenders in a triangle formation.
- Defenders focus on marking space, working together to deny attackers from receiving a pass inside the triangle whilst also looking to take an intercept when attackers pass wide. See the intercept and go.
- The first three attackers pass the ball among themselves, aiming to successfully move it to the opposite side.
- Attackers earn a bonus point if they successfully receive the ball within the centre of the defensive triangle.
- Rotate roles frequently to ensure all players experience attacking and defending responsibilities.
- The Umpire rules on contact, footwork and playing the ball.

ADAPT IT

- Introduce a minimum number of passers the attackers must make when moving the ball from side to side.
- Decrease the size of the area to allow the defenders to have success taking intercepts.

Teamwork Activity – Tournament Planner Challenge

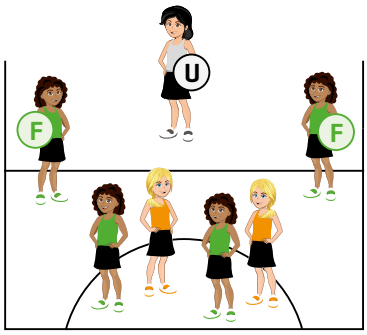
ROLE & RESPONSIBILITY

The purpose of this activity is to encourage players to be aware of their time and energy management, balancing physical and mental energy across the day.

- Give players a blank schedule for a "tournament day" (e.g., 4 games including game length, breaks, meals).
- Ask the players to fill in when they'd eat, warm-up, play, rest, and recover.
- **Discussion:** Compare plans, highlight differences, and agree on a team approach.

Activity – Defence Working Together in the Goal Circle

TACTICALLY AWARE

DADA *Purpose: To develop the ability for defenders to work together, with the front defender covering the front attacker to get the ball lifted to allow the back defender to take the intercept.*	**NETBALLSMART AND COACHING FOCUS** · Hips, knees and feet are aligned · Small knee bend when changing direction · Shoulders over hips · Work together with other defender covering the front of the attacker to get the ball lifted · Use small, quick steps to move around the attacker · Move with the attacker. directing movement or going back, back and up to content lifted ball
SET-UP · Number of players: In groups of 7 · Area: Whole court · Equipment: 1 ball, bibs 	**HOW TO PLAY** · DADA refers to Defender, Attacker, Defender, Attacker. · Two feeders, two defenders and two attack players set up as per diagram. · The feeders are looking to pass to either of the attackers but can only do so on a straight rather than the long diagonal. They can pass between each other. · The defender closest to the ball looks to shut the passing option to the front defender, moving around the player leading with their outside arm, trying to get the ball lifted into the attacking player. · If the ball does get lifted, the back defender runs in to intercept this pass. · If the attacker gets the ball, it is returned to the feeders to restart the passage of play. · The defender successfully intercepts the ball; it is also returned to the feeder. · Attacking and defending units count their successes. · Rotate positions regularly. · Discuss where DADA defence could work in other parts of the court and allows players to practice in position specific locations. **ADAPT IT** · The ball must go into the circle on the third pass.

NetballSmart Cool-Down

ATHLETE HABITS

Cooling down is an important aspect of any training or game. It should never be left out no matter what the age group.

At the completion of the session, players should complete the following:

1. **LIGHT AEROBIC EXERCISE –** Actively cool-down with a light jog, slowing to a walk. Continue for 3 – 5 minutes.
2. **STATIC STRETCHING –** Perform the NetballSmart Stretches (Appendix 4). Holding each stretch for 20 – 30 seconds each side.
3. **FLUID AND FOOD –** Re-hydrate with water and have a snack. Encourage players to layer up if cold.
4. **ATHLETE HABITS DISCUSSION –** As a group complete the discussion below linking off court habits to on court performance.

Athlete Habits Discussion: SMART Loading

'Player load' is the physical stress the body endures when doing exercise. The amount of stress depends on the volume, intensity, and type of activity.

Q *What does your week look like?*

In their notebook or on a piece of paper, ask players to fill in the chart below for a typical winter week. Add in all exercise including sport trainings and games, home sessions, PE at school. Once players have completed their week get them to calculate their TOTAL hours for the week. Total hours of exercise for the week should be less than their age.

SmartPlayer Smart Training Checkpoint

Task: Check your training load by recording your weekly exercise load in the table below.

Write up in hours how long each exercise session is. Add all of these together in the "total" box.

- Include all sports
- Practices and games
- Strength and fitness
- School PE
- Social sports

Use the results to compare to the checkpoint tips on the following page

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before School (am)							
During the day							
After school (pm)							

Total hours per week:

Refer to the SmartPlayer Smart Training Checkpoint in the appendices (page 81). Ask players to score themselves out of nine and then to share this with their whānau and coaches.

Resilience Stories

MIND SPACE

The purpose of this activity is to normalise challenges, developing coping strategies and encouraging teammates.

- Divide the players into small groups, ask each player to share a time when they faced a sporting setback (missed shot, lost game, injury, non-selection).
- After sharing their set back story, discuss what helped them bounce back (e.g., ankle injury so unable to play so started coaching a junior team – found this very rewarding and I learnt things that will make me a better player).
- Thank the players for sharing their setback stories as it helps us all realise that challenges are a normal part of sport. Did any of you have similar stories? What were some of the specific things that helped you bounce back? For example, trying a new role, seeking advice from a teammate, staying connected with the team, or reframing the situation.

Setbacks happen to everyone. The key isn't avoiding them – it's how we respond, support each other, and keep learning. The skills we practised here will help us both on and off the court.

Festival Day

A Festival Day concludes the programme, providing the players with opportunities to participate in a tournament environment. This Festival Day may be run on an intra or inter Netball Centre basis, depending on numbers involved and proximity to other Netball Centres.

Ensure that the Festival Day:

- Is fun and challenging
- Embrace whanaungatanga practices
- Maximises participation

The opportunity to participate in a tournament situation will impact players differently, with some being excited, while others will feel some pressure. Endeavour to continue to emphasize the **FUN** element with the players, parents, and supporters.

Time and Structure

- **Duration:** 1-day event, examples 10:00 am to 2:00 pm, or 3:30 pm to 6:00 pm
- **Team Formation:** Focus on even, mixed-ability teams rather than 'selection' based on performance.
- **Team sizes:** To maximise participation, team sizes should be only 7-8 players and allow for players to play in other teams should replacement due to injury or wellbeing be required.
- **Minimum Game Time:** All players must play a minimum of half a game in each game.
- **Player Loading:** As outlined in the player development guidelines for Year 7 – 10 players, in a one-day tournament, players should play for less than 120 minutes. Design a tournament draw that ensures these player loading guidelines are not exceeded.
- **Game Format:** Depending on the number of players, teams, and courts, the competition could be 5 v 5, 6 v 6, or 7 v 7, or a mixture across the rounds.
- **Game Length:** 12–18-minute game, e.g., 6 minutes – 2-minute half time – 6 minutes.
- **Include NetballSmart Dynamic Warm-Up and Cool-Down:**
  - » Players should complete the full NetballSmart Dynamic Warm-Up prior to the first game. Include music during this time to help create a fun environment. For subsequent games, use the NetballSmart Power Dynamic Warm-Up. Players should complete a full cool-down after every game.
  - » Check out the NetballSmart – Smart Tournament Tips (Appendix 5) to help players prepare, player, recover and repeat.

Off-Court Activities

To enhance the festival day, if time and space allow you could include a variety of activities that teams could do between games:

- Teams to choose their team's name and dress up if they like.
- Challenge zones – shooting accuracy station, passing accuracy station, lip sync, "TikTok" challenge, reaction game.
- Reflection station – Players write or draw one thing they learned during the programme and add it to a wall.
- Wellbeing station – yoga stretch station, chill-out zone, relaxation/peer massage zone.
- Coach and umpire connection zone – a place for umpire and coaches to share knowledge and experience and have a coffee.

Closing

- Group/team photos.
- Shout out to all the volunteers that made this programme possible – administrators, coaches, umpires, managers, and the players themselves.

Appendices

Appendix 1

Whakawhanaungatanga Principles

1 *Start each session with simple Whanaungatanga Activities, fun ways to help Rangatahi learn about each other and feel comfortable.*

- Name games, strengths-based introductions
- Sharing pepeha in a supportive way (with guidance and options for those unsure)
- Small-group challenges or team tasks that require cooperation

Why it works: Helps break the ice and builds familiarity early.

2 *Build consistent relationships with trusted adults.*

Young people connect when they know who is there for them.

- Ensure adults model warmth, respect, and openness
- Have regular check-in moments

Why it works: Stable relationships grow trust and confidence.

3 *Create group norms together.*

Co-design expectations as a team rather than telling them what the rules are.

- "How do we want to treat each other?"
- "What do we need to feel safe and included?"

Why it works: Rangatahi feel ownership and belonging when their voice shapes the environment.

4 *Celebrate identity, diversity, and culture.*

Show that everyone's background matters.

- Encourage pepeha, stories, or cultural practices
- Use Te Ao Māori values (rangatiratanga, manaakitanga, kotahitanga, whanaungatanga)
- Celebrate milestones, achievements, and unique strengths

Why it works: Belonging grows when people feel seen and valued.

5 *Create opportunities to work together.*

Connection builds through shared experiences.

- Problem-solving activities
- Creative projects (art, haka, waiata, videos, challenges)
- Service or community actions

Why it works: Shared goals foster unity and deepen relationships.

6 *Make the space youth-led.*

Let rangatahi influence decisions and activities.

- Use Te Ao Māori values
- Leadership roles
- Youth voice circles
- Choice-based sessions

Why it works: When young people shape the programme, they invest in it – and each other.

7 *Ensure the environment feels safe and welcoming.*

The physical and emotional space matters.

- Warm greetings and inclusive language
- A room set up for collaboration
- Clear processes for resolving conflict with mana intact

Why it works: Safety is the foundation of connection.

8 *Involve whānau where possible.*

Bring the wider community into the journey.

- Whānau events, showcases, shared kai
- Regular updates or invitations to activities

Why it works: Whānau involvement strengthens the feeling of community and collective support.

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Year 7 & 8 NetballSmart Dynamic Warm-Up

Specifically designed for Netball to help performance and minimise injury.

Do the **NSDWU** with every training and game. Do Part **A**, **B**, **C** and **D** with each training. Do Part **B**, **C** and **D** on game day.

NSDWU at a Glance

PART A – STRENGTH (only in training)	
The Plank	20–30 sec x 2
Side Plank	20–30 sec x 2 each
Hamstrings (RDL)	5 each side
Balance	20–30 sec x 2 each
PART B – RUNNING	
Running	2–3 x to transverse line
Hip Stretch and RDL	To transverse line and back
Butt Kicks and Skipping	To transverse line and back
Circling Partner	To transverse line and back
Running Forwards and Backwards	To transverse line and back

PART C – DYNAMIC PREPARATION	
Squats	10
Single Leg Squats	5 each leg
Lunges	5 each leg
PART D – JUMPING AND LANDING	
Jump and Land	Do a total of 15–20 jumps. Do a variety of jumps. Ensure quality landings.
Jump, Turn and Land	
Lateral Prop and Land	
Jump, Push and Land	
NETBALL SPECIFIC PREPARATION	
17. Prop, Prop and Stick	3 each leg
18. Change of Direction	3 x triangle shapes each side
19. Run and Stop	3 x run and stop

Visit **www.netballsmart.co.nz** for more NetballSmart resources.

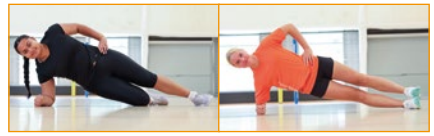
Part A – Strength

The purpose of Part A is to increase strength. Strength is vital in Netball to support jumping, landing, turning in the air, changing directon and stopping – the movement skills of Netball. Be flexible, but ensure you include Strength in your training session. **Do not do Part A on game day.**

THE PLANK
- Supporting on elbows/forearms.
- Lift pelvis so body in a straight line. Do not let back sag.
- Hold 20–30 seconds. Repeat 2–3 times.



SIDE PLANK
- Supporting on elbows/forearms.
- Lift hips so body in a straight line. Do not let hip sag.
- Hold 20–30 seconds. Repeat 2 x each side.



HAMSTRINGS
- Head up, front knee slightly bent, lift back leg and bend forward at the hip.
- Return to upright.
- Do 5 each side.



BALANCE
- Assume a stable body position. Knee slightly bent.
- Lift and lower ball or around waist.
- Balance for 30 seconds and do each side.



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Part B – Running

The purpose of Part B is to increase blood flow to the muscles and raise body temperature.

RUNNING
- Slow jog, gradually increasing speed. Vary running direction. Strong core.
- Run to transverse line and back 3 times.



HIP STRETCH AND RDL
- Run forward. Stop, pull knee to chest then drop down into an RDL. Repeat on other leg.
- Stable and strong core. Back straight, extend arms in front.
- To transverse line and back.



BUTT KICKS AND SKIPPING
- Kick the heel up towards the butt to activate hamstrings.
- High knee skip and drive arms up and aim for height in skip. Strong single leg landing.
- Butt kick to transverse and skip back.



CIRCLING PARTNER
- Run forwards as a pair – side slip towards and around partner.
- Keep the feet under the hips and shoulders, hips, knee and feet facing in the same direction. Fast feet during side slip.
- To transverse line and back.



RUNNING FORWARDS AND BACKWARDS
- Run forward 5 steps, stop, run backward 3 steps. Vary the direction of the backwards movement.
- Strong acceleration/deceleration.
- To transverse line and back.

Part C – Dynamic Preparation

The purpose of Part C is to prepare the body for the movement skills of jumping, landing and stopping. Doing these movements well is vital for improving performance and injury prevention.

SQUATS
- Feet hip width apart. Head, chest and eyes up. Push back through hips to squat. Hips knees and ankles aligned.
- Do 10.



SINGLE LEG SQUAT
- Head and chest up. Push back through hip and perform a single leg squat. Strong core. Knee in line with foot. Stay stable.
- Do 5 each side.



LUNGES
- Strong core and trunk. Feet hip width apart. Knee in line with foot. Maintain feet hip width apart with each lunge. Maintain stability.
- Do 5 each leg.



Part D – Jumping and Landing

The purpose of Part D is to prepare the body for landing, changing direction and stopping.

JUMP AND LAND
- Hips, knees and feet aligned. Jump and land with chest up. Push back through hips, bend knees and land in a good squat. Do double leg or single leg landing.



JUMP, TURN AND LAND
- Hips, knees and feet aligned. Jump, turn and land with chest up. Push back through hips, bend knees and land in a good squat.



LATERAL PROP AND LAND
- Hip, knee and foot aligned. Prop to other leg. Land with chest up, push back through hip and bend knee on landing.



JUMP, PUSH AND LAND
- Hips, knees and feet aligned. Jump and push from partner. Land with chest up. Push back through hips, bend knees and land in a good squat. Do double leg or single leg landing.



Do a total of 15–20 jumps. Do a variety of jumps.
Ensure quality landings.

Netball Specific Preparation

PROP, PROP AND STICK
- Prop, prop and stick the last landing. Land with chest up, push back through hip and bend knee in line with foot.
- Do 3 each side.



CHANGE OF DIRECTION
- Varying the shape of the triangle. 3 sharp changes of direction. Do 3 movements. Repeat the other side.
- Do 3 times.



RUN AND STOP
- Run 5 steps and stop in a 2 foot or 1–2 foot landing. Land with chest up, push back through hip and bend knee in line with foot.
- Do 3 times.



You have prepared your players for the next phase of the warm-up.
Progress onto Netball transition skills and activities.

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Year 7 & 8 NetballSmart Power Warm-Up

The Year 7 & 8 NetballSmart Power Warm-Up is for a tournament setting only. Use the full NetballSmart Dynamic Warm-Up for training and game day (when there is 1 game a day).

For tips on technique, and to watch the videos, head to the NetballSmart website: **www.netballsmart.co.nz**

Get primed and ready to play!

QUICK GUIDE: (see over page for more detail)

PART B – RUNNING	
Running Straight Ahead	To transverse line and back
Hip Stretch and RDL	To transverse line and back
Running – Circling Partner	To transverse line and back
Running – Quick Forwards and Backwards Sprints	To transverse line and back
PART C – DYNAMIC PREPARATION	
Squats and Single Leg Squats	5, and 3 single leg squats each side
Walking Lunges	5 each side
Lateral Jump	3 each side
PART D – JUMPING AND LANDING	
Running, Stopping and Jump, Turn and Land	To transverse line and back
Prop, Prop and Stick	1 x 15 metres

Visit **www.netballsmart.co.nz** for more NetballSmart resources.

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Part B – Running

Place 2 cones out every 3 metres between base line and centre court.

RUNNING STRAIGHT AHEAD
- Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game. To transverse line and back.



HIP STRETCH AND RDL
- Run forward. Stop, pull knee to chest then drop down into an RDL. Repeat on other leg.
- Stable and strong core. Back straight, extend arms in front.
- To transverse line and back.



RUNNING – CIRCLING PARTNER
- Run to first cone, side shuffle inwards and around partner, then back out to cone. Run to next cone, side shuffle to the middle, repeat. Continue to transverse line and back.

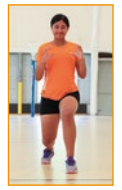


RUNNING – QUICK FORWARDS AND BACKWARDS SPRINTS
- Run to second cone and back to first cone. Repeat 2 cones forwards, one back to transverse line and back.

Part C – Dynamic Preparation



SQUATS AND SINGLE LEG SQUATS
- Squats, calf raise and body extension. 5 squats.
- Single leg squats each leg. 3 each side.



WALKING LUNGES
- Walking lunges, calf raise and body extension. Do 5 each side.



LATERAL JUMP
- Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 leg. Hold for 1 second. 3 each side.

Part D – Jumping and Landing



RUNNING, STOPPING AND JUMP, TURN AND LAND
- Run to first cone at 75–80% speed and stop double foot landing and jump 180 degrees, land in SBP and return. Run to next cone and do 1-2 foot landing. Jump 90 degrees and land in SBP and return. Continue to transverse line and back



PROP, PROP AND STICK
- Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position. 15 metres and jog back.

SmartPlayer Smart Training Checkpoint

An effective training week should include:

- [ ] Challenging but enjoyable skill practices.
- [ ] Game play (no more than 2 full games per week, excluding tournaments).
- [ ] Strength activities (check NetballSmart resources for a body weight strengthening and core programme).
- [ ] Full NetballSmart Dynamic warm up x2 weekly (can be at trainings).
- [ ] Recovery techniques after every training and game.
- [ ] A full day off all sport.
- [ ] Total hours of structured exercise is less than your age.
- [ ] No more than 2 Netball sessions per day.
- [ ] A different sport.



NETBALL
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