



Mother Earth  
**futureFERNs**

**INTRODUCING  
NETBALL IN  
YOUR SCHOOL.**

*More Passes, More Shots, More FUN!*

*We would love Primary Schools to share our message and encourage kids to be active through playing New Zealand's second most loved sport - Netball.*

Mother Earth futureFERNs is Netball New Zealand's official Junior Netball programme for kids aged 5-12.

Run in 83 Netball Centres around the country, the programme aims to give kids the chance to learn new physical and communicational skills in a safe environment while playing a modified version of the game.

**KEY BENEFITS**

<p><b>50%</b> MORE SUCCESSFUL PASSES</p>	<p><b>LESS PLAYERS</b> on court</p>	<p><b>=</b></p>	<p><b>MORE DECISION MAKING</b> opportunities</p>
<p><b>MORE SHOTS</b> <i>Successful shots every 3 mins (9 mins per shot traditionally)</i></p>		<p><b>MORE ENGAGED PLAYERS</b></p>	

**AGE GROUPS**



**THINKING ABOUT COACHING?**

Anyone can coach a Mother Earth futureFERNs team! We encourage all parents and guardians to get involved with this family fun programme.

**GETTING INVOLVED IN MOTHER EARTH futureFERNs IS EASY!**

- 1 Find a group of kids in similar age group**  
Yr 1 & 2 (4-5 kids) Yr 3 & 4 (5-6 kids)  
Yr 5 & 6 (6-7 kids) Yr 7 & 8 (7-8 kids)
- 2 Find a teacher, parent or secondary school child to coach your team** (no prior Netball knowledge required).
- 3 Contact your local Netball Centre to sign up!** (see green box below)

*For more information about the programme please visit [futureFERNs.co.nz](http://futureFERNs.co.nz) or email [futureFERNs@netballnz.co.nz](mailto:futureFERNs@netballnz.co.nz)*



**JOD Contact Details**

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## ACTIVITY 1

# KNEE TAG



*In Pairs.*

**AIM:** Practice your dodging and change of direction by trying to tag your partner's knees as many times as possible while trying not to have your own knees tagged.

- Get in a squat position.
- Try to tag your partner's knees without being tagged.
- Players cannot turn and run away from their partner.

### CHALLENGE

Work to tag your partner three times in a row.

## ACTIVITY 2

# BALL CONTROL



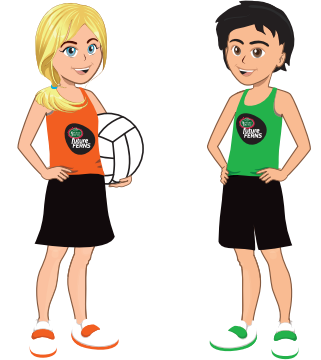
*By yourself, with one ball.*

**AIM:** To practice your ball control and develop confidence with the ball.

- Hot Potato: Pass the ball from your left to right, across the front of your body.
- Waist Circles: Ball circles the waist change direction.
- Figure of 8: Squat down and make an 8 between your legs, change direction.
- Knuckle Bones: Flick the ball in the air and catch on the back of your hand.
- Hop: Hop forwards and backwards over the line bouncing the ball.
- Ball Overhead: Throw the ball up, complete a half turn (180°) and catch the ball.
- 180 Catch: Throw the ball over your head and try and catch it behind your back. Throw from your back to the front again.
- The Ultimate Challenge: Throw ball over head and catch behind at ankle height, hands between legs.

## ACTIVITY 3

# SHRINK & GROW



*In pairs, with one ball.*

**AIM:** To pass and catch the ball and see how far you can pass accurately.

- Stand 2m away from your partner.
- Pass the ball 10 times.
- If you both catch all of them you can take one step back.
- If you catch the ball 10 times then you can stand up again.
- If you drop the ball again then you need to shrink to both knees and then sitting and finally lying.

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