



NETBALL  
NEW ZEALAND



# futureFERNs



## Game Information

Brought to you by:



### The Game that Grows with the Players

**futureFERNs** (Years 1 to 8) represents almost half of the registered Netball players in New Zealand and is run by a dedicated army of volunteers. In 2012 a major review of the junior game was undertaken to assess the delivery and development pathways of junior Netball and to ensure Netball was a positive experience for children.

The review reminded us that children are not mini-adults and that the sport, including the equipment and format, should be modified accordingly. It also highlighted the need for clearer guidelines and improved support for coaching and umpiring.

As the players grow so too does the junior game, meeting their needs to ensure lifelong participation. The aim is to develop their Netball skills and 'physical literacy' through the provision of quality experiences, support and opportunities.

Modified Netball games have now been introduced to support development of fundamental movement and foundation Netball skills, providing children with the best-possible introduction to Netball.

Parents are the driving force behind junior Netball and their roles are fundamental to the success of the programme.

#### Considerations for Adults:

- Young people play sport to learn skills and have fun with their friends, winning is important but not a key focus.
- All players need equal opportunities to play and develop their skills. Avoid overplaying the talented players.
- Children learn best with positive reinforcement and specific, constructive feedback. Focus on the performance of skills rather than on the result of each game.
- Children learn by taking risks and making mistakes. Encourage and support this as it is a necessary and important part of learning.
- Model appropriate behaviour – insist on fair play, encourage sportsmanship, and show appreciation and respect for volunteer coaches, officials and administrators.
- Allow children time to develop an understanding of the game.



## Year 1 & 2 – 4 v 4

The focus for this age group is on 'exploring' Netball. It allows players to catch, pass, and shoot from day one, providing a fun introduction to Netball.

### Game Day Format

NetballSmart Dynamic Warm-up	Skill Development 20 minutes	Transition	Game 4 v 4 2 x 8-minute halves	Cool-down
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- Played across one third of the Netball court
- 2.1-metre goal height
- Pass or shoot within 5 seconds
- Rolling substitutions
- Junior Co-ordinators/Star Helpers on court to guide and assist

### Rules

#### Equipment

THE COURT: Played across one third of the court.

GOALPOSTS: 2.1 metres

BALL: A 20 centimetre textured play ball

BIBS: Coloured bibs used

#### Officials

Junior Co-ordinators assist and support the players on court with direction given throughout the game, without using a whistle.

#### The Team

Four per team on court at any one time. Both girls and boys can play without restriction.

#### Start of Play

Players use Paper, Scissors, Rock to determine which team will start each half of play. Play starts with a throw-in behind the opposition's goal line. After a goal is scored, play continues with a throw-in from the goal line.

#### Substitutions

Teams are allowed to use rolling substitutions.

#### Playing Areas and Offside

All players can move anywhere in the playing area so there are no offside limits.

#### Playing the Ball

Players are encouraged to pass or shoot within 5 seconds.

#### Footwork

Players are encouraged to be stationary once they have received the ball. They are allowed to take additional steps to gain balance but walking with the ball should be discouraged.

#### Scoring a Goal

A goal may be scored by any player at their attacking end.

#### Obstruction

Players are not allowed to defend or mark the ball thrower, allowing space to pass and vision of passing options. Players can defend players awaiting passes and intercepting the ball is encouraged.

#### Contact

A player may not push, trip, knock, bump or hold an opponent, whether the move is deliberate or accidental. If contact does occur, the contact will be called and after a brief explanation (if required), play will continue.

For a full version of the rules visit [www.futureFERNS.co.nz](http://www.futureFERNS.co.nz)



## Year 1 & 2 - 4 v 4

5-6 YEAR OLDS

1/3



20CM TEXTURED BALL

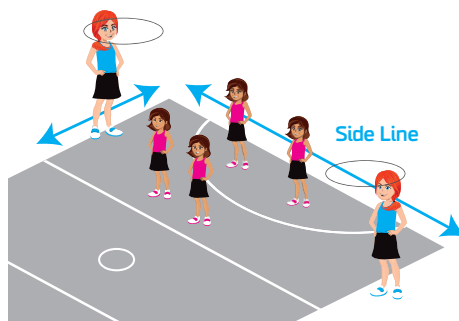


GOAL HEIGHT 2.1M



minimum half game

### Playing areas



Year 1 & 2



4 v 4



Year 3 & 4



5 v 5



Year 5 & 6



6 v 6



Year 7 & 8



7 v 7

For more information visit [www.futureFERNS.co.nz](http://www.futureFERNS.co.nz)

