



# NetSetGO Tier Descriptors



# NetSetGO

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

NetSetGO focuses on learning fundamental movement skills and building overall motor skills. Fundamental movement skills are the building blocks of success in sport and life-long enjoyment of physical activity, and children who develop them are more likely to engage in activity both as children, and later as adults. The program is delivered in a fun and safe environment and is coordinated by accredited coaches to ensure all participants have a quality experience.

In 2018, the NetSetGO program will consist of three tiers – Net (5-6 year olds), Set (7-8 year olds) & GO (9 – 10 year old).

Consumer research and market benchmarking suggests that multiple tiers increases the longevity of a junior program for individual participants, as it creates greater variety in content and a stronger incentive to progress.

Progression through the tiers should be based predominantly on the participant's acquisition of the fundamental motor and netball skills, with the age groups provided as a guide. It is important that progression to the next tier does not occur too quickly as not matching skills and activities to a stage of development has serious negative consequences, including:

- Children don't have fun;
- They develop bad habits because of the over-emphasis on winning;
- Their skill development is poor;
- They don't reach their optimal performance level;
- Many burn out and drop out of sport.

## Why Modified Sport?

Children are not mini adults! As an important precursor to sport-specific skill development, to minimise potential injuries and to ensure a positive learning experience it is important that children participate in modified versions of a sport that are appropriate to their age, size and skill level.

It is also critical that children use sporting equipment that is matched to their size and age (ie smaller netball and shorter goal posts). Matching the right sized equipment, will not only promote the development and refinement of your children's sporting skills but also reduce the likelihood of injury.

### Tier 1 - Net

Recommend ages: 5 – 6 years

Focus: Learning and Acquisition of Fundamental Motor Skills

- Participants are introduced to a number of fundamental motor and netball skills in a netball environment.
- Activities are simple, require limited equipment and allow for maximum participation and repetition.
- Participants experience fun and success by participating in age and developmentally appropriate activities and minor games that foster cooperation, teamwork and the ability to listen to and follow directions.

SKILLS INTRODUCED	
Run	Pass – Shoulder
Jump	Pass – Chest
Balance	Pivot (outside turn)
Movement Skills – Leap, Skip, Hop, Side Step	Land (one and two feet)
Take-off	Intercept
Coordination	Shadowing (front defence)
Change of Direction	Goal Shooting
Dodge	

### Tier 2 – Set

Recommended ages: 7 – 8 years

Focus: Extension and Refinement of Movement

- The participant continues to progress and refine their fundamental movement and netball skills whilst being introduced to additional netball skills and basic netball strategies. This is achieved through a mix of activities, minor games and organised age-appropriate and modified sport
- NetSetGO modified matches are introduced in this tier. The rules and equipment are adapted to help the participant build confidence and competency.
- Modified matches should be non-competitive (no scores, ladders or finals), with all participants provided with equal court time and the opportunity to play in a variety of positions.
- Learning and refining fundamental movement and netball skills via training activities should continue to be the focus in this tier.

Skills Introduced	Skills Extended/Reinforced	
Pass - Lob	Run	Pass – Shoulder
Pass - Bounce	Jump	Pass – Chest
Hands over 1.2m	Balance	Pivot (outside turn)
Basic centre pass strategy	Movement Skills – Leap, Skip, Hop, Side Step	Land (one and two feet)
Basic throw in strategy	Take-off	Intercept
Space awareness	Coordination	Shadowing (front defence)
Lead, pivot & pass	Change of Direction	Goal Shooting
	Dodge	

**Tier 3 - GO**

Recommended ages: 9 – 10 years

Focus: Netball Specific Skill Development

- The participant is introduced to more netball-specific skills as well as refining their fundamental movement skills.
- This is a period of accelerated development of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement.
- NetSetGO modified match rules are adapted at this level to provide a smooth transition into junior netball (adult rules) whilst ensuring the participants are achieving success.
- Modified equipment (size 4 ball and 2.4m goal post) is still an important adaptation for this tier as it allows for correct technique to be executed with greater proficiency.
- Competitive elements (like scoring) may be introduced however the focus should not be on winning.
- All participants should be provided with equal court time and exposure to a variety of positions.

Skills Introduced	Skills Reinforced/Extended	
1.2m recovery and hands over defence	Run	Pass – Shoulder
Defence of shot (lean)	Jump	Pass – Chest
Rebounding	Balance	Pass - Lob
Two leads	Movement Skills – Leap, Skip, Hop, Side Step	Pass - Bounce
One hand control	Take-off	Pivot (outside turn)
Double dodge	Coordination	Land (one and two feet)
Defending from the side	Change of Direction	Intercept
Repositioning from front defence to side defence	Dodge	Shadowing
GS & GA working together in the circle	Hands over 1.2m	Goal Shooting
	Basic centre pass set up	Space awareness
	Basic throw in set up	Lead, pivot & pass