

Woolworths NetSetGO Parents Guide Manual



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Contents

• Welcome to Woolworths NetSetGO	2
• What is Woolworths NetSetGO	4
• The Importance of Modified Sport	6
• Levels of progression (Tier)	8
• Playing Position	10
• Want to get involved?	12
• Participation Packs	13
• Woolworths NetSetGO eStore	14
• Playground	15
• FAQs	16
• How You Can Get Involved	18

Welcome to Woolworths NetSetGO

Congratulations on signing your child up for Woolworths NetSetGO, we know you'll all be excited for them to get started.

This guide is to help you understand the program, provide ways you can get involved and set your child up for success in Woolworths NetSetGO!



What is Woolworths NetSetGO

Woolworths NetSetGO is Netball Australia's official starter program, developed to provide children aged from 5 - 10 years old with the best possible introduction to the sport of netball. The program incorporates skills activities, minor games, and modified matches in a fun and safe environment to ensure enjoyment and continued participation within the sport.

To help children navigate through the program, Woolworths NetSetGO has added three tiers of progression. Net, Set & GO. These tiers will help coaches run age and skill level appropriate activities for participants, maximising their engagement in the program.

Please note that progression through the tiers is based predominantly on the skill level and changing needs of the participants (i.e. not restricted by age ranges).

Net: Fantastic for 5-6 year olds. Perfect for little hands and little feet, participants will use modified equipment like bean bags, hoola hoops and softer balls

Set: For 7-8 year olds. It's all about practising your skills and playing modified games using a small netball which is perfect for growing hands.

GO: For 9-10 year olds. Highlight the skills they have learnt and play modified matches with supporting umpires and encouraging coaches.



The importance of modified sport

The Woolworths NetSetGO program pride ourselves on developing an inclusive, fun and extraordinary program and we have a few key philosophies to help us do this:

1. We are totally inclusive

We don't turn any child away and we actively seek new children to play.

2. We are curious

We are a sport which tries new things and uses our creativity to deliver extraordinary experiences.

3. We are agile

We can pivot and move fast to try new things to be the best activity out there for children to play.

4. We make things fun

More games, less drills. We practise netball skills with a game-based learning approach.

5. We instil confidence in kids

Modified equipment and rules increase moments of success, sense of achievement and help develop skills safely.

6. We are committed

We provide feedback, attend meetings and are continually working together to become an amazing team

Why are modified rules and equipment used in Woolworths NetSetGO?

It's important to remember that children aren't just small adults. Their bodies are still developing, and we don't want to make things too difficult at this early age. We want them to enjoy what they are doing so they can stay active for longer.

The rules and equipment have been modified to be developmentally suitable for kids, which is underpinned by scientific research and evidence.

The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop skills. This increases the opportunity to make friends, learn social skills and most importantly have FUN!

Levels of progression (Tier)

To help children navigate through the netball part of the program, Woolworths NetSetGO has added three tiers of progression. These tiers will help coaches run age and skill level appropriate activities for their kids, maximising their engagement in the program. Please note that progression through the tiers is based predominantly on the skill level and changing needs of the participants (i.e. not restricted by age ranges).

Net Tier:

- For 5-6 year olds
- Perfect for little hands and little feet, you'll use modified equipment like bean bags, hoola hoops and softer balls

Set Tier:

- For 7-8 year olds
- All about practising your skills and playing modified games using a smaller ball perfect for growing hands.

GO Tier:

- For 9-10 year olds
- Highlight the skills they have learnt and play modified matches with supporting umpires and encouraging coaches.

Session length	45-60 min	60 min	Session 1 45-60 min	Session 2 45 min
Kid to coach ratio	10:1	10:1	10:1	10:1
Warm up	5-10 min	5-10 min	5-10 min	5-10 min
Game-based activities	20-25 min	20-25 min	30 min	n/a
Modified game play	10-15 min (recommended 4v4)	20 min (recommended 4v4, 5v5)	20 min (modified mini match)	30 min (modified mini match)

Playing Positions

GS – Goal Shooter

Scoring goals is the main aim of the game for the GS. They are only allowed into the attacking third.

GA – Goal Attack

The GA sneaks into all sorts of pockets of space in the centre and attacking thirds of the court.

WA – Wing Attack

The WA is the little helper every shooter needs. They are allowed into the centre and attacking thirds but cannot go into the goal circle.

C – Centre

This speedy all-rounder moves everywhere on court except the goal circles.

WD – Wing Defence

The WD goes where the WA goes in the centre and defensive thirds of the court.

GD – Goal Defence

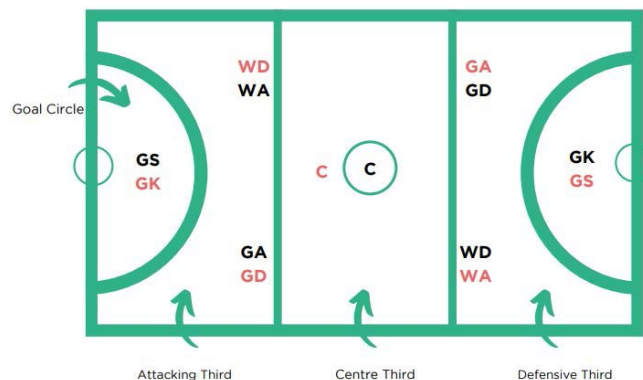
GD works together with the GK to stop the GA and GS from shooting goals in the goal circle.

GK – Goal Keeper

The GK is the very last line of defence on the netball court.

Woolworths NetSetGO coaches encourage all participants to have a go at each position.

Understanding each position is vital to comprehending the fundamentals of netball.



Want to Get Involved?

- Coach
 - Head Coach
 - Leader Coach
 - Assistant Coach
- Team Manager
- Scorer
- Timer

Participant Packs

In 2022, Woolworths NetSetGO packs will comprise of a t-shirt and a size 4 netball, both Woolworths NetSetGO branded. Participants will now be required to redeem the participant pack from the new eStore after registration.

Participants will have only 1 month from point of registration to redeem their participant pack, before the credit will expire. An opportunity to personalise the t-shirt (\$10.00) will also be provided at this point.

The NetSetGO Shop will also provide the opportunity to purchase additional items. A shipping distribution fee would be charged for these additional items only.

The expected estimated delivery turnaround for distribution of the Woolworths NetSetGO participant packs from point of redemption is 10-12 business days.



Woolworths NetSetGO eStore

Woolworths NetSetGO launched an eStore online shop in 2022 which is one-stop shop for Woolworths NetSetGO Centres to purchase netball equipment and Woolworths NetSetGO merchandise. From backpacks, water bottles and keychains to agility ladders, bean bags and more!

For more information, please contact us or visit <https://wa.netball.com.au/woolworths-netsetgo>



Playground

The Woolworths NetSetGO Playground is a brand-new way for NetSetGO'ers to play all their favourite games, learn new skills, and have fun while at home. All registered Woolworths NetSetGOers will get a unique log in to the Playground and can use it throughout the 2021 year to complement their on-court program.

How do participants access the Playground?

As part of the on-boarding journey, participants will receive details to set up their Playground log in.

How can parents use this product?

The Woolworths NetSetGO Playground is home to a range of resources for children that assists parents in creating fantastic netball experiences from the comfort of their own home. The Playground has been developed to compliment the face-to-face delivery of the Woolworths NetSetGO program and includes content to enhance children's skills and development.

This includes:

- At Home Series - Fun games to do with the whole family.
- Kids Hangout.
- Arts, crafts and reflection activities.
- Skills and drills videos that NetSetGOers can easily follow along to.

FAQS

What should my child bring to their Woolworths NetSetGO session?

We recommend that your child wears their Woolworths NetSetGO t-shirt with either shorts, a skirt or whatever they feel most comfortable in. Make sure they bring along their netball, drink bottle and don't forget their hat (if they're playing outside).

My child hasn't received their participant pack and the program starts this week. Can they still attend?

Yes, of course! If your child hasn't received their pack just make sure they wear something that they can move around in. If the pack doesn't arrive within 20 business days from the date of registration, please get in contact with the eStore by emailing netsetgo@netball.com.au

I registered my child to a Woolworths NetSetGO program and haven't received any additional information regarding time, date, etc. Who do I need to contact?

Please get in contact with the Woolworths NetSetGO Coordinator at your Centre and they will be able to provide you with the program details.

My child has never played netball before. Is that a problem?

Not at all. Woolworths NetSetGO is perfect for beginners, and has been designed to suit every child no matter their ability or experience.

What tier should my child be in?

Tiers are based on a range of factors including skill ability and needs of the participant. We always recommend chatting to your Woolworths NetSetGO Coordinator to ensure your child is in the right tier.

Where can I purchase a spare top and additional equipment so my child can practice at home?

The Woolworths NetSetGO eStore stocks t-shirts, equipment, and accessories for both children and parents

<https://netsetgoshop.netball.com.au/>



How you can get involved

- Coordinator
- Coach
 - Head Coach
 - Leader Coach
 - Assistant Coach
- Team Manager
- Scorer
- Timer
- Administrator/Registrar
- Treasurer
- Equipment Coordinator
- First-Aid Officer
- Umpire



For any additional support contact the
Netball WA Woolworths NetSetGO Team

at

netsetgo@netballwa.com.au

or visit

netballwa.com.au



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