

Game Day

Each weekly session has four or five activities that focus on a specific skill followed by the 4 v 4 game.

1st Activity - Warm-up: *Ensure the warm-up is progressive, starting slower and then increasing in intensity. The variety of movements, for example: skipping, jogging backwards, marching, butt kicks, ensures that the muscles have been more specifically prepared for the activities to follow. During the warm-up activity include dynamic preparation with players squatting and lunging. Use either the NetballSmart Dynamic Warm-up or the alternative warm-up activity in the year 1 & 2 Resource for the session.*

2nd Activity - Recap: *Review the skill covered the previous week. This can also be an ideal time to check with players how their Netball homework went.*

3rd Activity - Introduction of the new skill: *Reinforce 2 or 3 key coaching points within the activity.*

4th & sometimes 5th Activity - Activity - *Continuing to develop the skill.*

Allow the players to play, learning from their mistakes and gaining success and enjoyment throughout the activities.



Game Day continued

An example weekly session is as follows:

20 minutes before – Junior Co-ordinator arrives and prepares for the session ahead, including equipment and court set-up, if required.

15 minutes before – Star Helpers arrive. Junior Co-ordinator runs through the session, reinforcing the key coaching points. Gather up equipment and take it court side.

5 minutes before – Greet parents and players as they arrive, and direct them to where they should be. Players put on bibs if necessary.

Netball Time – Junior Co-ordinator welcomes everyone and introduces the Star Helpers.

- NetballSmart Dynamic Warm-up or warm-up activity (5-6 minutes)
- Skill Activity One – Recap of previous week's skill (5 minutes)
- Skill Activity Two (5-7 minutes)
- Skill Activity Three (5-7 minutes)
- Game Time (2 x 8-minute halves of 4 v 4 across the court)
- Cool-down (players should jog two lengths, then walk two lengths of the court and stretch the main muscle groups)
- Remind players of their Netball homework and recap the key coaching points

