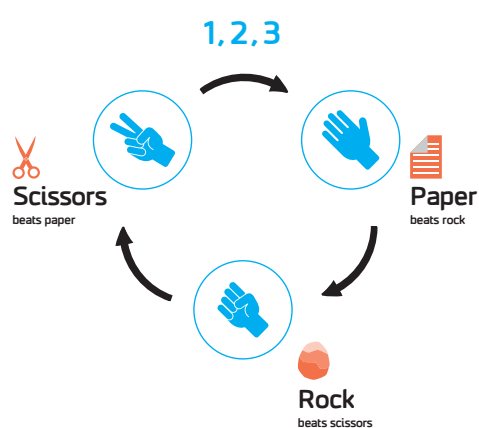
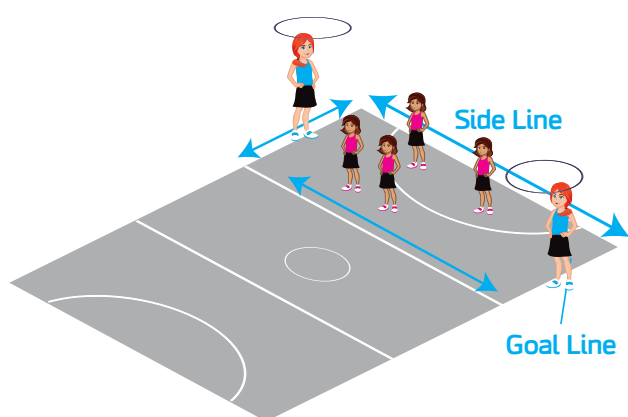


Game Time

At this early stage of development, the focus is on letting the players play. During game time, to assist and support the players, a Star Helper or Junior Co-ordinator is on court. This person will provide gentle instructions to keep the game moving and limit stoppages. Most importantly, the person will make every effort to ensure that all players are having opportunities to pass, catch, shoot and, of course, have FUN.



Rules and Playing Conditions

- Number of players - teams of up to 6 players with 4 v 4 on court
- Rolling substitutions - players can be swapped at any time during the game, with players meeting at the sideline and tagging; so, one player comes off and one goes on. Rolling substitutions are essential to ensure equal court time.
- Court size - one third of the Netball court or similar (15 metres x 10 metres)
- Portable, adjustable goalposts or hula hoops held at a height of approximately 2.1 metres are positioned in the middle on the goal line at each end.
- We encourage Star Helpers to be standing just behind the player with the ball to provide them with assistance or support if required, or to ask an obstructing player to "take a big step back".
- It may be useful to share the role, having a Star Helper per team with the attacking team's Star Helper taking the lead.
- Paper, Scissors, Rock is played between two opposing players to decide which team will have the first pass of the half. This occurs at the start of each half between two different players.
- Start of play - a throw-in from behind the line of the opposition's goal. Players may stand anywhere on court.
- Restart after a goal - any player from the non-scoring team can recommence play with a throw-in behind the goal line (ensure all players are given the opportunity to throw in).
- Playing the ball - a player is encouraged to pass or shoot within 5 seconds. If a player is holding on to the ball, provide encouragement to pass by indicating who they could pass to or count down, e.g., "5-4-3-2-1-pass". There is no infringement (e.g. held ball), just encouragement to pass.

Game Time continued

- Footwork - encourage players to be stationary once they have received the ball. Players may need to take an additional step to gain balance. If a player walks towards the goal or a team-mate, kindly ask the player to move back to where they received the ball and encourage them to balance then pass.
- Scoring a goal - a goal may be scored by any player on the court. Players who are unsuccessful after a couple of attempts are encouraged to pass to a team-mate. Try to ensure all players have an attempt at goal throughout the game.
- Obstruction - players at this level are not allowed to defend the player with the ball. Encourage players to be 1 metre back and to keep their hands down.
- Contact - players may not push, trip, knock, bump or hold an opponent, regardless of being deliberate or accidental. Initially just explain what they are doing wrong. If contact is continual after several explanations, the ball is given to the other team.
- Offside - there is no offside; all players can move freely within the area.
- Throw-in - if the ball is thrown out of court or after a goal is scored, a throw-in is given to the other team. Encourage the players to stand behind the line.
- The scores of the games are not recorded.
- Teams may change ends at the end of each half but if this proves to be too confusing, this isn't a requirement.
- No jewellery is allowed to be worn as it could injure the player or others.

Recommendations

- Promote fun, player development and equal participation.
- Stand behind the player with the ball and use a calm, controlled voice to assist and support the players where necessary. Remember: the players are learning the game - be patient and flexible. Allow time for the players to make decisions. Be aware that too much talking can confuse some players.
- Prompt the players to make quicker decisions using "5-4-3-2-1 pass" or similar cues.
- Encourage players to shoot for goal with the ball released from above their head.
- Ask questions of the players; e.g. when players are all bunched up together, "Where do you think he/she wants to pass?"
- Let the game flow; ensure the attacking team has the advantage.
- Ensure the environment is positive, safe and focuses on player development.
- Praise and encourage all players, ensuring equal participation.
- Be enthusiastic and enjoy assisting the players.

