

Game Day

Warm-up: *Players complete a warm-up, led by their coach prior to the session. Ensure the warm-up is progressive, starting slowly and increasing in intensity. Include a variety of movement; for example, skipping, jogging backwards, marching and butt kicks, to ensure that the muscles have been more specifically prepared for the activities to follow. The warm-up on game day should include phases B, C and D of the NetballSmart Dynamic Warm-up routine.*

Skill Development:

1st Activity - *Introduction of the new skill: Use this activity to assess the ability of the players which could result in activity selection and/or the need to adapt the activities to assist the players. Focus on two or three key coaching points within the activity.*

2nd and 3rd Activities - *Continue to develop the skill. Allow the players to play, learning from their mistakes and gaining success and enjoyment throughout the activities.*

Game Time: *Ensure all players are given equal opportunities for game time and playing positions. Utilise the rolling substitution rule. Provide positive, specific feedback to all players on court.*

Cool-down: *Players should complete the 3,2,1 of cool-down. Light aerobic activity followed by hydration and stretching all the main muscle groups.*

The aim is to ensure that young people are learning and developing their skills whilst being fully engaged in the activities, maximising their fun and imagination.



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 - Players commence NetballSmart Dynamic Warm-up led by the team coaches.

3 minutes before - Players and coaches assemble on allocated courts for the skill component of the game day.

Game Time - Junior Co-ordinator(s) welcomes everyone and introduces the skill for the day.

- Activity One (5-7 minutes)
- Activity Two (5-7 minutes)
- Game Time (4 x 8 minute quarters of 5 v 5 over two thirds of the court).
- Cool-down (5-10 minutes).
- Debrief - recap the key coaching points from the skill and provide the players with positive feedback about the day.

Note: Activities Three and Four are for inclusion in the practise session held after the game day introducing the skill.

