

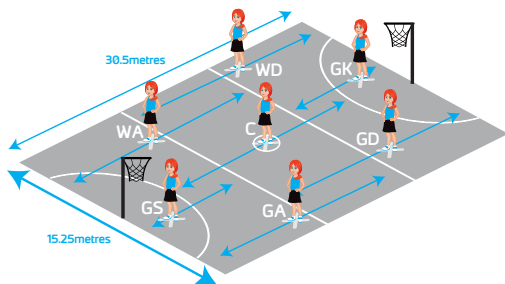
# 6 v 6 to 7 v 7 Transition Information

## What is 7 v 7 Netball?

It's super easy to get involved in the **Mother Earth futureFERNs** programme.

### Philosophy of **Mother Earth futureFERNs**

- HAVE FUN!
- Learn new skills, knowledge and understanding
- Be motivated and confident to play
- Develop a life-long love of Netball



## What are the changes between 6 v 6 and 7 v 7?

**Mother Earth futureFERNs** grows as the players grow

6 v 6	7 v 7
<p>6 players per team</p> <p>GOAL HEIGHT <b>2.6M</b></p>	<p>7 players per team</p> <p>GOAL HEIGHT <b>3.05M</b></p>
<p>SIZE 4 BALL</p> <p>8 minute quarters</p>	<p>SIZE 5 BALL</p> <p>10 minute quarters</p>
<p>Team changes at <b>HALF TIME</b></p> <p>ROLLING SUBS</p>	<p>Team changes at <b>QUARTER TIME</b></p> <p>Substitutions can only be made at an interval, half time or injury</p>
<p>Pass with Ball within 5 secs</p> <p><b>DEFEND 1m AWAY</b></p>	<p>Pass with Ball within 3 secs</p> <p><b>DEFEND 0.9m AWAY</b></p>
<p><b>CENTRE PASS</b> is by the non-scoring team</p>	<p><b>CENTRE PASS</b> is alternated between teams</p>

## How to Introduce 7 v 7 to players

### Tip 1

Provide opportunities for players to experience a variety of positions. They don't need to specialise yet

### Tip 2

Let players play and enjoy themselves. We can't predict adulthood success from childhood success so develop the love for Netball first.

### Tip 3

Create a positive environment that focuses on development to get the best out of the players.

### Options for introducing 7 v 7

- Run a taster session at your School/ Club/ Centre of the 7 v 7 game.
- Run a Fun Day for parents and players, give everyone a go at the game.
- Run 3 week pre/ post season sessions of 7 v 7
- Give players and parents the flyer of 7 v 7 Netball
- Have 2-3 sessions on all areas of the court, try out some games/ activities for those areas e.g. Week 1- GA, GS
- Set it up as part of Term 1 holiday programme for Year 7s
- Buddy a Year 7 with a Year 8 to introduce the rules

### Creating Year 7 & 8 Teams without Trials

These options will give you an idea of physical skills, knowledge, motivation, coach-ability and teamwork skills of players. **Fun** and **Friends** are most important to this age group.

- Invite all Year 7 & 8 players and run a range of small sided games e.g. (Ball Tag, Touch Down, Treasure, Fives)
- Have a Fun Day at your School/ Club
- Run weekly sessions with the coaches to introduce players to different areas of the court (Attack, Defence Midcourt)
- If players want to form a team with their friends that's okay.
- Teach the NetballSmart Warm-Up to see fundamental movement skills
- Run a specific session for those new to Netball