



Quick Start Guide to Future Ferns Netball



**Information and tips for Coaching and Umpiring
Year 1 – Year 6 Netball Players**



Future Ferns Netball

Philosophy of Future Ferns Netball

- Future Ferns Netball is all about fun, fairplay and participation. At this level the emphasis is on the enjoyment, encouragement, safety and development of netball skills within young players.

Things you need to know

- Future Ferns Netball is played by year 1 – year 6 girls and boys.
- Year 1 – 5 players play on lower goal posts (2.6 metres) with a size 4 netball.
- Year 6's play on the normal full sized goal post (3.05 metres) with the normal size 5 netball.
- Game duration is normally 4 x 8 minute or 4 x 10 minute quarters with 2 minutes each break.
- **Rotation**; all teams from year 1 – year 5 **must** follow the Team Rotation guide during all games and rotate players at half time.
- Team Rotations **do not** apply for Year 6 players.
- The International Rules of Netball apply to all Future Ferns Netball, but we suggest that you relax some of these rules for the Year 1 - Year 3 players.

Year 1 - Year 3 players

- When umpiring this age and calling infringements, let players know **why** you have blown the whistle; this will help them to better learn the rules.
- Umpires cannot coach players but should give guidance where needed; i.e. if a GK constantly runs into the centre third, blow the whistle and tell them know they are offside.
- Explain all decisions using simple language.

Relax some of the rules

- Relax the 3 second rule; allow players time to gain their balance and look for passing options.
- Relax the stepping rule; allow players the chance to balance themselves, but do not let them run down the court with the ball.
- Relax the replayed rule, particularly in wet, cold weather.
- Short pass; a ball must be passed between players who are at least 0.9 m away from each other. Players often bunch together at this level so make sure you explain this rule when calling the infringement.

Year 4 – Year 6 players

- At this level players should have developed basic skills and should now have an understanding of the rules.
- All infringements must be pulled at this level and the rules which were relaxed in years 1-3 now need to be called. Be mindful though as some players may be new to Netball at this age; guidance and a bit of leniency should be demonstrated by umpires in these instances.

REMEMBER

You as parents, coaches and supporters are here to provide the best possible experience for our young netballers!!



2012 Future Ferns Dates

2012 Future Ferns Tournaments

27 May - Future Ferns Tournament, New Plymouth & Hawera

- Registrations close 9:00am on Wednesday, 16 May 2012, entry forms must be completed to enter this tournament

10 June - Future Ferns Mini Tournament, All Satellites

(Automatic entry - this is rounds 7, 8 & 9 of the Future Ferns season)

29 July - Future Ferns Closing Day Tournament, New Plymouth and Stratford

- Registrations close 9:00am on Friday, 20 July, entry forms must be completed to enter this tournament

Tournament entries to be completed online at our Netball Taranaki website

<http://www.netballtaranaki.co.nz/Links/Downloads/>

Future Ferns Weekly Netball

New Plymouth Future Ferns, Year 1 – Year 5 (Waiwakaiho Netball Courts)

Round 1 - Tuesday, 1 May
Round 2 - Tuesday, 8 May
Round 3 - Tuesday, 15 May
Round 4 - Tuesday, 22 May
Round 5 - Tuesday, 29 May
Round 6 - Tuesday, 5 June
Round 10 - Tuesday, 12 June
Round 11 - Tuesday, 19 June
Round 12 - Tuesday, 26 June

Stratford and Hawera Future Ferns and New Plymouth Year 6 Future Ferns

Round 1 - Saturday, 5 May
Round 2 - Saturday, 12 May
Round 3 - Saturday, 19 May
Round 4 - Saturday, 26 May
Round 5 - Saturday, 2 June
Round 6 - Saturday, 9 June
Round 10 - Saturday, 16 June
Round 11 - Saturday, 23 June
Round 12 - Saturday, 30 June

Inglewood Future Ferns

Round 1 - Friday, 4 May
Round 2 - Friday, 11 May
Round 3 - Friday, 18 May
Round 4 - Friday, 25 May
Round 5 - Friday, 1 June
Round 6 - Friday, 8 June
Round 10 - Friday, 15 June
Round 11 - Friday, 22 June
Round 12 - Friday, 29 June

Opunake & Waitara Future Ferns

Round 1 - Wednesday, 2 May
Round 2 - Wednesday, 9 May
Round 3 - Wednesday, 16 May
Round 4 - Wednesday, 23 May
Round 5 - Wednesday, 30 May
Round 6 - Wednesday, 6 June
Round 10 - Wednesday, 13 June
Round 11 - Wednesday, 20 June
Round 12 - Wednesday, 27 June

*** All Future Ferns Team Registrations close, March 29 2012**

Quick Guide to Netball Rules

Starting or restarting the Game

- All players must start in the goal thirds except the two Centres. Centre passes are taken alternatively by the two centres, after a goal has been scored. The centre with the ball starts with either one or both feet wholly in the Centre Circle. The centre pass must be caught or touched by a player in, or landing in the centre third.

Playing the Ball

- A player who has caught the ball may not drop the ball and then replay it.
- There must be room for a third player to pass between the hands of the thrower and catcher at the time the ball is released, 0.9 meters.
- A player may not attempt to play the ball while on the ground. If a player falls while in possession of the ball they must stand up before releasing the ball.

Footwork

Having caught the ball, a player may land or stand on:

- One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be regrounded until the ball is released.
- Two feet (simultaneously) – once one foot is moved the other is considered to be the landing foot, as above. Hopping or dragging the foot is not allowed.

Scoring a Goal

- Only the GS and GA can score – they must be completely within the circle when the ball is received in order to shoot for goal.

Toss Up

- For all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides. The umpire puts the ball in just below the shoulder level of the shortest player as the whistle is blown.

Obstruction

- **Player with the ball** – the nearer foot of the defender must be 0.9 m (3 ft) from the landing foot of the player with the ball, or spot where the first foot landed if one has been lifted. The defender may jump to intercept or defend ball from this 3 ft distance.
- **Player without the ball** – the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interface with the opponent's throwing or shooting action. Arms must be in a natural position, not outstretched and no other part of the body or legs may be used to hamper an opponent.

Contact

- No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur. Penalty pass or shot is awarded from where the infringement occurred.



Guidelines and tips on Umpiring Future Ferns

**** The International Rules of Netball apply to all Future Ferns Netball, but we suggest you relax some of these rules for the Year 1 - Year 3 players.**

Infringement	Action
Held Ball	A player must pass or shoot the goal within 3 seconds of receiving the ball. For year 1 – 3 players relax the 3 second rule to allow players time to gain their balance and look for passing options, do not exceed 5 seconds. <ol style="list-style-type: none"> 1. Blow whistle 2. Explain the held ball rule 3. Opposing team is given the ball
Off side	Player moving out of own area, if a player has the ball and is offside (on a line counts as within either area) <ol style="list-style-type: none"> 1. Blow whistle and stop play 2. Explain the offside rule 3. Possession given to the opposing rule If a player has the ball and is partly offside <ol style="list-style-type: none"> 1. Blow whistle to stop play 2. Explain the offside rule 3. Position player correctly, possession is retained
Stepping	There should be no running with the ball. For year 1 – 3 allow players to gain their balance but not progress down the court with the ball. If a player has taken an extra step <ol style="list-style-type: none"> 1. Blow whistle to stop game, display stepping hand signal 2. Explain stepping rule 3. Possession given to other team where infringement occurred
Contact	Enforce the contact rule at all times. If a player contacts <ol style="list-style-type: none"> 1. Blow whistle to stop play, display contact hand signal 2. Explain contact rule and instruct the offending player to stand 'beside' and 'away' 3. Possession is to remain with the opposing team Deliberate or blatant contact, i.e. pushing, kicking is not tolerated, re-enforce this is not tolerated .
Obstruction	If a player causes an obstruction (defending within 0.9 metres of another players grounded foot) <ol style="list-style-type: none"> 1. Blow whistle to stop play, display obstruction hand signal 2. Explain obstruction rule and instruct player to stand beside and away 3. Possession is retained
Over a third	If a ball goes over a third without being touched <ol style="list-style-type: none"> 1. Blow whistle to stop play 2. Explain the over a third rule and return ball to the original position 3. Possession given to the opposing team
Short pass	When the ball is passed to another player on the same team who is less than 0.9 meters away from the original player <ol style="list-style-type: none"> 1. Blow whistle to stop game 2. Explain held ball rule 3. Opposing team is given the ball
Replay	A player who has possession of the ball may not bounce the ball and regain possession. This rule should be relaxed for year 1 – 3 players, particularly in wet, cold weather. <ol style="list-style-type: none"> 1. Blow whistle to stop game 2. Explain replay rule 3. Opposing team is given the ball

** Explanations should be given to year 1 – 4 players. Year 5 and 6 players should already know these rules, but if players are constantly infringing then explain to them what they are doing incorrectly.



Future Ferns Rotations

Year 1 – Year 5 players

The Future Ferns rotational system is put in place to ensure all players are provided with the opportunity to develop their skills in all positions and achieve success.

Year 1 – Year 5 Future Ferns

→ It is compulsory that all Year 1 – Year 5 Future Ferns teams rotate their players. This should be done at half time.

Year 6 Future Ferns

→ It is **not compulsory** for Year 6 Future Ferns teams to rotate their players during a game.

Rotations

→ Rotations may seem confusing for the first few weeks, but they are a key aspect of a netball player's development. It allows players to develop knowledge and skills in all playing positions before specializing in one position or area of the court. This is necessary to allow for the changing and variable growth patterns of young players.

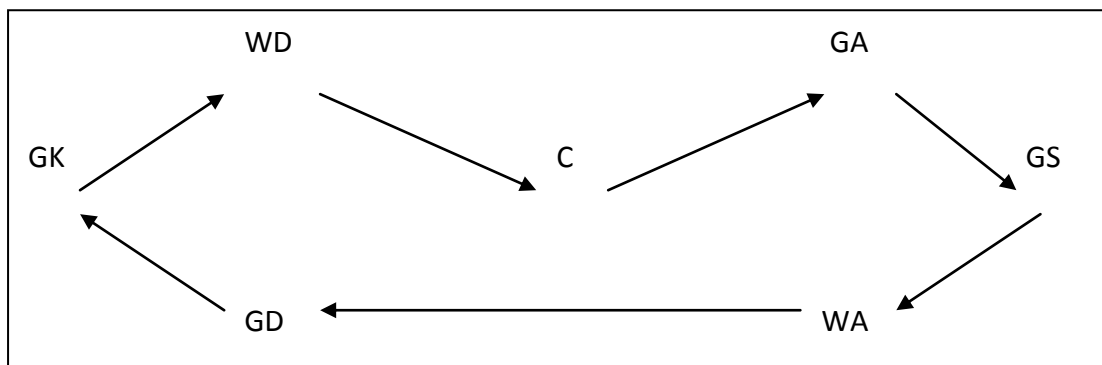
→ It is particularly important that young players are not channelled, or stereo typed into positions because of height or other physical reasons. Some players undergo rapid growth at an early age, yet by 12 or 13 are no longer the tallest or shortest! If players have only been given the opportunity to play 1 or 2 positions, it restricts their development and ultimately limits their participation and enjoyment.

Coaches Responsibility

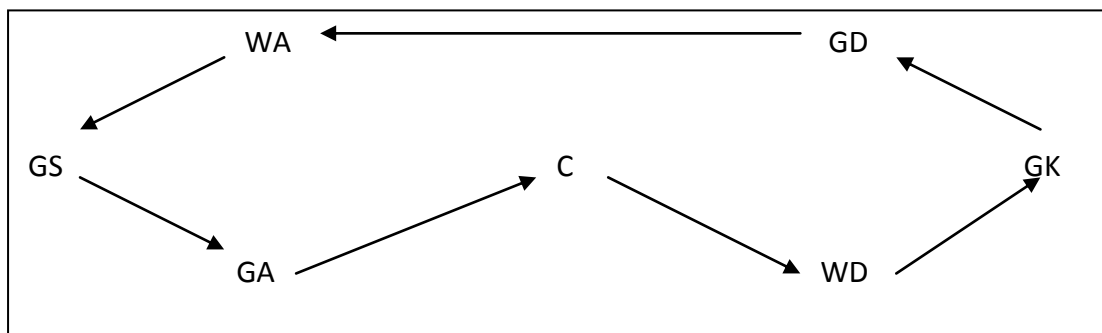
It is the responsibility of all coaches to ensure:

1. All players are rotated according to the Team 1 and Team 2 rotations and that rotations are The team listed first on the draw will be team 1.
2. All players are on the court for at least half a game.
3. All players are given the opportunity to play and develop in all 7 positions equally.

Team 1



Team 2



**** Read on for the Record Sheet to help you keep track of players 'playing positions' to ensure that they gain development in all positions.**



Parents & Spectators Code of Behaviour

- **Encourage** your child or children to play sport, but not at the expense of his/her comfort level and confidence.
- Focus on the child's efforts and performance rather than the overall outcome of the event by reducing the emphasis on winning.
- Encourage children to always play according to the rules and abide by the official's decisions.
- Enforce the Player's Code of Behaviour at every opportunity and demonstrate **positive** courtside **support** for all players on both teams.
- Actively acknowledge the good play and **behaviour** of young children both on and off the court.
- Lead by positive example. Demonstrate **integrity** if disagreements arise with officials, umpires and coaches by seeking advice on the correct pathway and channels to settling grievances.
- Encourage sportsmanship and **fair play** among spectators and players.
- Acknowledge the **value** and importance of volunteer coaches and umpires, by allowing them to perform their roles, uninterrupted.
- **Motivate** young players to improve their performance in a positive encouraging manager.

Players Code of Behaviour

- Play for the **fun** and **enjoyment** of Netball but play by the rules and abide by the umpires decision.
- If you are unsure of a rule, ask your coach to explain it to you.
- **Respect** the umpires and scorers. If you disagree with a decision that has been made, ask your captain to approach the umpires during a break in the game.
- Be a good sport and always demonstrate good **sportsmanship** behaviour towards players on the opposite team.
- **Support** you team members on court in a positive and friendly manner and **co-operate** with your coach, teammates and opponents.
- Bring a positive sporting attitude to each practice and game.

Coaches Code of Behaviour

- Promote the Player's Code of Behaviour with players at every opportunity.
- **Teach** your players the rules of the game and correct players when necessary. It will only hinder players if they do not know the rules.
- **Motivate** young players to improve their skills in a positive and **encouraging** manner.
- Bring a positive sporting attitude to each practice and game. Treat players with respect and consideration
- Follow the **rotation** system at every game (yr 6 excluded) to ensure all players take the court.
- Develop and promote team respect for opponents as well as calls made by the officials.



Skills and Development Levels

Year 1 – 3 Future Ferns Players

Development Experiences

- Basic skill learning – movement, passing
- Hand eye coordination
- Learning positions
- Getting to know the court
- Fairplay

Development Emphasis

- Emphasis on enjoyment
- Social skills of teamwork, co-operation, sharing and encouraging developed
- Players playing all and learning playing positions
- Experience in all playing positions
- Fairplay principals introduced

Movement Skills

- Balance
- Landing
- Running
- Jumping
- Pivoting

Ball Skills

- Catching
- Chest pass
- Bounce Move
- Passing into space



Year 4 – 6 Future Ferns Players

Development Experiences

- Skill learning
- Develop understanding of the rules
- Opportunities for decision making
- Fairplay

Development Emphasis

- Emphasis on enjoyment
- Wide range of fundamental skills developed
- Develop player understanding and knowledge of Netball rules
- Decision making on court – passing options.
- Experience in all playing positions
- Positive experience of games
- Fairplay Principles established

Movement Skills

- Stable balanced position
- Landing
- Jumping
- Running – forwards and backwards
- Pivoting

Ball Skills

- Catching – stationary and moving
- Passing – chest, bounce, one handed, lob
- Passing into space

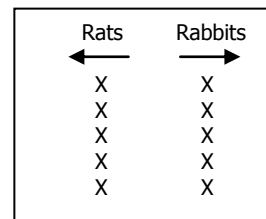


Warm up Activities & Develop Skills

Rats & Rabbits

Team of rats and team of rabbits line up in the middle of the court. If rats are called – rabbits chase rats and try to tag them before they reach the sideline. If rabbits are called – rats chase and rabbits run.

Modification – teams start on the same sideline. Players start jogging towards the middle of the court. If rats called they must run back to their sideline while rabbits chase them and vice versa.



Knee Tag

Players are in pairs and start facing each other. The aim is for the players to try and tag their partner as many times as they can below the knees. Both players are trying to tag each other at the same time. Players will have to use small steps and quick feet to tray and not get tagged. Work for 30 seconds – 1 minute then change partners.

Clusters

Players jog around anywhere and on the call of a number they quickly group themselves into clusters of 2's, 3's or any other number called.

Coaching points for Developing Skills

Footwork

- Feet shoulder width apart
- Knees bent (so balanced)
- Bodies upright
- Soft feet on landing
- Maintaining balance

Passing/Ball Skills

- Hold ball in a W shape at the back of the ball
- Feet shoulder width apart
- Straight arms pointing in direction of target
- Types of passing; Chest, Side, Bounce, Lob, Overhead

Dodge/Change of Direction

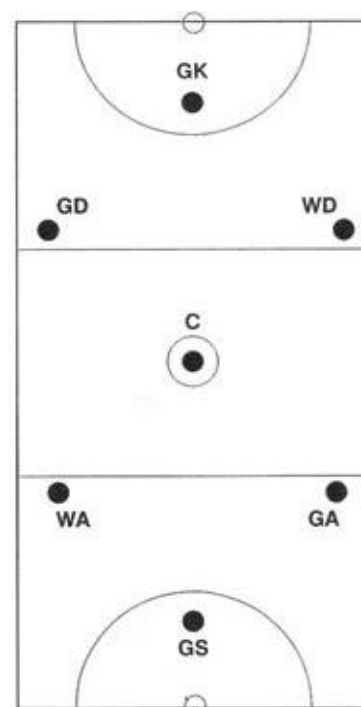
- Stable Balance position
- Push off strongly from the outside foot
- Feet point towards the direction the player is moving
- Head up
- Meet ball strongly
- Quick, small feet

Defending

- Stand up tall
- Head up watching the ball **and** player (peripheral vision)
- Body position balanced
- Using the outside arm to avoid contact.

Shooting & Defence

- Body balanced facing goal
- Ball on finger pad of 1 hand with other hand on side as a support only
- Ball held directly about the arms fully extended
- Eyes looking at goal
- Elbows and knees bent to shoot
- Straighten up body when ball is released to full extension
- Wrist and finger flick with ball in a gentle back spin to the goal.



Notes