**Year 3/4 Netball Festival 2025**

Warm up games:

**Stations:**

* Passing and catching
* Shooting
* Centre passes
* Defending
* Attacking
* Footwork/Pivoting
* Creation of space and timing

Fundamental movement skills - agility, balance, coordination

**Fun games:**

Golden child

PLAYING AREA Court: Minimum: 10m x 20m Maximum: 30.50m x 15.25m Posts: Ring should be 2.74m from the ground (9ft post) SAFETY

1. For the safety of other players, participants will need to have short nails.

2. Nails will be checked on the day of the competition.

3. If nails are too long, participants will either be offered a nail file/scissors to trim, or if considered to be a safety issues, they may not be allowed to play.

PLAYERS

1. The squad should consist of a minimum of 7 players and a maximum of 9 players.

2. 5 players on the court at any one time.

3. Positions are as follows; GA = Goal Attack GS = Goal Shooter C = Centre GD = Goal Defence GK = Goalkeeper

4. Area where each playing position can move within the court

DURATION

1. Games should be made up of 2 halves (this will be at the discretion of the School Sport Manager).

2. The length of these halves will depend on the number of teams entering the competition and time restraints.

3. Teams should change ends at the end of a half. SCORERS, TIMEKEEPERS & CENTRE PASS MARKERS

1. When squad members are off court, they can take on the scoring and timekeeping roles. In squads of 8 or 9, one person should also be responsible for recording and calling whose centre it is. a. Scorers - keep a simple score card for their own team. b. Timekeeper - time each half of the game and indicate to the Umpire when the half has finished. c. Centre Pass Marker - keep a note of whose centre pass it is and indicates to the Umpire after each goal is scored and at the beginning of each half.

START OF PLAY 1. Team Captains toss a coin to determine who takes the first centre pass. Subsequent centre passes must be taken alternately.

2. Play is started by a pass from the ‘Centre’ (the player with the ball must have both feet in the circle).

3. At the start of play, the GS, GA, GD and GK may be anywhere in the goal third. The opposing C shall be anywhere in the centre third and free to move.

4. When the Umpire blows the whistle, the C must pass the ball within 4 seconds