



NETSETGO!

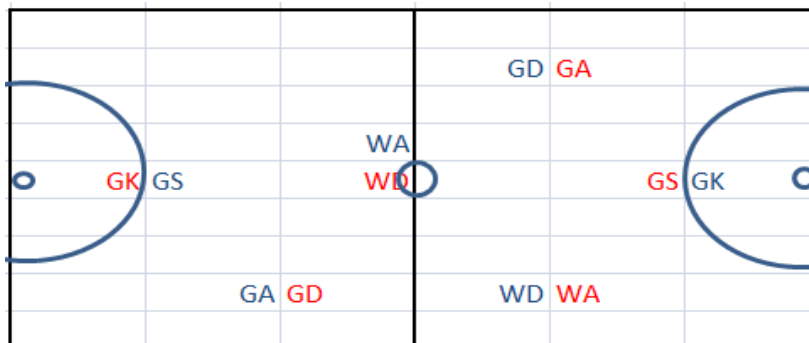
The Metro Way – 7yrs 2026



The Australian Netball Skills Development Framework cites players in the 6-7 year age group should be proficient in the following:

Movement	Ball	Attacking	Defending	Shooting	Strategies
Balance Jump/leap/hop Land 1 foot/ 2 feet Pivot – outside turn Side Step Sprint Take off to sprint	Catch Passes: Chest Shoulder	Straight lead Single dodge Change direction	Shadow move Shadow defence Hands over ball	Basic shooting action	Basic attack passing options Basic defence passing options

The Metro Way Program is designed with this in mind to enable players to learn the necessary skills in a non-competitive environment. Appropriate modifications have been made to the 7 year program to include a progression towards the 8 year Metro Way game in Round 6.



Technical Specifications - ROUND 1 to ROUND 6

- Goal post** 2.4 m (8 feet) modified height
- Ball** Size 4
- Court size** Two thirds of a full court (Grass courts are marked out as per 'The Metro Way')
- Match duration** 4 x 10 minute quarters.

NOTE:

- Each team playing in the first round on their designated grass court are required to take a freestanding post and post pad to set up prior to their game.
- Each team playing in the last round is required to return the freestanding post and post pad after their game.

Team structure

- 6 players per team on court at a time.
- To assist teams with providing even game time, rolling substitutions are allowed so long as they do not disrupt/stop the game. They can be made after a goal is scored, before the next C pass or at the other end of the court where there is no game play. Unlimited substitutions are allowed.

Positions

- 3 Attack (WA, GA, GS), 3 Defence (WD, GD, GK). C is not required.
- Only 3 players per team are allowed in each zone as per diagram.
- GA and GS can shoot. WA to remain outside the circle.
- Players must play against their respective opposition ie Blue WD defends the Red WA.
- Over the course of the season, all players must be given an opportunity to play all positions.

To start the game

- Before the game, coaches check nails are short and no jewellery is worn. No earrings, no tape.
- Players to “rock paper scissors” or “toss a coin” to determine centre pass and shooting end.
- The team deemed the winner will take the first centre pass to start the game. The other team will choose their shooting end.
- WD (only) will start play by passing from the circle as per the above diagram.

UMPIRING/COACHING RULES

- Umpire/coach in the half of the court from the transverse line to your right side.
- You must only umpire/coach in your designated half of the court and coach **BOTH** teams in netball rules to encourage movement of the ball up and down the court.
- Umpire/coaches can only call throw-ins that are on their full sideline and their goal line.
- Umpire/coaches can run on court if they need to explain the rules to a player and/or team and return to the sideline.
- Coaches, managers and parents who are not umpiring can only cheer and make positive comments. They are not to yell out any instructions to a player or a team.

Centre pass

- After the first centre pass, all centre passes are to be taken by the WD of the team that did NOT score the last goal
- At the start of each quarter after that, the team who did NOT take the last centre pass will take the first centre pass of the new quarter, or the team that has had the least centre passes.

Time to pass the ball

- Within 6 seconds
- **There is NO turnover of possession for 'held ball'**. The coach controlling that half is to encourage players to release the ball within 6 seconds.
- The coach controlling that half should try to determine why the player is not passing, ie, is the defender obstructing (within 4ft), are the attackers too crowded.
- The coach of that half must then assist the attacking team to move the ball, whilst continuing to encourage the defenders to stay on their players.

Footwork

- **There is no turnover of possession for footwork infringements.**
- Players may shuffle their feet after catching the ball. However, during the game, coaches are to encourage and guide players ie. "keep your feet still", "don't move your feet after you catch the ball", etc
- If a player gains ground (either by running or moving forward) the coach controlling that end is to blow their whistle, explain that is footwork, and ask the player to return to the spot they originally caught the ball.

Defending

- Players must defend their own opposition player.
- No double defending of a player or defending the space. One on one defence only.
- Players must defend from a distance no less than 1.2m (4 ft).
- Coaches are to encourage players to put their hands up and over the ball at the correct distance.
- Players are **not** to place hands on the ball or hands over the face of the attacking player.
- Players are **not** to defend with their arms outstretched that it blocks the space or movement of another player.

- Coaches are to encourage and guide players to defend by communicating (ie. “Where is your partner”, “hands down by your side” etc).

Defending the Shot

- Players cannot defend the shooter when shooting.
- Players cannot stand with their hands in the air waiting for the rebound this is OBSTRUCTION.
- Please encourage players to stand ready for a rebound with arms in netball stance, not up in the air.

Obstruction

- **The defending team cannot gain possession of the ball from obstructing** (either within 4ft, defending with arms outstretched, hands in face etc). The coach is to blow the whistle, explain the player was obstructing and return the ball to the attacking team.
- Infringing player does **not** stand out of play. Coach to direct them to move to correct distance and continue to defend.

Contact Rule

- Players may **NOT** either purposely or accidentally contact another player.
- **The defending team cannot gain possession of the ball from contacting.** If loss of possession occurs to the attacking team due to contact, the coach is to blow the whistle, explain that the defending player contacted. Possession is given back to the attacking team. No player needs to stand out of play.

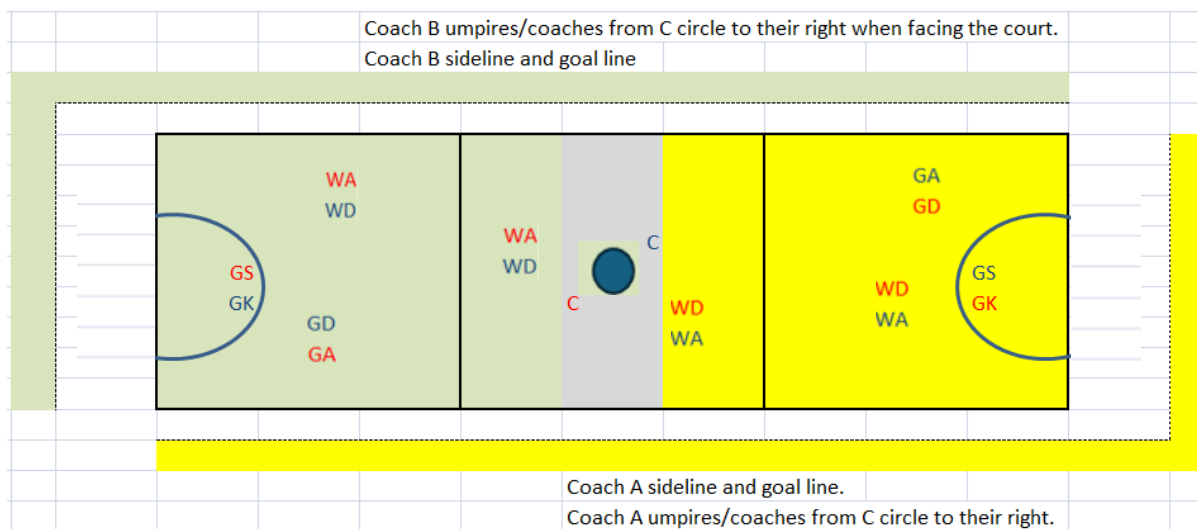
Throw in

- Players must ‘address’ the line ie. Position foot close to the line but not on the line
- Players must pass the ball before stepping on court.
- Encourage and guide players to ensure correct foot placement and understanding of a throw in.

Undetermined Possession

- If a coach cannot determine which team gained possession of the ball first or who hit the ball out of court, possession is to be given to the team who has had the least possession during the game.

PROGRESSION - ROUND 6 to ROUND 14



Technical Specifications

Goal post	2.4 m (8 feet) modified height
Ball	Size 4
Court size	Full size (grass court)
Match duration	4 x 10 minute quarters.

Team structure 7 players per team on court at a time.

Positions

- C is introduced into the centre third only.
- WA, GA, GS allowed in the attacking third
- WA, C, WD allowed in the centre third.
- WD, GD, GK allowed in the defending third.
- Only 3 players per team are allowed in each third/zone.
- GA & GS ONLY can enter the goal circle and can shoot.
- WA remains outside the goal circle to feed the shooters.
- Players must play against their respective opposition ie Blue WD defends the Red WA.

Centre pass

- C (only) will start play by passing from inside the centre circle as per the above diagram. All 'centre' passes are to be taken by the C of the team that did NOT score the last goal.
- WA and WD start behind their respective transverse lines and enter the centre third when the coach blows the whistle for the centre pass.
- GA, GS and their opposing GD and GK start in the goal circle for the C pass. Once the whistle blows they are free to move anywhere in the goal third.
- The C can only pass the centre pass to the WA or WD who are in the centre third.
- At the start of each quarter after that, the team who did NOT take the last centre pass will take the first centre pass of the new quarter, or the team that has had the least centre passes.