



NETSETGO!

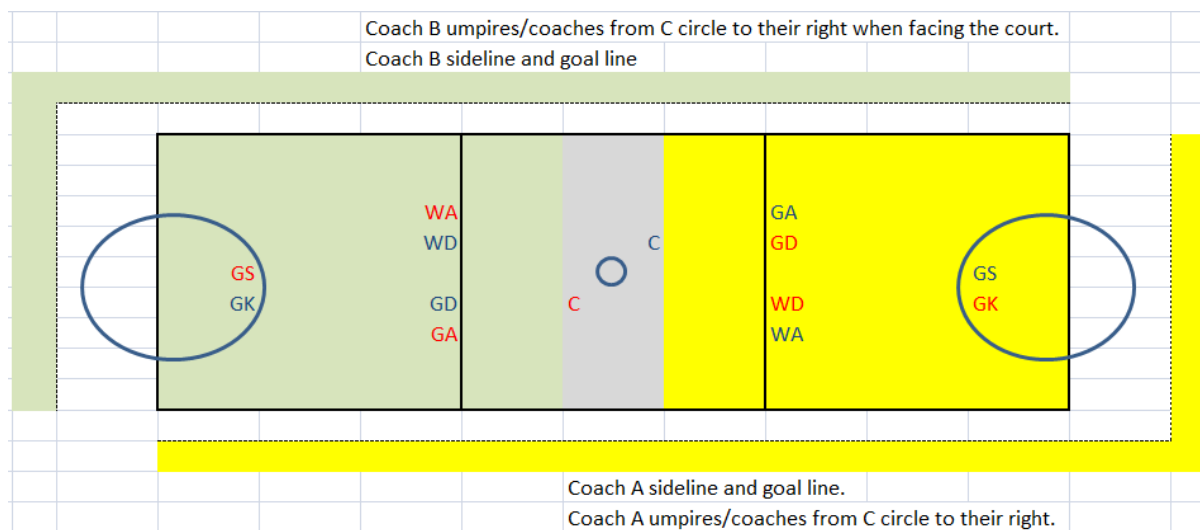
The Metro Way – 8yrs 2026



The Australian Netball Skills Development Framework cites players in the 8 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 Sprint, decelerate, stop Jump off R & L foot & both feet simultaneously Land and balance on R or L foot and both feet.	Catch Passes: Chest Shoulder Bounce Lob	Straight lead Single dodge Change direction Lead, pivot, pass	Shadow move Shadow defence Hands over ball	Shooting action	Basic C pass attack options WA/GA sides & swap Basic C pass defence options GD/WD inside of GA/WD Defend C with hands over

The Metro Way Program is designed with this in mind to enable players to learn the necessary skills in a non-competitive environment with appropriate modifications to the competitive game.



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. Normal netball positions.
- 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 but before the C pass or at the other end of the court where there is no game play. Unlimited substitutions are allowed.
- Over the course of the season, all players must be given an opportunity to play all 7 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.

UMPIRING/COACHING RULES

- Umpire/coach in the half of the court from the centre circle and 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 sideline and their goal line (Refer to diagram).
- 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 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 blow their whistle, explain that would be held ball and 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, and reset the court.
- The coach controlling that half must 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.**
- If a player gains ground (either by running or moving forward), or is shuffling their feet, the coach controlling that end is to blow their whistle, explain that is footwork, and for those players that gained ground, ask the player to return to the spot they originally caught the ball.
- During the game, coaches are to encourage and guide players in regards to their footwork.

Shooting

- If a goal is not scored, play continues with either a rebound (offensive or defensive) or a throw in (if the ball went out of court).

Defending

- Players must defend their own opposition player.
- No double defending of any 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 are allowed to defend the shot from a distance no less than 1.2m (4ft).
- Players cannot stand with their hands in the air waiting for the rebound if they are standing within 1.2m (4ft) of the shooter. THIS IS OBSTRUCTION.
- If a defending player infringes either of the above rules, the coach is to blow their whistle, call obstruction, explain why and reset the ball with the attacking player. The infringing player does not stand out of play, but must move to the correct distance.
- 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 out, 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 stand the correct distance to defend and ensure their hands are up over the ball not in the attacking players face.

Contact Rule

- **The defending team cannot gain possession of the ball from contacting**, whether it is purposely or accidentally.
- 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.

Offside

- Players may NOT gain possession of the ball from an offside area.
- Coaches are to blow their whistle, explain to the player they cannot go into that area.
- If a player infringes the 'offside' rule, they receive a warning on the first instance, and after that the coaches may award possession of the ball to the closest player from the non-infringing team.

Over a third

- The ball must be touched in each third as per rules of netball.
- The ball must be caught/touched in the centre third for a C pass.
- For either of the above infringements, coach blows their whistle, explains the rule and resets the possession with the attacking team.

Undetermined Possession

- If a coach cannot determine which team gained possession of the ball first or who hit the ball out of court, the pass is to be given to the team who has had the least possession during the game.
- This includes when two opposing players gain possession of the ball simultaneously. Coaches are to blow their whistle immediately and quickly make a decision about which team has possession.

Falling on the Ball

- Players may NOT fall on the ball to gain possession of the ball. The coach controlling that half is to blow their whistle and explain that diving/falling on the ball is not the correct way to gain possession of the ball.
- If players repeatedly infringe, the coach may then award a pass to the team that has had the least possession.