



NETSETGO!

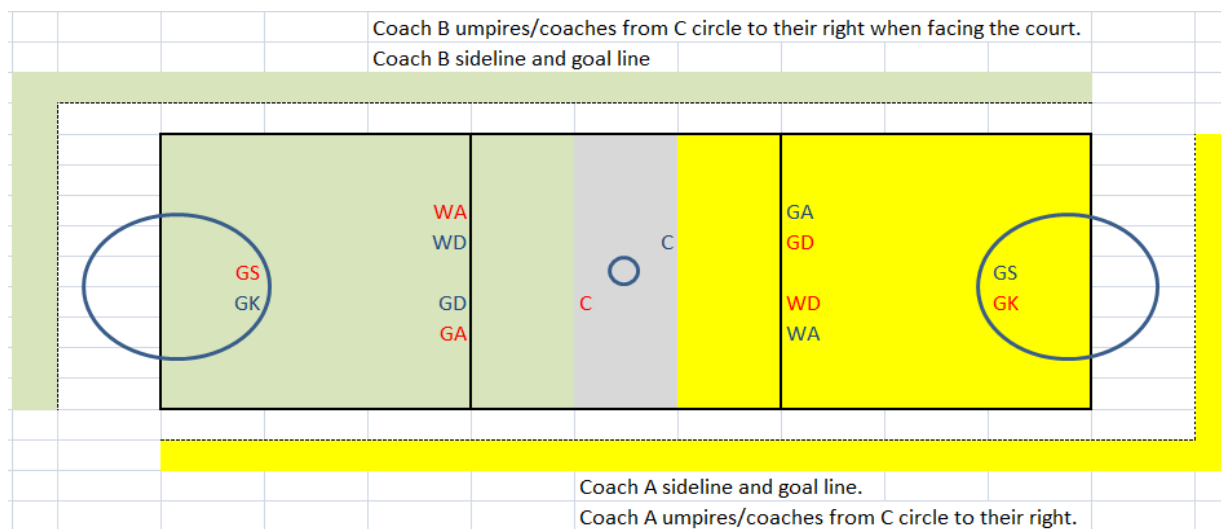
The Metro Way – 9yrs 2026



The Australian Netball Skills Development Framework cites players in the 9-10 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 Two leads	Shadow move Shadow defence Hands over ball Recover to 0.9m Defend shot	Shooting action Rebounding	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** 3.05 m (10 feet)
- Ball** Size 4
- Court size** Full size (grass court)
- Match duration** 4 x 10 minute quarters.

Team structure

- 7 players per team on the court in 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 between a goal being scored and the C pass or at the other end of the court where there is no game play. Unlimited substitutions are allowed.

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 winning team 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 call from their sideline if they need to explain the rules to a player and/or team however they should not stop the flow of the game to explain the rules. Refrain from entering the court.
- 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 initial centre pass, all centre passes are to be alternated by each team after a goal is scored.
- At the start of each quarter after that, the team who did NOT take the last centre pass will take the first centre pass (as per the rulebook).

Time to pass the ball

- Within 5 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.
- For the first FOUR weeks there are NO turnovers for held ball.
- From round FIVE, coaches are to award a free pass to the opposition team if players cannot pass within 5 seconds, so long as the opposition is not obstructing or infringing the rules.

Footwork

- Footwork includes players shuffling their feet, gaining ground (either by running or moving forward), dragging their grounded foot, hopping, etc.
- For the first FOUR weeks there are NO turnovers for footwork. Coaches continue to encourage and guide players to be aware of their footwork, blowing the whistle for each infringement to explain that footwork has occurred.
- From Round FIVE, coaches are to award a free pass to the opposition team if players are infringing the Footwork rule.
- **For teams with inexperienced players** (playing for 0-1yrs), you can continue to make allowances as per rules for 8 years. Both coaches are to agree to this at the beginning of the game.

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

- One-on-one defence only. No double defending.
- Players must defend from a distance no less than 0.9m (3 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 out to the side that blocks the space and 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 (as per netball rules) from a distance no less than 0.9m (3ft).
- Players cannot stand with their hands in the air waiting for the rebound if they are standing within 0.9m (3 ft) of the shooter. This is obstruction.
- If a defending player is doing either of the above whilst a player is shooting, the coach is to blow the whistle, call out ‘obstruction’ and explain what they did.
- **From Round FIVE**, coaches are to award a penalty pass if players are infringing the ‘defending the shot’ rule.

- A **PENALTY PASS** is set where the obstruction occurred, and the infringing player is to **STAND OUT OF PLAY**. If the penalty pass is awarded inside the goal circle, a shot at goal may be attempted.

Obstruction

- Any player cannot gain possession of the ball by obstructing (hands up within 3ft, defending with arms out, hands in face etc).
- The coach is to blow the whistle, explain the player was obstructing.
- From Round FIVE, coaches are to award a penalty pass to the opposition team if players are infringing the 'obstruction' rule.
- A **PENALTY PASS** is set where the obstruction occurred, and the infringing player is to **STAND OUT OF PLAY**. The shooter may shoot for a goal if the penalty pass is awarded inside the goal circle.

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.
- A **PENALTY PASS** is set where the contact occurred, and the infringing player is to **STAND OUT OF PLAY**. The shooter may shoot for a goal if the penalty pass is awarded inside the goal circle.

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.
- Footwork rules apply for a throw in.
- Encourage and guide players to ensure correct foot placement and understanding of a throw in.
- **From Round FIVE, coaches are to award a pass to the opposition team if players are infringing the 'throw in' rule.** The free pass is taken as 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.
- A **free pass** is awarded to the non-infringing team where the 'offside' occurred.

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 and awards a **free pass** to the non-infringing team where the 'over a third' occurred.

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 end is to blow their whistle, explain that diving/falling on the ball is not the correct way to gain possession of the ball.
- A **free pass** is awarded to the non infringing team.
- If two players from opposing teams fall on the ball simultaneously, the coach awards possession to the team that has had the least possession during the game.