

# Year 1 & 2 - 4 v 4



The focus for this age group is on 'exploring' Netball. It allows players to catch, pass, and shoot from day one, providing a fun introduction to Netball.

## Game Day Format

<b>NetballSmart Dynamic Warm-up</b>	<b>Skill Development 20 minutes</b>	<b>Transition</b>	<b>Game 4 v 4 2 x 8-minute halves</b>	<b>Cool-down</b>
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- Played across one third of the Netball court
- 2.1-metre goal height
- Pass or shoot within 5 seconds

- Rolling substitutions
- Junior Co-ordinators/Star Helpers on court to guide and assist

## Rules

### Equipment

**THE COURT:** Played across one third of the court.

**GOALPOSTS:** 2.1 metres

**BALL:** A 20 centimetre textured play ball

**BIBS:** Coloured bibs used

### Officials

Junior Co-ordinators assist and support the players on court with direction given throughout the game, without using a whistle.

### The Team

Four per team on court at any one time. Both girls and boys can play without restriction.

### Start of Play

Players use Paper, Scissors, Rock to determine which team will start each half of play. Play starts with a throw-in behind the opposition's goal line. After a goal is scored, play continues with a throw-in from the goal line.

### Substitutions

Teams are allowed to use rolling substitutions.

### Playing Areas and Offside

All players can move anywhere in the playing area so there are no offside limits.

### Playing the Ball

Players are encouraged to pass or shoot within 5 seconds.

### Footwork

Players are encouraged to be stationary once they have received the ball. They are allowed to take additional steps to gain balance but walking with the ball should be discouraged.

### Scoring a Goal

A goal may be scored by any player at their attacking end.

### Obstruction

Players are not allowed to defend or mark the ball thrower, allowing space to pass and vision of passing options. Players can defend players awaiting passes and intercepting the ball is encouraged.

### Contact

A player may not push, trip, knock, bump or hold an opponent, whether the move is deliberate or accidental. If contact does occur, the contact will be called and after a brief explanation (if required), play will continue.

**5-6 YEAR OLDS**



**20CM  
TEXTURED BALL**



**GOAL HEIGHT  
2.1M**



**min  
1/2 game**

**minimum  
half game**

## Playing areas

