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# Club Handbook

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## WELCOME TO THE JETZ NETBALL CLUB

We are thrilled that you have chosen the Jetz Netball Club for your child to play netball. Being a member of a netball team teaches skills that can be taken with them into their wider worlds of school and work. Beyond the obvious teamwork, people also learn to deal with adversity through losses or injuries, how to problem-solve more effectively, as well as how to push themselves to improve their skills. <http://wa.netball.com.au>.

We pride ourselves on being a club who respects officials, umpires, coaches, other teams, and players. We encourage all our members to show appreciation and respect for all the volunteer coaches, team managers, officials and administrators involved in our game.

The Jetz Netball Club is affiliated with the Southern Districts Netball Association (SDNA) playing at the Langford Sporting Complex. Games are on Saturdays scheduled from 8:30am to afternoon during the Winter season from April to September.

Please refer to SDNA's website for more information [www.southerndistrictsnetball.com.au](http://www.southerndistrictsnetball.com.au)

Teams train two afternoons a week after school at Langford Netball Courts, Langford. We are always looking for support at every level, coaching, team management, being part of the organising committee or with fundraising. If you have any experience in netball or are just enthusiastic, we would love to have you in our club.

The Jetz Netball Club looks forward to a fun and competitive netball season. We appreciate the support from players and parents, as that is what makes our club great. We encourage our youth to participate and compete in a healthy sports team environment.

On behalf of the Jetz Netball Club Committee



## NETBALL SEASON INFORMATION

The Jetz Netball Club Committee believes that it is important to provide accurate, clear, and regular communication with its members and their families. This handbook provides one means of communication. Other means of communication to members and players include:

- Committee members
- Team coach
- Team manager
- Club website
- Facebook
- Regular emails

### Jetz Netball Club Webpage

It is important that all members, their parents, or guardians, familiarise themselves with this information so that they can keep up to date with day-to-day occurrences in the club. Members, parents, and guardians should join us on Facebook.

Club Website - <https://www.jetznetball.net/>

### GAME TIMES

The netball season runs from April to August with finals being held in August/September. Full details of fixtures, including game times are available on the SDNA website, are regularly updated on the PlayHQ website and are emailed/communicated through each team by the team manager/coach.

### Uniform

The Jetz Netball Club committee has approved the netball uniform considering the latest information and the costs involved. The uniforms are at an additional cost to players.

The A-line netball dress is required to be worn by teams with suitable black boy leg shorts, alternatively playing singlet can be worn with black shorts. Boys will wear the club singlet and black sports shorts.

In addition to the uniform, it is expected that players will wear safe and appropriate footwear. Skate shoes or “volley” type shoes are not considered suitable to either play or train in.

Hair should be tied back out of the face and in accordance with netball rules nails should be cut short.

Jewelry is not permitted to be worn during any training session or game.

In addition to the game day uniform the club also offers optional uniform items that include training singlets, hoodies, socks, hats, bags. These items are NOT mandatory and are an additional cost to members.

Every effort is made to ensure that merchandise products are of a high quality and cost is kept to a minimum.

Please note: The wearing of appropriate uniform is compulsory.

### Game Day Procedure

- Players and Coach must be courtside at least 20 minutes prior to commencement of their game, ready to take part in warm up.
- From the commencement of warm up and throughout the game, the player is the responsibility of the coach. Players must sit with their team on the sidelines. At each break and until warm down after the game, players are to stay on the coaching bench.
- Post-match, players are required to cool down, stretch and listen to the coach for a game debriefing.
- Match awards may be presented post-match.
- No player can leave the supervision of their Coach until they are collected by a parent. This applies at training also.

## Rotation of Players

Jetz Netball Club fully supports the Netball Australia Junior Netball Policy where in accordance with this policy the club believes in full rotation of players in the NSG & 11U teams. This involves equal court time in every position on court throughout the season. Equal court time means that where practical, each player will play every position on the court for an equal amount of time. Coaches or their nominee will keep a record of this.

For teams 13U - open, every attempt will be made to allow players equal court time however, circumstances may dictate positions. Whilst the Club encourages coaches to provide equal court time for players in the 13U-17U teams, this is at the discretion of the coach. It should be noted that equal time and rotation applies to all players who are fit, attend training regularly and are available for all games. If, for example, players are absent through injury, illness, or other unavailability, this may result in less court time overall.

## Training Procedures

Players of our Club at all levels are required to attend training sessions as notified by their coach. If unable to attend training or match days, a player must notify their team manager/coach at their earliest opportunity. Players are expected to wear suitable attire and approach each training session with commitment and a positive attitude. The same codes of conduct apply to training as they do to games. Respect and courtesy are to be shown to all members of our club including teammates, umpires, coaches, and officials. No player is to leave a training session without first getting approval from his or her coach.

## Coaches

- Focus on players getting the chance to play and rotate through positions and ensure fair and reasonable time for everyone.
- Focus on participation, not winning and losing.
- If you do coach your own children, treat them like everyone else in the team (e.g. rotations, playing time or participation)

## **First Aid and Injury Procedure**

All committee members, coaches and team managers will make every effort to ensure that all training and games will be the safest that is possible.

In the event of a serious injury during competition or at training, an Incident Report should be completed by the coach and player/parent or guardian. Incident Report documentation is attached to the Handbook. The completed report must be returned to the Registrar or Secretary at the end of the round/training session or as soon as practicable thereafter.

It is highly recommended that all players have ambulance cover before participating in any club game /activity of training. If an official of the club calls an ambulance and a player does not have ambulance cover, the cost of any attendance or transport will be the responsibility of the member.

It is the responsibility of all coaches, parents / guardians, and other officials to act on any information relating to an injury and to take necessary action.

### *Major Injury*

Any player who sustains a suspected major injury\* during a Jetz Netball Club training session or match will take no further part in training or match in which this injury occurred. Any player with a major injury will be instructed to seek a registered health practitioner's opinion and subsequently will not be able to resume training or playing with our club until a written approval to recommence training and/or playing from a registered health practitioner is received by the club.

\*Major Injury for the purposes of this handbook is defined as an injury causing such discomfort that the player is unable to continue physical activity within the match or training session. A major injury usually results in the player being unable to move the injured area of the body (e.g. not limited to the bone, muscle, ligament, knee, leg, ankle, arm, elbow, fingers, or eyes) without assistance and/or further pain.

### *Head and/or Neck Injuries*

Any player who sustains a suspected concussive blow to the head and/or neck during a Jetz Netball Club training session or match will take no further part in training or the match in which the incident occurred. Any player with suspected concussion will be instructed to seek a registered health practitioner's opinion and subsequently will not be able to resume training or playing with our club until a written approval to recommence training and / or playing from a registered health practitioner is received by the club.

### *Injury Sustained by a Jetz Netball Club Player*

An injury to any player will be assessed in consultation with the coach, player, and their parent/guardian before they are able to resume match or training with Jetz Netball Club. If at any time a player seeks medical advice, then a medical clearance certificate will be required before returning to play a match or to training. The player will then be observed by coaches and committee members (if applicable) to assess their fitness for play.

It is the responsibility of all coaches and other officials to act on any information relating to an injury and to take necessary action. It is the responsibility of a player to ensure that they advise an official if they are injured and to not take any further part in a game or training when they know they are injured.

Management of Acute Soft tissue Sports Injuries  
RICER Method

- R** Rest
- I** Ice
- C** Compression
- E** Elevation
- R** Referral



**Rest**

How? There is a need to reduce movement to allow time to assess the injury.  
Why? Activity continued in the presence of acute injury promotes increased blood flow and therefore increases the bleeding causing further damage and pain.



**Ice**

How? Usual methods are: Crushed ice in a wet towel, Immersion in icy water, Reusable Cold packs. Apply for 20 minutes, every 2-4 hours for the first 48 hours.

Caution: Do not apply the ice directly to the skin as it can create a burn. Place a wet towel or apply a little oil to the skin. Do not apply to people with circulatory problems. Children have a lower tolerance to ice.

Why? Ice helps to reduce the inflammatory response to the injury, reduce pain and muscle spasm.



**Compression**

How? Apply a Self Adherent wrap or crepe bandage over a large area covering the injured area. You will need to take the compression bandage off to ice regularly but this will also give you the chance to keep adjusting the compression. This is a most important step, as compression will reduce more of the swelling from injury than the ice alone.

Why? Compression reduces the bleeding and swelling and provides support for the injured part.



**Elevation**

How? Raise the injured part above the level of the heart whenever possible. This is especially important with lower limb injuries.

Why? This along with compression helps to reduce bleeding and encourages the fluid to be returned to the heart for recirculation. It also helps to reduce pain.



**Referral**

How? Refer the injured person to a suitably qualified person as soon as practicable, Doctor, Physiotherapist, A&E center, St. Johns etc.

Why? To ascertain the extent of the injury and gain expert advice on ongoing investigations (X-ray, surgery) and management.

## EQUIPMENT LIST

### Equipment Bag

- 1 x set of Velcro 'game' day bibs.
- 1 x set of training bibs.
- Pink bag for bibs
- Squeeze whistle.
- 1 x timer and battery – Store battery backwards to prevent going flat.
- 1 x ball pump and spare needles
- 1 x agility ladder
- 12 cones
- 12 discs
- 1 x 'game' day ball
- 5 x training balls
- 1 x net carry bag for balls
- 2 x tennis balls
- 12 x bean bags
- 2 x skipping ropes.
- 1 x tarpaulin (for wet days)
- First aid bag containing first aid supplies.
- Nail clippers.
- 1 x Pencil Case containing the following.
  - Voting Slips x1 per game
  - Manager Lanyard & card
  - Pens
- 1 x Jetz Handbook
- 1 x COACH shirt
- 1 x Manager File

Bags must be returned promptly at the completion of each season.

If items are damaged or first aid replenishment is required, then contact any of the committee members.

Bibs and balls are costly for the club - be vigilant with them and ensure all are accounted for at the completion of training and on game day.

If the bag becomes wet during games, please ensure that it is emptied and allowed to dry during the following days. This will prevent the bag from developing mould and items inside being permanently damaged.



## COACHING CORNER

Thank you for coaching, please consider the points below as you coach our players.

Tips for successful coaching sessions:

- Always have a plan
- Please be aware that you need to speak to our players as you would like to be spoken to yourself.
- Be Positive
- Learning is repetition, it's OK to repeat sessions if needed.
- Use a different warm up ever 3-4 weeks.
- Respect the different athlete's learning styles.
- Learn your craft – Google, ask questions, watch other coaches, Sports Plan Website
- Become properly qualified to increase your knowledge and confidence.
- Enjoy and have fun.

\*Kids Play Sport

- To be with friends
- To enjoy
- To improve their skills
- To achieve

## WINNING IS NOT EVERYTHING

### Children expect their coach to

- Be caring.
- Be energetic.
- Be patient and understanding.
- Be encouraging.
- Have a sense of humour.
- Have control.

A coach must be concerned with improving the quality of experience of the young player.

An effective coach will:

- Arrive early and know what area is available to work in.
- Set up equipment so that the players can get immediate and effective use.
- Demonstrate the skills which are to be taught.
- Observe and appreciate how skills are progressing.
- Observe from a position that has a clear view of all players.

No matter how good the coach's lesson preparation is the training session may fail if the children are not controlled or managed successfully.

Being aware of limitations of juniors will allow the coach to adopt appropriate coaching.

### Ten Commandments for Good Coaches:

1. Turn up on time
2. Be enthusiastic as this is infectious
3. Encourage the children, don't abuse or yell at them
4. Practice the skills necessary for the sport
5. Forget about team results (it's great if they win but it's not the end of the world if they don't)
6. Encourage good sporting behaviour
7. Keep in mind that children are not little adults
8. Act as a role model for children, e.g. Don't swear.
9. Conduct training sessions appropriate for the right age group
10. Attend coaching course to update your knowledge

The eleventh commandment is **to enjoy your coaching**. At times it will seem a thankless task, but the kids will always remember you.

#### **Parents as Coach**

It is not uncommon for the coach of a junior team to be a parent of one or more team members. This may be a cause for friction within the team and/or family unless the coach is careful.

Special efforts should be made laying the foundations for dissent. The coach must not:

- Give special privileges to his/her own children.
- Make threats of punishment for not accomplishing a set task.

#### **Parent's vs. Coach**

The junior sport spectator/parent can often be very troublesome for the coach if not handled correctly. Often criticism is levelled at both player and coach without any constructive reasoning.

Negative comments conflict with the efforts of both coach and players. Remember the coach is constantly trying to interpret situations for his/her players, not always apparent to spectators, and that young people are very sensitive to criticism.

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## SCORER / TIMER DUTIES & RULES

Refer to template at back of book

### SCORER

- Must sit/stand with the Timer, preferably on the outside boundary facing the centre circle.
- Ensure that both team's player's names (printed in full) and details of the game are filled before the game commences. (Note: Only those players whose names are on the scorecard, prior to the first whistle can participate in the game. Names cannot be added if player is late and once game has commenced.) Positions are to be completed quarter by quarter.
- Record each centre pass for each quarter. (Note: If you have different centre pass to the umpires you are not allowed to notify the umpires. The only person who can appeal a centre pass is an on-court player before the centre pass is taken)
- Score each goal and record a separate total for each quarter and final total (total of 4 individual quarter totals) in the boxes provided.
- Ensure both umpires and captains sign the scorecard. Also, timer and scorer must print name.
- It is the responsibility of the scoring team to hand in the score card to the Match Office immediately following the game.

### TIMER

- Must sit/stand with the Scorer, preferably on the outside boundary of court, facing centre circle.
- Ensure that their team's player's names are completed on the scorecard before the game commences and all positions to be completed at the beginning of each quarter.
- Set the timer for 4 x 15-minute quarters (winter season) with intervals of 3 minutes at quarter time and 5 minutes at half time. NSG 4 x 12-minute quarters with intervals of 2, 3, 2 minutes.
- Advise the umpires when there are 30 seconds and 10 seconds remaining prior to the start of game, at the end of each quarter and prior to the end of each interval or stoppage. Timer to follow umpire when there are 10 seconds remaining on clock for each quarter. When the clock timer goes off the UMPIRE is the one who blows the whistle and ends the quarter or game.
- Timer is to check the scorecard with the scorer to ensure it is completed and signed in full. They must also check the score continuously with the scorer and any discrepancies should be brought to the attention of the scorer immediately.
- Timer stops when there is a ball on court.
- Timer to print and sign the scorecard prior to the commencement of the game.

## SKILLS - WHAT TO TEACH?

### 1 Foot Landing

- Players are in the air when receiving wall, landing on one foot. Ankles, knees, and hips flex to cushion the landing.

### 2 Foot Landing

- Players are in the air when receiving wall, landing on two feet. Ankles, knees, and hips flex to cushion the landing, Impact on landing is even between both feet.

### Pivot

- Land on outside foot, turn to the outside so defender will not interfere with the pass. Allows balance and stability.

### Chest Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Flexion of elbows to draw ball towards the chest	Optimal angle of release with force transferred to ball with full arm extension and wrist flick
Front on target	Force is transferred by stepping toward target transferring weight to front foot	Arm follows through wrists and fingers extend in direction of target
The ball is held with two hands at chest height	Simultaneously pushing the ball with wrist and fingers	Ball flight has flat trajectory
Fingers spread around the ball and thumbs behind with elbows in.	The ball is released evenly from both hands	

### Shoulder Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Arms lead trunk in rotation towards throwing side	Optimal angle of release with force transferred to ball with full arm extension and wrist flick
Opposite foot to throwing arm is forward	Ball is transferred to one hand with arm back behind shoulder	Arm follows through wrists and fingers extend in direction of target
Feet are shoulder width apart	Elbow is away from hip	Ball flight has flat trajectory
Ball is held in two hands with fingers spread wide behind ball.	Weight is transferred forward as throwing arm moves through	
	Hips and shoulders rotate towards target	
	Lead footsteps forward towards target	

### **Bounce Pass**

<b>Preparation</b>	<b>Execution</b>	<b>Completion</b>
Body balanced upright with stable trunk	Flexion of elbows to draw ball towards the chest	Optimal angle of release with force transferred to ball
Feet are shoulder width apart	Weight is transferred forward onto opposite foot	Arm follows through wrists and fingers extend in direction of target
Fingers spread around ball, thumbs behind with elbows in.	Low body position is maintained throughout the action	End height of ball after bouncing equal to knee height of receiver
	Front foot leads towards target	
	Ball is transferred to one hand	
	Arm is extended so the ball is placed into the space 2/3 of the way to the target	

### **Overhead**

<b>Preparation</b>	<b>Execution</b>	<b>Completion</b>
Body balanced upright with stable trunk	Flexion of elbows to draw ball above and slightly behind head	Optimal angle of release with force transferred to ball
Feet are shoulder width apart	Force is transferred by stepping toward target transferring weight to front foot	Arm follows through wrists and fingers extend in direction of target
Fingers spread around ball, thumbs behind with elbows in.	Simultaneously pushing the ball with wrist and fingers	End height of ball after throw to just above head into waiting hands
	The ball is released evenly from both hands	

### **Two Hand Catch**

Eyes on the ball Extend hands forward with fingers spread and thumbs behind the ball (make a 'W') keeping hands "soft" Pull / grab / snatch the ball towards your body.

### **3 Feet**

- Both arms up and in a position appropriate to dictate desired direction of pass. Weight is balanced on balls of feet. Body leans forward from hips, eyes up and tracking ball. Weight balanced over two feet, hips, knees, and ankles are slightly flexed.

### **Hands Over**

- Two hands over the ball dictating direction of pass

### **Defence on Shot**

- Body is square to the opponent, knees flexed, back is straight, body balanced.

### **Single Arm**

- Arm fully extends to the highest point up and forward over ball, balance on front foot and extend toes, extend through trunk, spread fingers.

### **Inside Hang**

- Arm fully extends to highest point up and forward over ball, balance is on one leg and other knee is lifted towards the torso.

### **1 on 1 defence**

- Positioned to cover half of opponents body, arms close to body, trunk twists slightly as shoulders open to play. Chin is up and eyes are up, head positioned to see both ball and opponent.

### **Shooting**

#### Ready Position

- Feet in a comfortable forward-facing position, not too far apart
- Balanced position, with equal weight on both feet and hips facing the front.
- Ball held by dominant hand and high above the head. Fingers point back and are slightly open, ball sits in your hand.
- Second hand is placed at the side of the ball to steady its position.
- Elbows slightly flexed, lined in the direction of the post.

#### Execution

- Focus on a point above the ring to give height to your shot.
- Power through the ankles by pushing up through slightly flexed knees.
- Maintain balanced position.
- Flex elbows not allowing the ball to drop behind your head.
- Wrist flicks as the ball is released off the fingers in order to create a backwards spin.
- Fingers follow the ball on a high trajectory towards the post, dropping in to the ring.

Aim to drop the ball through the net without it touching the ring.

## SESSION PLAN EXAMPLE

### Warm Up

Line up on base line.

- Jog x2.
- High Knees (1st third), Kick butt (middle third), High Knees (last third)
  - o Teaching point – short quick feet, straight back
- Sidestep (1 third) – face the same way for the way back.
  - o Teaching point – knees bent, feet shoulder width apart, on their toes.
- Lunges (1 third) – 3 steps then one step into lunge – Alternate foot forward
  - o Teaching point – back knee should not touch the ground, both knees bent (if back knee straight lunges are too big and stretching), back straight, both feet forward
- Squats (1 third) – bend knees to sit in air.
  - o Teaching point – both feet facing forward, feet shoulder width apart, feet flat, back straight, hold for 3seconds, do not rush, do not go too low.

### Warm Up

5-10mins

Knee Tag

Objective

To practice change of direction and dodge techniques.

Equipment/Area

Netball court or suitable playing area.

Group Management Pairs.

Description

In pairs, partners face each other. Partners try to tag each other's knees while avoiding being tagged. Players cannot turn and run away from their partner.

Safety

Define the area appropriate for numbers.

Coaching Tip

Eyes looking forward. Push off the ground with the ball of the foot. Back leg extends to push off and give more momentum. Legs and feet move in a straight line. Arms bent at right angles at the elbows. Arms and legs move in opposition. Body leans forward.

Change It Down:

Increase distance from partner.

Up:

Decrease distance from partner.

## Drills

### Passing out in front / Outside landing

#### Objective

To land on outside foot while catching pass out in front.

#### Equipment/Area

Netball court or suitable playing area.

#### Group Management

Whole team – Can be split into smaller groups.

#### Description

In two groups put one group on side sideline and the other on transverse line all facing towards middle of the court.

#### Safety

Define the area appropriate for numbers.

#### Coaching Tip

Workers - Eyes up. Push off the ground with the ball of the foot leading with outside foot. Back leg extends to push off and give more momentum. Legs and feet move in a straight line. Arms bent at right angles at the elbows. Arms and legs move in opposition. Body leans forward. Arms outstretched to receive pass.

Catch pass landing on outside foot, pivot and pass back to your own group.

Thrower then becomes worker.

Throwers – Shoulder pass (see appendix 4), opposite footsteps forward on release. Ball to pass to where the worker in running not at the worker.

#### Change It Down:

Increase distance.

#### Up:

Decrease distance.







## NETBALL CARNIVAL INFORMATION

Netball carnivals are a great way to build team camaraderie, get to know your player's parents better, build upon skills and generally have a great day playing netball together!

Many metropolitan associations run weekend carnivals; these are held throughout each winter season. Games run on a Sunday and carnivals run independently to our Club/Association competition.

Any of our registered players/teams are able to participate in carnivals. Associations that currently run annual carnivals are (all dates yet to be confirmed):

- Demons Carnival April & August
- Belmont Netball Association August
- GinGin Netball July
- Kalamunda Districts Netball Association June/July
- Rockingham & Districts Netball Association TBA
- Wanneroo Districts Netball Association July

Carnivals run independently to our club competition. Generally, carnival participation can cost approximately \$20-25 per player for the day. This covers the cost of carnival registration and umpire fees. Each team participating in a carnival must provide a qualified team umpire for a carnival. Teams normally play approximately 4-7 games during a carnival (each game consisting of 2 halves).

If your team requires an umpire for the day, please contact our umpire coordinator [umpire@jetznetball.onmicrosoft.com](mailto:umpire@jetznetball.onmicrosoft.com) and we can put you in touch with one of our qualified Club umpires who can assist your team on the day.

JNC recommend that our umpires are paid \$100 per carnival day (this covers all games regardless of how many).

Each Association will advertise on their webpage when carnivals take place and how to register. Simply organise a team of players, complete the individual Association paperwork and away you go. You may like to put together the team you have for winter season or organise a group of same aged players to participate. Players must be registered for the current winter season of netball (and be able to provide their affiliation number) in order to participate in carnivals. The same age restrictions apply as per our current winter competition as do the Netball Australia rules.

If participating in a carnival interests, you - please discuss this with your coach and team. It is up to team coaches, managers, or parents to organise carnival participation. If you are unsure of what to do, the club would be happy to assist and guide you through the process.

# NetSetGo RULES & INFORMATION

## Modified Rules for NetSetGO Summary

As per Rule 15 of the International Netball Federation Rules of Netball, variations to the rules may be made for matches that are not international play.

NetSetGO provides a staged introduction to netball by focusing the development of fundamental motor skills and introducing children to the game of netball using rule modifications that are developmentally suitable. The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop their skills.

1. Goal posts should be 2.4 metres in height (8 feet).
2. Size 4 balls to be used.
3. Centre passes are taken alternately as per normal INF rules.
4. After catching the ball, a player must throw within 5 seconds.
5. Strict "one on one" defence throughout the court area permitted.

**6. Defence in the goal circle.**

In NSG Divisions RED and WHITE the athletes are permitted to defend the shot for goal. The distance must be 1.2 mts and must be one to one only. Throughout the court again one to one defence. Players will be stood out of play should they receive an obstruction call.

**In all other grades – BLUE, GREEN, AND PURPLE there will be no defence on the shot.**

7. Players to defend an opponent from a distance of 1.2 metres (4 feet)
  - a) A player who contacts or obstructs will not be stood out of play in the BLUE, GREEN, AND PURPLE division.
  - b) In the RED and WHITE divisions players will be required to stand out of play beside and away as per normal INF Netball rules
8. A team of up to 10 players may change player positions at quarter, half and third quarter intervals.
9. All playing positions to be rotated during the game so that no player plays more than half the game in the same position. Players must rotate through all positions during the season.
10. All players to play a minimum of two quarters unless injured or ill.
11. NetSetGo matches will consist of 4 x 12-minute quarters, with a two-minute interval at first and third quarters and a three-minute interval at half time.
12. NetSetGo matches will time themselves, no mobile phones to be used.
13. Positions played must be listed on the score card and the score card must be returned to the Match Office by the scoring team. (the team that originally collected it). The scoring team must also ensure that their opposition team has completed all the players positions for each quarter, before handing scorecard back to the match office.

**ONLY black or blue pens are to be used NO PENCIL OR COLOURED PENS TO BE USED AT ANY TIME.**  
**DO NOT UNDER ANY CIRCUMSTANCES COMPLETE ALL THE QUARTERS AT THE START OF THE GAME – THIS MUST BE DONE AT THE START OF EACH QUARTER**
14. Games are for participation only. **No points awarded; no ladder is kept.**
15. All other netball rules apply e.g., contact, replay, holding, stepping.
16. When the ball comes into contact with the post above the NetSetGo ring, the ball is deemed to be out of the court and a throw in is awarded to the opposition.

**COACHES AND MANAGERS – THERE MUST BE NO PACING UP AND DOWN THE**

**SIDELINE OR GOAL LINE UNDER ANY CIRCUMSTANCES**



# GAME DAY TEMPLATE

TEAM PLAYED: \_\_\_\_\_ DATE: \_\_\_\_\_ COURT: \_\_\_\_\_

CAPTAIN: \_\_\_\_\_

Position	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	4 <sup>th</sup> Quarter
GS				
GA				
WA				
C				
WD				
GD				
GK				

OFF				
OFF				
OFF				

	OUR	ATTEMPTS	GOALS
1	GS		
	GA		
2	GS		
	GA		
3	GS		
	GA		
4	GS		
	GA		
<b>TOTALS</b>			

THEIRS	
1	
2	
3	
4	
<b>TOTAL</b>	

NOTES:

## TRAINING SESSION PLAN 1

<b>Objective:</b> Aims / Reminders	
<b>Equipment Needed:</b>	
<b>Warm Up:</b>  Dynamic Stretching	
<b>Drills:</b>  1  2  3  4  5  6	
<b>Cool Down:</b> Static Stretching	
<b>Debrief / Review:</b> What did we learn today?	



# TRAINING SESSION PLAN 2

Session Plan Template		
Date:	Attendance:	Equipment needed:
Venue:		
Duration:		
Introduction (aims for session, reminders, etc.):		
Warm-up activities:	Drills and games:	Cool-down activities:
Coaching tips/questions/challenges:		Class management/energisers:
Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :		

## TEAM EVALUATION SHEET

Below is a skills audit by coaches for players over the age of 11 to help future coaches and also to help the committee organise development for players and coaches in future seasons.

To help with this we ask that all coaches for age groups 11U+ fill out the attached form and return to [registrar@jetznetball.onmicrosoft.com](mailto:registrar@jetznetball.onmicrosoft.com) before the 1st of Dec for each player in your team. Excel version will send out prior to the end of the season.

Please use the teaching points noted on page 12 and the below scores to help with the auditing.

- 4** - Exceeds Average (can carry out task needs no further coaching)
- 3** - Above Average (can carry out task needs fine tuning)
- 2** - Average (sometimes can carry out task, needs further coaching)
- 1** - Below Average (coaching required cannot carry out task)



# INJURY / FIRST AID FORM

## PERSONAL DETAILS:

Name: \_\_\_\_\_ Age: \_\_\_\_\_ D.O. B: \_\_\_\_\_

Address: \_\_\_\_\_

Contact No: (M) \_\_\_\_\_

Player          Coach          Official          Admin Staff          (please circle)

Team Name: \_\_\_\_\_

## INCIDENT DETAILS:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Brief Description of incident / accident:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FIRST AID TREATMENT:

Treatment Administered: \_\_\_\_\_

\_\_\_\_\_

Treatment Administered By:

Name: \_\_\_\_\_

Contact Details: Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

Follow Up Treatment Required: \_\_\_\_\_

Form Completed By: \_\_\_\_\_

Name: Position: \_\_\_\_\_

Contact Details: \_\_\_\_\_

Form Forwarded to Committee:          Y / N          Date: \_\_\_\_\_





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**COMMITTEE USE ONLY**

Date Received: \_\_\_\_\_

Action Required: \_\_\_\_\_

Form Forwarded to SDNA / WA Netball:                      Y        /        N

DATE: \_\_\_\_\_

Signed: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

**UPON RETURN TO COURT:**

Date Returned: \_\_\_\_\_

Medical Certificate Provided:                      Y        /        N

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

# KNEE PROGRAM

## COACHING

# THE KNEE PROGRAM

## JUNIOR GUIDE

### 11-14 YEARS

**KNEE:** Knee injury prevention for Netballers to Enhance performance and Extend play

#### KEY PRINCIPLES

Good Technique - Take Off  
Good Technique - Landing

Good Technique - Deceleration

Good Technique - Change of Direction

#### WARM UP Perform all

Sidelines Jog Forwards and Backwards	x2 Reps
Butt Flicks Forwards and Backwards	x2 Reps
High Knee March and High Knee Skip	x2 Reps
Side Skipping	x2 Reps
Forward and Backward Shuffle	x10 Reps L/R

#### STRENGTH Perform all

<b>QUADRICEPS</b>	
Partner Squats	2x 12 Reps
<b>GLUTEALS/HAMSTRINGS</b>	
Bridge	2x 12 Reps
<b>CORE</b>	
Plank through knees	2x 30 Seconds
Side Plank through knees	30 Seconds L/R

#### BALANCE/LANDING Perform 4 exercises in total

##### SINGLE LEG BALANCE ACTIVITIES

Arms and Legs	30 Seconds L/R
Partner Push	30 Seconds L/R
Ball Roll	30 Seconds L/R
Partner Ball Passes	x10 Passes L/R

##### JUMP & LAND TECHNIQUE

Double Leg and Single Leg	x10 Reps
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##### DOUBLE LEG ACTIVITIES

Forwards and Backwards +/- Ball	x10 Reps F/B
Crosses +/- Ball	X2 Reps
Rotate 90° +/- Ball	X5 Reps L/R

##### SINGLE LEG ACTIVITIES

Side Step +/- Ball	X5 Reps L/R
Slalom Forwards and Backwards +/- Ball	½ Court

##### REPEATED EFFORT

Repeated Crosses +/- Ball	x2 Reps
Repeated Side Step +/- Ball	x5 L/R
Modified Tuck Jumps + pause	x5 Reps

#### AGILITY Perform 4 exercises in total

##### DECELERATION TECHNIQUE

Sliding Shuffle	2x ½ Court
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##### ANTICIPATED CHANGE OF DIRECTION

Zig Zag Run	2x ½ Court
Defensive Shuffle	2x ½ Court
Lateral Shuffle	2x ½ Court

##### FOLLOW ON STEP

Forward Run On	x2 Reps L/R
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##### NETBALL PLANE

V Drill - Decelerate	x2 Reps L/R
V Drill - Change of Direction	x2 Reps L/R

L/R – Left/Right F/B – Front/Back



# HELPFUL LINKS

Knee Program - <https://knee.netball.com.au/>

Netfit Netball - <https://netfitnetball.com/>

Netball Diaries - <https://www.netballdiaries.com.au/blog/>

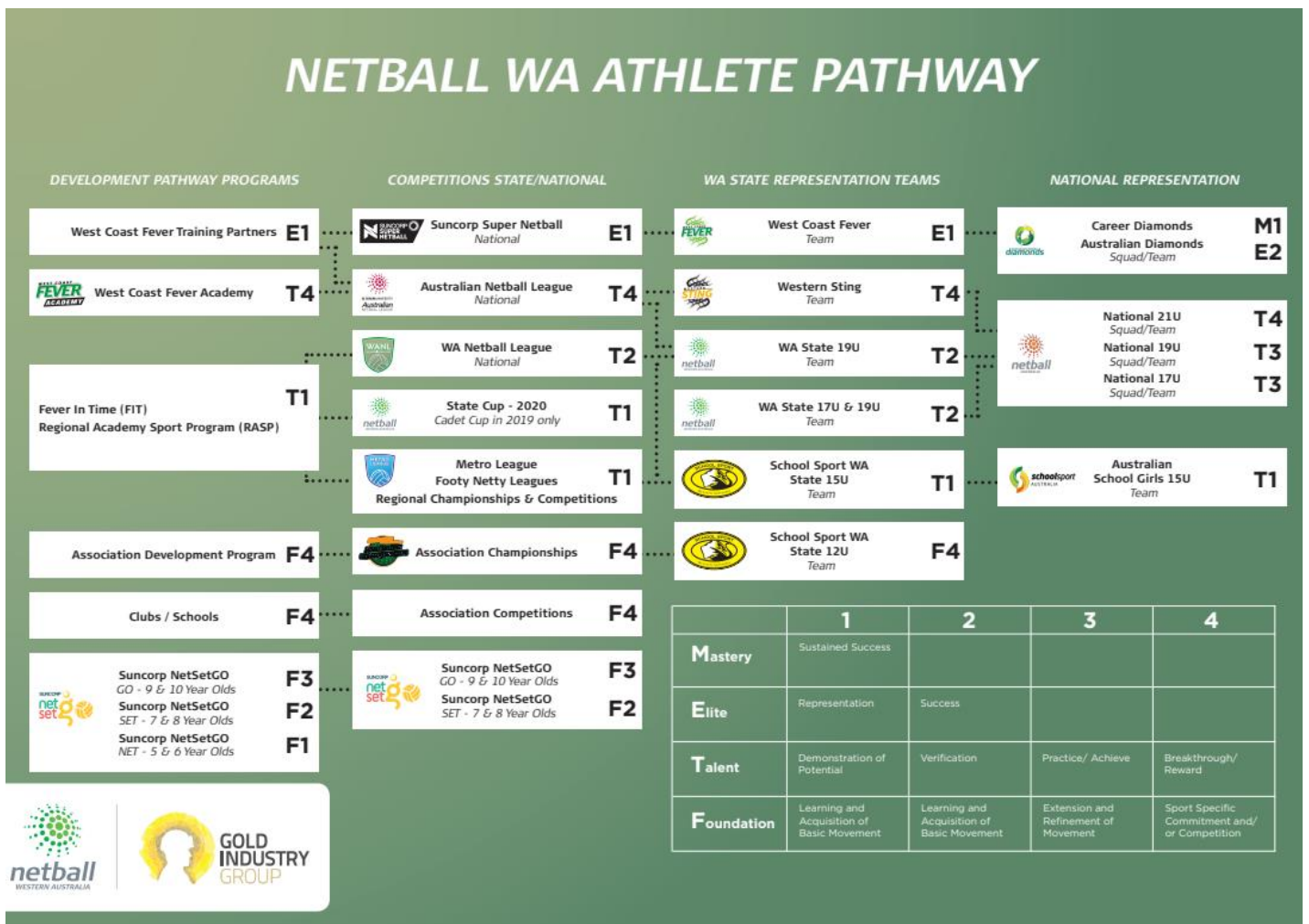
Netball Learning - <https://learning.netball.com.au/login/index.php>

Jetzt Netball Club - <https://www.jetztnetball.net/>

Southern Districts Netball Association - <https://southerndistrictsnetball.com.au/>

Netball WA - <https://wa.netball.com.au/> <https://netball.com.au/coaching-resources>

# NETBALL PATHWAYS



## CODES OF BEHAVIOUR

### CODES OF BEHAVIOUR - COACH

#### Coaches responsibilities

- a) The Jetz Netball Club shall cover half of the cost of coaches attending the Netball WA coaching clinics.
- b) Any person between the ages of 16 to 18 can coach a team but must always be accompanied by an adult at all training sessions and games. 14-year old's are encouraged to assume an assistants or apprentice positions, with the senior coach assuming a mentoring role.
- c) Be reasonable in your demands on young player's time and energy.
- d) Always think safety first.
- e) Know the rules of Netball and ensure your players always play within the rules.
- f) Develop team respect for opponents and officials. Do not abuse or ridicule players or officials and do not allow your players to do so.
- g) Ensure any discussions with umpires are kept below the level of an argument. Remember your players look to you for example. How you accept a decision will be reflected in your players. Jetz has a zero tolerance to the abuse of umpires.
- h) No smoking on or near the courts.
- i) Discipline should be fair and consistent. Ensure your players know what is expected of them at training and during games.
- j) Do not tolerate players abusing equipment or misbehaving to the detriment of the other players at the time.
- k) Keep yourself informed of sound coaching principles and seek more skilled advice when necessary.
- l) Remember your players are playing Netball for their enjoyment. Endeavor to make the learning process both pleasurable and informative.
- m) Remember players need a coach they can respect. Be generous with your praise when deserved and set a good example.
- n) Foul language of any sort will not be tolerated.
- o) No alcohol at training or scratch matches
- p) Limit use of mobile phones.
- q) Be attentive to the game being played.

#### COACHING

In addition to Code of Conduct - Coaches Responsibilities

- All coaches should hold a Netball Australia - Foundation Accreditation or higher.
- Training program support can be sort from the Head Coach

## CODES OF BEHAVIOUR - PARENT

### Parents responsibilities

- a) Children play Netball for fun, fitness and to be with their friends. Accept any mistakes as part of their learning process. Remember they are playing for their enjoyment not yours.
- b) Don't leave your child at Netball. Stay and support the team, volunteer to help and discuss your child's progress with the coach.
- c) Applaud good play from both teams and encourage your child to accept that an honest effort is as important as victory.
- d) Encourage your child to always play within the rules and accept the umpire's decision. Jetz has a zero tolerance to the abuse of umpires.
- e) Never ridicule, abuse, or yell at a child for making mistakes or losing a game.
- f) Offensive behaviour from parents or spectators is not acceptable and stern action will be taken against offenders.
- g) Recognise the value and importance of the volunteer coaches and officials. They give their time and knowledge to provide organised Netball for your child and deserve your respect and support.
- h) Netball is a team game. Accept and understand that at all times your child may be asked to take a turn on the sideline.
- i) Not all children can be champions. Do not force an unwilling child to participate or accept more from your child than their best efforts.
- j) If you disagree with an official or coach, raise the issue through the appropriate channels rather than question the person in public.
- k) Foul language of any sort will not be tolerated.
- l) Support and encourage all the team, not only your child, remember that the coach is there for the whole team and not individuals.
- m) As commitment to training is essential, the coach must be advised if a player cannot attend a training session.
- n) Advise the coach by the previous evening, if your child is not going to be available through either injury or illness, to enable a substitute player to be called in.
- o) Derisive comments aimed at the umpire are unacceptable. Jetz has a zero tolerance to the abuse of umpires.
- p) Photos/Video of games is not permitted without prior approval through the SDNA match office and signed off by both teams.

## CODES OF BEHAVIOUR - PLAYER

### Players responsibilities

- a) I will always play by the rules.
- b) I will never argue with an official. If I disagree with a decision I will inform the captain, coach, or manager during a break or after the competition.
- c) I will control my temper. I understand that verbal or physical abuse of officials, spectators and players or deliberately distracting or provoking the beforementioned are not acceptable or permitted behaviours in any sport.
- d) I will work equally hard for myself and my team. I will strive to play the best of my ability at all times both at training and at games.
- e) I will be a good sport and applaud all good plays whether they are made by my team or the opposition.
- f) I will respect the time and efforts put in by coaches and officials. They deserve your support and full commitment.
- g) Netball is a team game. Encourage your team mates even when they make mistakes. Remember every player makes errors and has off days. Never ridicule opponents or teammates.
- h) Accept that at times you may be required to take a turn on the sideline. When on the sideline encourage your team and be prepared to play at all times.
- i) Play to enjoy the game and improve your Netball skills.
- j) Respect the equipment provided for your use. Netball equipment is very expensive and should be used responsibly. Abuse of equipment will not be tolerated.
- k) Always think safety to avoid injuries to yourself and others.
- l) Foul language of any sort will not be tolerated.
- m) I will participate for my own enjoyment and benefit, not just to please parents and coaches.
- n) I will not arrive at the venue under the influence of illicit drugs, intoxicated or drink alcohol at games or training.
- o) I will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, or religion.
- p) I will thank the opposition and officials at the end of the game.
- q) I will not use social media to discredit the sport, players, supporters, officials, clubs, associations etc. whether it be directly or indirectly.

Signed by Player

\_\_\_\_\_

Date

\_\_\_\_\_

Signed by Parent  
(Under 18 players)

\_\_\_\_\_



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## SOUTHERN DISTRICTS NETBALL ASSOCIATION CONTACTS

Office Number: 08 9451 3377  
Fax Number: 08 9356 1392  
Email Address: [sdna@sdna.com.au](mailto:sdna@sdna.com.au)  
Development: [development@sdna.com.au](mailto:development@sdna.com.au)  
Website: <https://southerndistrictsnetball.com.au/>  
Address: Cnr Langford Avenue & Windgrove Road  
Langford WA 6147  
Office Hours: 9.00am – 2.30pm Monday to Thursday

### Important Information:

If any parents would like to take photos on game day, they must first gain permission. There will be a note on the scorecard if photos are not allowed.  
If permission is NOT granted, photos will not be allowed during that game.



## UMPIRE INFORMATION & CONTACTS

Please see below a list of umpires this year and their contact numbers.

If you have any problems on game day e.g. Umpire showing up late, the committee ask that you do not call the umpires directly unless you cannot get hold of the Head Umpire or another committee member.

Umpires are told that they are to be at the game 15mins prior.

If you have not got an umpire at your court at this time, please call **Kiara on 0400 070 814** or if you are unable to get hold of her, please call 0407 465 999.

If you cannot get anyone at these numbers, please call another committee member before calling the umpire rostered to your court.

Name	Number
Kiara Smart	0400 070 814
Dallas Curtis	0477 887 100
Natalie Smart	0419 255 561
Hayley Maring	0409 628 820
Jessica Steven	0437 225 445
Isabelle Crichton	0435 642 144
Abang Garang	0415 072 897
Kaisey Leavy	0422 911 150
Kitana rei Lawson	0402 759 414
Violet Heather	0439 261 373

## COACH & MANAGER CONTACT LIST

Team Number	Age Group	Division	Team	Position	Name	Mobile	Email
#10	NSG		Jaguars	Coach	Lauren Kupsch	0413 090 988	<a href="mailto:laurenkupsch@gmail.com">laurenkupsch@gmail.com</a>
#10	NSG		Jaguars	Junior Assistant Coach	Sarah Hagan		
#10	NSG		Jaguars	Manager	Molly Wainwright		-
#9	NSG		Panthers	Coach	Zoe Heather	0406 466 921	<a href="mailto:zooooe@hotmail.co.uk">zooooe@hotmail.co.uk</a>
#9	NSG		Panthers	Manager			-

#8	11s	4	Falcons	Coach	Clare Wallwork	0401 623 864	<a href="mailto:clarewall01@icloud.com">clarewall01@icloud.com</a>
#8	11s	4	Falcons	Coach	Maddison Briggs	0413 155 398	<a href="mailto:maddie_briggs@outlook.com">maddie_briggs@outlook.com</a>
#8	11s	4	Falcons	Manager			-

#7	13s	5	Eagles	Coach	Lauren Crofskey	0416 097 274	<a href="mailto:lauren.crofskey@hotmail.com">lauren.crofskey@hotmail.com</a>
#7	13s	5	Eagles	Junior Assistant Coach	Kallayah Makiri		
#7	13s	5	Eagles	Manager	Lauren Kupsch	0413 090 988	<a href="mailto:laurenkupsch@gmail.com">laurenkupsch@gmail.com</a>
#6	13s	4	Meteors	Coach	Adrienne Beattie	0468 453 633	<a href="mailto:abeattie342@gmail.com">abeattie342@gmail.com</a>
#6	13s	4	Meteors	Coach	Sofia Alaniz	0427 442 376	<a href="mailto:sofiatalaniz@gmail.com">sofiatalaniz@gmail.com</a>
#6	13s	4	Meteors	Manager			-

#5	15s	5	Vipers	Coach	Clare Wallwork	0401 623 864	<a href="mailto:clarewall01@icloud.com">clarewall01@icloud.com</a>
#5	15s	5	Vipers	Coach	Maddison Briggs	0413 155 398	<a href="mailto:maddie_briggs@outlook.com">maddie_briggs@outlook.com</a>
#5	15s	5	Vipers	Manager			-
#4	15s	3	Tigers	Coach	Matthew Crichton	0411 374 332	<a href="mailto:matthewc_bbc@yahoo.com.au">matthewc_bbc@yahoo.com.au</a>
#4	15s	3	Tigers	Manager			-

#3	17s	4	Mavericks	Coach	Leonie Downing	0417 940 516	<a href="mailto:leonie@dalenlones.com">leonie@dalenlones.com</a>
#3	17s	4	Mavericks	Manager			

#2	Open	7	Bombers	Coach	Vicki Smart	0475 070 887	<a href="mailto:vicsta05@hotmail.com">vicsta05@hotmail.com</a>
#2	Open	7	Bombers	Manager			
#1	Open	5	Migs	Coach			-
#1	Open	5	Migs	Manager			



## 2024 COMMITTEE MEMBERS CONTACT LIST

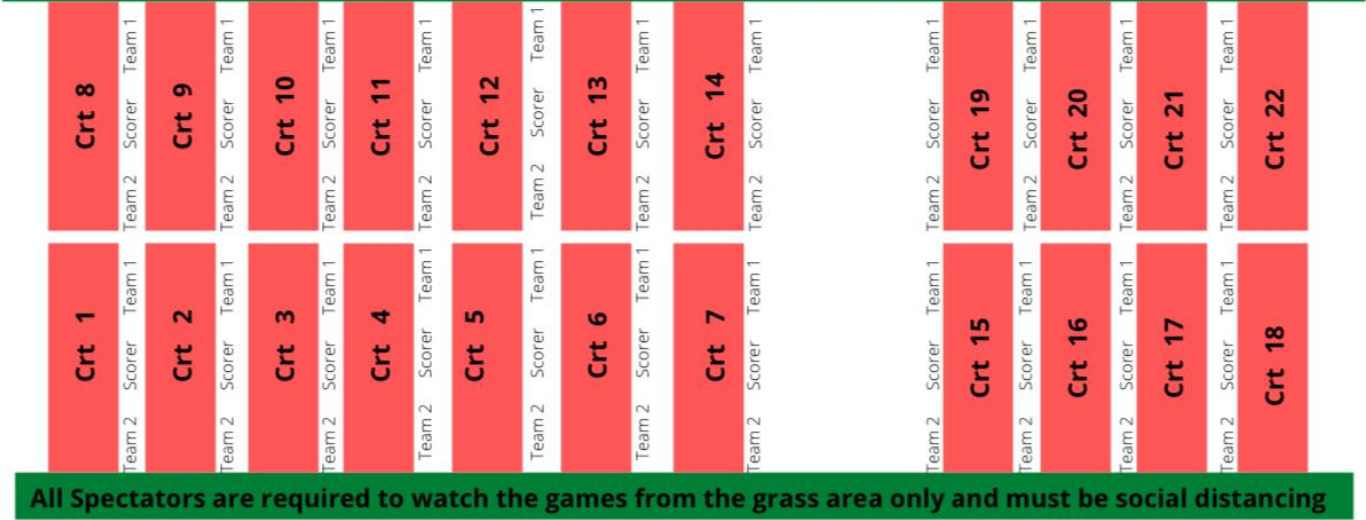
Name	Position	Email	Mobile Phone
Vacant (EC)	President	president@jetznetball.onmicrosoft.com	
Lauren Kupsch (EC)	Co Vice President	vp@jetznetball.onmicrosoft.com	0413 090 988
Leonie Downing (EC)	Co Vice President	leonie@dalenlones.com	0417 940 516
Joscinta Cole (EC)	Registrar	registrar@jetznetball.onmicrosoft.com	0407 465 999
Joscinta Cole (EC)	Secretary	secretary@jetznetball.onmicrosoft.com	0407 465 999
Danielle Brookes (EC)	Treasurer	treasurer@jetznetball.onmicrosoft.com	0468 926 910
Kiara Smart (EC)	Head Umpire/Coordinator	umpire@jetznetball.onmicrosoft.com	0400 070 814
Vacant (EC)	Head Coach	coach@jetznetball.onmicrosoft.com	
Vacant	Property Officer		
Vacant	Grading Officer		
Natalie Smart	Grading Committee	grading@jetznetball.onmicrosoft.com	0419 255 561
Vacant	Recruitment		
Vacant	Grants & Sponsorship Officer		
Graham Johnson	Uniform Officer	uniforms@jetznetball.onmicrosoft.com	0423 165 990
Graham Johnson	Social Media	graham.johnson2126wa@outlook.com	0423 165 990
Clare Balfe	Fundraising	clarebalfe@hotmail.com	0421 986 796

# COURT LAYOUT



**SOUTHERN DISTRICTS  
NETBALL ASSOCIATION**

All Spectators are required to watch the games from the grass area only and must be social distancing



All Spectators are required to watch the games from the grass area only and must be social distancing

