



NGCNA NetSetGO PROGRAM

SET Tier: 7-8 years

SET further refines fundamental motor skills & introduces modified games

- The NGCNA NetSetGO Program - SET Tier is designed for children 7-8 years of age.
- The program and modified games are delivered on Saturdays over 15 rounds.
- Games are 4 x 12 minute quarters and are run on the NetballConnect central timer.
- SET Skill Sessions (from SET session plans) are to be delivered at club training. Session plans may be delivered before each game on Saturday as a warm up. Each team is to be working on the same allocated SET session plans.
- Progression Round is Round 8.
- Each club provides a coach/umpire per team and the coach may umpire their own game.
- Club uniform is required.
- There is no scoring and no competition points.

U7s SET Modified Rules

Goal Post	<ul style="list-style-type: none"> • 2.4m high.
Ball	<ul style="list-style-type: none"> • Size 4.
Time to pass the ball	<ul style="list-style-type: none"> • Up to 5 seconds.
Footwork	<ul style="list-style-type: none"> • 1-2 steps to regain balance is allowed.
Centre Pass	<ul style="list-style-type: none"> • Centre pass is taken by the non-scoring team.
Defending	<ul style="list-style-type: none"> • Strict one-on-one defence. Players may not defend a shot at goal. • Players must defend from a distance of no less than 1.2m. • Progression Round 8 - Players may defend shots at goal.
During the Game	<ul style="list-style-type: none"> • Ball must be thrown and not handed to another player. • A player who fumbles whilst gaining possession of the ball will NOT be considered to have replayed the ball. • A player who moves into an incorrect playing area and self-corrects should NOT be penalised for offside. • Progression Round 8 - Players will be penalised for offside, replay and short passes and hand the ball over to the other team.
Infringement	<ul style="list-style-type: none"> • Umpire / Coach to explain infringement - DO NOT turn the ball over. • NO penalties (out of play).
Positions & Rotations	<ul style="list-style-type: none"> • Players learn all positions, rotating evenly. • Rotate through attack / mid / defence. • Equal time across all positions. • Game time evenly distributed amongst the players. • Maximum of half game in the same position.
Coaches	<ul style="list-style-type: none"> • Coaches remain courtside and may only enter the field of play to give clear instructions or immediate feedback to support players. • Coach may NOT interfere with any umpire decisions. • If the game is one-sided, coaches must ensure all players have a good experience by rotating players into different positions. • Coaches are permitted to umpire the game but must be fair to both teams and umpire without bias.
	<ul style="list-style-type: none"> • Encourage • Shake hands with the opposition at the end of the game. • Positive encouragement / Team cheer. • Coach to educate and coach players (not parents). • Be the example of good sportsmanship.
Sideline	<ul style="list-style-type: none"> • No parent / guardian is allowed to walk up and down the sideline. • No parent / guardian is allowed to coach from the sideline. • Players receive direction from the umpire / coach only.
Umpires	<ul style="list-style-type: none"> • Each club organises umpiring club games. • Umpire the game as per normal; half court to the right. • Coaching of both teams to educate all players is allowed. • Stick to the sideline unless addressing a repetitive breach. • Umpires may walk on court to direct play. • Before the game starts, ensure spectators are back from the sideline and no spectators are standing behind the goal line. • Normal checks of fingernails, NO hard hats, No jewellery / earrings. Taped earrings are not permitted. • Introduce yourself to the opposition coach / umpire and discuss the level of team or individual player. • Umpires on the same page so players do not receive mixed messages.

U8s SET Modified Rules.

Goal Post	<ul style="list-style-type: none"> • 2.4m high.
Ball	<ul style="list-style-type: none"> • Size 4.
Time to pass the ball	<ul style="list-style-type: none"> • Up to 4 seconds. • Progression Round 8 - Players will be penalised for held ball if more than 3 seconds and hand the ball over.
Footwork	<ul style="list-style-type: none"> • No stepping or shuffling on the spot. Player is penalised, hands ball over.
Centre Pass	<ul style="list-style-type: none"> • Centre pass is taken by the non-scoring team.
Defending	<ul style="list-style-type: none"> • Strict one-on-one defence. • Players may defend a shot at goal. • Progression Round 8 - Player penalised for contact and obstruction.
During the Game	<ul style="list-style-type: none"> • Ball must be thrown and not handed to another player. • Players who replay the ball to gain possession will be penalised. • A player may NOT bat or bounce the ball up to gain possession. • Progression Round 8 - Players will be penalised for offside, footwork, replay and short passes and hand the ball over to the other team.
Infringement	<ul style="list-style-type: none"> • Umpire / Coach to explain infringement and turn the ball over (if game is one-sided then adjust accordingly). • NO penalties (out of play). • Progression Round 8 - Player penalised for contact and obstruction.
Positions & Rotations	<ul style="list-style-type: none"> • Players learn all positions, rotating evenly. • Rotate through attack / mid / defence. • Equal time across all positions. • Game time evenly distributed amongst the players. • Maximum of half game in the same position.
Coaches	<ul style="list-style-type: none"> • Coaches remain courtside and may only enter the field of play to give clear instructions or immediate feedback to support players. • Coach may NOT interfere with any umpire decisions. • If the game is one-sided, coaches must ensure all players have a good experience by rotating players into different positions. • Coaches are permitted to umpire the game but must be fair to both teams and umpire without bias.
	<ul style="list-style-type: none"> • Encourage • Shake hands with the opposition at the end of the game. • Positive encouragement / Team cheer. • Coach to educate and coach players (not parents). • Be the example of good sportsmanship.
Sideline	<ul style="list-style-type: none"> • No parent / guardian is allowed to walk up and down the sideline. • No parent / guardian is allowed to coach from the sideline. • Players receive direction from the umpire / coach only.
Umpires	<ul style="list-style-type: none"> • Each club organises umpiring club games. • Umpire the game as per normal; half court to the right. • Coaching of both teams to educate all players is allowed. • Stick to the sideline unless addressing a repetitive breach. • Umpires may walk on court to direct play. • Before the game starts, ensure spectators are back from the sideline and no spectators are standing behind the goal line. • Normal checks of fingernails, NO hard hats, No jewellery / earrings. Taped earrings are not permitted. • Introduce yourself to the opposition coach / umpire and discuss the level of team or individual player. • Umpires on the same page so players do not receive mixed messages.

Who do I contact for further information?

For all enquiries regarding the NGCNA NetSetGO Program, you can email ngcnanetsetgo@gmail.com