

Mini Netball



Quote from the letter from SA Schools netball:

SASN has agreed that all Netball up to and including u/9 shall be played on a friendly basis where there are **no scores** kept and the encouragement of playing festivals is the order of the day. Schools that choose not to comply will be excluded from the benefits offered through SASN and its structures.

Mini Netball is the modified form of the game offered to players 9 years and younger. There is a rotation system so that the players are exposed to all positions on a Netball field to that we can develop holistic players for the future.

Why are we doing mini netball?

- To stimulate as many girls as possible to play netball and create love of and interest in the game of netball
- To let players experience the joy of netball as a team sport
- To let players learn the importance and responsibilities attached to each position on the court. If they understand how the different positions work they will be better players
- To prevent players from getting “stereotyped” in one position because either of her length or speed.
- To develop the following skills:
 - Movement
 - Footwork
 - Throwing
 - Catching
 - Attacking
 - Defending
 - Goal shooting
- To give young players the opportunity to play matches on a pleasurable level where ENJOYMENT of the sport is what counts and NOT WINNING

Mini netball modified rules:

1. Goal posts of 2.5m in height and a size 4 ball.
2. Age groups: u/7, 8 and 9
- 3. U/10 plays normal netball but still with the shorter post (2,50m) and a nr 5 ball**
4. After catching the ball pass within 5 seconds
5. After shuffling on the spot to gain balance before throwing, without moving down the court.
6. Strict "one to one" defence play.
7. A player may defend an opponent with the ball from a distance of 1.2m.
8. A team of up to 8 players must interchange at half time.
9. undefended shot at goal. The GS of GA may not be defended when shooting.
10. All playing positions MUST be rotated during interval

Matches and duration

- Matches shall consist of 2 halves of 10 minutes interval between halves.
- When any team plays two or more matches on one day, e.g. when "Festivals" are played, matches may be two halves of 5 to 7 minutes
- Teams must change ends after each half.
- No "FINALS" matches to be played
- No trophies to be awarded. Only small mementos may be given for good performance
- Each participant at a "Festival" may be given a token of participation e.g. a certificate or medal.

Rotation of players during a match

- ❖ A team shall consist of eight players of which seven shall play during each half.
- ❖ After each half, each player will move two positions forward.
- ❖ ROTATING all players during a MINI Netball match is COMPULSARY
- ❖ The same player may not play twice in the same position during a match of two halves.
- ❖ Each player shall play at least one half of each match.

Rotation

1. GS/D
2. GA/HD
3. WA/AV
4. C/S
5. WD/VV
6. GD/HV
7. GK/V
8. TIME/TYD (Teach them how to work with a stop watch)

Rotation: Move on 2 positions

1	Move to	3
2	Move to	4
3	Move to	5
4	Move to	6
5	Move to	7
6	Move to	8
7	Move to	1
8	Move to	2