

# Netball Whakatane Centre – ANZ futureFERNs

## Years 1 & 2 Timetable

TIME	ACTIVITY	RESPONSIBILITY
3.45pm	<b>Setup Courts – Arrive</b> 2x hula hoops per game (one for each goal), 1x ball, 2 sets of bibs (10 minutes)	Coaches/parents to liaise with Netball Centre
4.00pm	<b>Netball Smart Dynamic Warmup</b> (5-6 minutes)	WHK Netball Centre to run group warmup on COURT TWO
4.10pm	<b>Skill Development</b> Activities for the week and recap of previous week (20 minutes)	School and/or Club Coach / Parents
4.40pm	<b>Game</b> (2x8 min halves with 1 min break)	School and/or Club Coach / Parents
5.05pm	<b>Cool-down</b> light jog and stretches (5 minutes)	School and/or Club Coach / Parents
5.10pm	<b>Pack up courts</b> Ensure no rubbish or belongings are left behind	School and/or Club Coach / Parents / Players

## Junior Netball Draw and Expectations

**Provided:** 10 week draw  
Year 1 & 2 Game summary  
Warm-up and cool down  
Activities for the week

The weekly activity will be emailed to the school or club (if an email address has been provided) by every Thursday and will also be available to all teams at the netball centre, website/FB.

- x Courts will be allocated as per the draw. There will be four teams assigned to each court as the games are played on one third of the netball court. The centre third is to be left clear.
- x The activities will take place on the Court that is assigned to each team.
- x Each team to have a Parent or helper to hold hoop
- x Coach or parent helper to run rolling substitutes
- x Each team to have a Coach to run game on court
- x Each team to have a maximum of 4 players on the court at any one time
- x Each team Coach to attend quick brief for week while a mass warmup of all teams is done by the Centre