

# Netball Whakatane Centre – ANZ futureFERNs

## Years 3 & 4 Timetable

TIME	ACTIVITY	RESPONSIBILITY
3.45pm	<b>Setup Courts/Arrive</b> Each court to have two portable goals, ball & bills (20 minutes)	Coaches/parents to liaise with Netball Centre
4.00pm	<b>Netball Smart Dynamic Warm-up</b> (5-10 minutes)	WHK Netball Centre Mass Group warmup on court 2
4.10pm	<b>Skill Development</b> Activities for the week and recap of previous week (20 minutes)	School and/or Club Coach / Parents
4.30pm	<b>Game</b> (4x8 min quarters with 1 min break)	School and/or Club Coach / Parents
5.10pm	<b>Cool-down</b> School and/or Club Coach / Parents light jog and stretches (5-10 minutes)	
5.15pm	<b>Pack up courts</b> Put away portable goals Players and ensure no rubbish or belongings are left behind	School and/or Club Coach / Parents /

## Junior Netball Draw – Expectations and protocols

x Provided:

10 week draw sent each week  
Year 3 & 4 Organisation  
Warm-up and cool down  
Activities for each week

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

- x Courts will be allocated as per the draw.
- x The activities will take place on the Court that is assigned to each team.
- x Coaches or parent helper to run rolling substitutes
- x Each team to have a Coach to run game on court
- x Each team Coach to attend quick brief for week while a mass warmup of all teams is done by the Centre
- x Each team to have a maximum of 5 players on the court at any one time
- x Parent helpers to setup goals and pack away goals