

## Netball Whakatane Centre – Woolworths futureFERNS **Years 1 & 2** Timetable

TIME	ACTIVITY	RESPONSIBILITY
3.40pm	<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
3.50pm	<b>Netball Smart Dynamic Warmup</b> (5-6 minutes)	WHK Netball Centre to run group warmup on COURT ONE & TWO
4.00pm	<b>Game 1</b> (4x5 min quarters with 1 min break)	School and/or Club Coach / Parents
4.30pm	<b>Game 2</b> (4x5 min quarters with 1 min break)	School and/or Club Coach / Parents
4.50pm	<b>Cool-down</b> light jog and stretches (5 minutes)	School and/or Club Coach / Parents
5.00pm	<b>Pack up courts</b> Ensure no rubbish or belongings are left behind	School and/or Club Coach / Parents / Players

## Netball Whakatane Centre – Woolworths futureFERNS **Years 3&4** Timetable

TIME	ACTIVITY	RESPONSIBILITY
4.50pm	<b>Setup Courts/Arrive</b> Each court to have two portable goals, ball & bills (15 minutes)	Coaches/parents to liaise with Netball Centre
5.05pm	<b>Netball Smart Dynamic Warm-up</b> (5-10 minutes)	WHK Netball Centre Mass Group warmup on court 2
5.15pm	<b>Game 1</b> (4x6 min quarters with 1 min break)	School and/or Club Coach / Parents
5.45pm	<b>Game 2</b> (4x6 min quarters with 1 min break)	School and/or Club Coach / Parents
6.10pm	<b>Cool-down</b> light jog and stretches (5-10 minutes)	School and/or Club Coach / Parents
6.15pm	<b>Pack up courts</b> Put away portable goals ensure no rubbish or belongings are left behind	School and/or Club Coach / Parents / Players