



NETSETGO!
8 yrs The Metro Way -2023

Goal Post - 2.4 metres (8 feet)

Ball - Size 4

Court Size – Full size

Match Duration - 4 x 10 minute quarters

To start the game - Coaches are encouraged to demonstrate strategies to determine centre pass and shooting end. (Rock paper scissors / Whistle behind back) The team deemed the winner will receive first possession of the ball/Centre pass for the commencement of the game.

Centre Pass

The initial C pass will be taken by the team that won Rock paper scissors and all other C passes for that quarter shall be taken by the team that did NOT score the last goal. C pass is NOT alternated for this age group. If one team is not getting practice with a C pass, then the coach can ask the other team if they can take the C pass. At the beginning of each quarter after that, the team who did NOT take the last centre pass will take the 1st centre pass. Once a goal is scored the ball is taken back to the centre marker for the non-scoring team (defensive player) to take the centre pass.

Time to Pass Ball - Up to 6 seconds.

Footwork (previously known as Stepping) – no moving down the court after ball has been caught

Players may shuffle their feet after catching the ball, however no large forward movement is allowed. If a large forward movement does take place, blow the whistle, call out "footwork" and explain they have "stepped" and move them back to their landing spot. Talk to the players during the game (ie "keep your feet still", "don't move your feet after you catch the ball", "watch your feet", etc).

Defending -

Strict "one-on-one" defence only.

No double defending.

Hands on/over is allowed.

It is important that for skill development that all players do not have their arms/hands in the air/out to the side or blocking a space or player. Coaches are asked to communicate with their teams and encourage ball movement from one end to the other.

Suggestions: "where is your partner?" "hands down/by your sides everyone" "lets pass to"

Defending the Shot – no defending of the shot and no one stands out of play. Players are NOT permitted to stand with their hands in the air while waiting for the rebound.

Obstruction - If a player is to have their arms up the distance must be no less than 1.2m (4 ft).

Contact Rule - is as per the rulebook.

Management: Blow whistle. Communicate/explain the contact infringement. Give the ball back to attacking team. Game continues. No one stands out of play.

Throw in rule applies. Please ensure correct foot placement.

Toss ups – are to be avoided. Call possession quickly and if in doubt, give possession to the weaker team to give them a chance of scoring a goal.

Substitutions

Ensure all players have even court time and rotation between all positions over the season.

A team (up to 9 players is recommended) may make unlimited substitutions at the quarter time breaks.

Substitutions during play is only recommended in the case of injury or to balance the flow of play ensuring no team dominates one area of the court at one time.

BASIC UMPIRING/COACHING RULES

- Coaches are to umpire and coach the half of the court that is to their right hand side
- Coaches cover throw ins on their sideline and baseline while the other coach cover the opposite side line
- Coaches are to umpire/coach both teams in their designated half only
- Coaches are not permitted to call out instructions to their team in the other coaches designated half
- Co-coaches or managers are not permitted to stand on the sideline and call out instructions to the team as only the coach/umpire on court can call out instructions.
- Coaches are encouraged to explain rules to both teams and make appropriate decisions that allows ball movement from one end to the other with subsequent goal scoring
- Coaches do not turn over the ball
- Coaches can run on court to explain rules and should then return to the sideline and move along their sideline and baseline in line with play

Best practice for providing feedback to players includes adopting the GOOD/BETTER/HOW principle.

For example: for a stepping infringement – Good – “you made a great effort to slow down there”

Better – ‘try to stop when you catch the ball’

How - “you can count one, two for your landing feet”

COMMUNICAITON IS KEY!