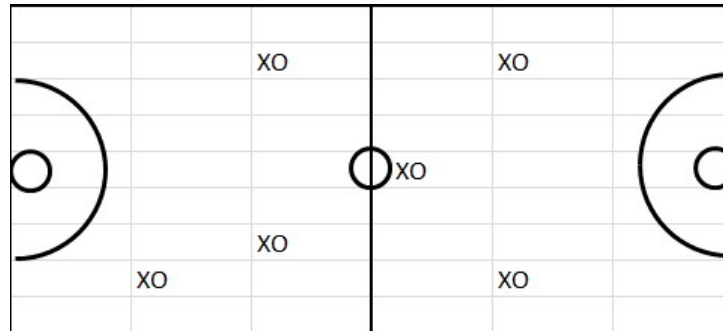




## NETSETGO! 7yrs The Metro Way -2023



**Goal Post** - 2.4 metres (8 foot)

Team officials are required to obtain freestanding post and post pad prior to commencement of game. At the completion of NetSetGo for 7 year old program team officials may be required to return the freestanding post and post pad to storage unit.

**Ball** - Size 4

**Court Modifications** – Grass courts are marked out as per ‘The Metro Way’, using only two thirds of a full court.

**Match Duration** - 4 x 10 minute quarters timed by team’s nominated official on sideline.

**Team Structure** - a team shall consist up to 8 players with 6 players from one team on court at one time.

### Positions

Our young players LOVE wearing bibs/positional patches! 3 attack bibs (WA, GA, GS) and 3 defence bibs (WD, GD, GK) are used. The C bib is not required.

Any of the 3 attacking players may put up a shot and run anywhere in the attacking half. The 3 defending players can run anywhere in the other team’s attacking half.

Only 3 players per team allowed in each half.

A defensive player takes centre pass on a marker placed in centre of transverse line as per diagram above.

**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 centre 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)** – Player may shuffle their feet however no large forward movement is allowed.

### **Defending**

Strict “one-on-one” defence only.

No double defending.

Hands on/over is allowed.

It is important 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 everyone/by your side” “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.

**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 attacking and defending. In order to ensure equal game time and to avoid players sitting off for extended periods, rolling substitutions can be made at any time during the game as long as it does not interfere with the flow of the game (e.g. after a goal is scored and before the next C pass or at the other end of the court where there is no game play).

### **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 covers the opposite sideline
- 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 includes adopting the GOOD/BETTER/HOW principle.

For example: for a footwork 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!**