

NET

COACH'S GUIDE
FOR NET SESSION
PLANS 1-10

AGES
< 5-6 YEARS

Let's get ready to play



Woolworths 

NET SET GO!

Woolworths NetSetGo: **A fun, active start to netball**

Woolworths NetSetGo is Australia's leading grassroots program designed for kids aged 5 to 10. It fosters a lifelong love of netball through fun, skill-based activities and mini-games!

With its positive, supportive environment, the program helps kids get active while making friends and developing important social skills like teamwork.

Woolworths NetSetGo has three aged-based tiers — Net, Set, and Go — designed to help kids smoothly transition into junior netball. From catching and passing to learning how to be part of a team, each tier focuses on building confidence and skills at a pace that's right for them.

This program is easy for clubs and associations to run, offering a fantastic opportunity to bring in new players and volunteers. Whether kids are picking up a netball for the first time or are seasoned talent, Woolworths NetSetGo makes sure everyone feels welcome, valued, and ready to play!



NET

AGES

5-6 YEARS



FOCUS

Putting the fun in fundamentals

DELIVERY

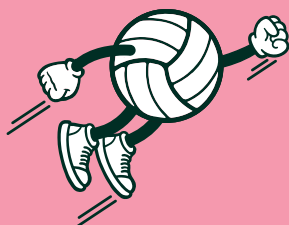
In this tier, children are introduced to the basics of netball through fun, simple activities that keep them moving and engaged. They'll learn key physical skills like running, jumping, and catching in a supportive, easy-going environment. With lots of chances to get involved, the activities are designed for maximum participation, ensuring every child feels included and confident. Through fun games and activities, kids will practice teamwork, cooperation, and listening, all while having a great time!

SET

TIER 2

AGES

7-8 YEARS



FOCUS

Shooting for sharper movement

DELIVERY

Whether they're a returning NetSetGo'er or just picking up the ball for the first time, this tier will see children build on their movement skills while being introduced to exciting netball techniques and strategies. This stage features a mix of activities, fun games, as well as modified Woolworths NetSetGo matches to help kids build confidence. The rules and equipment are adjusted to fit their age, with a focus on skill development rather than competition. Kids will have the opportunity to try out different positions on the court and enjoy equal game time, all in a non-competitive environment where the fun never stops!

GO!

TIER 3

AGES

9-10 YEARS



FOCUS

Getting game-ready

DELIVERY

This tier is all about taking skills to the next - or should we say net - level! Children will refine their netball techniques while continuing to improve their overall coordination. Kids at this age love practicing and seeing how much they can improve! With modified Woolworths NetSetGo match rules and equipment (like a size 4 ball and lower goal post), they'll be able to play confidently and have fun while transitioning toward junior netball. While scoring may be introduced, the emphasis is on skill-building, teamwork, and having fun, with every child getting equal game time and a chance to play in a variety of positions.

Activity cards

Each session plan comes with easy-to-use activity cards, ensuring a consistent approach for coaches at every Woolworths NetSetGo Centre. These cards help make sessions fun, structured, and packed with learning opportunities, keeping the kids engaged and excited.

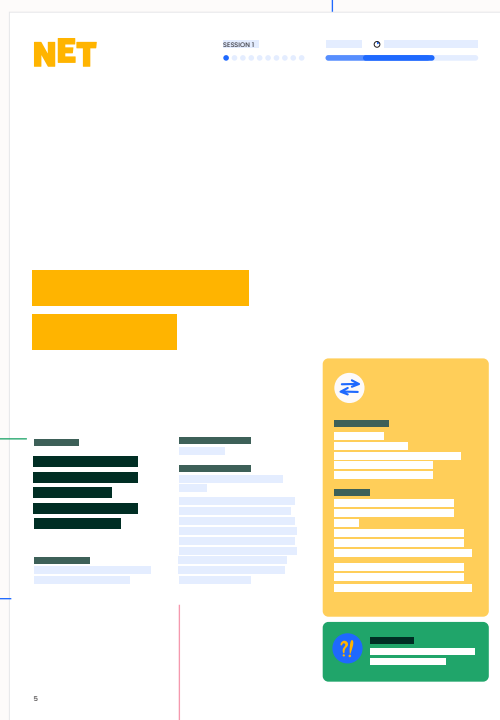
WHAT'S ON AN ACTIVITY CARD?

Objectives

Clearly defined netball-specific goals for the activity. Coaches can use these as a guide to focus their support, conversations, and questions around the key skills kids are learning.

Equipment & area

Details what equipment is needed and the space required for the activity.



Group management

Guidelines for group sizes to ensure every child gets involved.

Description

Clear, easy instructions for coaches to run the activity smoothly.

Session stages

Each session is divided into three simple stages:

Start Out (10–15 minutes):

A fun warm-up to get everyone moving.

Get Into It (30–35 minutes):

Skill-building and minor games to help kids develop their netball skills while having a blast.

Finish Up (5–10 minutes):

A modified game or cool-down to wrap up the session on a high note.

Change it

Suggestions on how to adapt the activity based on the group's needs—make it easier or harder to suit the players' development levels.

Coaching tips

Key pointers on technique and tactics to help coaches guide the kids as they play. Additional tips are available in the appendix for those looking to dive deeper.

Questions

Examples of questions coaches can ask to help kids think about the technical and tactical aspects of the game.

NET

Program structure



Warm up

10 MINUTES MAX.

Structured warm up with the inclusion of dynamic movements relative to physical and cognitive abilities.

Teaching the Skill

UP TO 30 MINUTES

- Up to 10 minutes per activity allowing time for explanation, play, change it and drinks break.
- 3 x Activities that embed the skill in a fun activity (e.g. Rats and Rabbits, Bean Bag Target and Pepper Pot).

Mini Netball Game

15-20 MINUTES

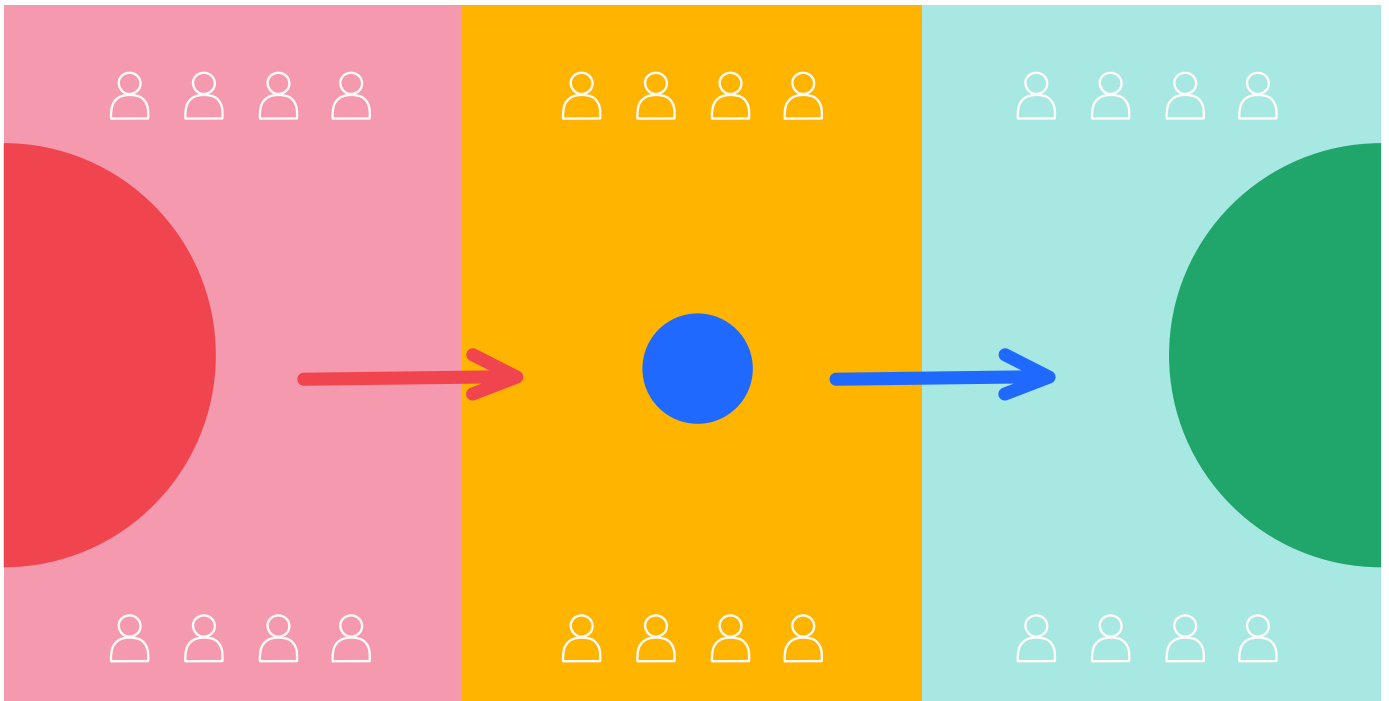
- From 15 minutes to 20 minutes max allowing time for explanation, play, change it and drinks break.
- With 2 x 6 to 8 minutes halves of playing the Mini Netball Game.
- 1/3 of a court per group.
- Group size can be 3 v 3, 4 v 4 or 5 v 5. This will be dependent on the number of total players at the Centre.
- How to score a point to be a mix of options, such as hoops or modified goal posts.

Court structure and group management

1 x Delivery leader delivers all the activities in the third

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8-10 PLAYERS

or less dependent on size of program.

After each activity the group moves to the next third

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NET

Week

1

Week 1 Overview



AGREED SKILL FOCUS

- Develop ability to Chest Pass and Catch.

CHEST PASS COACHING TIPS

- Stand front on to the player you are going to pass the ball to.
- Ball in hands at chest height and elbows tucked in “no chicken wings.”
- Finger should be spread behind the ball with thumbs behind in a shape of a butterfly or a “W.”
- The ball is held in the fingers and the arms push forward from the chest toward the target as the players steps forward with one foot.
- The ball comes out evenly and fingers point toward the target when the ball is thrown.

CATCHING COACHING TIPS

- Eyes focused on the ball.
- Feet move to place the body in line with the ball.
- Hands and arms are extended in front of the body to reach out and meet the ball.
- Hands make the shape of a butterfly or “W” to catch the ball.



Warm Up

The Warm Up can be completed in the smaller groups per third if numbers allowed.

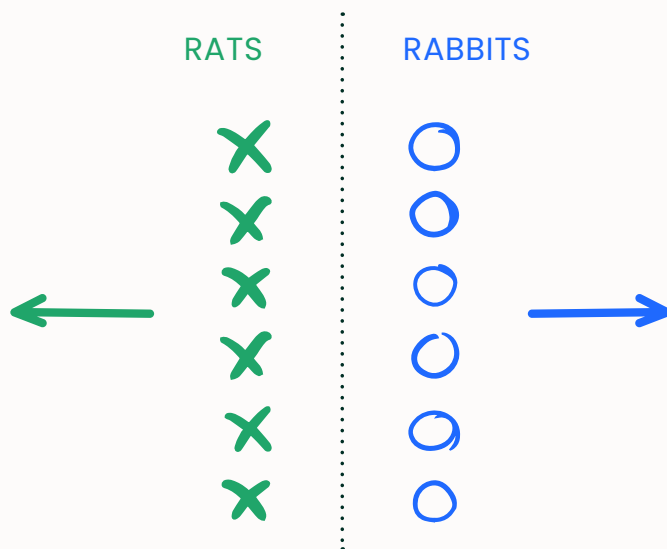
Start with players on the sideline and moving across the width of the court, completing the warm up from sideline to sideline.

Warm Up / Footwork

- Sideline jog forwards and backwards x 2
- Butt Flicks forwards x 2
- High Knee Skipping (high knee skip on return) x2
- Side Skipping x 2
- Zig Zag run (Zoomies) 2 x ½ court

Strength / Balance

- Supermans x 1
- Ice-cream Scoops or Feeding the Chickens (Hamstring Stretches) x 1
- Partner squats - 2 players holding hands, squatting together



Rats and Rabbits

ACTIVITY AIM

Develop running and quick take off skills.

EQUIPMENT/AREA

- Suitable court area in the 1/3 of the netball court
- Use dots or cones as required to establish a line for starting purposes

INSTRUCTIONS

- 1 Using dots or cones to set players up in two-single file lines next to a partner who is standing approximately one metre away.
- 2 One line of players is designated the "rats" while the other line is the "rabbits".
- 3 Delivery Leader to call "rats" or "rabbits" to the group and they attempt to run to the safe area (e.g. sideline) before their partner catches them.
- 4 Time permitting, Delivery Leader to select a ChangeIT concept and repeat the activity with the players.



Change It

DOWN

- Reduce the starting distance between the groups.

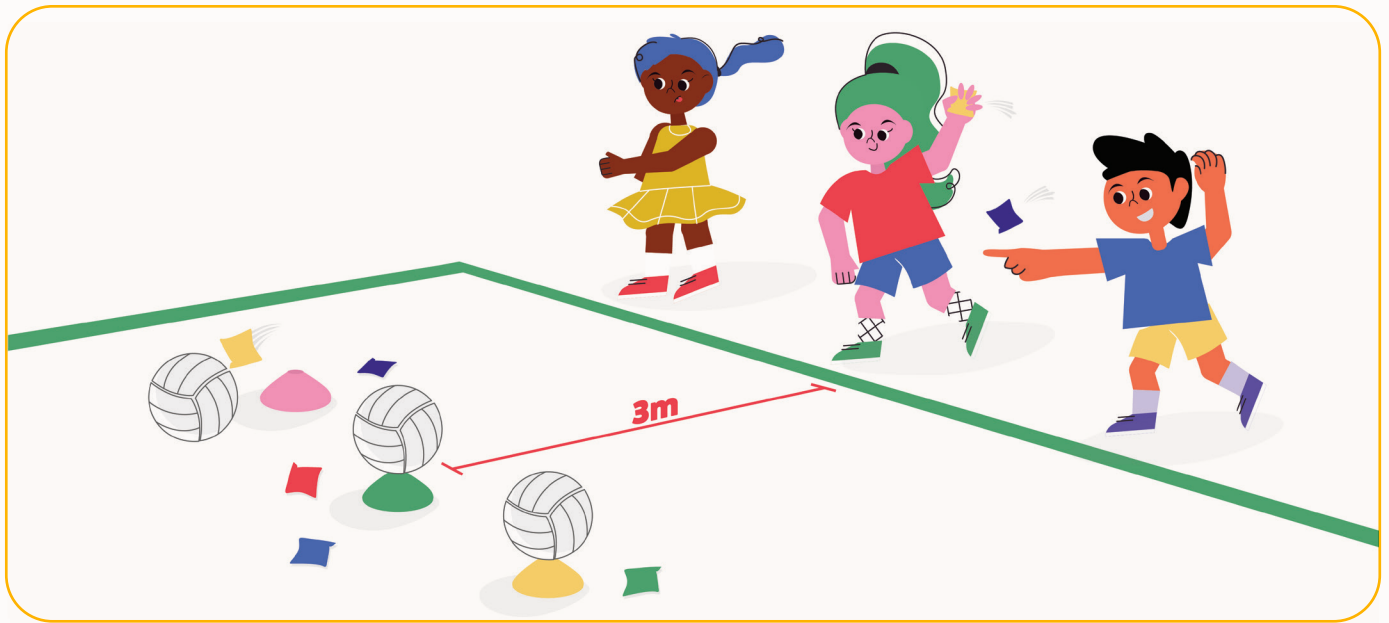
UP

- + Increase the distance between the groups.
- + Weather permitting, change starting position from standing to laying down on stomach and face each other.



Questions and Coaching tips

- What starting position can you use to be ready to either catch your partner or avoid being caught by your partner?
- Why is it important to have a good "take off" when the call is made?
- Instead of calling "rats" or "rabbits", the Delivery Leader would call a selected fruit or vegetable e.g. Banana or Broccoli.



Bean Bag Target

ACTIVITY AIM

Develop throwing technique with a focus on aiming at a stationary target.

EQUIPMENT/AREA

- Soft Touch Balls or Size 4 Netballs
- Bean bags
- Dots or cones

INSTRUCTIONS

- 1 Set up a line of dots or cones with a Soft Touch Ball or Size 4 Netball balancing on top.
- 2 Line players up along a line 3 metres away from the targets.
- 3 Players throw bean bags at the balls until they all knock off the markers.
- 4 Encourage players to collect the bean bag after each throw.



Change It

DOWN

- Reduce distance from target.

UP

- + Increase distance from target.
- + Create competition which knocking off their opponent's target.



Questions and Coaching tips

Reinforce concept of stepping forward at time of throwing the bean bag.



Pepperpot

ACTIVITY AIM

Develop passing and catching techniques in a dynamic activity.

EQUIPMENT/AREA

- Soft Touch Balls or Size 4 Netballs
- Dots or cones to indicate the middle of the circle.

INSTRUCTIONS

- 1 Two even teams stand in a semi-circle, both teams combined form a full circle.
- 2 Two balls (Soft Touch or Size 4 Netball) are placed in the middle of the circle with one ball for each team.
- 3 Each player receives a number with a person on the opposite team receiving a corresponding number.
- 4 A number is called by the Delivery Leader and these players move to the middle of the circle and pick up a ball.
- 5 The players face their own group and pass in sequence as quickly as possible to each player in their team. Encourage players to call the name of the player they are passing to.
- 6 Once all players have received and passed the ball, the player in the middle holds the ball up high over their head to signal that their group has finished.
- 7 The fastest team to finish the passing sequence scores a point. Players return to their starting position and another number is called.



Change It

DOWN

- Reduce distance.

UP

- + Add a second round of passing to be completed before the player in the middle holds the ball to signal they have finished.
- + Increase the distance between the groups.



Questions and Coaching tips

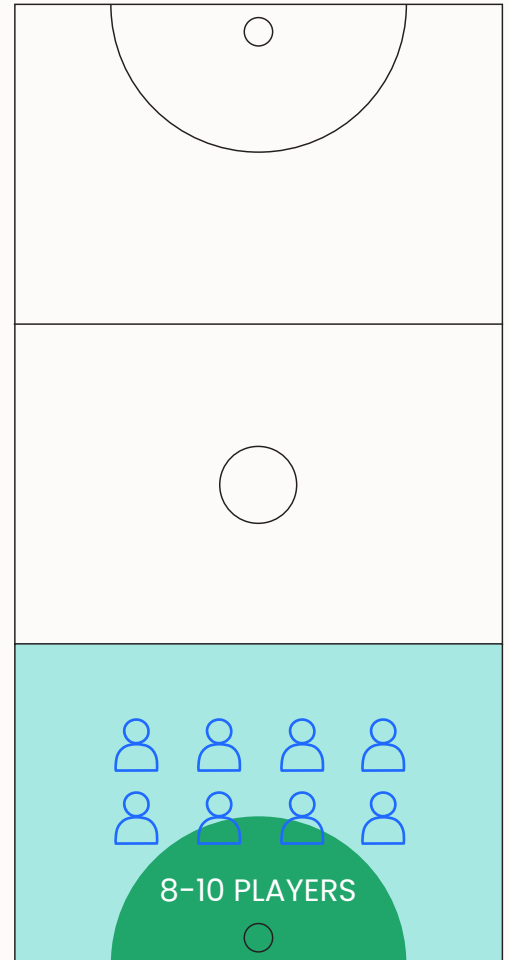
- Ask the players what they did to score lots of points?
- Reinforce to players the catching tips such as: Hands and arms are extended in front of the body to reach out and meet the ball and Hands make the shape of a butterfly or "W" to catch the ball.
- Encourage players to keep head up and eyes on the ball.

Mini Netball Game

ACTIVITY AIM

Introduces players to a smaller version of netball that allows for the development of foundational skills and basic tactical concepts.

Encouraging participation, mass touches and enabling for players to develop teamwork skills.



EQUIPMENT

- Scoring Opportunities – Hoops or Modified Portable Goalposts to be positioned on the sideline.
- Ball – Soft Touch Ball or Size 4 Netball.
- Bibs – No positions, purely colours used to identify team mates.

GROUP SIZE

- Group size can be 3 v 3, 4 v 4 or 5 v 5.
- This will be dependent on the number of total players at the Centre.
- WWNSG Coordinators and Delivery Leaders may change up or down the group size to ensure mass touches and enable appropriate skill development.

PLAYING AREA

- 1/3 Court is used per group for the Mini Netball Game.
- Can reduce the size of playing area if required to ensure mass participation and skill development is able to occur.

SAFETY

- Spatial Awareness – Encourage players to be aware of each other around the court.
- Playing Surface – Ensure the playing area and run-off is free of any hazards.

ACTIVE FEEDBACK & COACHING

- Delivery Leader is encouraged to provide active feedback and coaching of skills rather than umpire to the rules of the game.
- Examples include prompting players to pass the ball to a team mate or actively reminding them they can't run with the ball.
- Encourage players to call out the name of the player they are passing to.
- Reinforce coaching tips for the agreed skill focus of that week e.g. Week 1 is Chest Passing and Catching.



Change It

DOWN

- Only allow players to walk when playing the End Game.
- Reduce the height of the Scoring Point e.g. Modified Portable Goalpost.
- Reduce the size of the playing area by moving the Scoring Point e.g. Modified Portable Goalpost in from the sideline, using Dots or Cones to act as the goal line.

UP

- + Make the height of the Scoring Point e.g. Modified Portable Goalpost higher (maximum of 1.6 metres encouraged for this age group).
- + Add a time restriction on the length of time a player can be in possession of the ball e.g. 6 seconds.
- + Add an additional rule or concept of ensuring each team member touches the ball before shooting.





Start of Play

Two players use Rock, Paper Scissors to decide which team will start with possession.

Play starts with a player in the middle of the playing area.

Playing areas and playing the ball

All players can move anywhere in the playing area so there are no parts of the court that are offside to any player.

Players have no time restrictions.

Delivery Leaders can look to introduce time restrictions as a progression.

Footwork

Players are encouraged to be stationary once they have received the ball. They are allowed to take additional steps to gain balance but walking with the ball should be discouraged.

Scoring a goal

A goal may be scored by throwing/shooting the ball into the hoop or modified goal.

Obstruction and Contact

Defending is permitted, providing space for the player in possession of ball to easily pass.

Introduce the concept of 1 metre from opponent when in possession of the ball.

Players are encouraged to intercept the ball.

Normal Contact rules apply.