



GUIDE FOR

GROWN UPS

2022



Woolworths NetSetGO  
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@netsetgo



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# WELCOME

So you've signed your child up for Woolworths NetSetGO and they are super excited. BUT you don't quite know what you have got yourself into and that's okay. This guide is to help you understand the program, provides ways you can get involved and set your child up for success in it!

## WOOLWORTHS NETSETGO

They're young, they're small, and they've got energy to burn. It's time to play netball with Woolworths NetSetGO.

Woolworths NetSetGO is Australia's official starter program for girls and boys aged 5 to 10. It's a chance to learn the netball basics, get outside and make some friends. For a lot of kids, this is the first time they'll pick up a netball or chuck on a bib. It's a learning experience. And a lot of fun.



# WHY KIDS LOVE WOOLWORTHS NETSETGO

We spoke with kids about their experience in Woolworths NetSetGO and it became apparent that we are hitting a “sweet spot” with a good balance of socialisation and providing an environment to have-a-go. We found that kids stay in Woolworths NetSetGO to play, to grow and to dream. These experiences can be described as the way

- Kids connect with the game
- Kids develop skills and competence
- How kids can envision future success
- How kids develop confidence



## Grow

This is about the foundations of safety... safe to play, safe to learn. This is where kids learn more than just the game, supported by an encouraging coach and an environment that sets them up for success in the future. This experience is highly valued by parents



## Play

This is about the sense of belonging...I belong here with my friends and on this team. It is about social fit, connection with others and the ability to play at the level required. This is an opportunity for us, to not just harness the connections for kids, but also for parents and the netball community



## Dream

This is about the game – the competition – and this is where things like role models and aspiration exists. In our little Net kids, this can show up as a connection with the coach or other older kids who help out. For our GO kids, this can be things like aspiring to play at the next level, to have an official role like coach or umpire or maybe to win.



“It’s just really fun and it’s an activity and like, it’s one of my best sports that I can play.”  
9 year old, NSW

“I feel happy when I play netball, we just have fun every time.”  
9 year old, NSW

# THE IMPORTANCE OF MODIFIED SPORT

Woolworths NetSetGO pride ourselves on developing an inclusive, fun and extraordinary program and we have a few key philosophies to help us do this:



## **We are totally inclusive**

We don't turn any kid away and we actively seek new kids to play.



## **We are curious**

We are a sport which tries new things and uses our creativity to deliver extraordinary experiences.



## **We are agile**

We can pivot and move fast to try new things to be the best actively out there for kids to play.



## **We make things fun**

More games, less drills. We practise netball skills with a game-based learning approach.



## **We instil confidence in kids**

Modified equipment and rules increase moments of success, sense of achievement and help develop skills safely.



## **We are committed**

We provide feedback, attend meetings and are continually working together to become an amazing team

## **Why are modified rules and equipment used in Woolworths NetSetGO?**

It's important to remember that kids aren't just small adults. Their bodies are still developing, and we don't want to make things too difficult at this early age. We want them to enjoy what they are doing so they stay active for longer.

The rules and equipment have been modified to be developmentally suitable for kids, which is underpinned by scientific research and evidence.

The use of modified rules and equipment reduces competitive stress, allowing children more time and space to practice and develop skills. This increases the opportunity to make friends, learn social skills and most importantly have FUN!

# LEVELS OF PROGRESSION (TIERS)

To help kids navigate through the netball part of the program, Woolworths NetSetGO has added three levels (or tiers) of progression. These tiers will help coaches run age and skill level appropriate activities for their kids, maximising their engagement in the program. Please note that progression through the tiers is based predominantly on the skill level and changing needs of the participants (i.e. not restricted by age ranges).

**Net**  
Perfect for 5-6 year olds

Perfect for little hands and little feet, you'll use modified equipment like bean bags, hoola hoops and softer balls

**Set**  
For 7-8 year olds

All about practising your skills and playing modified games using a smaller ball perfect for growing hands.

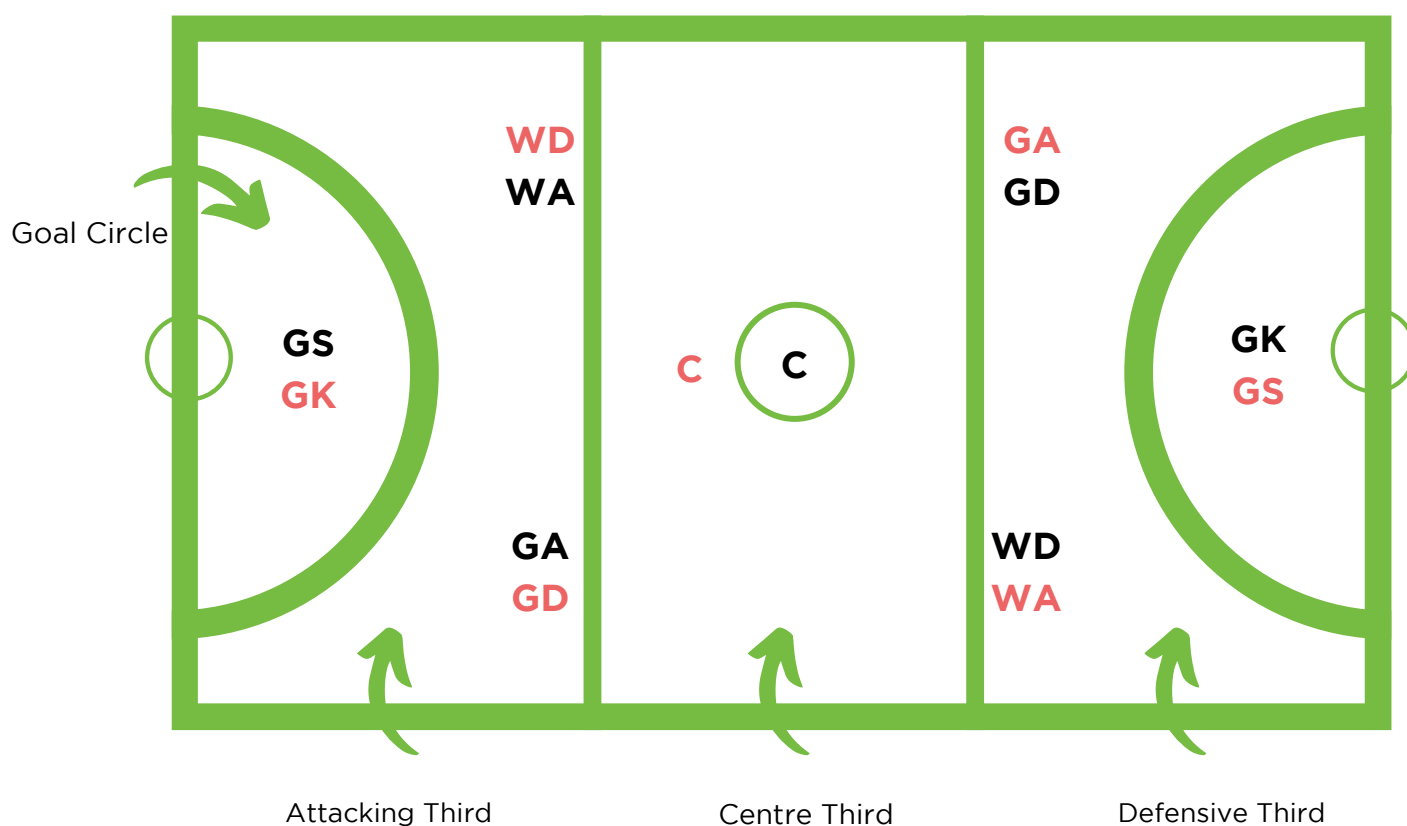
**GO**  
For 9-10 year olds

Highlight the skills they have learnt and play modified matches with supporting umpires and encouraging coaches.



| Session length        | 45-60 min                      | 60 min                           | Session 1<br>45-60 min          | Session 2<br>45 min             |
|-----------------------|--------------------------------|----------------------------------|---------------------------------|---------------------------------|
| Kid to coach ratio    | 10:1                           | 10:1                             | 10:1                            | 10:1                            |
| Warm up               | 5-10 min                       | 5-10 min                         | 5-10 min                        | 5-10 min                        |
| Game-based activities | 20-25 min                      | 20-25 min                        | 30 min                          | n/a                             |
| Modified game play    | 10-15 min<br>(recommended 4v4) | 20 min<br>(recommended 4v4, 5v5) | 20 min<br>(modified mini match) | 30 min<br>(modified mini match) |

# PLAYING POSITIONS



## GS - Goal Shooter

Scoring goals is the main aim of the game for the GS. They are only allowed into the attacking third.

## GA - Goal Attack

The GA sneaks into all sorts of pockets of space in the centre and attacking thirds of the court.

## WA - Wing Attack

The WA is the little helper every shooter needs. They are allowed into the centre and attacking thirds, but cannot go into the goal circle.

## GK - Goal Keeper

The GK is the very last line of defence on the netball court.

## GD - Goal Defense

GD works together with the GK to stop the GA and GS from shooting goals in the goal circle.

## WD - Wing Defense

The WD goes where the WA goes " in the centre and defensive thirds of the court.

## C - Centre

This speedy all-rounder moves everywhere on court except the shooting circles.

Woolworths NetSetGO coaches encourage all participants to have a go at each position. Understanding each position is vital to comprehending the fundamentals of netball. Please visit the Woolworths NetSetGO Playground if you would like to learn more.

## PARTICIPANT PACKS

Once the registration has been processed, participants will receive a separate e-store activation email. After the account has been activated, store credit will automatically be applied to their account. The participant will need to redeem the FREE participant pack and process the order.

The participant pack includes a t-shirt and a NetSetGO size 4 netball and participants will have the option to personalise the top with their name for an additional \$10. The pack will take between 3-10 business days to arrive at the participants nominated address.

If your Woolworths NetSetGO t-shirt doesn't fit, we are happy for you to exchange it. You will need to send your existing t-shirt with an exchange form back to our warehouse in Rowville, Victoria. Please contact our customer service team who will help you exchange your t-shirt for a new size. The cost of returning the existing t-shirt lies with the customer.

The Netball Australia fee will NOT be refunded once the pack has been processed. Refund or withdrawals relating to the other fee components are dealt with by the Member Organisations according to each entities refund policy. Please get in touch with your Member Organisation to find out more.

## WOOLWORTHS NETSETGO SHOP

Woolworths NetSetGO have launched a brand new online shop which is your one-stop shop for Netball equipment and Woolworths NetSetGO merchandise. From backpacks, water bottles and hats to agility ladders, bean bags and more!

We've made it easier than ever for you to purchase accessories and equipment because we're offering FREE shipping across all products on the shop!

**[www.netsetgoshop.netball.com.au](http://www.netsetgoshop.netball.com.au)**

For any Shop or pack related enquiries, please contact the Shop help desk.



# WOOLWORTHS NETSETGO PLAYGROUND

Woolworths NetSetGO Playground is a brand-new way for NetSetGO'ers to play all their favourite games, learn new skills, and have fun while at home.

All registered NetSetGO'ers will get a unique log in to the Playground and can use it throughout the 2022 year to complement their on-court program.



## How do kids access the Playground?

As part of the on-boarding journey, participants will receive details to set up their Playground log in. Parents are encouraged to log on with their child to help them navigate the site for the first time.

## How can parents use this product?

The Woolworths NetSetGO Playground is home to a range of resources for kids which can assist parents in creating fantastic netball experiences from the comfort of their own home.

The Playground has been developed to complement the face to face delivery of the Woolworths NetSetGO program and includes content to enhance children's skills and development.

This included

- 1- At Home Series - Fun games to do with the whole family.
- 2- Kids Hangout - Arts & Crafts and Reflection activities.
- 3- Skills and Drills videos that NetSetGOer's can easily follow along to.
- 4- Parents Corner

And more!

# FAQS

*What should my child bring to their Woolworths NetSetGO session?*

We recommend that your child wears their Woolworths NetSetGO t-shirt with either shorts, a skirt and whatever they feel most comfortable in. Make sure they bring along their netball, drink bottle and don't forget their hat (if they're playing outside).

*My child hasn't received their pack and the program starts this week. Can they still attend?*

Yes, of course! If your child hasn't received their pack just make sure they wear something that they can move around in. If the pack doesn't arrive within 10 business days from the date of order, please get in contact with the NetSetGO shop [here](#).

*I registered my child to Woolworths NetSetGO and haven't received any additional information regarding time, date, etc. Who do I need to contact?*

Please get in contact with the NetSetGO coordinator at your Centre and they will be able to provide you with the program details.

*My child has never played netball before. Is that a problem?*

Not at all. Woolworths NetSetGO is perfect for beginners, and has been designed to suit every child not matter of their ability or experience.

*What tier should my child be in?*

Tiers are based on a range of factors including skill ability and needs of the participant. We always recommend chatting to your NetSetGO coordinator to ensure your child is in the right tier.

*Where can I purchase a spare top and additional equipment so my child can practice at home?*

The Woolworths NetSetGO Online Shop stocks t-shirts, equipment and accessories for both children and parents. Please click [here](#) to access the shop.

*My Centre needs some extra assistance and I would love to be involved in the program. Do I need a qualification?*

All Woolworths NetSetGO coaches and volunteers must hold a valid Working With Children's Check. We recommend that coaches and parents complete the free 'Getting to know NetSetGO' online module on [LMS](#). If you would like to further develop your coaching skills, The Foundation Coaching Accreditation course is highly beneficial as it outlines introductory coaching information and basic netball techniques.

# NEED HELP?

## General Woolworths NetSetGO Enquiries

### Member Organisation Contacts

#### Netball VIC

Contact: Karen Vasilopoulos

Phone: (03) 9321 2246

Email: [netsetgo@netballvic.com.au](mailto:netsetgo@netballvic.com.au)

Web: [netballvic.com.au](http://netballvic.com.au)

#### Netball QLD

Contact: Nicola Browne

Phone: (07) 3426 9523

Email: [netsetgo@netballq.org.au](mailto:netsetgo@netballq.org.au)

Web: [qld.netballq.com.au](http://qld.netballq.com.au)

#### Netball SA

Contact: Lucy Heard

Phone: (08) 8238 0510

Email: [lucy.herde@netballsa.asn.au](mailto:lucy.herde@netballsa.asn.au)

Web: <https://sa.netball.com.au/>

#### Netball NT

Contact: Gayle Nairn

Phone: (08) 8945 1733

Email: [participationnorth@netballnt.org.au](mailto:participationnorth@netballnt.org.au)

Web: [nt.netball.com.au/](http://nt.netball.com.au/)

#### Netball WA

Contact: Zara Hardwick & Brianna Wilson

Phone: (08) 9380 3732

Email: [netsetgo@netballwa.com.au](mailto:netsetgo@netballwa.com.au)

Web: [www.netballwa.com.au](http://www.netballwa.com.au)

#### Netball NSW

Contact: Lauren Major

Phone: (02) 9951 5000

Email: [netsetgo@netballnsw.com](mailto:netsetgo@netballnsw.com)

Web: [www.netballnsw.com/](http://www.netballnsw.com/)

#### Netball ACT

Contact: Kim Symons

Phone: (02) 6241 4088

Email: [kim.symons@netballact.com.au](mailto:kim.symons@netballact.com.au)

Web: <https://act.netball.com.au/suncorp-netsetgo>

#### Netball TAS

Contact: Lee Wilson

Phone: (03) 6282 1822

Email: [lee.wilson@tasnetball.org.au](mailto:lee.wilson@tasnetball.org.au)

Web: <https://tas.netball.com.au/play-netball/netsetgo/>

## Woolworths NetSetGO Pack and Shop Enquiries

Woolworths NetSetGO Shop

Email: [enquiries@dmcsport.com.au](mailto:enquiries@dmcsport.com.au)

Phone: 03 7003 6859

## Woolworths NetSetGO Playground Login Issues

Woolworths NetSetGO Playground

Contact: Netball Australia

Email: [netsetgo@netball.com.au](mailto:netsetgo@netball.com.au)