# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

# NETBALL – FASTNET

## Quick introduction

This is a mixed game with different rules from netball. It is mixed, there are power plays and you can shoot from outside the circle.

## Think tactics

How can you make the most of a power play and choose it at the right time?

## Getting started

- Can be played on an indoor or outdoor court.
- Seven players play on each side play four quarters of six minutes (if mixed minimum of four players must be female).
- Where a team has three males on court, only one male is permitted to play within each third.
- When boys and girls are playing against each other ensure that they are appropriately matched in terms of strength, skill level etc.
- The Captain winning the toss chooses end or first centre pass at the start of the first and third quarter. The other team will have first centre pass at the start of the second and fourth quarter. All other centre passes will not alternate but instead the game will restart by the team who conceded the last goal.
- Each team will have one quarter as a power play where any goals scored will be doubled (the power play quarter must be chosen before the quarter starts).
- Shooters may shoot from inside or outside of the goal circle. All successful goals from outside the goal circle will be worth double i.e. two goal points (four points in a power play).

Successful shots from outside the circle count double.

In a power play, all goals scored count double.

# NETBALL – FASTNET

## Getting started (continued)

- Rolling substitutions: unlimited number of rolling substitutions per team per quarter is allowed (a rolling substitute may enter the game while play is in progress).
- Substitutes must leave the court without going off side e.g. Goalkeepers (GK) should leave the court in their goal third and move down the side of the court to the centre where the substitution can take place. The player coming on must also enter the court without going offside.
- Download the Fast Net substitution cards and other information at www.englandnetball.co.uk

## Organising the game

- Play 7v7 single sex games.
- Play 7v7 mixed game.
- Up to 12 players in a squad (maximum 4 boys if playing mixed).
- Use roll-on, roll-off substitutions. Make sure players enter the court in the right area.
- Bibs can be exchanged or if a second set of bibs is available the player can take the court as soon as the player coming off has reached them.
- Use Young Officials to officiate / timekeep.

## Safety

- Ensure the court has run off areas and that there are no hazards on or around the playing area.
- Check that posts are secure.

## Think inclusively

- Have players of a similar ability marking each other.
- Use a brightly coloured netball for visually impaired players.

## Keeping it enjoyable

- Appoint a team manager.
- Create your own team names – these could be countries or Netball Superleague teams.
- Make sure subs have somewhere to sit.
- Use music after each score.

## Making it easier

- Practise shooting from outside of the circle.
- Practise passing before the game.

## Officiating

- There is no umpire whistle after a goal is scored (this will test the team's tactical awareness).
- Discuss the main rules with the players before the game and explain how rolling substitutions work.
- Young Officials can act as umpires.

## Spirit of the Games: *Excellence through Competition*

How can you use shooting practices to ensure you are confident with shots from outside the circle?

When three males playing, only one allowed in each third.

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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

# NETBALL – 7 V 7

## Quick introduction

The traditional game of netball, ideal for a league tournament and including players of all abilities.

## Think tactics

Try to develop a real understanding and some special moves with the players around you.

## Getting started

- Can be played on an indoor or outdoor court.
- Seven players play on each side play four quarters of six minutes.
- Full rules can be found at www.englandnetball.co.uk
- Play is started with a centre pass which must be caught or touched in the centre third.
- A player must pass or shoot within three seconds and obey the footwork rule.
- A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.
- The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line.

# NETBALL – 7 V 7

## Organising the game

- Play 7v7 single sex games.
- Up to 12 players in a squad.
- Use Young Officials to officiate / timekeep.

## Obstruction

- Player with ball: the nearer foot of the defender must be 0.9m (3ft) from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) distance.
- Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action.
- Players are offside if they enter any area of the court in which they are not allowed.

## Safety

- Ensure the court has run off areas.
- Check there are no hazards on or around the court.
- Check the posts are stable.

## Think inclusively

- Use a brightly coloured netball for visually impaired players.
- Have players of a similar ability marking each other.

## Keeping it enjoyable

- Appoint a team manager.
- Create your own team names – these could be countries or Netball Superleague teams.
- Use substitutions at quarter and half time to ensure all players get on court.

## Make it easier

- Practise passing and shooting before the game.

## Officiating

- Discuss the main rules with the players before the game.
- Young Officials can act as umpires.
- Check the obstruction rule.

## Spirit of the Games: *Excellence through Competition*

RESPECT

Always respect the decisions of the umpires, especially after the game.

England netball
BE THE TEAM

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