



# No Limits Netball

Netball is for players of all abilities. No Limits Netball is about getting participants active and giving them a Netball experience. No Limits Netball aims to improve the opportunities available to participate in Netball for tamariki and rangatahi with disabilities.

Below is an option for running the session but adjust this to fit for your local community.

5 min NetballSmart Power Warm up/Game	25 mins Skill Development	5- 7 mins half Netball Game	1 min break	5-7 mins half Netball Game	5 min Cool Down
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## PRE-PLANNING PROCESS

- Connect with local organisations that offer opportunities to kids and youth with disabilities e.g. Parafed, Halberg, Special Olympics the benefits of this is to connect with an already established community and draw on the experience of those organisations.
- Set up a Youth group to help design the sessions. Incorporating the voice of those that are keen to participate will help to design something they will continue to participate in.
- Consider if this will be an integrated opportunity, for kids/youth of all abilities or just disabled kids/youth. Ask the participants what they would like.
- Encourage participants to bring their friends and family.
- Set up a review process for organisers/coaches/youth group for each session, use a simple tool like Keep, Adapt or Ditch as you work out what will work best in your community.
- Create or update your health and safety plan to cater to those with disabilities. As we keep developing this space, we will create some health and safety templates.
- Collect participation numbers for each session and pop in the shared No Limits Netball spreadsheet [No Limits Netball Participation Numbers.xlsx](#) just so we know how well it is going. Do not be discouraged by small numbers to start with.

## SET UP

To set up a No Limits Netball competition you will need:

- A registration process: Consider if participants will need to register in advance or can they turn up on the day?
- Payment capabilities (EFTPOS & cash float) – consider if you will charge for these sessions, make them free or get funding.
- Staff: Dependent on numbers and capability of participants. Start with 1 coach :3-4 participants and adjust as needed. For the younger participants encourage parents to be involved.

## Equipment

- 1-2 full Courts, dependent on numbers: some with court markings and portable posts for varying hoop heights.
- 3.05m hoops, 2.4m hoops OR hula hoops.
- Equipment Buckets: one for each team/group with equipment (bibs, variety of balls, dots, game rules, activities etc.)
- Adaptable Games board – this allows the participants to make some choices about what the rules are of the game they are playing. Whiteboards or pin board for adaptable games board – download pictures for board [here](#)
- Sets of 7 v 7 bibs, 6 v 6 or non-labeled bibs depending on what you need.
- Size 5 Balls, Size 4, soft tactile balls, larger softer balls, if you have anyone who has a vision impairment you may need a ball with a bell in it.
- Rules for each version you are offering e.g. 6 v 6, 5 v 5, walking netball so the coaches can familiarise themselves with the different games options.
- If you have wheelchair users, connect with your local Parafed to see if you can borrow/hire a

powerchair or sportschair as these are easier to maneuver.

## GAME DAY PROCESS

- Coaches turn up 20mins before the start to go through skill development activities for the day.
- Players turn up 15 mins before the start of play and write their name on a registration card if it is their first time (see below):

Name:	Age:
Attendance:	
1 2 3 4 5 6 7 8 9 10	

- Participants collect their card and move it to a whiteboard based on their skills e.g. New to Netball, Intermediate, Expert
- The facilitator quickly splits the participants up into teams based on ages and/or ability.
- Teams grab a bucket of gear and start their skill development.

## GAME DAY FORMAT

- NetballSmart warm-up OR a game that involves NetballSmart fundamental movements. Check out Year 1 & 2, Year 3 & 4 futureFERNs resource for game ideas.
- Skill Development
- Two 5-7 minute halves with a 1-minute half-time break. Teams do not change ends. Adjust timings of games as needed.
- Discuss with the older kids if they want to score.
- For the younger kids stick to the futureFERNs philosophy. Year 1 – 4 – no scores Year 5 & 6 – scores but no tables.
- Cool – down

### NetballSmart Warm Up

- We recommend a mass warm up or warm-up game that involves NetballSmart fundamental movement skills. Adjust this as needed depending on age and ability.

### Skill Development

- Decide on a theme for the day e.g. Shooting, Ball skills, Movement skills, Defence, Attack.

- Design a session that has easily adaptable activities. Ensure coaches are confident to adapt activities during the session based on how the kids are responding to them e.g. too easy, too hard, disinterested etc.
- Draw on activities from the futureFERNs resources, Player Development Programme resources, Year 9 & 10 Season Starter Resource etc.
- OR Design your own activities with support from Parafed, other local organisation or Youth group.
- Any sessions that you develop, please email them to me and I can share them around [alyshaj@netballnz.co.nz](mailto:alyshaj@netballnz.co.nz) to others running this programme.

### Game Time

- Use the adaptable games board for youth to decide the rules of the Netball game.
- The younger players give them one or two things to make a choice on.
- Play the first 5-7 minutes (adjust length of half as needed)
- Half time – decide if any of the rules need to be adjusted. Please keep notes on what works best.
- Play second 5-7 minutes.
- Have a go with having wheelchairs on the court to begin with and work with the youth to adapt as needed.

## PROMOTION OF NO LIMITS NETBALL

- Promoting it early is important so families can plan to attend and check out if the venue is suitable for their child.
- Connecting with your local disability organisations to see how they can support or share out with their families can help to attract a range of people.
- Sharing with your local Schools,
- Set up something that is semi-regular, depending on what your community wants e.g. weekly, fortnightly, monthly
- Have a place where families can see when No Limits Netball will be.