

Conifer Grove Netball Club



Year 1 and 2 Junior Netball Programme

Dear Year 1 and 2 Parents

Netball New Zealand has developed a new programme for junior players, both boys and girls. Papakura Netball Centre (PNC) is introducing this programme next year. For players starting out in netball from now on they will be using this programme. There is a separate programme for year 1 and 2 and another step up for year 3 and 4.

For Year 1 and 2 players the emphasis is on skills and having FUN!! There are few rules, no coaches, no uniforms and no umpires. It is all about parents becoming "star helpers" to guide the players through the programme. The focus is on learning the basic skills of "catch, pass, shoot" and movement (attack). At this level it is 4 vs 4 players, no positions and it is played on one third of the court with parents holding hula hoops as the goals. The team has 6 or 7 players and is played with rolling subs.

The sessions are based on a warm up, some fun activities that focus on one skill and then a game of 2 x 10 minutes halves. This is all done on "game day" and does not require an additional session of practice. PNC will provide netball coordinators to assist the star helpers with their activities. The "star helpers" guide the players through prescribed activities (resources provided) and stay on court during the game (one per team) to help focus the players on what to do. Other parents can help by holding the hoops/goals and managing the rolling subs. A resource workbook with the activities and programme outline is provided. You don't need netball knowledge to do this as it is all set out in the workbook resources.

I attended an information night about this and we practiced some of the skills and activities and I can see the kids (and parents) loving it with the positive encouragement that goes with the activities. Conifer Grove Netball Club would like to support this programme and encourage you to get involved.

PNC is holding a "Taster Day" to show you how the programme works. This is being held on Monday 18 August, 5.30-6.30pm at the PNC courts. Bring your son and daughter along and see how it works.

They are then going to run a 5 week programme starting on 20 October and it will be \$50 per person to register. We really encourage you to get involved and give it a go. They will be running a star helper information night in early October before it starts as well which would be well worth attending.

We will help get you up and running by coordinating interest and getting you together for some teams. So if you are interested in taking part in the programme now please send your name, child's name, year, email and contact phone details to Sarah Lee on: the_lees@paradise.net.nz phone 298 9366 or 021-215 9533

You can get more information on the PNC website www.papakuranetball.org.nz

Jill Collins – President - Conifer Grove Netball Club