

Suncorp NetSetGO – New GO Tier Frequently Asked Questions

What does the addition of the new GO Tier mean for the Suncorp NetSetGO program?

The addition of the new GO Tier changes the recommended age groups for each Suncorp NetSetGO tier:

Net Tier: 5 – 6 year olds

Set Tier: 7 – 8 year olds

GO Tier: 9 – 10 year olds

When can a participant start playing modified netball games?

Modified games are introduced in the Set Tier, so under the new tier structure participants can start playing modified netball matches in the year they turn 7 years old.

What is the difference between the Set Tier and the new GO Tier?

There are a number of differences between the Set Tier program and GO Tier program:

- The Set Tier focuses on the development of fundamental movement and netball skills. This is achieved through a mix of activities, minor games and organised age-appropriate and modified games.
- The Set Tier rules and equipment are adapted to help the participant build confidence and competency. Modified matches should be non-competitive (no scores, ladders or finals), with all participants provided with equal court time and the opportunity to play in a variety of positions.
- The GO Tier introduces more specialised netball-specific skills and basic netball strategies.
- The GO Tier match rules are adapted at this level to provide a smooth transition into junior netball (adult rules) whilst ensuring the participants are achieving success. Modified equipment is still an important adaptation for this tier as it allows for correct technique to be executed with greater proficiency. A size 4 ball should continue to be used in the GO Tier, whilst goal posts may be increased in height from 2.4m to 3.05m during the GO Tier once the participants have developed correct goal shooting technique.
- Competitive elements (like scoring) may be introduced in the GO Tier however the focus should not be on winning.

Why does Netball Australia require Suncorp NetSetGO matches to use modified rules and equipment?

Children are not mini adults! As an important precursor to sport-specific skill development, to minimise potential injuries and to ensure a positive learning experience it is important that children participate in modified versions of a sport that are appropriate to their age, size and skill level.

It is also critical that children use sporting equipment that is matched to their size and age (i.e. smaller netball and shorter goal posts). Matching the right sized equipment will promote the development and refinement of the child's sporting skills and reduce the likelihood of injury.

How do the changes to the Suncorp NetSetGO tiers impact association competition structures?

Associations will be able to set up Set and/or GO competitions via the MyNetball registration system. Set and GO competitions should replace any current competitions for players 7-9 years of age.

Participants under the age of 10 years of age should not be playing junior netball using adult rules and Associations/Clubs are strongly encouraged to support the recommended Suncorp NetSetGO tier structure.

For further advice, Associations/Clubs should contact their Member Organisation.

"Children get bored in NetSetGO – they want to play the real game"

Unfortunately, this statement is based on adult perceptions and is not supported by research.

When children do not develop basic fundamental movement skills they lack the confidence, ability and motivation to continue to participate in sport or physical activity. Parents and caregivers should support participation in modified programs and not push to progress to adult rules until the foundation skills have been established.

Quality coaching plays an important role in the Suncorp NetSetGO experience. Ensuring that training sessions are fun and inclusive whilst also developing fundamental motor and netball skills build the child's confidence and skill level and positively impacts their netball experience. Netball Australia provides Suncorp NetSetGO coaches with a range of coaching resources and session plans to assist in the delivery of Suncorp NetSetGO.

Getting to Know NetSetGO is Netball Australia's free online module and is available for anyone wanting to know more about Suncorp NetSetGO. It is a fun, interactive module that explains why modified sport is so important for young participants and what a session looks like.

<http://netsetgo.asn.au/getting-to-know-suncorp-netsetgo/>