



# WOOLWORTHS futureFERNs INDUCTION

## Induction Document for Woolworths futureFERNs Programme

Welcome to the Woolworths FutureFERNs Programme, it's designed to foster the growth and development of netball among young players in New Zealand. This document serves as an induction guide for centres implementing the Woolworths futureFERNs Programme within their community.

### Programme Overview:

Woolworths futureFERNs is a structured modified netball program developed by Netball New Zealand specifically for children aged 5 to 12 years old. It aims to introduce and develop fundamental netball skills in a fun and inclusive environment. The program is designed to cater to children of all abilities, ensuring that every participant has the opportunity to learn and enjoy netball.

### PHILOSOPHY:

The game that grows with the players

Designed to meet the needs and ability of the players, age and stage appropriate, developing their physical literacy.

Player centered.

Focus on enjoyment, more touches, more passes, more shots.

Let them play – let the players learn by playing their game, limit feedback and instructions.

Equal opportunity and all the positions Players are not mini adults.

### Key Objectives:

Introduce children to the sport of netball in a positive and supportive setting.






Develop fundamental netball skills such as passing, catching, shooting, and footwork.

Foster a love for physical activity and encourage lifelong participation in sport.

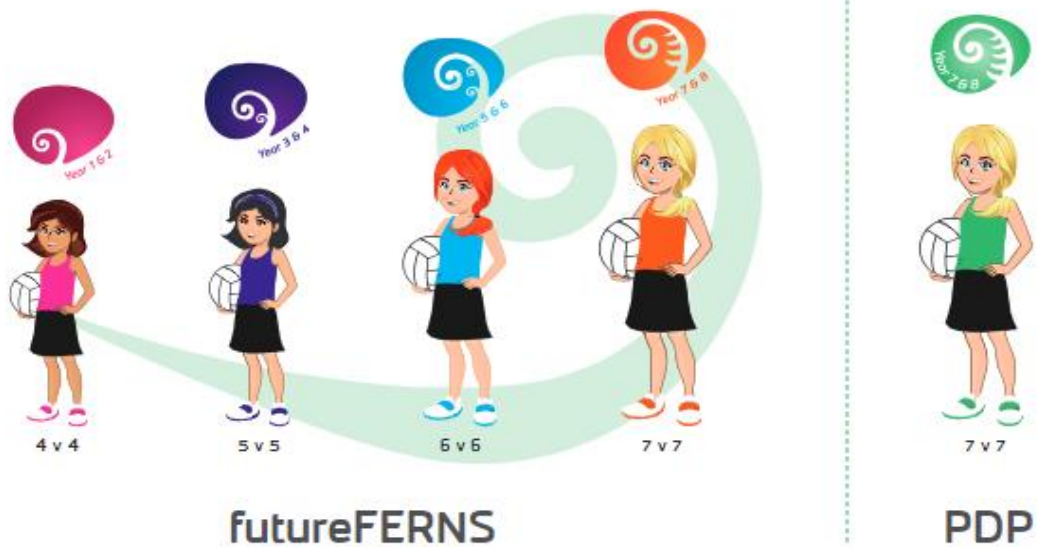
Promote teamwork, communication, and sportsmanship among participants.

Provide opportunities for children to engage in skill development through modified games.

# PHYLOSOPHY

MORE PASSES	MORE PLAY	MORE SHOTS
 	 	 <p>SUCCESSFUL SHOT EVERY 3.1MINS V 8.9MINS**</p>
<h2>MORE FUN</h2>		
<p><small>*Research was conducted by AUT and NNZ comparing year 3 &amp; 4's playing 7 v 7 and 5 v 5, and year 5 &amp; 6 playing 7 v 7 and 6 v 6  **These are the results from the year 3 &amp; 4, players playing 7 v 7 versus 5 v 5</small></p>		

# GAME FORMATS



4 v 4      5 v 5      6 v 6      7 v 7

**futureFERNs**

**PDP**

## Programme Structure:

The Woolworths futureFERNs Programme is structured into four progressive levels:

Woolworths futureFERNs Programme (Ages 5-12): Focuses on introducing basic netball skills through fun games and activities. Learning the game through modified games.



This level introduces Netball to Year 1 & 2. The aim is to develop fundamental movement and ball skills.

NetballSmart Dynamic Warm-up	Skill Development	Transition	Game 4 v 4: 2 x 8 minute halves	Cool-down
5-6 YEAR OLDS	1/3	20CM TEXTURED BALL	GOAL HEIGHT 2.1M	min 1/2 game minimum half game



This game is for Year 3 & 4 and promotes lots of scoring, touches on the ball and rotation of positions to ensure all players can develop.

NetballSmart Dynamic Warm-up	Skill Development 15 minutes	Transition	Game 5 v 5: 4 x 8 minute quarters	Cool-down
7-8 YEAR OLDS	2/3	SIZE 4 BALL	GOAL HEIGHT 2.6M	min 1/2 game minimum half game



This level is for Year 5 & 6 and focuses on development of fundamental movement and Netball skills. The 6 v 6 game is fast and provides lots of engagement to enhance skill development.

NetballSmart Dynamic Warm-up	Game 6 v 6: 4 x 8 minute quarters	Cool-down		
9-10 YEAR OLDS	3/3	SIZE 4 BALL	GOAL HEIGHT 2.6M	min 1/2 game minimum half game



This game is for Year 7 & 8 and focuses on fundamental movement skills, foundational Netball skills and tactics. Ensuring positional rotation and playing at least half a game is important for players in this age group.

NetballSmart Dynamic Warm-up	Game 7 v 7: 4 x 10 minute quarters	Cool-down		
11-13 YEAR OLDS	3/3	SIZE 5 BALL	GOAL HEIGHT 3.05M	min 1/2 game minimum half game

### **Centre Requirements:**

To run the Woolworths futureFERNs Programme effectively, centres must meet the following requirements:

**Administrative Support:** Centres must have administrative support to manage registrations, scheduling, communication with participants, parents, and other logistical tasks.

- Identify dates for futureFERNs workshops in their Centre and communicate with Zone Coach Lead and Participation Lead
- Advertise futureFERNs workshops to all coaches that enter a team for the year
- Provide a venue for the workshops
- Host workshops
- Send out futureFERNs website with link to the coaching portal and futureFERNs resources
- Flexibility to deliver workshops and programs that suit the Centre's needs while adhering to the futureFERN's philosophies.
- Organize festival days

**Coaches/Star helpers attended workshops:** Appoint a Coach Developer to deliver a workshop and communicate with Coach Lead OR identify someone in the Centre that could be trained as a Coach Developer for futureFERNs

Centres must have coaches who are trained and by Zone/Centre staff. Coaches/ Star helpers should have a passion for working with children and an understanding of fundamental movement skills as well as netball fundamentals.

**Safe and Accessible Facilities:** Centres must have access to suitable netball courts or indoor facilities that meet safety standards. Facilities should be easily accessible to participants and equipped with necessary amenities.

**Equipment:** Centres are responsible for providing necessary equipment such as netballs, bibs, cones, and goal posts. Equipment should be age-appropriate and in good condition.

**Participant Involvement:** The success of the Woolworths futureFERNs Programme relies on active participation and engagement from children, parents, coaches, and volunteers. Centres should encourage parents to support their child's involvement in the program by attending games and practices, volunteering as coaches or team managers, and promoting positive sportsmanship and sideline behaviour.