

Woolworths NetSetGO Month

July 2023



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Part 1:

Overview

Woolworths NetSetGO Month



Woolworths are excited to support Woolworths NetSetGO month in 2023, a month of friendship, fun and fast feet!

With special Woolworths NetSetGO clinics planned across Australia to celebrate the fun, Woolworths want to encourage all netballers to Pick Fresh, Play Fresh this July.

Woolworths have provided each clinic with an asset pack, including Woolworths vouchers for fresh fruit and some equipment for fun and fresh adaptations for skills and drills. It's a big party for our littlest netballers – join the fun!



Part 2:

Woolworths Warm Up

Woolworths Warm Up

To celebrate Woolworths NetSetGO Month, we want to encourage all Woolworths NetSetGO clinics to kick off their sessions with the Woolies Warm Up.

The Woolies Warm Up is suitable for netballers of all ages and can be completed as a group with players from all tiers Net, Set and GO.

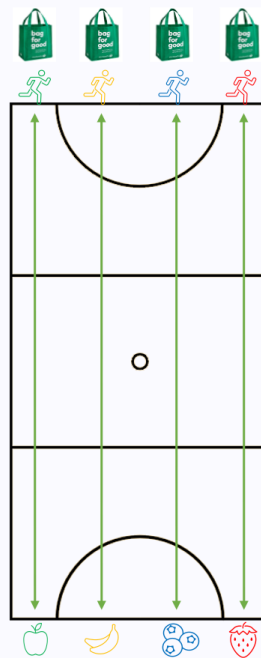


What is the Woolworths Warm Up?

A step-by-step guide

1. Split participants into even teams and name each team after a piece of fruit (Team Apple, Team Orange, Team Banana, Team Strawberry).
1. Place the WWNSG bean bags at one end of the court across the four teams, ensuring there is enough beanbags for one per child.
1. At the other end of the court, have four Woolworths Green bags set up across the baseline and have participants line up behind each in their teams.
1. In a relay race, one player per team will run and grab their beanbag and bring it back to the starting line and place it in the Woolworths green bag.
1. Once they have placed it in the bag, the next participant on their team can begin their turn and collect their beanbag.
1. When the final bean bag is placed in the bag, the team must yell 'FRUIT SALAD' and sit down. The team that does so first is the winner.

Please note the length of the race can be reduced to the transverse lines depending on the age and running capabilities of the participants.



Equipment Required:

- Woolworths Green Bags
- Woolworths NetSetGO coloured bean bags



Share to win \$1000

MO's, clubs and associations who share pictures or videos of their Woolies Warm-Up during July will have the chance to win a \$1000 Woolworths Gift Card.

For your chance to win, please send through photos or video of your Woolworths Warm Up to Duncan Evans, devans@tlaworldwide.com

The winner will be selected at random and contacted in August.



Part 3:

Fresh Activities



For those wanting to continue the **Woolworths NetSetGO** party during the sessions, you can find fun and simple adaptations to your regular activities in the next few pages.



Rob the Nest

Objectives

1. To develop running technique at different speeds and in varying directions
2. To work as a team to achieve the task

Equipment/area

- Netball court or suitable playing area
- Bean bags
- Size 4 netballs (or equivalent)
- Hoops

Group management

- Four groups

Description

1. Place netballs in the middle of the centre circle.
2. Divide players into four teams and line up at the corners of the centre third.
3. Each team sends a runner to rob an egg (netball) from a nest. They return the egg to their nest and the next person in line goes to rob an egg.
4. Players collect eggs from the middle or from other nests. Teams cannot stop others stealing their eggs.
5. Play for two minutes, reset and then play again.

Safety

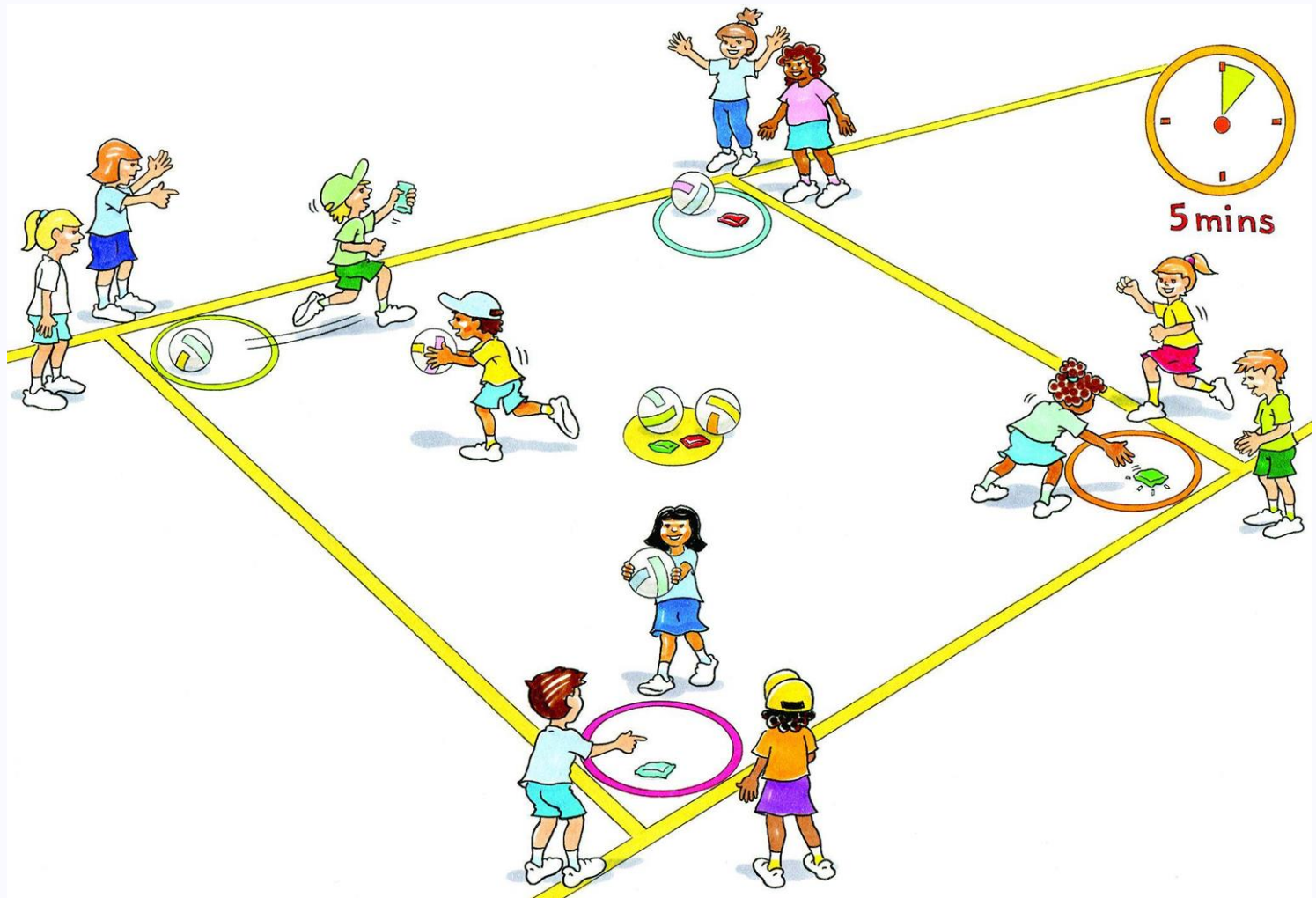
1. To develop running technique at different speeds and in varying directions
2. To work as a team to achieve the task

Coaching tips

- Eyes looking forward
- Push off the ground with the front part of the foot
- Extend back leg
- Knees bent at right angles when moving forward
- Legs and feet move in straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Contact ground with front part of foot
- Body leans forward

Suggested changes

- Instead of robbing an 'egg', use coloured bean bags to represent fruit and vegetable, such as:
 - Yellow = **banana**
 - Orange = **carrot**
 - Blue = **blueberry**
 - Green = **avocado**
- Use green Woolworths reusable bags as 'nests'





Rats and Rabbits

Objectives

1. To develop running and quick take off
2. To reinforce the concept of 'ready position' in preparation for sprinting

Equipment/area

- Netball court or suitable playing area

Group management

- Two even teams

Description

1. Players set up in two single-file lines next to a partner who is standing approximately one metre away.
2. One line of players is designated the 'rats' while the other is the rabbits.
3. On the call of the 'rats' or 'rabbits' the nominated group attempts to run to the safe area before their partner catches them.

Safety

1. Define the area appropriate for numbers
2. Players need to run in straight lines to avoid collisions
3. Ensure player safety by using lines with adequate run off

Coaching tips

- Reinforce the concept of 'ready position' in preparation for sprinting
- Feet shoulder-width apart, body upright, knees slightly flexed and out over toes
- Push off on inside foot, stepping out in direction of lead
- Arms drive forward, elbows bent

Suggested changes

- Instead of calling 'rats and 'rabbits', the coach would call a selected fruit or vegetable such as:
 - Rats = **banana**
 - Rabbits = **broccoli**
- Utilise coloured bean bags to represent the selected fruit or vegetable to depict the starting line

Rats



Rabbits





Here, There and Everywhere

Objectives

1. To practice running and changing direction using verbal queues

Equipment/area

- Netball court or suitable playing area

Group management

- Individuals

Description

1. The coach calls one of the three words - here, there and everywhere:

Here = run towards the coach

There = run towards where the coach is pointing

Everywhere = run in any direction

Safety

1. Define the area appropriate for numbers
2. Reinforce the importance of looking out for other players also moving within the area

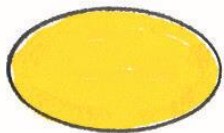
Coaching tips

- Eyes looking forward
- Push off the ground with the front part of the foot
- Extend back leg

Suggested changes

- Instead of calling 'here', 'there' and 'everywhere', the coach would call a selected fruit or vegetable, such as:
 - Here = **watermelon**
 - There = **potato**
 - Everywhere = **cucumber**
- Utilise coloured bean bags to represent the select fruit or vegetable to depict the starting line or where to run to

THERE





Octopus

Objectives

1. To practice running and change of direction in a dynamic activity

Equipment/area

- Netball court or suitable playing area

Group management

- As a group

Description

1. Players line up along the transverse line.
2. One player is in the middle, the octopus. This player calls 'octopus' and the rest of the group must run to the other side of the third without being tagged.
3. Tagged players sit down when they are tagged, keeping feet tucked in. These players help tag runners but cannot move from their spot.
4. The last player left untagged is the winner.

Safety

1. Define the area appropriate for numbers
2. Reinforce the importance of looking out for other players also moving within the area

Coaching tips

- Eyes looking forward
- Push off the ground with the ball of the foot
- Back leg extends to push off and give more momentum
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Body leans forward

Suggested changes

- Instead of calling 'octopus', you could call a selected fruit or vegetable, such as:
 - Octopus = **raspberry**
 - Octopus = **lettuce**
 - Octopus = **lemon**



Flip It

Objectives

1. To practice running and change of direction in a dynamic activity

Equipment/area

- Netball court or suitable playing area
- Markers or colour paper (different colour each side)

Group management

- Two teams

Description

1. Split the group into two teams.
2. Each player has a marker. One team places them correctly on the ground and the other team places them on the ground upside down.
3. On a command, players run around to try and turn the other team's markers over to match their own.
4. After a set period of time, the team with the most markers the same wins.

Safety

1. Define the area appropriate for numbers, ensuring there is sufficient space between each group
2. Reinforce the importance of looking out for other players also moving within the area

Coaching tips

- Eyes looking forward
- Push off the ground with the front part of the foot
- Extend back leg
- Knees bent at right angles when moving forward
- Legs and feet move in a straight line
- Arms bent at right angles at the elbows
- Arms and legs move in opposition
- Contact ground with front part of foot
- Body leans forward

Suggested changes

- One team being the 'logo' team and the other being 'non-logo'
 - The 'logo' team has to try and get all the bean bags facing up with the logo visible
 - The 'non-logo' team has to try and get all the bean bags facing up on the blank side
- Name bean bags as selected fruit or vegetables relevant to the colour (for example, yellow = **banana**)



Beanbag Takeoff

Objectives

1. To develop a strong take-off technique

Equipment/area

- Netball court or suitable playing area
- Bean bags

Group management

- Groups of 5-6

Description

1. Players stand behind a line
2. On a command, players sprint forward five metres and pick up a bean bag

Safety

1. Define the area appropriate for numbers, ensuring there is sufficient space between each group

Coaching tips

- Arms/legs move in opposition
- Lean body forward
- Start with small steps and gradually move to bigger steps
- Arms drive forward in relaxed style, elbows bent
- Keep head erect and eyes up
- If leading to the right, take off with the right foot and vice versa

Suggested changes

- Instead of participants picking up a bean bag, this can be changed to represent a selected fruit or vegetable relevant to the bean bag, such as:
 - Yellow = **banana**
 - Orange = **carrot**
 - Blue = **blueberry**
 - Green = **avocado**



Throw at Target

Objectives

1. To develop throwing technique, focusing on hitting a stationary target

Equipment/area

- Netball court or suitable playing area
- Markers
- Soft balls
- Bean bags

Group management

- Individuals

Description

1. Set up a line of markers with a soft ball balancing on top
2. Line players up behind a line three metres away
3. Players throw bean bags at the balls until they are knocked off the markers

Safety

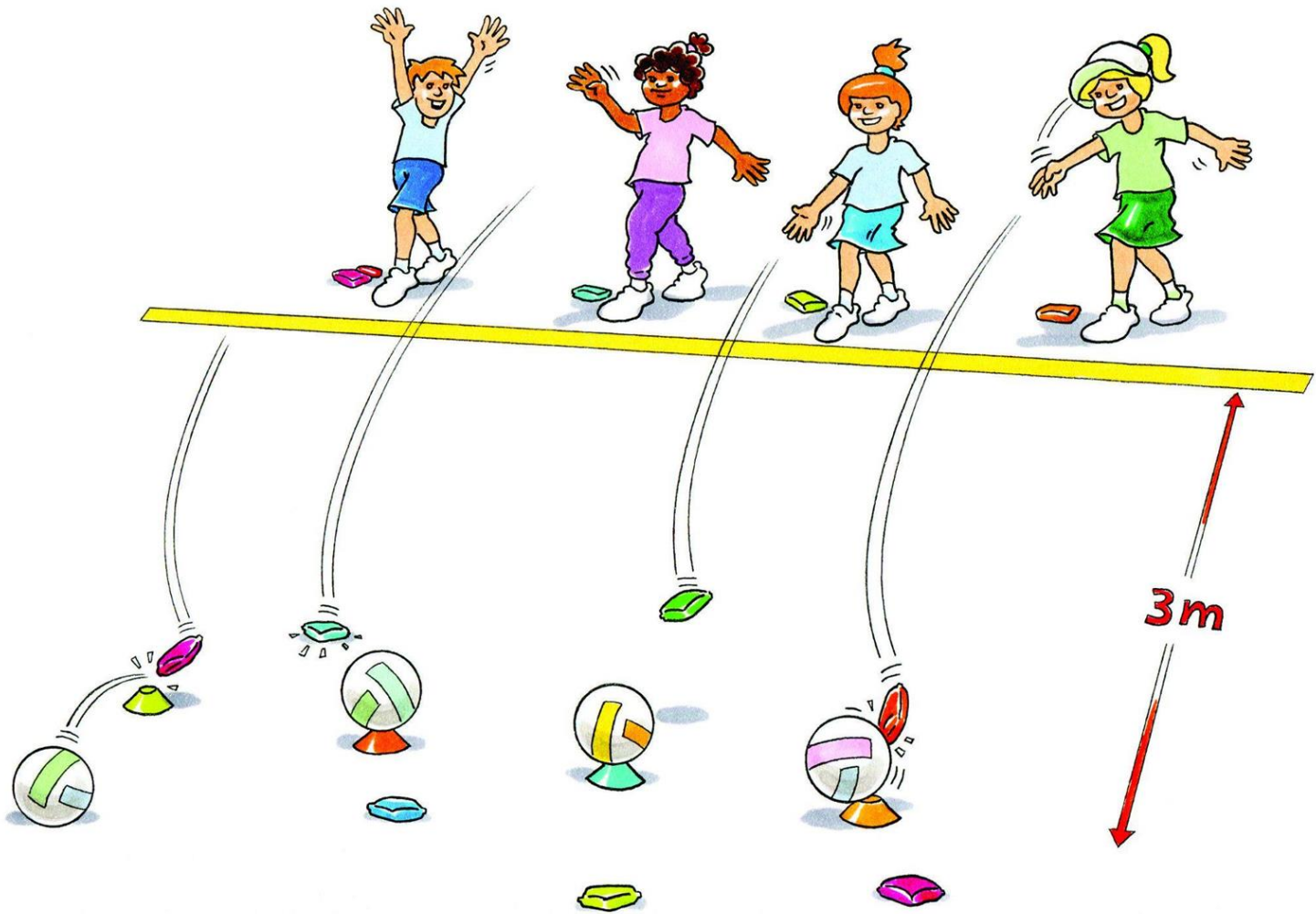
1. Define the area appropriate for numbers, ensuring there is sufficient space between each player

Coaching tips

- Eyes on target
- Step towards the target (this should be opposite foot to throwing arm for shoulder pass)
- Transfer weight forward
- Hip to shoulder rotation during throw
- Throwing arm follows through to target

Suggested changes

- Instead of participants throwing a bean bag, this can be changed to represent a selected fruit or vegetable relevant to the coloured bean bag, such as:
 - Yellow = **banana**
 - Orange = **carrot**
 - Blue = **blueberry**
 - Green = **avocado**
- The target can be changed to a green Woolworths reusable bag, where participants aim to get their fruit or vegetable (bean bag) in their basket (green bag)



Thank you.