

# FLYING START



9-11 yrs  
School year 5 & 6

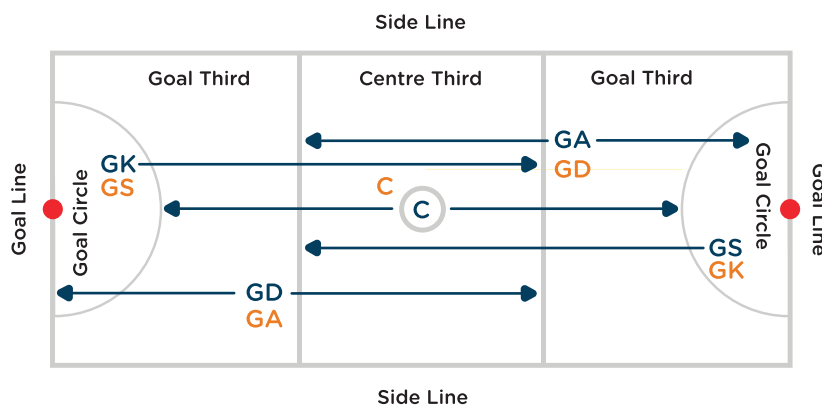
## PREPARE

Ideally Stingers will play across an area that is in the range of 20m x 10m to 30.5m x 15.25m (full size court).

Netball goal posts should be 9ft high and in the middle point at each end of the court.

The normal netball court markings should be used. On smaller courts, keep the centre and shooting circles the same size.

Check the court and its surrounding area is level, free from hazards and secured from general public access.



Use a size 4 ball:  
Official Bee Netballs are perfect!



Standard netball positions are used (GS, GA, C, GD, GK) but don't use WA or WD as teams are made of only 5 players.



A squad consists of up to 9 players, with 5 players on the court at any time.



Squads with girls and boys should ensure a maximum of 2 boys per squad are on the court at one time. Rotate the players at every break so they get fair game time.

## PLAY

DO	DON'T
Split games into quarters or halves depending on ability.	Score a goal without receiving the ball firstly in the centre third and then goal third.
Pass the ball to any teammate within <b>4 seconds</b> .	Kick the ball, pass the ball whilst sitting/ lying on the ground.
Take just <b>1 step</b> after catching the ball.	Bounce the ball.
Award a throw in to the opposition if the ball or player goes outside of the court or offside (court area their position is not allowed in).	Play the ball if the player or the ball is outside of the court area.
<b>Alternate</b> centre passes between teams, after a goal is scored.	Play a ball immediately after it has been dropped or thrown by themselves.
Mark players and intercept a pass by jumping to catch the ball, being at least 0.9m away.	Defend or intercept the ball by hitting it out of hands.