



Cambridge East School

futureFerns Year 1&2

Thanks for registering to play Year 1 & 2 futureFERNs netball in 2019.

We will be registering two Year 1 Teams (Shooters & Sparks) and two Year 2 teams (Emeralds & Sapphires) at the end of this week.

futureFERNs introduces Netball to 5 - 6 year olds. The aim is to develop fundamental movement and ball skills. The game that follows the preceding skill session is played on one third of a full sized court, by teams of four, with the emphasis on equal participation. Modified equipment is used. **Further information about the programme can be found over the page.**

Each team has two coaches or one coach & one manager or more to run the team every session throughout the duration of the programme.

Dates: Wednesday 1st May to Wednesday 3rd July

Time: from 3.30pm to 4.30pm

Where: Cambridge Netball Centre, Scott Street, Leamington

Cost: \$40 per player—please pay by Friday 12th April at the school office by Cash, Cheque or Eftpos or online to ASB A/C 12-3268-0086793-00, using Surname & Netball as reference details

Year 1 & 2 futureFerns Information Sheet

Teams consist of 5, 6 or 7 players, preferably separate new entrant/Year 1 teams and Year 2 teams.

Each team will be required to have two coaches or one coach & one manager to run the team every session throughout the duration of the programme.

Coaches and Managers of each team will both be required to attend the Coach Development Training at Cambridge Netball Centre.

No equipment will be necessary for the programme as it will all be provided.

All players will receive a T-shirt from CNC and it will be theirs to keep.

Players are required to wear trainers or sneakers.

Coaches will follow the week by week programme steps to develop player skills, with the emphasis being on participation and having fun. Coaches &/or Managers will also need to have a First Aid Kit and a list of any medical conditions and emergency contact details for all members of their team.

Each Year 1 & 2 session will run as follows:

- ♦ Warm-up Activity (5-6 minutes)
- ♦ Skill Activity One – Recap of previous week's skill (5 minutes)
- ♦ Skill Activity Two (5-7 minutes)
- ♦ Skill Activity Three (5-7 minutes)
- ♦ Game Time (2 x 10-minute halves of 4 v 4 across one third of the court)
- ♦ Cool-down, remind players of their Netball homework (2-3 minutes)