



Woolworths NetSetGO: Modified Rules & Equipment

Why are modified rules and equipment so important for participants at Woolworths NetSetGO age?

Asking a 5 – 10 year olds to use a size 5 netball and 10ft goal post when they train or play is the equivalent to asking an adult to use a 2kg medicine ball with a 12ft goal post (see images on the right). Let that sink in, better yet find a medicine ball and have a go.

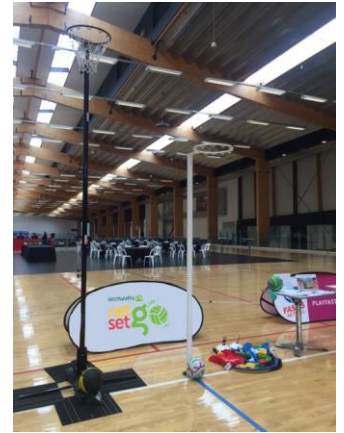
Imagine trying to learn a new and complex sporting skill under extreme competitive stress, with equipment that is far too big for you to use effectively. **Do you think you'd feel confident and engaged with that sport? Do you think you would be using the correct technique? Do you think you would want to continue in that sport?**

We wouldn't expect a child to play any kind of sport in an oversized uniform or pair of shoes. However, many are still allowing Woolworths NetSetGO participants to use oversized adult equipment. Modified rules and equipment is standard across many Australian sports and their modified sport programs.

Using modified rules and equipment allows participants to experience appropriate failure and success while mastering the basic skills of netball. Once they master skills, goal posts can be moved up but the use of a size 4 netball is still important to ensure participants are using correct techniques and enjoying their netball experience.

Too often we hear of people getting stuck on the idea of 'modified sports' being different to the traditional sport. And parents wanting their child to play 'real netball.' It is important to remember that it is the rules and equipment which are modified in the Woolworths NetSetGO program and not the skills. Participants are learning netball skills and playing netball. The players, the netball and the goal posts are just smaller making them appropriate for the size, age and physical capabilities.

[CLICK HERE TO CHECK OUT THE MODIFIED RULES SUMMARY](#)



8ft goal post (right) Vs. 12ft goal post (left)



An adult attempting to shoot a 2kg medicine ball into a 12ft goal post.

SPOT THE DIFFERENCE: Suncorp Super Netball Vs Woolworths NetSetGO



Answers: Ball Size, Goal Post Size, Age of Players, Size of Players, Skill Level of Players