

DELIVERING FOR ALL ABILITIES

The purpose of this resource is to help associations welcome people with an intellectual disability into their community, with a focus on establishing All Abilities programs.

Part 1: Planning



Engage strategic partners

Engage with Netball NSW, your local government, schools, and groups like Special Olympics NSW: they can add support through knowledge, credibility, marketing, and potential grants.



Learn from others

Discover how other organisations deliver All Abilities experiences. The Special Olympics NSW calendar can be helpful to find events in your region from a range of sports.



Build school relationships

Develop a database of Schools for Specific Purposes (SSPs) in your region, and build their netball awareness with information about social events, Come and Try Days and NetSetGO programs.



Emphasise social benefits

Align your programs with the key NDIS driver of social inclusion, and include social activities within the framework of all netball activities across your association or club.



Noise considerations

People with autism may be sensitive to unexpected and loud noises, so a multi-court venue with frequent loud whistles and cheering could be discomforting to them.



Storytelling on social media

Avoid labelling people with a disability with words like 'courageous', 'special' or 'brave' - let the stories and imagery do the talking as you would with all other netball content.

For implementation support, contact your Regional Manager.

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Part 2: Coaching



Giving Instructions

Use visual demonstrations, and divide detailed skills and tactics into 'snackable' instructions that you can deliver to participants within 60-seconds.



Modify the game

Keep it simple and prioritise the joy of getting active over getting the rules 100% right. Consider playing modified formats like Walking Netball, or using smaller playing areas and goalposts.



Allow non-traditional techniques

Understand that participants with an intellectual disability may need to use modified techniques to perform skills such as passing and goal shooting.



Flexible equipment options

Bean bags and softer balls can be available as substitutes for Size 4 netballs, and hula hoops as a modified goal post.



Engage parents as an ally

"I'm trying to give Chloe a great experience but am having trouble getting her to listen and focus during training. Are there any strategies that you or her teacher use to assist when teaching her?"



It is not 'one size fits all'

There are common principles recommended here, but remember to tailor your approach to each individual person that you are coaching.

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