



COURT TIME & PLAYER ROTATION POLICY

Player rotation and court time is to assist the club's coaches in developing and strengthening the skills of all players.

9&U

- Full rotation of all positions on court over the season in blocks, e.g. 3 players rotate GS/GA/WA, 3 rotate WA/C/WD, 3 rotate GD/GK/WD.
- Equal court time for all players.
- Focus on teaching positions and basic core skills - passes, footwork, shooting technique
- Slowly introduce rules - the umpires for this age group are teaching the rules as they umpire
- Aim to have fun and improve – winning is not a focus
- Adjustments for injury, illness, time away will mean that some players have less court time over the season – but the average number of quarters per week should be equal.
- Aim for players to play no more than 2 positions each game over 2 zones of the court.
- Coaches make a development plan to move players through each area of the court as the season progresses.
- By the end of each season all players should have played every position on court several times.

11&U 1ST YEAR

- Full rotation of all positions on court over the season.
- Equal court time for all players.
- Focus on skill development and learning rules of the game.
- Aim to have fun and improve – winning is not a focus at this level.
- Adjustments for injury, illness, time away will mean that some players have less court time over the season – but the average number of quarters per week should be equal.
- Aim for players to play no more than 2 positions each game over 2 zones of the court.
- Coaches make a development plan to move players through each area of the court as the season progresses.
- By the end of each season all players should have played every position on court several times.

11&U 2ND YEAR

- Full rotation of all positions on court over the season.
- Equal court time for all players.
- Continued focus on skill development. Added focus of 'court and game knowledge'.
- Focus on position guidelines (ie, what is the job of the WD, GD, etc), position zones (ie, what areas of the court are the 'zone' of a GA, etc), throw-in rules (i.e. who takes what throw-in), more complex rules.
- Winning is a secondary goal.
- If a player is struggling to progress, it is recommended to limit rotations of positions to cover all thirds of the court, but not all positions (e.g. GS but not GA, WD and/or WA but not C, and GD but not GK).
- Finals : the coach has the discretion to fine-tune and streamline players more in the last 2–3 weeks of home/away season in preparation for finals.

13&U 1ST YEAR

- All players start the season with equal court time. It is at the coach's discretion to deduct court time if training is missed without valid reason (i.e. one quarter less on match day for missed training).
- Set plays and court strategies should be 'coached'.
- Players will develop favoured and strongest positions and areas of court. However, players should be able to play 3 to 4 positions with confidence.
- Focus continues to be skills development and game knowledge.
- As players get older, fitness training becomes more pertinent.
- Finals : it is to the discretion of the coach, however, each player is entitled to a minimum of two quarters

ORMOND NETBALL CLUB

Policies and Procedures

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13&U 2ND YEAR

- All players start the season with equal court time. It is at the coach's discretion to deduct court time if training is missed without valid reason (i.e. one quarter less on match day for missed training).
- Skill development, fitness and court strategies continue to be important.
- Positions will be established but each player should be able to play at least 2–3 positions with confidence (e.g. mid court player can play WD, WA & C, tall player can play GK & GS, defensive player can play GK, GD & WD).
- Coach should aim to give players variety in their positions played (ie, don't limit a player to just one position).
- Finals: it is to the discretion of the coach; however, each player is entitled to a minimum of two quarters

15&U, 18&U, MIXED & OPEN

- The Club allows coaches the freedom to play their team as they desire.
- The Club's main concern is that no player finds themselves treated unfairly.
- Where teams manage themselves (no coach) then no player should find themselves treated unfairly.
- Finals: it is to the discretion of the coach or team captain if there is no coach.

FINALS

- Finals will be played at the conclusion of the regular rounds of a season with the exception of 9&U and 11&U
- Players must play at least three (3) games in a team throughout the season to be eligible to participate in that section's Final Series.
- Players may only take part in one finals game in a day. This is with the exception:
 - (a) of those players registered in a mixed and separate female division.
 - (b) Those players registered in two teams; where the first team is within the players age group, and the second team is of a higher age group (eg 15&U or 18&U and Open, 13&U and 15&U, 15&U and 18&U)
- Court time during finals for juniors, up to the age of 13&U, is to the discretion of the coach; however, each player is entitled to a minimum of two quarters. For 15&U to Open it is to the discretion of the coach or team captain if there is no coach.