

Trust Power Maniapoto Netball Centre

NEWSLETTER 30 MAY 2022

Welcome to week 5 of 2022 winter netball. The competition rounds have started and there were some great games going on on Thursday! It's also so amazing seeing all our Future Ferns on the court in Te Kuiti and Piopio.

A huge thank you to Renee Kumeroa (our Maniapoto Netball Centre Umpire Coordinator) and Marianne Sager from Otorohanga for facilitating our umpire workshops over the last few weeks.

If you want to take your umpiring further, have a chat with Renee about how you can be supported.

Reminder: Please stay home if you feel unwell

Walking Netball

Come along and try walking netball! The game starts at 6.45pm on court 5 and you will be put in to a team on the night.

You're guaranteed to have some laughs and get some exercise at the same time!

Check out the benefits and the rules to playing on the next page and spread the word!



Key dates:

- 2 June – Walking Netball 6.45pm
- 4 June – Coach Connect
- 23 June – No Netball (Matariki Weekend)

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Umpires tip of the week

9.5 Passing Distances

- When a player passes the ball there must be sufficient space for an opposing player on the court to be able to intercept the ball with a hand as it moves from the hands of the thrower to those of the receiver.
- If two players from the same team gain possession of the ball in quick succession, the second player's hands must be removed or it will be deemed to be a short pass.
- If two opposing players gain possession of the ball in quick succession, the umpire calls 'possession', indicates the player who caught the ball first and allows play to continue.

Knowing the ins and outs of the rules makes you a stronger umpire and also makes you a stronger player!

You can download the Rules of Netball app from your app store for free.



Did you know...

We have an electric ball pump located inside, opposite the canteen available for everyone to use.

Future Ferns

Here is the link to the resource books for Years 1 & 2 and Years 3 & 4 where you will find week 5's drills (also available on our website):

<https://drive.google.com/drive/folders/1FWkFqrGgWgTzHWsOuriSekKt1jYhmFB4?usp=sharing>

Me mahi tahi tātou mō te painga o te katoa
– We will work together for the wellbeing of everyone



Walking Netball

Benefits of playing

Walking Netball provides a fun, safe environment and encourages adults to have a more gradual introduction to physical activity by regaining necessary motor skills, helping balance, coordination, and better footwork. Other benefits include improved strength, flexibility and circulation, along with long-term fitness and weight maintenance benefits.

Walking Netball is also a fabulous opportunity to develop team spirit and encourages social interaction – it's a great way to make friends or even spend time with old friends on a regular basis. Everyone is welcome to enjoy Walking Netball regardless of physical fitness, age or previous netball experience.

Walking Netball Rules

The Court & Team

Walking Netball uses the regular netball court and seven playing positions: · Goal Shooter (GS) · Goal Attack (GA) · Wing Attack (WA) · Centre (C) · Wing Defence (WD) · Goal Defence (GD) · Goal keeper (GK)

Recommended Timing

A warmup is taken, this needs to be included in your game time.

Each game of Walking Netball includes:

- Four quarters, six minutes each
- One-minute break at quarter time and three-quarter time
- Three-minute break at halftime

*Can be shorter or longer games depending on the competition

No Running or Jumping

A player must never have both feet off the ground at once (i.e. no jumping, running).

1-2 Steps with Ball

When a player receives the ball, they can take 1-2 steps while in possession before they must pass or shoot.

Possession

A player may keep possession of the ball for up to 4 seconds before they must pass or shoot.

Rolling Substitutions

Substitutions may be made at intervals or during play. There is no limit to the number that can be made.

Distance

When defending, a player must be 3 feet (0.9 metres) away from the opposition player.