Transition from 6 v 6 to 7 v 7 Netball

A practical guide for Centres and coaches



NETBALL NEW ZEALAND
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Woolworths futureFERNS

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A practical guide for Centres and coaches

This guide supports Centres and coaches to introduce 7-a-side Netball to players who are transitioning from 6 v 6 or are new to the 7 v 7 game. Every Centre and team are different, so there is no one-size-fits-all approach.

Use the Smart Player PDP Session Plans for skill development, then choose the approach that best suits your players. Explain the positions, give players time to try them, and use the questions below to support learning.

APPROACH	HOW IT WORKS
1 *Phased introduction – Option 1*	Introduce GA and GD in 6 v 6; then GS and GK in 6 v 6; then introduce WA and WD in a full 7 v 7 game.
2 *Phased introduction – Option 2*	Start with a modified 5 v 5 game using GS, GA, C, GD and GK; then introduce WA and WD in a full 7 v 7 game.
3 *Move directly to 7 v 7*	Play a 7 v 7 game and allow players time to adjust. Rotate players through different positions to build familiarity.

For each session, give players opportunities to explore, make decisions and adapt.
Rotate players through positions where possible so they can build confidence and familiarity.

1 Phased Introduction – Option 1

Phase 1: Introduce GA and GD

Learning outcome: Players begin to understand the roles, responsibilities, movement patterns and court areas of Goal Attack (GA) and Goal Defence (GD) and try them in a modified 6 v 6 game.

Session plan: Use Session Plans from "Being Smart PDP".

Set-up and play: Play a standard 6 v 6 game with these modifications:

- Replace one Attack bib with a GA bib.
- Replace one Defence bib with a GD bib.

Coach prompts: Ask players what feels different or the same compared with 6 v 6. What positions or responsibilities feel familiar? Where can GA and GD move on court?

Phase 2: Introduce GS and GK

Learning outcome: Players begin to understand the roles, responsibilities, movement patterns and court areas of Goal Shooter (GS) and Goal Keeper (GK) and try them in a modified 6 v 6 game.

Session plan: Use Session Plans from "Being Smart PDP".

Set-up and play: Play a standard 6 v 6 game with these modifications:

- Replace one Attack bib with a GS bib.
- Replace one Defence bib with a GK bib.

Use these positions on court: GS, GA, C, C, GD and GK.

Coach prompts: How does playing with these positions change the way the team moves? What feels different when there are fewer players available in some areas?

Phase 3: Introduce WA and WD

Learning outcome: Players begin to understand the roles, responsibilities, movement patterns and court areas of Wing Attack (WA) and Wing Defence (WD) and apply them in a full 7 v 7 game.

This phase completes the transition to 7-a-side Netball. Help players notice how all seven positions connect and work together in attack and defence.

Session plan: Use Session Plans from "Being Smart PDP".

Play a 7 v 7 game: Rotate players through as many positions as possible so they can experience the different court areas and responsibilities.

Coach prompts: What feels different about having WA and WD on court? How do the seven positions work together in attack and defence?

2 Phased Introduction – Option 2

Phase 1: Play a modified 5 v 5 game

Learning outcome: Players begin to understand the roles, responsibilities, movement patterns and court areas of GS, GA, GD and GK and try them in a modified 5 v 5 game.

Session plan: Use Session Plans from "Being Smart PDP".

Set-up and play: Play a modified 5 v 5 game using these guidelines:

- Use five positions on court: GS, GA, C, GD and GK.
- Apply the standard Netball rules appropriate to the players' level.

Coach prompts: What is easier or harder with fewer players on court? How does the team cover the court and support one another?

Phase 2: Introduce WA and WD

Learning outcome: Players begin to understand the roles, responsibilities, movement patterns and court areas of WA and WD, and apply them in a full 7 v 7 game.

Session plan: Use Session Plans from "Being Smart PDP".

Play a 7 v 7 game. Give players time to experience WA and WD in the context of the full game and notice how their court areas and responsibilities differ from other positions. Rotate players through as many positions as possible.

Coach prompts: What changed when WA and WD joined the game? How do these positions connect with the other players?

3 Move directly to 7 v 7

Play a 7 v 7 game and allow players time to adjust to the full game. Rotate players through different positions to build familiarity. Use the Smart Player PDP Session Plans to support skill development.

Coach prompts: Which positions have you tried? What feels familiar and what feels new? What could you try next time to help your team work together?

Finish each session with a quick reflection

Bring players together for a short post-game chat. Ask one or two questions, such as:

- What felt different or the same today?
- What did you find challenging?
- What did you learn about your position or how the team works together?
- What would you like to try in the next session?

Keep focusing on learning, confidence and trying different positions. Give players time to explore and adapt, rather than expecting them to know everything straight away.

Key responsibilities for each position

GOAL SHOOTER (GS)

- Scores goals from a range of distances and rebounds unsuccessful shots
- Uses short, sharp movements in a confined space to create space and get into a good shooting position
- Quickly switches to defence when the ball is turned over

GOAL ATTACK (GA)

- Scores goals from a range of distances and rebounds unsuccessful shots
- Works closely with the Wing Attack (WA) to gain possession of the centre pass
- Works with the GS to move around the circle and create space
- Defends the opposition when the ball is turned over

WING ATTACK (WA)

- Receives most centre passes while working with the GA on the transverse line
- Feeds quality ball into the shooters
- Drives onto the circle edge and repositions as required
- Defends the opposition when the ball is turned over

CENTRE (C)

- Delivers the centre pass effectively
- Feeds quality ball into the shooters
- Links the court together during attack
- Defends the opposition when the ball is turned over

WING DEFENCE (WD)

- Limits the opposition's movement at the centre pass and through court
- Is an option for the centre pass
- Applies defensive pressure to force errors and gain possession
- Is ready for any deflections or tips created by the circle defenders
- Supports attack through court to the second transverse line

GOAL DEFENCE (GD)

- Restricts the GA from receiving the centre pass
- Defends the shot
- Boxes out and rebounds unsuccessful shots
- Is an option for the centre pass
- Supports attack through court to the second transverse line

GOAL KEEPER (GK)

- Restricts and denies the opposition shooting positions
- Reads the attacking team's movements and looks for intercepts
- Defends the shot
- Boxes out and rebounds unsuccessful shots
- Is an attacking option in the goal third

Remember: Every player should learn to attack, defend, find space and support their team-mates. Trying different positions helps you become a more confident, all-round Netballer!

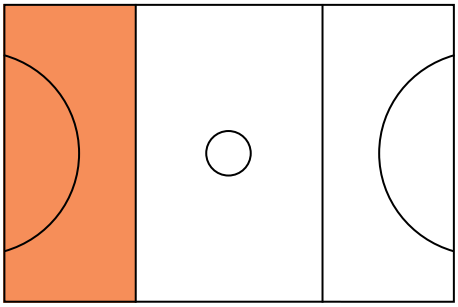
How to be a great Goal Shooter



What they do

- *Score goals*
- *Work closely with the GA to create space and receive the ball in goal circle*
- *Rebound unsuccessful shots*
- *Defend when there is a turnover in the goal third*

Where can they go?

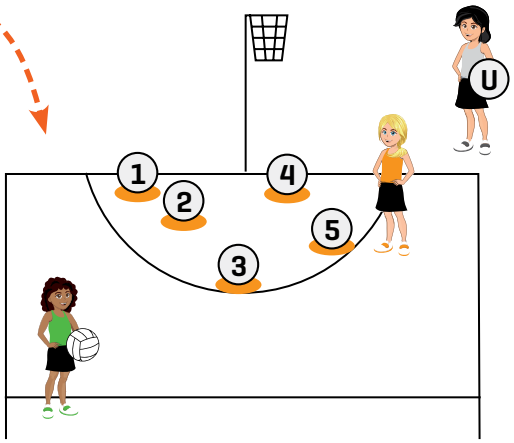


Practice your skills

Try this activity:

Two Things Challenge

- Choose five spots around the goal circle and give each one a number.
- Have a partner call out two numbers, then move quickly to both spots before receiving a pass, turning to face the post, and taking your shot.
- Challenge yourself to score 10 goals before swapping with your partner!



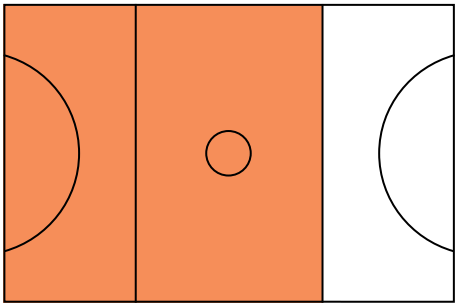
How to be a great Goal Attack



What they do

- *Key playmaker on attack*
- *Work closely with the WA and GS to get the ball into the shooting circle*
- *Scores goals and rebounds unsuccessful shots*
- *Defend through court if the ball is lost*

Where can they go?



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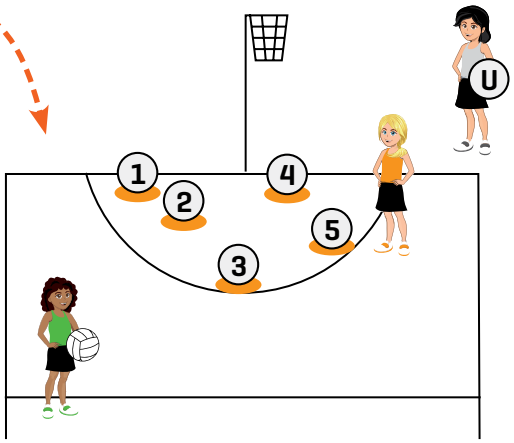


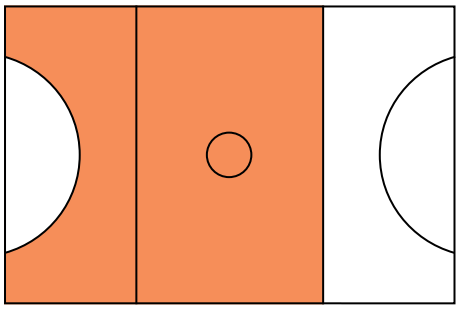
How to be a great Wing Attack



What they do

- *Receive centre passes*
- *Create space on attack*
- *Link the mid-court to the shooters*
- *Work closely with shooters to deliver quality feeds*
- *Defend through court on a turnover*

Where can they go?

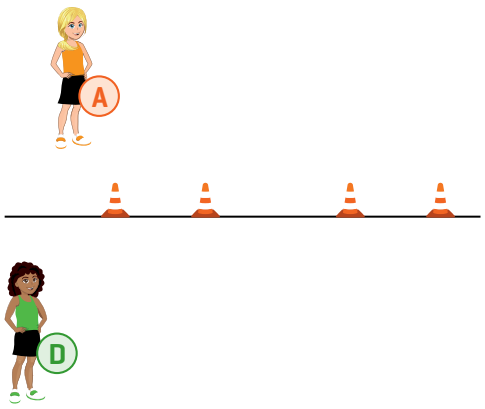


Practice your skills

Try this activity:

Gates Challenge

- Set up 2 gates with cones along a line.
- Attackers and defenders stay on their respective sides.
- The attacker aims to evade the defender and pass through the gate without being tagged.
- The defender shadows the attacker and attempts to tag them after they pass through the gate.



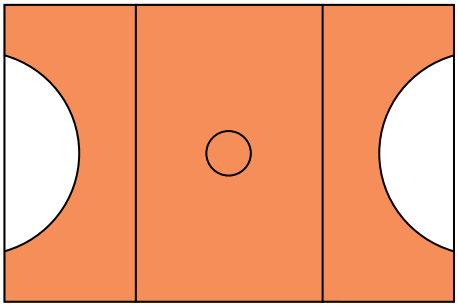
How to be a great Centre



What they do

- *Take the centre passes*
- *Key link between the attackers and defenders*
- *Bring the ball through court*
- *Feed the shooters*
- *Defends through the court on a turnover*

Where can they go?

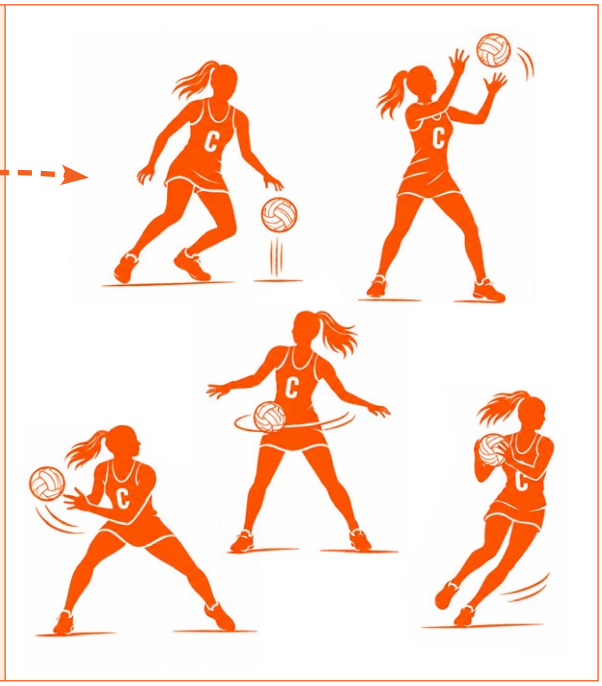


Practice your skills

Try this activity:

Ball Control Challenge

- Grab a ball and see how many different ball control skills you can complete while moving around your space.
- Try bouncing, tossing, catching, circling your waist, or switching the ball quickly from hand to hand.
- To add an extra challenge, every time you drop the ball, complete one lap around your house before jumping back in.



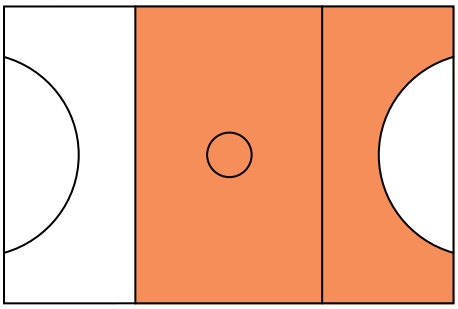
How to be a great Wing Defence



What they do

- *Disrupts the oppositions attack*
- *Limit your opponents movements*
- *Create pressure*
- *Be ready for tips, deflections and intercepts*
- *Help bring the ball down the court*

Where can they go?



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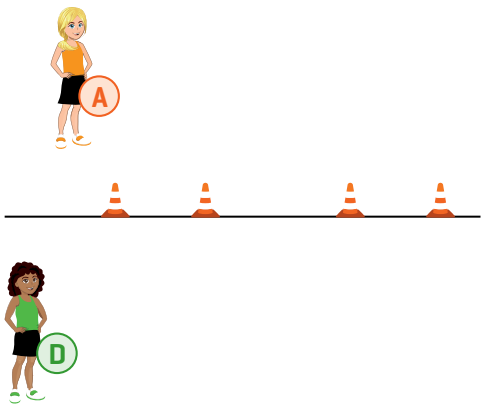


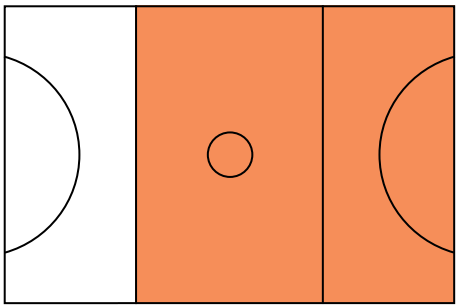
How to be a great Goal Defence



What they do

- *Stop the ball from getting into the shooting circle*
- *Work closely with the GK to defend shots*
- *Rebound unsuccessful shots*
- *Look for intercepts*
- *Support bringing the ball through court*

Where can they go?

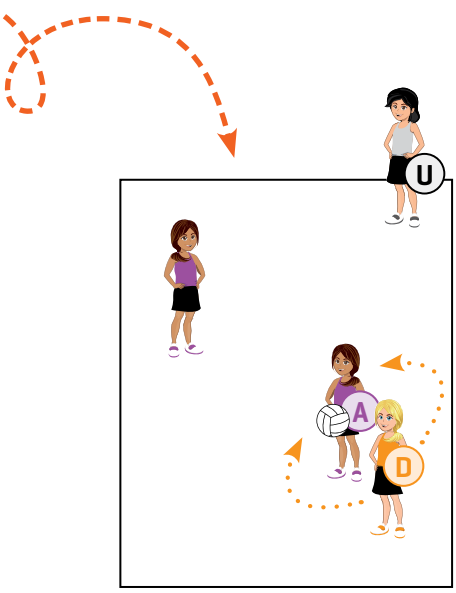


Practice your skills

Try this activity:

Washing Machine Challenge

- Grab a partner and a ball. As the Goal Defence, your job is to stay connected to your attacker while keeping your feet moving and your eyes on the ball.
- Move around the attacker using quick, controlled footwork. Stay patient and don't get caught guessing.
- When the pass is released, accelerate hard to get your hands on the ball or force a mistake.



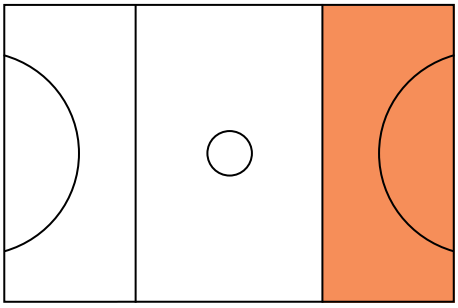
How to be a great Goal Keeper



What they do

- *Last line of defence*
- *Stop the opposition GS from getting easier passes into the circle*
- *Defend over shot and rebound unsuccessful shot*
- *Supports bringing the ball through court on a turnover*

Where can they go?



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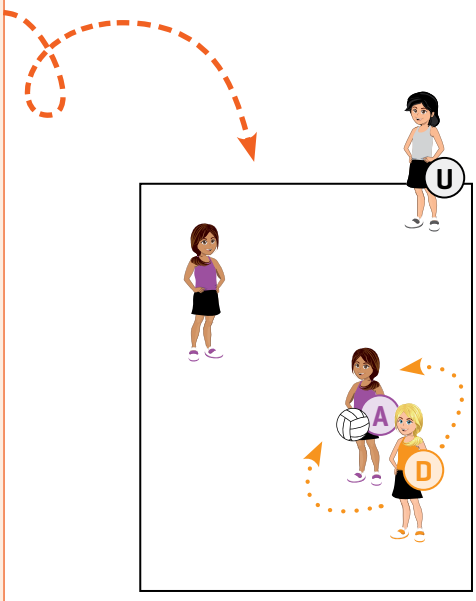

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