High-Fives

In Years 3 and 4, we play High-Fives netball. This five-a-side game is specifically designed for under-11 players to introduce them to the game of netball, build their key skills and knowledge of positions across the court, and help them to learn to play as a team.

In High-Fives, the focus is on fair participation and all players experiencing all positions. The biggest change from seven-a-side netball, aside from the number of players, is that in High-Fives, players must change position (in the order specified on the rotation sheet) at every quarter-time. It's important that players (and parents) understand that they will have to play all positions, and requests for certain positions won't be granted at this level. Coaches can provide support in explaining this to parents if needed.

A full introduction to the format and the rules, which are set by England Netball, is available **here**.

This video may also be useful for parents and players to introduce themselves to the concept: **https://youtu.be/a1Jn0RaaL24?si=aSmetuT5aJ0-I1UO**.

Support for Team Managers in High Fives is available from members of the committee, and this **template** might help to track rotations and playing time.

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