

ACTIVITY TYPE

Dance

Dance

Netball Australia has created the NetSetGO Dance program to help kids develop the fundamental skills needed for netball in a fun way. Dancing is a great way to engage young children who are just starting netball and best of all – it's fun, and a great way to break the ice at the start of each NetSetGO session.

In this resource manual you will find 18 fun and funky dance games that can be incorporated into any NetSetGO session.

You don't need to have any prior dance knowledge or experience in order to lead these games, just enthusiasm! All kids love to dance and they will also have their own favourite moves to incorporate into the games. Kids love freestyle dancing (creating their own moves) and many of the games incorporate this so you don't need to be a choreographer! Just remember – everyone will have much more fun and be more motivated if you get involved and dance along with them!

When choosing music, the easiest way to ensure there is a variety and that the participants have fun is to ask them to bring their favourite songs. Many children will be familiar with all genres of music, so feel free to include some of your own favourites throughout the activities.

In conjunction with this resource, Netball Australia has also developed dance videos that show you some great dances that you can use with your NetSetGO participants.

For more information and ideas, or to access the NetSetGO Dance videos visit www.netsetgo.asn.au

Last of all, have FUN!

Strike a Pose

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

Individuals.

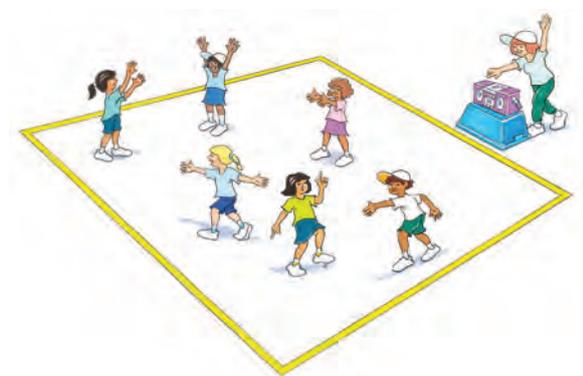
Description

The music starts and players move freely around the designated area. Movement can be dictated by the coach (for example, grapevine, side stepping, high knees).

When the music stops, players must freeze and form a statue replicating a netball pose (for example, defending the ball, shooting a goal) or their favourite dance move.

Players repeat and copy a statue from another player in the group the next time the music stops.

Variation – call out a scenario and players perform this on the spot (for example, defending a shot, landing after a pass or rock-star, disco, funky and hip hop).



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

🔄 Change It

Down: Slow down the pace of the music to allow greater body control when forming statues.

Up: Encourage players to hold the body position for different lengths of time; Players form groups of three and form a statue together; Award points for creative statues.

Say My Name

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

Description

Players stand in a large circle.

The coach starts by saying their name and performs a dance movement. It can either be a pose or a movement that lasts 3-5 seconds.

Each player repeats the coach's name and the movement.

The player to the coach's left says their name and comes up with their own movement.

The players repeat their name and the movement.

Continue around the circle.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

🔄 Change It

Down: Ask players to nominate themselves.

Up: Repeat the movement sequence (that is, coach, player 1, player 2 and so on).



Hoop Stretch

Objective

To develop balance technique and postural control.

Equipment/Area

Grass or indoor surface (not recommended on bitumen for younger groups).

Hoops/floor discs.

Group Management

Individuals.

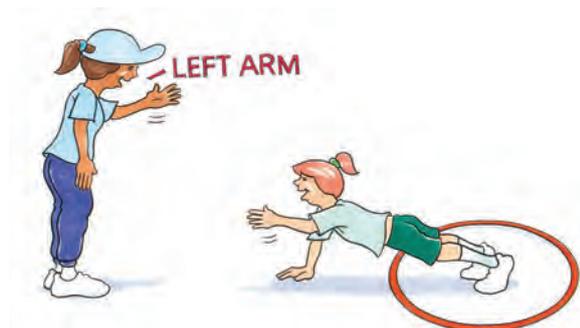
Description

Players stand in a hoop or marked circle.

Players form a bridge/plank position with two feet inside the circle and both hands outside the circle.

The coach calls a body part (left arm) and they raise that arm off the ground.

Players hold the balance for a few seconds and return to their position.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Keep back straight and bottom in line with body.

Pull belly button in to spine.

↻ Change It

Down: Work in pairs so players can help each other hold a safe bridge/plank position; Hold balances for a short duration.

Up: Increase the number of body parts off the ground; Hold balances for a longer time; Add side plank.

Funky Tiggy

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Music.

Hula hoops.

Group Management

As a group.

Description

Spread the players out in an area (that is, third of the court).

Allocate 1–2 players as the tagger/s.

The tagger attempts to tag as many players as possible. When they have been tagged, they must find a hoop and do a dance move of their choice until they are freed.

To free a player, another player must stand in front of the player in the hoop and copy their dance move for three seconds.

Rotate the taggers regularly.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Players are safe after they have performed a dance for five seconds.

Up: Increase the size of the area.

Pick Some Spots, Join the Dots

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Markers/floor discs.

Group Management

As a group.

Description

Players move around the room while the music is playing.

Once the music is stopped, players choose a cone and complete a sequence (for example, two-foot jump to the next cone, side jumps across the cone, leap from cone to cone).

Variation – number the cones and players move between the cones each time the music stops.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

🔄 Change It

Down: Decide the type of movement for the players; Reduce the number of spots; Start by walking between spots.

Up: Change the movement patterns to harder activities (for example, side stepping, grapevine); Change the sequence (for example, even numbers 2, 4, 6, 8, followed by odd numbers 1, 3, 5, 7).

Shapes in Space

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

Description

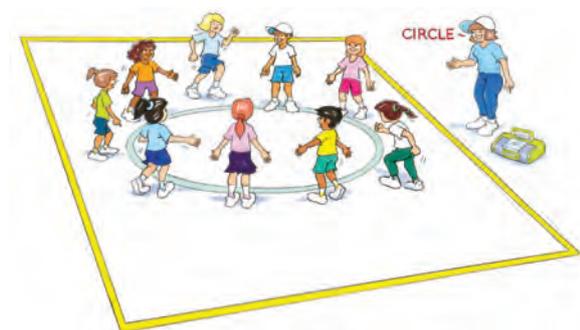
Players start to move around the area while the music is playing. The coach can dictate the movement pattern (for example, skipping).

When the music stops, the coach calls a shape (for example, a circle, square or rectangle).

Players make the nominated shape.

When the music restarts, all players run away from the shape and move around the area.

Repeat this pattern.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🕒 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Tell players in advance what the new shape will be.

Up: Call more than one shape.

Find a Friend

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

Description

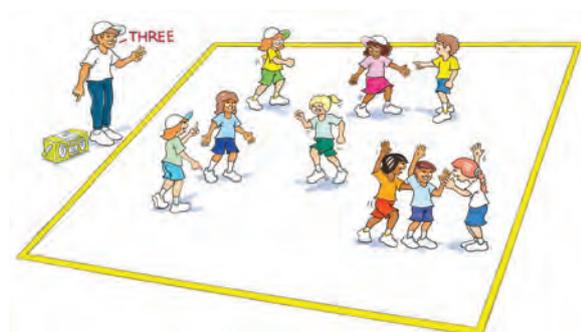
Players move around the court in time with the music (for example, skipping, twisting, hopping or a dance movement).

When the music stops, call out a number and the players form groups of that many players. Players raise their hands when completed.

The fastest group decides how the group will move until the music stops again.

Variation 1 – call out a body part and players have to join the body parts (for example, four elbows).

Variation 2 – in groups, players decide on a funky dance pose.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Players freeze on their own with the specific movement.

Up: Add netball poses/movements (for example, defending a shot, shooting a goal, hands over the ball).

Shapes in Space

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

Description

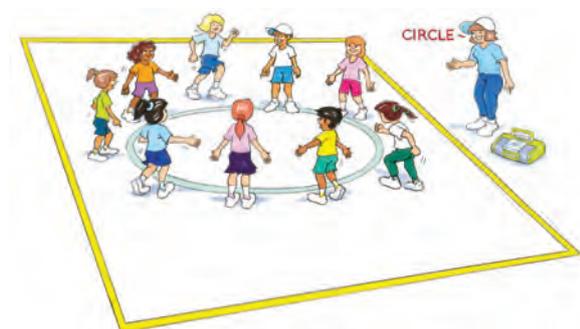
Players start to move around the area while the music is playing (the coach can dictate the movement pattern e.g. skipping).

When the music stops, the coach calls a shape e.g. a circle, square or rectangle.

Players make the nominated shape.

When the music restarts, all players run away from the shape and move around the area.

Repeat this pattern.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce importance of looking out for other players also moving within the area.

🕒 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Tell players in advance what the new shape will be.

Up: Call more than one shape.

Hoop Races

Objective

To develop awareness of self and others in space.

Equipment/Area

Netball court or suitable playing area.

Hoola hoop.

Group Management

Groups of 4–5.

Description

Players form a line, one behind the other approximately one metre apart.

The first player in the line steps into the hoop, takes it over their head and then passes it to the next player at head height.

The next player takes it over their head, lowers the hoop, steps through it and passes it to the next player.

Each group agrees on an 'up noise' and a 'down noise' and makes these noises as the hoop travels up and down.

This pattern continues until the hoop reaches the end of the line.

The end player runs to the beginning of the line and starts again.

Play until the original leader is back at the front of the line.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Encourage player to step through hoop and lift over head in a smooth movement.

↻ Change It

Down: Players participate in pairs.

Up: Add a competition to see how many times players can pass the hoop up and down the line in a minute; Players can't break the link with their hands.

Musical Shapes

Objective

To develop spatial awareness, balance and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

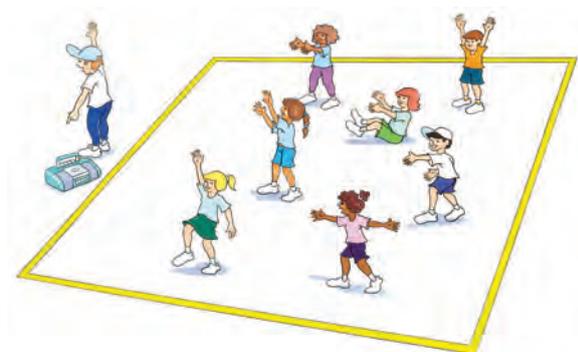
Description

Players move around the room in time with the music. Movement can be dictated by the coach (for example, grapevine, side stepping, high knees).

When the music stops, a nominated player turns their back/closes their eyes while the players choose a balance/action from the predetermined poses (for example, defending a shot, reaching for a pass, shooting a goal, v-sit).

The nominated player says a pose as they face the group/opens their eyes. The players who chose differently perform a task (for example, five star jumps, three dodges) and then rejoin the group.

Variation – each player has a netball with which they perform activities while the music is on (for example, bounce, toss in the air, wrap around their body).



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

Reinforce the importance of looking out for other players also moving within the area.

🎯 Coaching Tip

Reinforce technique for balance and movement skills.

↻ Change It

Down: Players all do the same pose; Players start with a ball between two.

Up: Incorporate a netball.

Jump, Land, Pivot

Objective

To develop movement, balance and landing techniques in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

Group Management

In groups of 4–5.

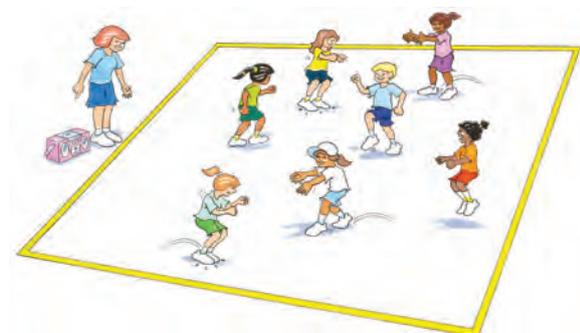
Description

Players move around the room in time with the music. Movement can be dictated by the coach (for example, grapevine, side stepping, high knees).

When the music stops, each player jumps, lands and pivots.

When the music restarts, players continue to move around the room.

Variation – introduce one or two balls. One or two players carry the ball around. When the music stops, they make eye contact with another player and pass them the ball. To receive the ball they perform their jump, land and pivot. Two passes are completed each time the music stops.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Reinforce balance, landing and movement technique during activity.

🔄 Change It

Down: Only jump and land to begin.

Up: Introduce multiple balls.

Follow the Leader

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

Group Management

As a group.

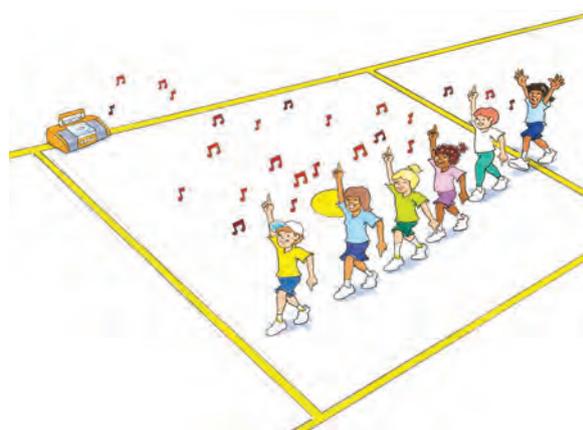
Description

Players form a line standing behind each other facing the same direction.

While moving around the court, the leader performs a dance movement and the rest of the group follows.

At each intersection of the court, the leader moves to the back of the line. The new player at the front of the line is now the leader and chooses a new movement, the players continue to follow the leader.

Repeat until each player has been the leader.



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Tell players the type of movements to do.

Up: Include netballs.

Mirror Mirror

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

Group Management

As a pair.

Description

In pairs, players stand facing each other.

The first player begins with a dance move they like and their partner copies them as a mirror image.

Note: Mirror means if the first player is moving their right arm, the partner moves their left arm.

Rotate each 10 seconds.

Variation – players can explore different heights (high arms, squatting, lunging, reaching out to the side).



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Keep the movements simple and the whole group mirrors the coach; Use slower music.

Up: Include netballs.

Stage Fright

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

Group Management

As a group.

Description

In front of all the players, demonstrate a dance move (heel digs, side steps, march steps, grapevine, etc.) for all players to copy.

Rotate the front player and change the dance movement with each leader.

Variation – put students in small groups to make up their own short routine (16 counts max) to perform for the group.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🕒 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Keep the movements simple and the whole group mirrors the coach; Use slower music.

Up: Include netballs.



Do This, Do That!

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

Description

In front of all the players, demonstrate a dance move (heel digs, side steps, march steps, grapevine, etc.) for all players to copy.

Change the activity and say 'Do this' again and the players copy.

If the leader says 'Do that' when a move is changed, the players should not copy the leader.

If a player is tricked and performs the move, they perform a movement or other warm-up action (for example, star jumps) and rejoin the group for the next movement.

Change leaders regularly.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Keep the movements simple.

Up: Change the movements faster.



Travel Around the World

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

Description

Pick 4–5 countries (think of netball countries) and allocate a dance move for each.

In a third of the court, allocate a country to each line (include the centre circle for five countries).

Players move around the third (hopping, skipping, high knees) and when a country is called, they run to that line and perform the dance move.

After 20 seconds, players continue to move around the third.

Repeat this pattern.

Variation – ask the players to make up different dance moves for each of the lines.



! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Tell the players what the dance move is.

Up: Change the movements faster.

Detective

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Group Management

As a group.

Description

Players stand in a circle, with one player allocated the 'detective' and another as the 'spy'.

The detective must stand away from the group to not see who the spy is.

The spy is the leader and decides the movement the rest of the group will perform. They try not to show who the spy is.

The detective comes back in to the circle and tries to work out who the spy is.

The spy keeps changing the movement for the rest of the group to copy.

The detective has three guesses to pick the spy.



⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Keep the dance movements simple.

Up: Change the movements faster.

Sneaky Goblins

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

Group Management

As a group.

Description

Allocate one player as the giant who stands in the centre circle with the treasure (netball) behind their feet facing away from the group.

All other players are sneaky goblins and stand behind the goal line, with the giant's back to them.

The goblins creep up on the giant (performing a dance move) and aim to steal the treasure when the giant isn't looking. If the giant turns and someone has stolen treasure they chase them back to the goal line.

The giant turns around to face the goblins and all goblins must freeze.

If the giant sees anyone moving, they send them back to the base line from where they continue the game.

Once a goblin has stolen the treasure, the giant chases all goblins back to the goal line and tries to catch the goblin who stole the treasure.

If the giant does catch a goblin, players swap roles.

! Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tip

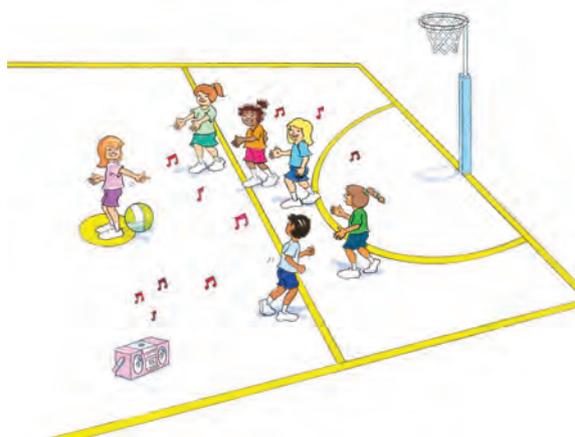
Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Allocate the movements players perform.

Up: Reduce the running distance.



So I Know I Can Dance

Objective

To develop spatial awareness and movement skills in a dance activity.

Equipment/Area

Netball court or suitable playing area.

Music.

Size 4 netballs (or equivalent).

Group Management

Groups of 3–4.

Description

Divide players into 2–3 groups and ask each group to come up with 2–3 different simple dance moves.

Each group must put these moves together to form a routine, performing each move for 2 x 8 counts.

Players are encouraged to incorporate a netball in to their dance.

Make sure the routine has a pose at the end, so encourage each group to come up with a funky pose.

Each group performs their dance routine to the group.

⚠ Safety

Define the area appropriate for numbers, ensuring there is sufficient space between each group.

🎯 Coaching Tips

Encourage players to be aware of other players within the confined space.

Encourage players to attempt different poses.

↻ Change It

Down: Use slow music.

Up: Each player incorporates a netball.

