Theme 5
Adapting the format to increase motivation

Point power plays

In professional netball, fast 5’s includes a power play rule. Before the start of the match, each team identifies the quarter that their team utilise the power play. The teams are not allowed to have power plays in the same quarter. During a power play every goal scored is worth double points bringing a level of excitement to the games.

What are the benefits?

Point power plays allow more opportunities for young people to experience success through breaking up the traditional game time. It can add a fun element to competition and increase creativity and flair.

How was this used in the School Games Pilot?

An SGO organised an intra-school netball competition for secondary school young people. It was played in a round robin format and utilised power plays. Within a one-minute power play period the scoring changed. Players received two points for hitting the ring and four points for scoring a goal. Outside of the power play the scoring was two points for a goal and one point for hitting the ring.

The power play added a lot of value to the game and really engaged all young people. It also involved the supporters and the noise levels increased rapidly during the power plays. The whole atmosphere was full of excitement during the power play. During the power play the young people focused on shooting and the skill level sometimes decreased in their attempt to score during the limited period.

Young leaders controlled all of the games successfully, both scoring and refereeing. A good level of sportsmanship and team work was observed with young people shaking hands and encouraging each other. The event was considered a great success.