

ADAPTIVE EQUIPMENT GUIDE



This guide is designed to provide you with an overview of adaptive equipment and who will benefit from it. Equipment can be introduced into training sessions within mainstream netball and within stand-alone programs for people with a disability. Each equipment item has been linked to where you can purchase the equipment from.



Netball Queensland is proudly partnered with Hart Sport, you can find out more information [here](#)

EQUIPMENT

Skill Focus	Item	Notes
Sport Specific/ Coordination	Low vision netball	Supports netballers with vision impairment
	Netballs colour & grip options	Colours and grips selected help netballers with vision impairment and issues with coordination and grip strength
	Bean bag balls set	Supports netballers with movement and coordination difficulties; also with vision impairment (e.g. selecting a contrasting colour to the court/surface, items that are more easily tracked such as scarf balls)
	Scarfball set	
	Spike balls	
	Easy catch ball	
	Bean bags Set of 4	
	Portable adjustable netball goal	Supports netballers with coordination and/or arm strength issues, also netballers in wheelchairs or of short stature
Balance & core stability	Wobble cushions	Supports development of balance for all participants, particularly those with movement issues. Can do activities sitting (easiest), kneeling or standing (hardest)
	Balance disc	
	Foam balance pad	
Change of Direction / Agility	Rubber marking rings	Assists netballers with learning difficulties, intellectual disabilities and hearing impairment - visual cues for movements and drills (e.g. run around the green cone; or 1,2, then 3 cone). Colours chosen to provide contrast for netballers with vision impairment. Soft spots and space stations are low profile for netballers with wheelchairs, mobility aids or other mobility issues
	Hula hoops	
	Agility ladders Anti-skid	
	Rainbow ladder	
	Feet markers Set of 6	
	Flexy cones	
	Numbered cone markers 1 to 10	
	Numbered cone sleeves 1 to 10	
	Safety agility pole set	
	Soft flat markers	
	Space stations Set of 6	



Skill Focus	Item	Notes
Teamwork and Fun	<u>Multi number dice</u>	Promoting teamwork, social interaction and fun!
	<u>Catch and balance set</u>	
	<u>Mobile basketball</u>	
Session organisation	<u>Fast foldable bag</u>	Equipment storage, visual session planning and timing
	<u>All seasons bag</u>	
	<u>Coaching board</u>	
	<u>Sports timer</u>	