

NETBALL NEW ZEALAND PLAYER DEVELOPMENT GUIDELINES

STAGE	TRAIN TO TRAIN		TRAIN TO COMPETE	TRAIN TO WIN
AGE (Approximately)	11 - 14	15 - 18	19 +	19+
PERFORMANCE PATHWAY	Intermediate School	NZ Talent Squad NZ SS Team Centre / Regional age group teams	NZ Academy Team NZ U21 Team NZ U21 Tournament team, Squad,	Vodafone Silver Ferns NZ Squad NZ A NZ U21 Team
DOMESTIC COMPETITION	School / Club Centres Holiday programmes Festivals	School / Club Centres NPC NZ AGC NZSS Regional and Finals	Club / Centres NZ Age group championships Smokefree Champs National Bank Cup	Clubs Smokefree Champs National Bank Cup
INTERNATIONAL COMPETITION	N / A	NZSS v AUST SS NZSS Invitation tournament	NZ A Tours NZ U21 Tours	Tours World Champs Commonwealth Games WYNC
PARTICIPATION TIME PER WEEK (Includes playing)	2 – 3 sessions 45 mins - 1 hour each	3 - 4 sessions 1 – 1.5 hours each session	4 – 5 sessions 1 – 2 hours each session	5 – 6 sessions 1.5 – 2 hours each session
SPORTS SCIENCE	<ul style="list-style-type: none"> ▪ Fitness components: speed, strength, endurance, flexibility, core strength, stability ▪ Using Swiss balls – L1 ▪ Specific speed technique ▪ Technique related to movement skills ▪ Recovery procedures 	<ul style="list-style-type: none"> ▪ Fitness components: speed, strength, power, endurance, flexibility, core strength, core stability ▪ Cross training ▪ Fitness assessments ▪ Periodised programme ▪ Using Swiss balls – L2 ▪ Training out of comfort zone ▪ Keeping a training diary ▪ Recovery procedures 	<ul style="list-style-type: none"> ▪ Periodised programmes with emphasis on speed ▪ Individualised programmes ▪ Tapering / peaking ▪ Specialist fitness sessions ▪ Cross training ▪ Fitness assessments and regular monitoring ▪ Using Swiss balls – L3 ▪ Advanced recovery procedures ▪ Training out of comfort zone ▪ Keeping a training diary ▪ Personalised psychological management ▪ Advanced coping strategies ▪ Confidence ▪ Mental toughness ▪ Decision skills training ▪ Focusing skills ▪ Goal setting skills ▪ Stress management skills ▪ Time management skills ▪ Performing under pressure and keeping focused 	<ul style="list-style-type: none"> ▪ Periodised programmes ▪ Individualised programmes ▪ Tapering / peaking ▪ Specialist fitness sessions ▪ Cross training ▪ Fitness assessments and regular monitoring ▪ Using Swiss balls – L3 ▪ Advanced recovery procedures ▪ Keeping a training diary ▪ Personalised psychological management ▪ Advanced coping strategies ▪ Confidence ▪ Mental toughness ▪ Decision skills training ▪ Focusing skills ▪ Goal setting skills ▪ Stress management skills ▪ Time management skills ▪ Performing under pressure and keeping focused

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SPORTS SCIENCE (continued)	<ul style="list-style-type: none"> ▪ Nutrition for health & training: hydration ▪ Basic goal setting ▪ Time management ▪ Mental Toughness ▪ Building self-confidence 	<ul style="list-style-type: none"> ▪ Nutrition: iron, calcium pre, post game, ▪ Supplement awareness ▪ Hydration, Sports drinks ▪ Building confidence ▪ Consolidating routines ▪ Coping strategies ▪ Performance goals (for training and competition) ▪ Focusing skills ▪ Imagery, relaxation 	<ul style="list-style-type: none"> ▪ Nutrition: keeping a food diary ▪ Menu planning and management – purchasing and preparation of meals ▪ Glycemic index ▪ Nutritional management at tournaments ▪ Supplements awareness 	<ul style="list-style-type: none"> ▪ Self monitoring of nutrition ▪ Review of iron, calcium, GI, fluids, pre & post training game ▪ Supplements awareness
SPORTS MEDICINE	<ul style="list-style-type: none"> ▪ Warm up ▪ Cool down ▪ Stretching ▪ Injury prevention ▪ Functional movement 	<ul style="list-style-type: none"> ▪ Muscle balance ▪ Podiatry ▪ Medical screening ▪ Injury self management ▪ Stretching ▪ Doping education ▪ Strapping techniques 	<ul style="list-style-type: none"> ▪ Muscle balance ▪ Podiatry as required ▪ Medical screening ▪ Injury self management ▪ Doping education ▪ Sports vision 	
VALUES DEVELOPMENT EMPHASIS	<ul style="list-style-type: none"> ▪ Enjoyment ▪ Fair play ▪ Self reliance ▪ Being a club / school / team member ▪ Competition ▪ Intensity ▪ Self confidence ▪ Self esteem ▪ Work ethic ▪ Time management ▪ Team dynamics 	<ul style="list-style-type: none"> ▪ Enjoyment ▪ Discipline ▪ Dedication ▪ Work ethic and intensity ▪ Desire for personal improvement ▪ Long term commitment ▪ Time management ▪ Leadership ▪ Team dynamics ▪ Mental toughness 	<ul style="list-style-type: none"> ▪ Enjoyment ▪ Self reliance and responsibility ▪ Able to go outside their comfort zone ▪ Leadership ▪ Work ethic and intensity ▪ Mental toughness ▪ Personal sacrifice ▪ Role modelling ▪ Touring ▪ Team dynamics ▪ Compliance to codes of conduct ▪ Openness to new ideas and a variety of coaching styles 	<ul style="list-style-type: none"> ▪ Enjoyment ▪ Maintenance and further enhancement of a 'winning attitude' ▪ Leadership ▪ Personal sacrifice ▪ Self evaluation ▪ Self reliance and responsibility ▪ Compliance to codes of conduct

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NETBALL SPECIFIC	<ul style="list-style-type: none"> ▪ Movement skills ▪ Ball skills ▪ Shooting skills ▪ Attacking skills ▪ Defending skills ▪ Awareness of space ▪ Modified games ▪ Decision making ▪ Understanding and applying the rules 	<ul style="list-style-type: none"> ▪ Adv movement skills ▪ Adv ball skills ▪ Adv shooting skills ▪ Adv attacking skills ▪ Adv defending skills ▪ Decision making ▪ Reading the game and adapting play ▪ Game analysis and strategies ▪ Applying the rules and adjusting 	<ul style="list-style-type: none"> ▪ Perform skills consistently and when under pressure ▪ Advanced game analysis and strategies ▪ Opposition analysis ▪ International awareness of playing and umpiring styles 	<ul style="list-style-type: none"> ▪ Expert performance of skills and tactics ▪ Advanced game analysis and strategies ▪ Opposition analysis ▪ International awareness of playing and umpiring styles
PLAYER SUPPORT	<ul style="list-style-type: none"> ▪ Family / whanau 	<ul style="list-style-type: none"> ▪ Family / whanua ▪ Use of role models ▪ Pathways identified ▪ ACE ▪ Drugs & alcohol education ▪ Lists of contacts in regions 	<ul style="list-style-type: none"> ▪ ACE ▪ Contracts ▪ Media training ▪ Finances ▪ Drugs & alcohol education ▪ Sponsorship ▪ Family / whanau 	<ul style="list-style-type: none"> ▪ ACE ▪ Contracts ▪ Media training – being in the spotlight ▪ Finances ▪ Managers ▪ Family / whanau
ISSUES	<ul style="list-style-type: none"> ▪ Eating disorders 	<ul style="list-style-type: none"> ▪ Eating disorders ▪ School / sport / social commitments 	<ul style="list-style-type: none"> ▪ Flating and living away from home ▪ Budgeting ▪ Relationships ▪ Education / employment commitments 	<ul style="list-style-type: none"> ▪ Managers ▪ Education / employment commitments