



# NETBALL NEW ZEALAND PLAYER DEVELOPMENT GUIDELINES

## OVERVIEW

STAGE	EXPLORE	LEARN	PARTICIPATE	PERFORM	EXCEL
<b>AGE (approx) &amp; COMMUNITY</b>	5 – 7 Fun Ferns	8 – 10 Future Ferns	11 – 14 Year 7 & 8 Junior Secondary school	15 – 18+ Senior Secondary School, Rep, Senior club	19+ High Performance
<b>PERFORMANCE PATHWAY</b>	N/A	N/A	Year 9 & 10 talented players U15 Talented players	NZTD programme NZSS Team Emerging Talent Accelerant Group Centre / Regional reps U17, U19, U21 Tournament team,	Silver Ferns NZ A HP Accelerant Group NZ U21 Team
<b>DOMESTIC COMPETITION</b>	School / Club /Centres Holiday programmes		School / Club /Centres U15 tournaments	School / Club Centres U17, NZAGC Regional SS & NZSS Finals	ANZ Champs National Champs
<b>INTERNATIONAL COMPETITION</b>	N/A	N/A	N/A	NZSS v AUST SS	World Champs Commonwealth Games Test Series World Youth Champs
<b>PARTICIPATION TIME PER WEEK (Includes playing netball)</b>	1 – 2 sessions 30 – 45 mins each	2 – 3 sessions 45 mins – 1 hour each	3 – 4 sessions 1 – 1.5 hr each session	4 – 5 sessions 1 – 2 hours each session	6 – 10 sessions 1.5 – 2.5 hours each session

Please note that these are guidelines only and that some players may not fit exactly into the stages of development.  
 NNZ will update these from time to time

## NETBALL SPECIFIC

STAGE	EXPLORE	LEARN	PARTICIPATE	PERFORM	EXCEL
AGE (approx) & COMMUNITY	5 – 7 Fun Ferns	8 – 10 Future Ferns	11 – 14 Year 7 & 8 Junior Secondary school	15 – 18+ Senior Secondary School, Rep, Senior club	19+ High Performance
<b>MOVEMENT SKILLS</b>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Landing</li> <li>• Running</li> <li>• Jumping</li> <li>• Pivoting</li> </ul>	<ul style="list-style-type: none"> <li>• Stable balanced position (SBP)</li> <li>• Landing</li> <li>• Jumping</li> <li>• Running – fwds, bkws</li> <li>• Pivoting</li> </ul>	<ul style="list-style-type: none"> <li>• SBP</li> <li>• Landing, stopping, take off using either leg</li> <li>• Angle running</li> <li>• Meeting the ball hard</li> <li>• Turning in the air</li> </ul>	<ul style="list-style-type: none"> <li>• SBP</li> <li>• Landing, stopping, take off using either leg</li> <li>• Body control</li> <li>• Meeting ball hard &amp; turning fully</li> <li>• Multi – directional &amp; combination</li> <li>• Using footwork to advantage e.g. stepping around a defence</li> </ul>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Able to maintain dynamic and static balance on ground or at speed on either leg or both.</li> <li>• Movement recovery</li> <li>• Multi – directional &amp; combination.</li> <li>• Acceleration deceleration at varying speeds.</li> <li>• Using footwork to advantage</li> </ul>
<b>BALL SKILLS</b>	<ul style="list-style-type: none"> <li>• Catching</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Passing to space</li> </ul>	<ul style="list-style-type: none"> <li>• Catching – stationary, moving</li> <li>• Passing – chest, bounce, 1 handed, lob</li> <li>• Passing to space</li> </ul>	<ul style="list-style-type: none"> <li>• Passing variety</li> <li>• Passing to space</li> <li>• Using both sides of body</li> <li>• Taking high passes</li> <li>• Peripheral vision</li> <li>• Contesting on the ground</li> </ul>	<ul style="list-style-type: none"> <li>• Passing variety</li> <li>• Passing length – up to 20 m</li> <li>• Varying release time</li> <li>• Passing to space</li> <li>• Passing in the air</li> <li>• Using both sides of body</li> <li>• Taking high passes</li> <li>• Contesting on the ground &amp; aerially</li> <li>• Peripheral vision</li> <li>• Release time</li> <li>• Deception with the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Pass variety and length on and off balance.</li> <li>• Contesting on the ground &amp; aerially</li> <li>• Able to release quickly and accurately in all situations on ground or in the air.</li> <li>• Complex decision making under pressure and on the move.</li> </ul>

## NETBALL SPECIFIC

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AGE (approx) & COMMUNITY	5 – 7 Fun Ferns	8 – 10 Future Ferns	11 – 14 Year 7 & 8 Junior Secondary school	15 – 18+ Senior Secondary School, Rep, Senior club	19+ High Performance
<b>ON ATTACK</b>	<ul style="list-style-type: none"> <li>Spatial awareness</li> </ul>	<p><b>TECHNICAL</b></p> <ul style="list-style-type: none"> <li>Straight leads</li> <li>Change of direction</li> <li>Dodge</li> </ul> <p><b>TACTICAL</b></p> <ul style="list-style-type: none"> <li>Spatial awareness</li> <li>Court balance</li> <li>Through court</li> <li>Centre pass</li> </ul>	<p><b>TECHNICAL</b></p> <ul style="list-style-type: none"> <li>Straight leads</li> <li>Change of direction</li> <li>Change of pace</li> <li>Dodge</li> </ul> <p><b>TACTICAL</b></p> <ul style="list-style-type: none"> <li>Court balance</li> <li>Timing</li> <li>Play from turn over</li> <li>Throw ins</li> <li>Centre pass – 1<sup>st</sup> phase</li> <li>Play from stoppages</li> </ul>	<p><b>TECHNICAL</b></p> <ul style="list-style-type: none"> <li>Change of direction, pace</li> <li>Front cuts</li> <li>Rolls, ½ rolls</li> <li>Pass and cut</li> <li>Lead up to go back</li> <li>Using screens</li> </ul> <p><b>TACTICAL</b></p> <ul style="list-style-type: none"> <li>Changing the timing</li> <li>Play from turn over</li> <li>Play from stoppages</li> <li>Play from penalties</li> <li>Throw ins – all 1/3's</li> <li>Centre pass – 1<sup>st</sup> &amp; 2<sup>nd</sup> phase</li> <li>Transition onto attack</li> <li>Circle edge positioning</li> <li>Inside / outside circle links</li> <li>Using triangles</li> <li>Feeding on and off the circle</li> </ul>	<p><b>TECHNICAL</b></p> <ul style="list-style-type: none"> <li>Work ball through confined congested space fluently and smoothly using a variety of movements</li> <li>Screens stationary and moving.</li> </ul> <p><b>TACTICAL</b></p> <ul style="list-style-type: none"> <li>Changing the timing</li> <li>Playing at speed while maintaining possession &amp; accuracy</li> <li>Play from turn over</li> <li>Play from stoppages</li> <li>Play from penalties</li> <li>Throw ins – all 1/3's</li> <li>Centre pass</li> <li>Transition onto attack</li> <li>Court use width and depth.</li> <li>Circle edge positioning</li> <li>Inside / outside circle links</li> <li>Using triangles</li> <li>Feeding on and off the circle</li> </ul>

AGE (approx) & COMMUNITY	5 – 7 Fun Ferns	8 – 10 Future Ferns	11 – 14 Year 7 & 8 Junior Secondary school	15 – 18+ Senior Secondary School, Rep, Senior club,	19+ High Performance
<b>ON DEFENCE</b>	N/A	<b>TECHNICAL</b> <ul style="list-style-type: none"> <li>1 on 1 defence</li> <li>Intercepting</li> </ul> <b>TACTICAL</b> <ul style="list-style-type: none"> <li>Centre pass</li> </ul>	<b>TECHNICAL</b> <ul style="list-style-type: none"> <li>1 on 1 defence include .9m on the ball</li> <li>Intercepting</li> </ul> <b>TACTICAL</b> <ul style="list-style-type: none"> <li>Play from turnovers</li> <li>Throw ins</li> <li>Unit defence</li> <li>Centre pass</li> </ul>	<b>TECHNICAL</b> <ul style="list-style-type: none"> <li>Movement around attack</li> <li>Open / closed marking</li> <li>Back, back and up</li> </ul> <b>TACTICAL</b> <ul style="list-style-type: none"> <li>Centre pass – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> phase</li> <li>Confusing the space</li> <li>Phases of defence</li> <li>Space / zone</li> <li>Directing</li> <li>2 on 1</li> <li>Isolate</li> <li>Unit defence</li> <li>Inside / outside links</li> <li>Play from turnovers</li> <li>Play from penalties</li> <li>Transition onto defence</li> </ul>	<b>TECHNICAL</b> <ul style="list-style-type: none"> <li>Movement around attack</li> <li>Open / closed marking</li> <li>Back, back and up</li> <li>Countering screens</li> </ul> <b>TACTICAL</b> <ul style="list-style-type: none"> <li>Centre pass - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> + phases</li> <li>Confusing the space</li> <li>Phases of defence</li> <li>Space / zone</li> <li>Directing</li> <li>2 on 1</li> <li>Isolate</li> <li>Unit defence</li> <li>Inside / outside links</li> <li>Play from turnovers</li> <li>Play from penalties</li> <li>Transition onto defence</li> <li>Combinations of strategies</li> </ul>
<b>GAME</b>	N/A	<ul style="list-style-type: none"> <li>Basic Rules knowledge</li> </ul>	<ul style="list-style-type: none"> <li>Rules knowledge</li> <li>Substitutions / changes</li> </ul>	<ul style="list-style-type: none"> <li>Good rules knowledge</li> <li>Substitutions /changes</li> <li>Scenarios</li> </ul>	<ul style="list-style-type: none"> <li>Very good rules knowledge</li> <li>Substitutions / changes</li> <li>Pressure scenarios</li> </ul>
<b>SPECIALIST</b>	N/A	<b>SHOOTING</b> <ul style="list-style-type: none"> <li>Technique</li> <li>Rebounding</li> </ul> <b>DEFENCE OF SHOT</b> <ul style="list-style-type: none"> <li>Technique</li> <li>Rebounding</li> </ul>	<b>SHOOTING</b> <ul style="list-style-type: none"> <li>70 % + accuracy</li> <li>Shooting technique</li> <li>Using footwork – step back</li> <li>Rebounding</li> </ul> <b>DEFENCE OF SHOT</b> <ul style="list-style-type: none"> <li>Lean, jump</li> <li>Screening out</li> <li>Rebounding</li> </ul>	<b>SHOOTING</b> <ul style="list-style-type: none"> <li>80 % + accuracy</li> <li>Using footwork – bk, fwd, side</li> <li>Varying release time of shot</li> <li>Rebounding</li> </ul> <b>DEFENCE OF SHOT</b> <ul style="list-style-type: none"> <li>Variety</li> <li>Screening out</li> <li>Covering other shooter</li> <li>Outlet pass</li> <li>Rebounding</li> </ul>	<b>SHOOTING</b> <ul style="list-style-type: none"> <li>85 % + accuracy</li> <li>Using footwork – bk, fwd, side</li> <li>Varying release time of shot</li> <li>Lay up, falling out of court</li> <li>Rebounding</li> </ul> <b>DEFENCE OF SHOT</b> <ul style="list-style-type: none"> <li>Variety</li> <li>Screening out</li> <li>Covering other shooter</li> <li>Outlet pass</li> <li>Rebounding</li> </ul>

## SPORTS SCIENCE

SPARC	EXPLORE	LEARN	PARTICIPATE	PERFORM	EXCEL
AGE (approx) & COMMUNITY	5 – 7 Fun Ferns	8 – 10 Future Ferns	11 – 14 Year 7 & 8 Junior Secondary school	15 – 18+ Senior Secondary School, Rep, Senior club	19+ High Performance
<b>STRENGTH &amp; CONDITIONING</b>	N/A	N/A	<ul style="list-style-type: none"> <li>• Fitness components: speed, strength, endurance, flexibility</li> <li>• Core strength</li> </ul>	<ul style="list-style-type: none"> <li>• Periodised programmes</li> <li>• Training diary</li> <li>• Tapering / peaking</li> <li>• Cross training</li> <li>• Fitness assessments</li> <li>• Recovery procedures</li> </ul>	<ul style="list-style-type: none"> <li>• Periodised programmes</li> <li>• Training diary</li> <li>• Individualised programmes</li> <li>• Tapering / peaking</li> <li>• Cross training</li> <li>• Fitness assessments</li> <li>• Recovery procedures</li> <li>• Use of Heart rate monitors</li> </ul>
<b>MENTAL SKILLS</b>	N/A	N/A	<ul style="list-style-type: none"> <li>• Concentration</li> <li>• Commitment</li> </ul>	<ul style="list-style-type: none"> <li>• Activation control</li> <li>• Confidence</li> <li>• Self awareness</li> <li>• Work ethic – self reliance, consistency, continuous improvement</li> <li>• Time management</li> </ul>	<ul style="list-style-type: none"> <li>• Self reflection</li> <li>• Performance under pressure</li> <li>• Resilience</li> <li>• Overcoming road blocks</li> <li>• Conflict resolution</li> <li>• Leading change</li> </ul>
<b>SPORTS MEDICINE</b>	N/A	<ul style="list-style-type: none"> <li>• Warm up &amp; cool down</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up &amp; cool down</li> <li>• Functional movement</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up &amp; cool down</li> <li>• Muscle balance assessments</li> <li>• Medical screening</li> <li>• Podiatry</li> <li>• Injury self management</li> <li>• Rehab &amp; rehab</li> <li>• Doping education</li> <li>• Sports vision</li> </ul>	<ul style="list-style-type: none"> <li>• Warm up &amp; cool down</li> <li>• Muscle balance assessments</li> <li>• Medical screening</li> <li>• Podiatry</li> <li>• Injury self management</li> <li>• Rehab &amp; rehab</li> <li>• Doping education</li> <li>• Sports vision</li> </ul>

<b>NUTRITION</b>	N/A	<ul style="list-style-type: none"> <li>Guidelines for healthy eating</li> <li>Hydration awareness</li> </ul>	<ul style="list-style-type: none"> <li>Guidelines for healthy eating</li> <li>Pre, during &amp; post game</li> <li>Hydration awareness</li> <li>Role of fats, Carbohydrates and Protein</li> <li>Reading food labels</li> </ul>	<ul style="list-style-type: none"> <li>Pre, during &amp; post game</li> <li>Iron, calcium</li> <li>Supplement awareness</li> <li>Hydration – using Sports drinks</li> <li>Understanding eating disorders</li> <li>Tournaments</li> </ul>	<ul style="list-style-type: none"> <li>Supplement awareness</li> <li>Self monitoring</li> <li>Food diaries</li> <li>Understanding eating disorders</li> <li>Travelling</li> <li>Glycemic index</li> </ul>
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### VALUES & SUPPORT

	<b>EXPLORE</b>	<b>LEARN</b>	<b>PARTICIPATE</b>	<b>PERFORM</b>	<b>EXCEL</b>
<b>AGE (approx) &amp; COMMUNITY</b>	5 – 7 Fun Ferns	8 – 10 Future Ferns	11 – 14 Year 7 & 8 Junior Secondary school	15 – 18+ Senior Secondary School Senior club	19+ High Performance
<b>TECHNOLOGY</b>	N/A	N/A	<ul style="list-style-type: none"> <li>Video</li> </ul>	<ul style="list-style-type: none"> <li>Video</li> <li>Sportscodes</li> <li>Silicon coach</li> <li>Time warp</li> </ul>	<ul style="list-style-type: none"> <li>Video</li> <li>Sportscodes</li> <li>Silicon coach</li> <li>Time warp</li> </ul>
<b>PLAYER SUPPORT</b>	N/A	<ul style="list-style-type: none"> <li>Family / whanua</li> </ul>	<ul style="list-style-type: none"> <li>Family / whanau</li> </ul>	<ul style="list-style-type: none"> <li>Use of role models</li> <li>Pathways identified</li> <li>IPP's</li> <li>Lists of contacts in regions</li> <li>Dealing with Burn Out, Loss Of Form, Injury</li> <li>Drugs and alcohol</li> </ul>	<ul style="list-style-type: none"> <li>IPP's</li> <li>Contracts</li> <li>Media training</li> <li>Sponsorship</li> <li>Managers</li> <li>Dealing with Burn Out, Loss of form, Injury.</li> <li>Drugs and alcohol</li> </ul>
<b>VALUES DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>Enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>Enjoyment</li> <li>Fair play</li> <li>Being a team member</li> </ul>	<ul style="list-style-type: none"> <li>Enjoyment</li> <li>Fair play</li> <li>Being a team member</li> </ul>	<ul style="list-style-type: none"> <li>Enjoyment</li> <li>Role modelling</li> <li>Being a team member</li> <li>Foster team culture and teamwork on and off the court.</li> <li>"We Before I" philosophy.</li> </ul>	<ul style="list-style-type: none"> <li>Enjoyment</li> <li>Role modelling</li> <li>Core personal and team characteristics to achieve the best within a successful team environment.</li> <li>Foster team culture and team work on and off the court</li> <li>"We Before I" philosophy.</li> </ul>

<p><b>ISSUES</b></p>	<p>N/A</p>	<p>N/A</p>	<ul style="list-style-type: none"> <li>• School / social / sport commitments</li> </ul>	<ul style="list-style-type: none"> <li>• School / social / sport commitments</li> <li>• Relationships</li> <li>• Employment – semi professional</li> </ul>	<ul style="list-style-type: none"> <li>• Tertiary/ social / sport commitments</li> <li>• Employment – semi professional</li> <li>• Flatting and living away from home</li> </ul>
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