



NETBALL NEW ZEALAND PLAYER DEVELOPMENT GUIDELINES

OVERVIEW

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
PERFORMANCE PATHWAY	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
DOMESTIC COMPETITION	School / Club /Centres Holiday programmes		School / Club /Centres U15 tournaments	School / Club Centres U17, NZAGC Regional SS & NZSS Finals	ANZ Champs National Champs
INTERNATIONAL COMPETITION	N/A	N/A	N/A	NZSS v AUST SS	World Champs Commonwealth Games Test Series World Youth Champs
PARTICIPATION TIME PER WEEK (Includes playing netball)	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
MOVEMENT SKILLS	<ul style="list-style-type: none"> • Balance • Landing • Running • Jumping • Pivoting 	<ul style="list-style-type: none"> • Stable balanced position (SBP) • Landing • Jumping • Running – fwds, bkws • Pivoting 	<ul style="list-style-type: none"> • SBP • Landing, stopping, take off using either leg • Angle running • Meeting the ball hard • Turning in the air 	<ul style="list-style-type: none"> • SBP • Landing, stopping, take off using either leg • Body control • Meeting ball hard & turning fully • Multi – directional & combination • Using footwork to advantage e.g. stepping around a defence 	<ul style="list-style-type: none"> • Body control • Able to maintain dynamic and static balance on ground or at speed on either leg or both. • Movement recovery • Multi – directional & combination. • Acceleration deceleration at varying speeds. • Using footwork to advantage
BALL SKILLS	<ul style="list-style-type: none"> • Catching • Chest pass • Bounce pass • Passing to space 	<ul style="list-style-type: none"> • Catching – stationary, moving • Passing – chest, bounce, 1 handed, lob • Passing to space 	<ul style="list-style-type: none"> • Passing variety • Passing to space • Using both sides of body • Taking high passes • Peripheral vision • Contesting on the ground 	<ul style="list-style-type: none"> • Passing variety • Passing length – up to 20 m • Varying release time • Passing to space • Passing in the air • Using both sides of body • Taking high passes • Contesting on the ground & aerially • Peripheral vision • Release time • Deception with the ball 	<ul style="list-style-type: none"> • Pass variety and length on and off balance. • Contesting on the ground & aerially • Able to release quickly and accurately in all situations on ground or in the air. • Complex decision making under pressure and on the move.

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ON ATTACK	<ul style="list-style-type: none"> Spatial awareness 	<p>TECHNICAL</p> <ul style="list-style-type: none"> Straight leads Change of direction Dodge <p>TACTICAL</p> <ul style="list-style-type: none"> Spatial awareness Court balance Through court Centre pass 	<p>TECHNICAL</p> <ul style="list-style-type: none"> Straight leads Change of direction Change of pace Dodge <p>TACTICAL</p> <ul style="list-style-type: none"> Court balance Timing Play from turn over Throw ins Centre pass – 1st phase Play from stoppages 	<p>TECHNICAL</p> <ul style="list-style-type: none"> Change of direction, pace Front cuts Rolls, ½ rolls Pass and cut Lead up to go back Using screens <p>TACTICAL</p> <ul style="list-style-type: none"> Changing the timing Play from turn over Play from stoppages Play from penalties Throw ins – all 1/3's Centre pass – 1st & 2nd phase Transition onto attack Circle edge positioning Inside / outside circle links Using triangles Feeding on and off the circle 	<p>TECHNICAL</p> <ul style="list-style-type: none"> Work ball through confined congested space fluently and smoothly using a variety of movements Screens stationary and moving. <p>TACTICAL</p> <ul style="list-style-type: none"> Changing the timing Playing at speed while maintaining possession & accuracy Play from turn over Play from stoppages Play from penalties Throw ins – all 1/3's Centre pass Transition onto attack Court use width and depth. Circle edge positioning Inside / outside circle links Using triangles Feeding on and off the circle

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
ON DEFENCE	N/A	TECHNICAL <ul style="list-style-type: none"> 1 on 1 defence Intercepting TACTICAL <ul style="list-style-type: none"> Centre pass 	TECHNICAL <ul style="list-style-type: none"> 1 on 1 defence include .9m on the ball Intercepting TACTICAL <ul style="list-style-type: none"> Play from turnovers Throw ins Unit defence Centre pass 	TECHNICAL <ul style="list-style-type: none"> Movement around attack Open / closed marking Back, back and up TACTICAL <ul style="list-style-type: none"> Centre pass – 1st, 2nd, 3rd phase Confusing the space Phases of defence Space / zone Directing 2 on 1 Isolate Unit defence Inside / outside links Play from turnovers Play from penalties Transition onto defence 	TECHNICAL <ul style="list-style-type: none"> Movement around attack Open / closed marking Back, back and up Countering screens TACTICAL <ul style="list-style-type: none"> Centre pass - 1st, 2nd, 3rd + phases Confusing the space Phases of defence Space / zone Directing 2 on 1 Isolate Unit defence Inside / outside links Play from turnovers Play from penalties Transition onto defence Combinations of strategies
GAME	N/A	<ul style="list-style-type: none"> Basic Rules knowledge 	<ul style="list-style-type: none"> Rules knowledge Substitutions / changes 	<ul style="list-style-type: none"> Good rules knowledge Substitutions /changes Scenarios 	<ul style="list-style-type: none"> Very good rules knowledge Substitutions / changes Pressure scenarios
SPECIALIST	N/A	SHOOTING <ul style="list-style-type: none"> Technique Rebounding DEFENCE OF SHOT <ul style="list-style-type: none"> Technique Rebounding 	SHOOTING <ul style="list-style-type: none"> 70 % + accuracy Shooting technique Using footwork – step back Rebounding DEFENCE OF SHOT <ul style="list-style-type: none"> Lean, jump Screening out Rebounding 	SHOOTING <ul style="list-style-type: none"> 80 % + accuracy Using footwork – bk, fwd, side Varying release time of shot Rebounding DEFENCE OF SHOT <ul style="list-style-type: none"> Variety Screening out Covering other shooter Outlet pass Rebounding 	SHOOTING <ul style="list-style-type: none"> 85 % + accuracy Using footwork – bk, fwd, side Varying release time of shot Lay up, falling out of court Rebounding DEFENCE OF SHOT <ul style="list-style-type: none"> Variety Screening out Covering other shooter Outlet pass Rebounding

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
STRENGTH & CONDITIONING	N/A	N/A	<ul style="list-style-type: none"> • Fitness components: speed, strength, endurance, flexibility • Core strength 	<ul style="list-style-type: none"> • Periodised programmes • Training diary • Tapering / peaking • Cross training • Fitness assessments • Recovery procedures 	<ul style="list-style-type: none"> • Periodised programmes • Training diary • Individualised programmes • Tapering / peaking • Cross training • Fitness assessments • Recovery procedures • Use of Heart rate monitors
MENTAL SKILLS	N/A	N/A	<ul style="list-style-type: none"> • Concentration • Commitment 	<ul style="list-style-type: none"> • Activation control • Confidence • Self awareness • Work ethic – self reliance, consistency, continuous improvement • Time management 	<ul style="list-style-type: none"> • Self reflection • Performance under pressure • Resilience • Overcoming road blocks • Conflict resolution • Leading change
SPORTS MEDICINE	N/A	<ul style="list-style-type: none"> • Warm up & cool down 	<ul style="list-style-type: none"> • Warm up & cool down • Functional movement 	<ul style="list-style-type: none"> • Warm up & cool down • Muscle balance assessments • Medical screening • Podiatry • Injury self management • Rehab & rehab • Doping education • Sports vision 	<ul style="list-style-type: none"> • Warm up & cool down • Muscle balance assessments • Medical screening • Podiatry • Injury self management • Rehab & rehab • Doping education • Sports vision

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

	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 Senior club	19+ High Performance
TECHNOLOGY	N/A	N/A	<ul style="list-style-type: none"> Video 	<ul style="list-style-type: none"> Video Sportscodes Silicon coach Time warp 	<ul style="list-style-type: none"> Video Sportscodes Silicon coach Time warp
PLAYER SUPPORT	N/A	<ul style="list-style-type: none"> Family / whanua 	<ul style="list-style-type: none"> Family / whanau 	<ul style="list-style-type: none"> Use of role models Pathways identified IPP's Lists of contacts in regions Dealing with Burn Out, Loss Of Form, Injury Drugs and alcohol 	<ul style="list-style-type: none"> IPP's Contracts Media training Sponsorship Managers Dealing with Burn Out, Loss of form, Injury. Drugs and alcohol
VALUES DEVELOPMENT	<ul style="list-style-type: none"> Enjoyment 	<ul style="list-style-type: none"> Enjoyment Fair play Being a team member 	<ul style="list-style-type: none"> Enjoyment Fair play Being a team member 	<ul style="list-style-type: none"> Enjoyment Role modelling Being a team member Foster team culture and teamwork on and off the court. "We Before I" philosophy. 	<ul style="list-style-type: none"> Enjoyment Role modelling Core personal and team characteristics to achieve the best within a successful team environment. Foster team culture and team work on and off the court "We Before I" philosophy.

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