Player Development Guidelines

KEY PRINCIPLES

Netball NZ recommendations when supporting a developing player:

A player:

- Chooses and prioritizes what teams they want to play in
- Plays in a maximum of three teams per season
- Plays in a maximum of two netball sessions in one day
- Plays up to two games per week (does not apply to tournaments)

Refer to the NetballSmart website for further information.

NETBALL SESSION/HOURS PER WEEK

TOURNAMENT RECOMMENDATIONS ONE DAY TOURNAMENT THREE DAY TOURNAMENT WITH 10 Max. playing time of 120 minutes. MINUTE QUARTERS

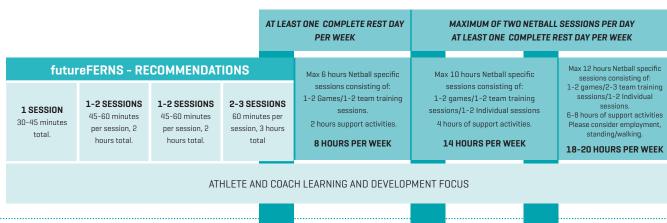
Max. of 10 quarters or 100 minutes on Day 1, 6 quarters or 60 minutes for days 2 and 3.

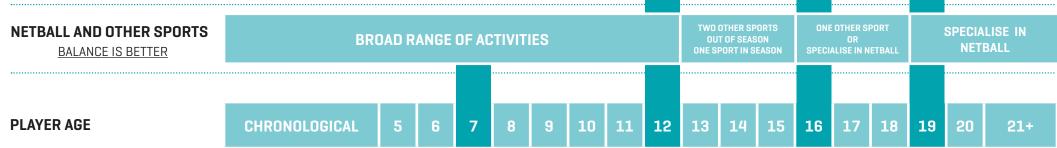
ANY 4 OR 5 DAY TOURNAMENTS WITH 10 TO 12 MINUTE QUARTERS

Max. playing time of 7 out of 8 quarters per day.

To support players through the tournament here are some great resources.

Refer to Tournament Booklet or NetballSmart Resource re sharing load.





NETBALL SESSION: Individual skill session, team training or game. Each contact up to a maximum of 90 minutes. SUPPORT ACTIVITIES: Strength, core, movement competencies, landing skills aerobic/anaerobic conditioning

TOTAL HOURS: INCLUDE NETBALL SESSIONS AND SUPPORT ACTIVITIES.

