

Player Development Guidelines

KEY PRINCIPLES

Netball NZ recommendations when supporting a developing player:

A player:

1. Chooses and prioritizes what teams they want to play in
2. Plays in a maximum of three teams per season
3. Plays in a maximum of two netball sessions in one day
4. 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

futureFERNs - RECOMMENDATIONS					TOURNAMENT RECOMMENDATIONS			
1 SESSION 30-45 minutes total.	1-2 SESSIONS 45-60 minutes per session, 2 hours total.	1-2 SESSIONS 45-60 minutes per session, 2 hours total.	2-3 SESSIONS 60 minutes per session, 3 hours total.	Max 6 hours Netball specific sessions consisting of: 1-2 Games/1-2 team training sessions. 2 hours support activities. 8 HOURS PER WEEK	AT LEAST ONE COMPLETE REST DAY PER WEEK	THREE DAY TOURNAMENT WITH 10 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.
ATHLETE AND COACH LEARNING AND DEVELOPMENT FOCUS								

NETBALL AND OTHER SPORTS

BALANCE IS BETTER

PLAYER AGE

CHRONOLOGICAL	BROAD RANGE OF ACTIVITIES								TWO OTHER SPORTS OUT OF SEASON ONE SPORT IN SEASON			ONE OTHER SPORT OR SPECIALISE IN NETBALL		SPECIALISE IN NETBALL		
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

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.