

Balance is Better – Priorities - 2025

***Balance is Better* is all about a balanced approach to sport.**

An approach that provides young people^{1 TAMARIKI/RANGATAHI} with quality sport opportunities and experiences to help them be happier, healthier, and supported to optimise their potential in sport and life.

We need to work together for better balance between:

- Winning and pressure to perform with getting an opportunity, getting better and enjoying sport
- Adult expectations with meeting the motivations of all young people
 - Single sport focus with other sport and life commitments

We will achieve a BALANCED approach to sport by focusing efforts on:

- **The People – who make sport happen** (Coaches, Umpires, Administrators) Workshops, PD, educational opportunities, support through the season, supply resources
- **The Programs – that provide opportunity, development, and competition** (4v4, 5v5, 6v6, 7v7, fast5, Mixed netball, Men’s netball, No Limits netball, walking netball, grass netball, beach netball) (awareness of player load) Player development programs (Yr 7-13)
- **The Environments – where young people train, practice, play, and compete** – Good Sports/ BIB (1/2 game rule, talent identification occur later, playing different positions, competitions on weeknights, uniform policies, inclusive environments)

So that we have BETTER:

- Coaching of our young people
- Design and delivery of competitions
- Support of young people, regardless of ability or motivation, so they can realise their aspirations in sport and life



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NEW ZEALAND
POITARAWHITI AOTEAROA