

# PLAYER DEVELOPMENT GUIDELINES



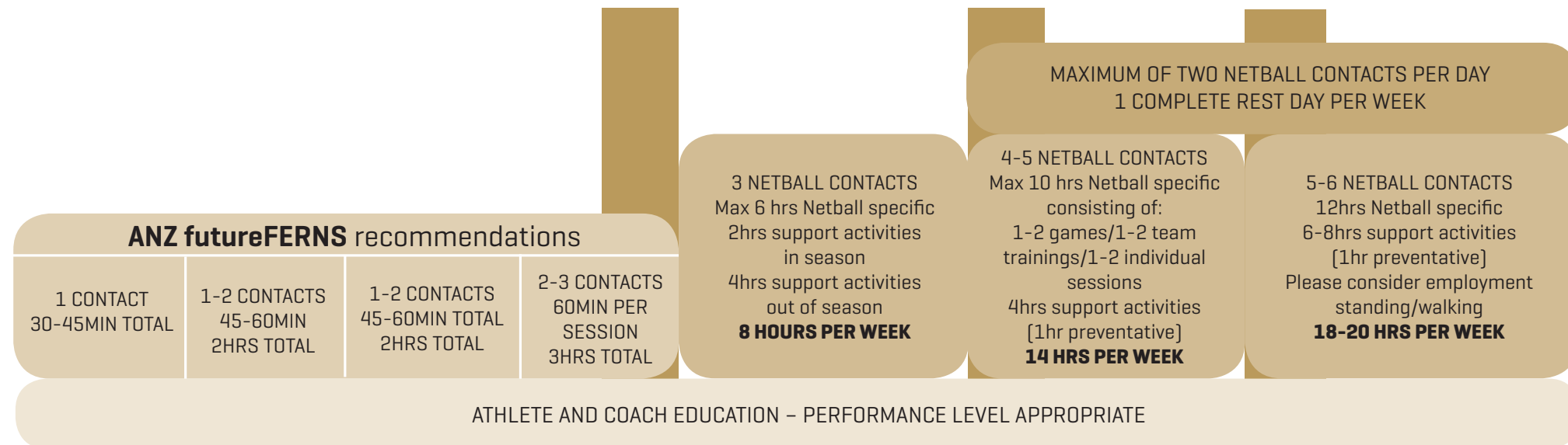
## KEY PRINCIPLES

1. Athletes choose and prioritise what contacts they want to do
2. Netball NZ discourages more than 2 Netball sessions in 1 day
3. Netball NZ encourages a limit of 2 games per week as part of the 5 contacts though this does not apply in tournament scenarios

## TOURNAMENT RECOMMENDATIONS

<b>1 day tournament</b> Max. playing time of 120mins	<b>3 day tournament with 10min quarters</b> Max. of 10 quarters or 100mins on Day 1, 6 quarters or 60mins for Days 2 and 3	<b>U/17's or any 4 or 5 day tournament with 10min quarters</b> Max. playing time of 7 out of 8 quarters per day	<b>U/19'S 15min quarters</b> Max. playing time of 7 out of 8 quarters per day
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## NETBALL CONTACTS



## NETBALL AND OTHER SPORTS



## ATHLETE AGE

CHRONOLOGICAL	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AVERAGE TRAINING AGE			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+

Average starting playing age

Key development Milestone 1

Key development Milestone 2

Key development Milestone 3

**NETBALL CONTACT:** Individual skill session, team training or game. Each contact up to a maximum of 120mins.

**SUPPORT ACTIVITIES:** Aerobic/Anaerobic conditioning, speed/strength/power/resistance/weights/movement competencies/preventative i.e stretching, dynamic movements.

**TOTAL HOURS:** INCLUDE NETBALL CONTACTS AND SUPPORT ACTIVITIES.

- ACCURATELY ASSESS ATHLETES
- DECISION MAKING SKILLS
- ATHLETES PHYSICALLY MATURE