



HIGH

PERFORMANCE

PLAYER

DEVELOPMENT

We Produce Silver Ferns **Who Win**



NETBALL
NEW ZEALAND



NETBALL NEW ZEALAND'S HIGH PERFORMANCE STRATEGY

Netball New Zealand has developed a high performance strategy with the view to creating one aligned, efficient and connected high performance system that identifies and develops the athletes to produce Silver Ferns who win.



A NEW APPROACH TO PLAYER DEVELOPMENT: ATTRACT, RECRUIT & RETAIN THE RIGHT ATHLETIC POTENTIAL

Netball New Zealand's approach to player development will focus on the following the principles;

We are the first choice sport for females; we have access to large numbers of talented athletes from an early age.

We want athletic potential; no matter what your background.

We cast our net far and wide; geography is not a barrier.

THE ATHLETE/PLAYER IS AT OUR CORE

Knowing the athletes, their potential and what they need in order to develop into World Class Silver Ferns is core to Netball New Zealand's player development.

The Netball New Zealand pathway structure and its underpinning programmes have been formulated to allow flexibility in athlete movement, knowing that the development of athletes is not linear, and this ensures the capture of the right athletes no matter how early or late they mature.



THE NETBALL NEW ZEALAND HIGH PERFORMANCE PATHWAY: CENTRALLY LED, REGIONALLY DELIVERED

Netball New Zealand will adopt a centrally driven, targeted approach to athlete identification and development through the establishment of a national pathway that commences with athlete identification at Under 15 level.

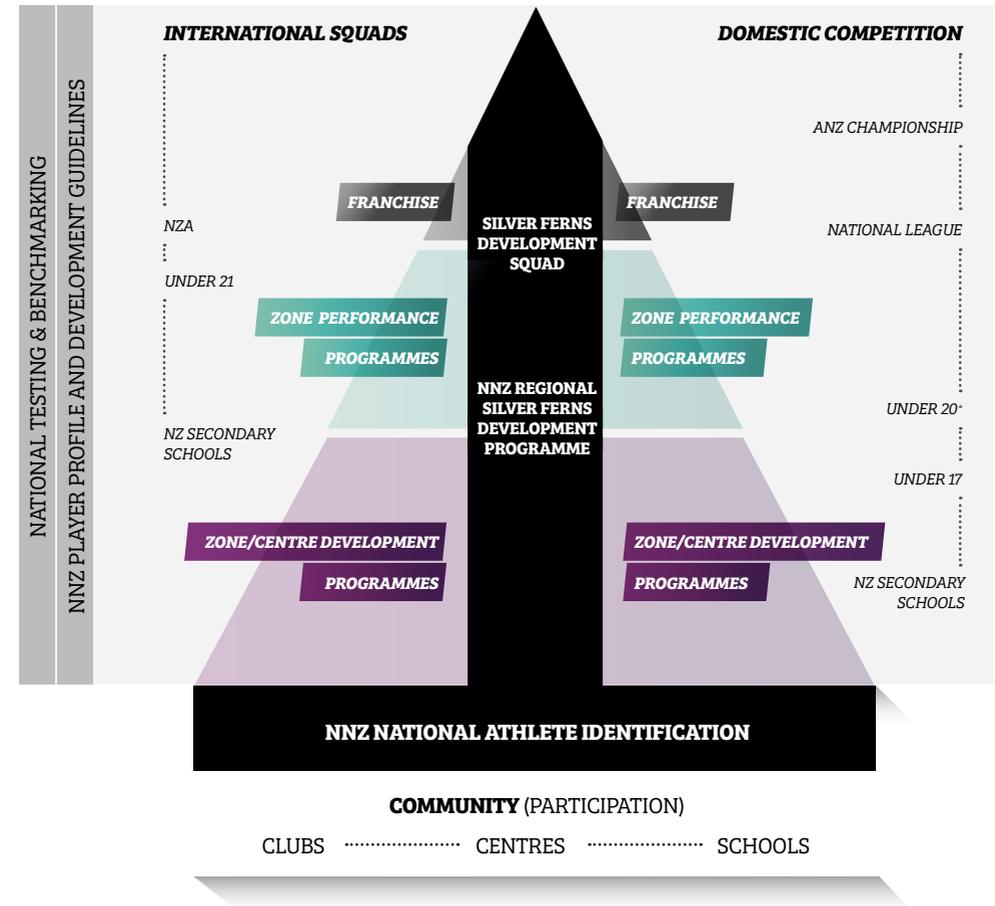
Individuals will be assessed and benchmarked against the **Netball New Zealand Player Profile** and based on their identified potential, will then move into one of two streams;

1. Netball New Zealand Regional Silver Ferns Development Programme
2. Zone/Centre Development Programme or Zone Performance Programme

Athletes will have the potential to move into and out of the National and Zone programmes on an on-going basis with progress monitored, tracked and reviewed by Netball New Zealand.

The programmes at all levels will be structured and comprise of a nationally developed curriculum in order to accelerate the development of our athletes to world class Silver Ferns.

NETBALL NEW ZEALAND HIGH PERFORMANCE PATHWAY



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* From 2017



A NEW APPROACH TO PLAYER DEVELOPMENT

The system has a clear structure and comprises of evidence-based pathways which enable the effective identification and development of athletes who are capable of delivering repeatable success at the international level.

At the core of the High Performance system is the **Netball New Zealand Player Profile**. The Player Profile is fundamental to success as it ensures the right athletes are identified, selected, developed and retained.

The Player Profiles will allow Netball New Zealand to;

- Better understand its athlete pool
- Identify the development needs of its athletes with a player-centred approach
- Identify and address gaps in high performance coaching
- Identify and address gaps in high performance programmes



WHAT IS A PLAYER PROFILE?

Netball New Zealand's defined make-up of a World Class Silver Fern.

Netball New Zealand has identified and analysed all the elements of a World Class Netballer which links to their ability to produce sustained winning performances.

This breakdown is specific to the development level of an athlete and the Netball specific positional requirements.

Performance standards are integrated into the Player Profile to allow for the tracking of an athlete's development and to better understand their performance potential.



NETBALL NEW ZEALAND BELIEVES

THERE ARE FOUR ELEMENTS

WHICH UNDERPIN THE OPTIMAL

DEVELOPMENT OF A WORLD CLASS

SILVER FERN

HAUORA

1. Physical Wellbeing
2. Mental & Emotional Wellbeing
3. Social Wellbeing
4. Spiritual Wellbeing (personal beliefs)

PHYSICAL

Netball and position specific fitness.

TACTICAL

The tactical requirements which influence the ability to deliver technical skills under pressure and to adjust to the opposition.

TECHNICAL

Core Netball and position specific skill requirements.

The Performance Standards of the Player Profile.

Standards and benchmarks have been detailed which outline the progression that athletes should make across the various Elements. These measures will help to objectively assess the athlete through explicit testing and data analysis measures.

Player Profiles will be used to:

- Align athlete identification and selection at all levels of the High Performance Pathway
- Inform and guide Netball New Zealand High Performance player development resources to ensure an optimally structured development progression of players
- Guide the structure and resourcing of High Performance programmes
- Ensure connectivity and alignment between Community and High Performance





NETBALL
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