



REP EDUCATION WEBINAR

6.30 to 8.00pm , Monday 30th
May, Zoom



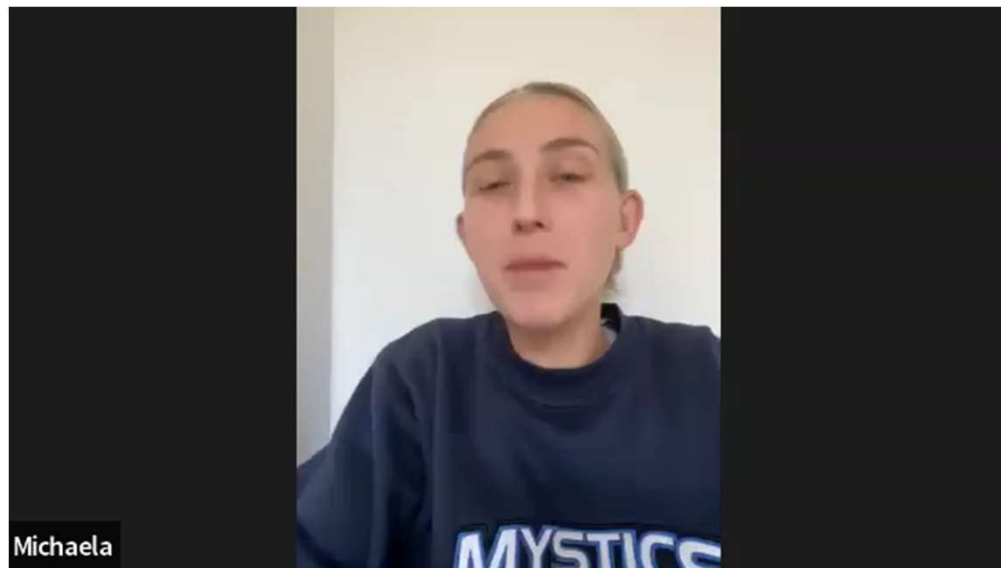
- ▶ Auckland Regional Centres Rep Working Group
- ▶ Request Zone run session for parents & coaches
- ▶ Need to deepen understanding about readiness and wellbeing of players in competition
- ▶ Informal networking at end of the session

INTRODUCTION



- ▶ Build knowledge and create shared understanding for Parents and Coaches who have young women playing netball at a representative level.
- ▶ Resources – what and where
- ▶ Consider how to work with multiple coaches and across codes

OBJECTIVES



AS A
YOUNG
PLAYER



SCENARIO 1

► You are a parent who is trying to work out what your child can manage this year. They are strong willed and love sport. Last year they played netball and basketball for the top team in the school. They also played club and rep netball, which for some of the season became very tiring for them. They are heading into their final year at school and have been selected for Sports Captain which has additional leadership responsibilities, they also have a part-time job in the weekend.

► How do you feel about this?

► What are your ideas about how to approach this situation with your child.

HOW – THE DISCUSSION

- Get out a blank sheet of paper
- Put the player in the centre
- Let them talk
- They'll tell you what's important in their world
- As they talk start drawing lines and bubbles e.g., school (camps, leadership responsibilities ; friends, family, fun, special events (birthdays, balls, holidays), netball (school, club, reps), other sports (7s, touch, basketball), other training or interests
- Always takes about an hour
- **Key: Do this before designing any schedule for success.**
- **RESOURCE: SMART PARENT | BALANCE IS BETTER | NNZ PLAYER DEVELOPMENT GUIDELINES**



BALANCE

PLAYER DEVELOPMENT GUIDELINES



NETBALL
NEW ZEALAND

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

1 day tournament
Max. playing time of 120mins

3 day tournament with 10min quarters
Max. of 10 quarters or 100mins on Day 1, 6 quarters or 60mins for Days 2 and 3

U/17's or any 4 or 5 day tournament with 10min quarters
Max. playing time of 7 out of 8 quarters per day

U/19'S 15min quarters
Max. playing time of 7 out of 8 quarters per day

NETBALL CONTACTS

ANZ futureFERNs recommendations

1 CONTACT
30-45MIN TOTAL

1-2 CONTACTS
45-60MIN
2HRS TOTAL

1-2 CONTACTS
45-60MIN TOTAL
2HRS TOTAL

2-3 CONTACTS
60MIN PER
SESSION
3HRS TOTAL

3 NETBALL CONTACTS
Max 6 hrs Netball specific
2hrs support activities
in season
4hrs support activities
out of season
8 HOURS PER WEEK

4-5 NETBALL CONTACTS
Max 10 hrs Netball specific
consisting of:
1-2 games/1-2 team
trainings/1-2 individual
sessions
4hrs support activities
[1hr preventative]
14 HRS PER WEEK

5-6 NETBALL CONTACTS
12hrs Netball specific
6-8hrs support activities
[1hr preventative]
Please consider employment
standing/walking
18-20 HRS PER WEEK

MAXIMUM OF TWO NETBALL CONTACTS PER DAY
1 COMPLETE REST DAY PER WEEK

ATHLETE AND COACH EDUCATION - PERFORMANCE LEVEL APPROPRIATE

NETBALL AND OTHER SPORTS

BROAD RANGE OF ACTIVITIES

2 OTHER SPORTS
OUT OF SEASON
1 SPORT IN SEASON

1 OTHER SPORT

SPECIALISE NETBALL

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

REAL LIFE SCHEDULING

Pre-season Netball Training with one other sport							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Other Sport 1	Rest	Gym 2	Rest	Gym 3	Rest	Off-feet conditioning or Other Sport 1
	School						
PM	Gym 1	Netball Skills Session	Netball TT	Other Sport 1	Active Recovery		Active Recovery

In-Season - 1 team with one other sport							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Other Sport 1	Rest	Gym 2	Netball TT	Gym 3	Netball Game	Off-feet conditioning or Other Sport 1
	School					Active Recovery	Rest
PM	Gym 1, manipulate with rest	Netball Game	Netball Skills Session	Active Recovery	Rest		

In-Season - 1 team with reps							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Rest	Rest	Gym 2	Netball TT	Gym 3	Netball Game	Rep Games
	School						
PM	Active Recovery	Netball Game	Rep TT	Active Recovery	Rest	Active Recovery	



NE
NO



► You are a representative coach who has selected a 16-year old who is playing netball for club and school. Every week she has school netball practice twice, club once and reps once. She plays club on a Thursday night, school on a Saturday morning and club on a Saturday afternoon. She then plays rep netball on a Sunday. She loves netball but is complaining of painful shins.

► What do you do?

SCENARIO 2

ALIGNING TO THE PRIORITY

HOW DO WE HAVE THESE CONVERSATIONS?

- ▶ Coaches with Coaches
 - ▶ Parent, Child and Coaches
 - ▶ Player and Coaches
 - ▶ Parent with Child
 - ▶ Parent with Coaches
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- ▶ Align on the Principals Up front.
 - ▶ Create a central point of communication and a leader for the plan.
 - ▶ Tricky decisions: Use the principals and stick to them. This is the tough part.





FIRST EXPERIENCE AT THE ELITE LEVEL

QUALITY VS QUANTITY

2020-NS-SMARTPLAYER WEB.PDF (NETBALLSMART.CO.NZ)

SmartPlayer

- Page 5: Planning ahead for the season, teaching your kids to have tough conversations with coaches, coaches respecting player priorities if you have chosen them.
- Page 12-13:
 - Rest days
 - Strength & conditioning focus to training
 - To keep players in the game and loving the game they need to be strong as well as skillful
 - Take a look at their weeks – what are they doing outside of your training sessions?
 - Strategies to navigate





WHAT WOULD YOU
TELL YOUR YOUNG
SELF?

RESOURCES



BALANCE IS BETTER <https://balanceisbetter.org.nz/>



NETBALL
NEW ZEALAND

PLAYER DEVELOPMENT GUIDELINES

https://www.netballnorthern.co.nz/images/stories/zones/Northern/Documents_/2017/NNZ_Player_Development_Guidelines.pdf

NETBALLSMART

<https://www.netballsmart.co.nz/>

