

NCZ Performance Standards – Technical	Age Group Representative 16 & 18 Centre Lead	Advanced Camp/ NZSS Centre/Zone shared lead	National Netball League Zone Lead	ANZ Premiership Zone Lead
<p><b>Movement Skills</b></p> <p>Stable Body Position (SBP) used throughout – eyes up; bend in hip and knees; knees bent in line with feet; feet hip width apart; weight evenly distributed; core used to maintain upright position</p>	<p>Take Off</p> <ul style="list-style-type: none"> <li>• Demonstrates Stable Body Position from a stationary start</li> <li>• Can use either foot for first step of take off</li> <li>• Can move easily straight forward to the left and to the right</li> <li>• Can sidestep easily to the left and right</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can move easily in all directions including diagonal and backwards</li> <li>• Can stop fully, with good balance, and take off again</li> <li>• On sidestep, pushes off outside foot when changing direction</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can stop and take off again, multiple times in a single effort to get free</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> </ul>
	<p>Stopping</p> <ul style="list-style-type: none"> <li>• Demonstrates safe and balanced technique, stopping softly (minimal noise) with bend in hips and knees (SBP)</li> <li>• Can stop safely on both feet simultaneously</li> <li>• Can stop safely on left first and right first</li> <li>• Can pivot in all directions</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Stopping in the safe Stable Body Position after a sprint</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can use multiple sprint/stop movements to get free in game</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> </ul>
	<p>Sprinting</p> <ul style="list-style-type: none"> <li>• Demonstrates efficient technique for netball specific purposes <ul style="list-style-type: none"> <li>○ Uses small, explosive steps</li> <li>○ Strong use of arms to assist explosive movement</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can decelerate and stop safely and quickly</li> <li>• Can accelerate quickly in a different direction after a stop</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can use multiple sprint/stop movements to get free in game</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> </ul>
	<p>Jumping &amp; landing</p> <ul style="list-style-type: none"> <li>• Demonstrates Stable Body Position from a stationary start</li> <li>• Can use left and right and two feet on take-off</li> <li>• Can safely land in a single leg SBP on left and right from a jump (including from lateral jump landing)</li> <li>• Legs are bent ready before jump</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates Stable Body Position from a moving start</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can receive the ball at full extension</li> <li>• Can time jump and catch to ensure catching at the highest point possible</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> </ul>

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<b>Individual Attack Skills</b>	<p>Getting Free</p> <ul style="list-style-type: none"> <li>• From a stationary start with an emphasis on forward movement to receive the ball, able to do the following               <ul style="list-style-type: none"> <li>○ dodge</li> <li>○ double dodge</li> <li>○ straight leads</li> <li>○ diagonal leads</li> <li>○ front cut</li> <li>○ hold and lunge</li> <li>○ roll</li> </ul> </li> <li>• Uses small, explosive steps</li> <li>• Uses arms to assist explosive movement</li> <li>• Presents with strong leads and confident demeanour</li> <li>• Zero phase – works to get free before the passer needs to pass</li> </ul>	<ul style="list-style-type: none"> <li>• From a moving start with an emphasis on forward movement to receive the ball, consolidation of previous skills</li> <li>• From a moving position run hard to receive the ball, keeping feet moving until the ball is caught</li> <li>• Can move into the backspace to receive ball</li> <li>• From a moving start with an emphasis on forward movement to receive the ball, able to do the following               <ul style="list-style-type: none"> <li>○ change of pace</li> <li>○ change of direction</li> <li>○ up to go back</li> <li>○ diagonal drop</li> <li>○ back cut</li> <li>○ roll</li> <li>○ reading defensive cues</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability to apply a variety of skills appropriately under pressure</li> <li>• Makes repeated efforts to be available at high intensity</li> <li>• Makes accurate decisions about when and where to receive the ball</li> <li>• Demonstrates good timing of movement, available at the right time</li> <li>• Demonstrates good awareness of available court space; keeps the court balanced while making self-available</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> </ul>
	<p>Creating Space</p> <ul style="list-style-type: none"> <li>• Can do the following               <ul style="list-style-type: none"> <li>○ clear space</li> <li>○ hold space</li> <li>○ create space for team mates</li> <li>○ communicate where space is verbally and non-verbally</li> <li>○ re-offer</li> <li>○ give and go/ pass &amp; cut</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Can create multiple passing options for the passer and receiver</li> <li>• Can read play 1 pass ahead of pass being made</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability to apply a variety of skills appropriately under pressure               <ul style="list-style-type: none"> <li>○ creates opportunities for self to play into the most appropriate areas of court</li> <li>○ reads teammates positional requirements and offers accordingly</li> <li>○ reads the spaces available and places ball accurately</li> <li>○ times attacking movements to be available in clear space</li> </ul> </li> <li>• Can read play 2 passes ahead of pass being made</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> <li>• Can read play 3 passes ahead of pass being made</li> <li>• Makes decisions with the movement of their body that sets up the next stage of play</li> </ul>

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<b>Individual Attack Skills</b>	Passing <ul style="list-style-type: none"> <li>• Demonstrates correct technique and accurate execution with both the left and right hands from a stationary position               <ul style="list-style-type: none"> <li>○ chest, shoulder, overhead, lob, bounce</li> <li>○ appropriately vary length and strength according to need</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates correct technique and accurate execution from a moving position</li> <li>• Add advanced passing skills               <ul style="list-style-type: none"> <li>○ Pass &amp; cut</li> <li>○ fake – ball &amp; body</li> <li>○ spin bounce</li> <li>○ hook</li> <li>○ step to pass</li> <li>○ pass on the run</li> </ul> </li> <li>• Can easily pass around a 0.9m marker</li> <li>• Sound decision making on best pass to use recognising space, position of receiver and defender</li> <li>• Variety on speed of release of pass</li> <li>• Accurate pass placement – to person, away from defender, into space</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability to apply a variety of skills appropriately under pressure</li> <li>• Demonstrates patience with the ball to ensure retention</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> <li>• Makes decisions with the movement of the ball that sets up the next stage of play</li> </ul>
	Catching <ul style="list-style-type: none"> <li>• Demonstrates correct technique and accurate execution with both the left and right hands when moving onto the ball but not requiring maximum extension               <ul style="list-style-type: none"> <li>○ two hands - high, middle and low</li> <li>○ eyes on the ball, body open</li> <li>○ fingers relaxed and spread behind the ball</li> <li>○ take feet to the ball</li> <li>○ pass from where you catch</li> </ul> </li> <li>• Can catch ball in the air</li> <li>• Can turn in the air, having caught the ball – landing with head, hips and feet facing the same direction</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates correct technique and accurate execution with maximum extension</li> <li>• Add advanced catching skills               <ul style="list-style-type: none"> <li>○ tip to re-gather</li> <li>○ one hand - high, middle and low</li> <li>○ catch and turn in the air simultaneously</li> <li>○ put defender behind you while receiving</li> <li>○ catch and pass in one movement</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability to apply a variety of skills appropriately under pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> </ul>

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<b>Individual Defensive Skills</b>	<ul style="list-style-type: none"> <li>• Positions self to be able to always see the ball and the receiver; adjusts as the position of the ball changes</li> <li>• Contests and disrupts the space where the attacker wants to catch</li> <li>• Can intercept the ball from a variety of starting positions, without contacting the receiver while controlling ball</li> <li>• Runs feet through path of ball using fast, short strides</li> <li>• Defending attackers off a stationary start, demonstrates the following skills               <ul style="list-style-type: none"> <li><u>On the ball</u> <ul style="list-style-type: none"> <li>○ 0.9m mark with arms extended to force direction and/or type of pass</li> <li>○ 0.9m mark and drop</li> <li>○ use movement on 0.9m mark to confuse passer</li> <li>○ direct passer's movement after pass</li> </ul> </li> <li><u>On the receiver</u> <ul style="list-style-type: none"> <li>○ front mark, in the catch space</li> <li>○ side mark</li> <li>○ intercepting left and right</li> <li>○ using the away hand</li> <li>○ adjusting body position as ball approaches</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can control deflected and/or tipped intercept ball</li> <li>• Defending moving attackers, demonstrates the following skills               <ul style="list-style-type: none"> <li>○ delaying and/or disrupting the passers catch and/or pass</li> <li>○ forcing the receiver into error</li> <li>○ forcing the widest possible angle between passer and receiver</li> <li>○ forcing uncontrolled receipt</li> <li>○ forcing out of court</li> <li>○ intercepting in the back space</li> <li>○ intercepting using back and up footwork</li> <li>○ intercepting coming from behind</li> <li>○ attacks the path of the ball away from the body of the receiver</li> </ul> </li> <li>• Can anticipate cues of passer and path of ball to disrupt pass</li> <li>• Can anticipate path of ball 2 passes away</li> <li>• Strong, effective transition onto attack following turnover</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability to apply a variety of skills appropriately under pressure</li> <li>• Defensive efforts show               <ul style="list-style-type: none"> <li>○ speed of recovery</li> <li>○ persistence</li> </ul> </li> <li>• Can anticipate path of ball 3 passes away</li> <li>• Can work with other defenders to create accumulated pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> <li>• Works effectively with other defenders to exert defensive pressure</li> </ul>

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<b>Shooting</b>	<ul style="list-style-type: none"> <li>• Correct and accurate technique from a stationary unmarked position               <ul style="list-style-type: none"> <li>○ short, medium, and long</li> <li>○ penalties</li> <li>○ fake shots</li> <li>○ step back</li> <li>○ step forward</li> <li>○ sidestep</li> </ul> </li> <li>• Minimum 75% accuracy maintained across all matches</li> <li>• 100 successful shots in practice, two times per week</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Correct, accurate and consistent technique from a stationary marked position, demonstrating understanding of when to apply different skills               <ul style="list-style-type: none"> <li>○ shooting when off balance</li> <li>○ recording performance over time in shooting practice drills</li> <li>○ varying shot release time</li> <li>○ using mental skills to assist with accuracy</li> </ul> </li> <li>• Shooters develop use of pre-shot routine in game</li> <li>• Minimum 80% accuracy maintained across all matches</li> <li>• 100 successful shots in practice, three times per week</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Shooter effectively uses pre-shot routine in game</li> <li>• Minimum 85% accuracy maintained across all matches</li> <li>• 100 successful shots in practice, five times per week</li> </ul>	<ul style="list-style-type: none"> <li>• Shooters effectively and routinely use pre-shot routine in game</li> <li>• Minimum 90% accuracy maintain across all matches</li> <li>• 200 successful shots in practice, five times per week</li> </ul>
<b>Shooter Specific</b>	<ul style="list-style-type: none"> <li>• Demonstrates simple individual, in circle attacking skills               <ul style="list-style-type: none"> <li>○ works on defender as ball approaches</li> <li>○ offers clear, free space for feeders</li> <li>○ availability is well timed</li> <li>○ uses a variety of methods of getting free</li> <li>○ effective communication to teammates (verbal and non-verbal)</li> </ul> </li> <li>• Rebounds – boxes out after every shot; follows shot to goal; jumps effectively for ball off post</li> <li>• Variety of rebound techniques – pull in; tip to self; to the other shooter</li> <li>• Rebounds non-shooter – set screen and box out early; be available for off load if needed</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability to work with other shooters and apply unit skills effectively               <ul style="list-style-type: none"> <li>○ circle balance</li> <li>○ circle leads</li> <li>○ circle rotations</li> <li>○ holds</li> <li>○ screens</li> <li>○ hit and spilt</li> <li>○ shooter to shooter plays</li> <li>○ simple back line throw in</li> <li>○ setting penalties</li> </ul> </li> <li>• Create space to receive the first ball into circle, in a shooting position</li> <li>• Can apply simple shooting strategies               <ul style="list-style-type: none"> <li>○ split circle</li> <li>○ closed circle</li> <li>○ shooter out</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability to apply a variety of unit skills appropriately under pressure               <ul style="list-style-type: none"> <li>○ good timing</li> <li>○ appropriate decision making</li> </ul> </li> <li>• Unit can successfully function against a variety of styles of defence               <ul style="list-style-type: none"> <li>○ man to man</li> <li>○ zone</li> <li>○ switches</li> <li>○ 2 on 1 marking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> <li>• Minimum 50% offensive rebounds</li> </ul>

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<b>Centre Pass Attack</b>	<ul style="list-style-type: none"> <li>• Demonstrates simple centre pass techniques               <ul style="list-style-type: none"> <li>○ be available from a one on one situation</li> <li>○ deliver a centre pass to both sides of the court accurately</li> <li>○ take centre pass safely off both sides of the court</li> <li>○ Available for second phase</li> <li>○ Get to circle edge to feed</li> </ul> </li> <li>• Can execute simple centre pass strategies consistently               <ul style="list-style-type: none"> <li>○ sides, narrow, wide, back</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates complex centre pass techniques               <ul style="list-style-type: none"> <li>○ be available from a one on two situation</li> <li>○ be available from wall defence</li> <li>○ deliver an accurate second ball off the centre pass</li> <li>○ be available for next phase of play</li> <li>○ time attacking movements to be available to receive the pass in a clear space</li> <li>○ time attacking movements to be available to receive the ball on circle edge at top</li> </ul> </li> <li>• Can execute complex centre pass strategies consistently               <ul style="list-style-type: none"> <li>○ stacks, screens, one up</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Demonstrates the ability of unit to successfully execute centre pass</li> <li>• 75% of centre passes turned into shooting opportunities across all matches</li> <li>• The attacking team's ability to create multiple passing options for the player in possession of the ball</li> <li>• Can adjust centre pass strategies in game</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> <li>• 80% of centre passes turned into shooting opportunities across all matches</li> </ul>
<b>Centre Pass Defence</b>	<ul style="list-style-type: none"> <li>• Demonstrates simple centre pass off defence techniques               <ul style="list-style-type: none"> <li>○ defend a one on one situation on both sides of the court</li> <li>○ transition onto attack from defence</li> </ul> </li> <li>• Can execute simple centre pass defence strategies consistently</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Can execute complex centre pass off defensive techniques               <ul style="list-style-type: none"> <li>○ defend in a two on one formation</li> <li>○ defend in a wall formation</li> <li>○ emphasise first phase</li> <li>○ emphasise second phase</li> <li>○ fill middle of court</li> <li>○ force attack wide</li> <li>○ keep attack off the circle edge</li> <li>○ isolate ball carrier</li> </ul> </li> <li>• Can execute complex centre pass strategies consistently</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Successfully demonstrate unit skill under pressure against different styles of opposition</li> <li>• 20% of opposition centre pass offs do not become shooting opportunities</li> <li>• Defensive actions force attacking players into an ineffective space on court</li> <li>• Defensive players work together to create accumulated pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Automatic application of unit skills as part of the overall game plan demonstrating an ability to vary strategies according to the strengths and weaknesses of the opposition</li> <li>• 25% of opposition centre pass offs not turned into shooting opportunities</li> <li>• Players work together and adjust to each other's movements in relation to the opposition</li> </ul>

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<b>Circle Defender Specific</b>	<ul style="list-style-type: none"> <li>• Demonstrates simple individual, in circle defending skills               <ul style="list-style-type: none"> <li>○ change of position on shooter as ball approaches</li> <li>○ communication to teammates (verbal and non-verbal)</li> <li>○ lean to mark shot – left &amp; right hands; uses a variety of start positions</li> <li>○ jump to mark shot - left &amp; right hands; uses a variety of start positions</li> <li>○ rebounds – boxes out after every shot; jumps effectively for ball off post</li> <li>○ rebound catch – full extension, pull in, tip to self, to other defender</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• Application and understanding of unit skills               <ul style="list-style-type: none"> <li>○ communication</li> <li>○ dictating space</li> <li>○ shot marking together – hoist, double jump, holding</li> </ul> </li> <li>• Application of simple tasks               <ul style="list-style-type: none"> <li>○ simple back line throw ins</li> <li>○ defence of a simple back line throw in</li> <li>○ setting penalties</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Consolidation of previous skills</li> <li>• The unit can successfully exert pressure using a variety of styles               <ul style="list-style-type: none"> <li>○ man to man</li> <li>○ zone</li> <li>○ switches</li> <li>○ 2 on 1 drop</li> </ul> </li> <li>• Minimise number of penalties</li> <li>• Deny shooter to shooter plays</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently uses skills effectively in game and under pressure</li> <li>• Can vary skill execution according to the strengths and weaknesses of the opposition</li> </ul>

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<b>Growth Mindset</b>	<ul style="list-style-type: none"> <li>• High self-awareness and understanding of the impact of own behaviours on others</li> <li>• Honesty with self and others</li> <li>• Strong self-concept of identity beyond netball</li> <li>• Considers mistakes and losses as opportunities to learn and grow</li> </ul>	<ul style="list-style-type: none"> <li>• Considers all experiences as opportunities to learn and grow</li> <li>• Deliberately engages in personal growth work</li> <li>• Willing to be vulnerable to enable growth in self and others</li> </ul>	<ul style="list-style-type: none"> <li>• Experiences performance under pressure</li> <li>• Copes with de/selection</li> <li>• Communicates effectively with other squad members and support personnel</li> </ul>	<ul style="list-style-type: none"> <li>• Thrives from the experience of performing under pressure</li> <li>• Has advanced communication skills and uses these effectively with other squad members and support personnel</li> </ul>
<b>Performance Habits</b>	<ul style="list-style-type: none"> <li>• Knows how to set appropriate goals and monitor progress</li> <li>• Schedules increased training commitments around other, existing commitments</li> <li>• Guided warm up and cool down processes undertaken at every practise and match</li> </ul>	<ul style="list-style-type: none"> <li>• Achieves appropriate goals and successfully monitors progress</li> <li>• Manages time effectively and schedules training and matches around other commitments</li> <li>• Self-managed warm-up, cool down and recovery processes routinely undertaken</li> </ul>	<ul style="list-style-type: none"> <li>• Roles, game plans and processes are known and rehearsed</li> <li>• Responses to changes/ challenges are known and rehearsed</li> <li>• Approaches training and match play purposefully using tried and tested routines</li> </ul>	<ul style="list-style-type: none"> <li>• Able to focus on the process in the face of high expectations and outcome pressures</li> <li>• Able to self regulate internal processes to be able to execute</li> <li>• Able to adapt attention when required</li> <li>• Expands range of states athlete can experience and still maintain performance levels</li> </ul>
<b>Game Understanding</b>	<ul style="list-style-type: none"> <li>• Understands basic game statistics</li> <li>• Is open to being tested and seeks feedback to grow</li> </ul>	<ul style="list-style-type: none"> <li>• Understands simple game statistics</li> <li>• Can identify strengths and works ons with coach guidance</li> <li>• Experiences a variety of analysis tools</li> </ul>	<ul style="list-style-type: none"> <li>• Understands complex game statistics</li> <li>• Can self-identify strengths and work ons</li> <li>• Can analyse game plan with guided use of analysis tools</li> <li>• Purposefully reviews preparation and performances; and makes the appropriate changes</li> </ul>	<ul style="list-style-type: none"> <li>• Athlete leads self and team match analysis</li> <li>• Independent use of analysis tools</li> <li>• Able to assess self and team performances in game and adjust appropriately</li> </ul>
<b>Nutrition:</b>	<ul style="list-style-type: none"> <li>• Athletes and parents understand the role diet plays in sustaining and improving performance</li> <li>• Athletes understand nutritional requirements for a training day and a tournament</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes understand nutritional requirements for training phases</li> <li>• Athletes make small, recommended changes to their diets in the context of their lifestyle</li> <li>• Food diaries maintained for set training phases</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes understand nutritional requirements for training phases including tours and travel</li> <li>• Athletes make recommended changes to their diets in the context of their lifestyle</li> <li>• Food diaries maintained and used to assess individual players dietary baseline</li> </ul>	<ul style="list-style-type: none"> <li>• Athletes demonstrate advanced application of nutritional guidelines appropriate to their individual needs, every day</li> </ul>



NCZ Performance Standards - Physical	Age Group Representative 16 & 18 Centre Lead		Advanced Camp/ NZSS Centre/Zone shared lead		National Netball League Zone Lead		ANZ Premiership Zone Lead	
	Minimum	Ideal	Minimum	Ideal	Minimum	Ideal	Minimum	Ideal
<b>Aerobic Fitness: Yo-Yo Test</b>								
GK	15.1	16.1	15.6	17.1	16.3	17.1	16.7	17.3
GD	16.1	17.1	16.8	18.3	17.4	18.4	17.7	18.5
WD	16.5	17.5	17.4	18.7	17.8	18.8	18.3	19.2
C	17.1	18.5	18.1	19.5	18.6	19.6	19.3	20.1
WA	16.5	17.5	17.4	18.7	17.8	18.8	18.2	19.1
GA	16.1	17.1	16.6	18.2	17.3	18.3	17.5	18.4
GS	15.1	16.1	15.6	17.1	16.3	17.1	16.7	17.3
<b>Aerobic Fitness: Bronco</b>								
GK		<3.48s		<3.38s		<3.38s		<3.32s
GD		<3.31s		<3.21s		<3.21s		<3.15s
WD		<3.23s		<3.13s		<3.13s		<3.08s
C		<3.18s		<3.08s		<3.08s		<3.05s
WA		<3.23s		<3.13s		<3.13s		<3.08s
GA		<3.33s		<3.23s		<3.23s		<3.18s
GS		<3.48s		<3.38s		<3.38s		<3.32s
<b>Leg Power:</b>								
Vertical Jump – two foot take off	40cm	55cm	40cm	60cm	45cm	65cm	50cm	65cm
Broad Jump	180cm	220cm	200cm	240cm	200cm	250cm	220cm	250cm
<b>Agility:</b>								
505 Agility Test	<2.75	<2.55	<2.70	<2.50	<2.65	<2.45	<2.50	<2.35
<b>Speed:</b>								
5m sprint	<1.25	<1.20	<1.20	<1.15	<1.15	<1.10	<1.08	<1.00
10m sprint	<2.00	<1.99	<1.99	<1.95	<1.95	<1.80	<1.85	<1.70
<b>Prone hold</b>								
	Minimum >1:00min	N/A	Minimum >1:30min	N/A	Minimum >2:00min	N/A	Minimum >2:30min	N/A
<b>Press Ups</b>								
	Minimum 15	N/A	Minimum 20	N/A	Minimum 25	N/A	Minimum 30	Ideal N/A