



**HIGH PERFORMANCE
SPORT NEW ZEALAND**

Athlete Development

Netball Northern Zone Centre Workshop

NNZ Player Development Plan Consultation Themes

- Netballers overplaying
- Post school attrition
- Lack of skill development
- Role clarity and leadership confusion
- Coaching 'crisis'
- Performance development misunderstood

Shortcomings Identified in the Canadian Sport System

1. Development athletes over-compete and under-train.
2. Preparation is geared to winning in the short-term, not long-term development.
3. Fundamental skills not taught properly.
4. Parents not educated in developmental principles.
5. Competition system interferes with athlete development.
6. No integration between schools, community programs, and elite competitive programs.
7. Sports specialize too early in an attempt to attract and retain participants.

<http://canadiansportforlife.ca/coaches/issues-sport>

Canadian System link to Northern Zone PDP Consultation

1. Developmental athletes over-compete and under-train.

- Competition overload (especially U15 & U17).
- Playing for multiple teams e.g. school, club (sometimes more than 1), reps, non-affiliated tournaments as well as other sports.

2. Preparation is geared to winning in the short-term, not long-term development.

3. Fundamental skills not taught properly.

- Coaching crisis – no pathways, attraction/retention challenging. Training focused on game specifics – not skills development.

4. Parents not educated in developmental principles.

- Players overplaying with parents as instigators. Have their kids play as many games as possible: “want kids to be seen by certain coaches/selectors.

5. Competition system interferes with athlete development.

- Competitions not matching player development needs, teens playing club, school, rep, other ‘to be seen’.

6. No integration between schools, community programs, and elite competitive programs.

- Disconnected roles – uncertainty around responsibilities under new structure

7. Sports specialize too early in an attempt to attract and retain participants.

- Primary purpose of Centre based player development programmes is player retention

Consequences of an inefficient LTAD System

International Team Underperforming

- Failure to reach optimal performance levels in international competitions. National performances fluctuate due to lack of TID and a developmental pathway.

Lack of depth

- No systematic development of the next generation of successful international athletes

Physical deficiencies

- Poor movement abilities, fitness, skill development.
- Bad habits developed from over-competition focused on winning
- Undeveloped and unrefined skills due to under-training.

Player Attrition

- Children are not having fun – high dropout rate.

Competing for players -

- Athletes are pulled in different directions by school, club, and provincial teams because of the structure of competition programs.

Performance Limitation-

- Athletes fail to reach their genetic potential and optimal performance level.

Learnings from the NZ HP System

Pathways – Clarity around where an athlete is and how they can progress (evidence-based).



6 years



Expectations – Clear expectations from all parties involved at each level.

Environment – Supportive training environment that develops the correct things at the correct time.

Coaching – Appropriate levels of coaching at each level.

Acceptance that development is non-linear

YNZ High Performance Pathway **Support Structure 2014**

Qualifying Criteria			HPSNZ Support
NZL Sailing Team	Olympic Squad (Level 1)	Tracking to win a medal at the upcoming Olympics. Consistent podium finishes at World Championships. Capable of winning a medal at the upcoming Olympics. Top 10 at Olympic Class World Championships.	Coach support and campaign funding as per agreement with Olympic Director
	Olympic Development Squad (Level 2)	Capable of performing with distinction at the upcoming Olympics Top 20% at Olympic Class World Championships	Part time coach support and campaign funding as per agreement with Olympic Director
Talent Development Programme	Fast Track Squad (Level 3)	Top 30% at Olympic Class World Championships or ISAF Youth Worlds Medal And... Capable of making level 1 or 2 within the next 2 years as per result tracking at international events U23 years of age Panel decision based on Athlete Matrix*	Programme guidance and monitoring by Talent Development Manager Support to attend key nominated international events Coaching & campaign support at key int. Events Domestic training with Domestic Dev. Squad or Olympic squad where possible
	Domestic Development Squad (Level 4)	Currently in an Olympic Class World Championship campaign aiming to compete at class Worlds in the next two years.	Domestic coach led programme dependent on sailors training as a squad. Aimed at preparing the base skills for athletes to make the step to quality international competition.
Youth Programme	Youth Team	As per youth selection document	3 camps post youth selection. Allocation of private coaching. International lead up events for those with international results indicating tracking towards a medal at ISAF Youth Worlds.
	Youth Programme	Attendance	3 training camps pre Xmas 3 training camps post Youth Selection Trials. Coach support to identified youth class World Championships
	Junior Sailing	None	Development Camps Regional Support to clubs around club programmes Sailing specific information support

Other HPSNZ Support Available

PEGs; (Performance Enhancement Grants)

A graduated financial contribution towards training and living costs based on performance at previous years Olympic Class World Championships.
www.hpsnz.org.nz

Prime Minister Scholarship;

University Scholarships for Olympic Campaigning athletes to help with personal/career development outside the sport.
www.hpsnz.org.nz

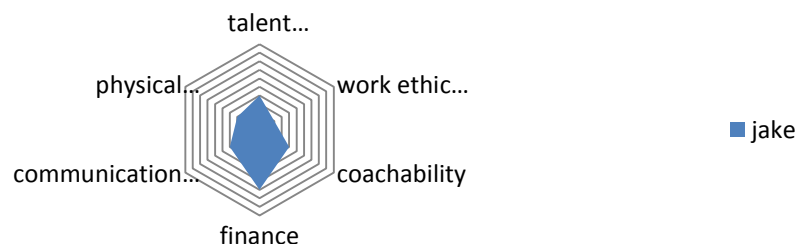
Drug Free Sport NZ

For all information relating to banned substances, testing protocols and procedures go to;

www.drugfreesport.org.nz

All campaigns will be assessed on an individual basis. While this tiered structure aligns with the Olympic Programme Athlete Development Pathway and will guide decision making Yachting New Zealand reserves the right to make inclusion and exclusion decisions outside these guidelines. When considering campaigns a range of additional factors may also be taken into account, including but not limited to; past international sailing performance (including fleet size and quality and), consistency, contribution to squad, communication with key stake holders and support team, suitability to class, coach ability, work ethic and financial contribution.

OLYMPIC CAMPAIGN TALENT ID MATRIX **6 key campaign competencies for yachting**



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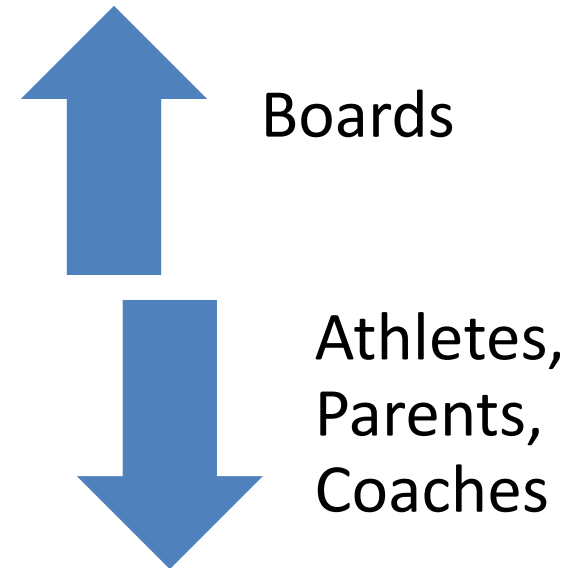
Netball-specific first steps?

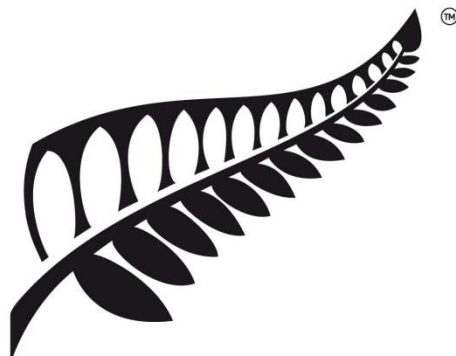
NNZ Player Development Plan



Diagram 1: Pillars of the PDP

Education





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