

**Team 2014**

# MYSTICS UPDATE ZONE FORUM



# UPDATE

- WHAT HAVE WE SECURED?
- WHAT IS MY VISION?
- WHAT IS OUR FOCUS?
- WHAT IS OUR ROLE IN THE ZONE?

# We have secured a strong roster

- WITHIN OUR MEANS
- ITS NOT EASY



**HOWEVER WE HAVE CHALLENGES**



# CHALLENGES.....

- FINISHED 10<sup>TH</sup> IN 2013
- PERFORMANCE BEHAVIOURS – INABILITY TO CONSISTENTLY CLOSE OUT GAMES
- MANAGEMENT OF SKILLS UNDER PRESSURE NEEDS WORK

# CHALLENGES

- 4 PLAYERS ARE MANAGED WHICH BRINGS THE 12 PLAYER ACTUAL VALUE OF THE ROSTER TO 8
- WE HAVE TO GIVE MEANING - HOW SIGNIFICANT IS THIS CAMPAIGN TO ATHLETES?

# CHALLENGES

- IMPROVE UNDERSTANDING BETWEEN RECREATIONAL, SUB ELITE AND ELITE FULLY PRO NETBALLER.
- WE HAVE TO HAVE CLEAR INFORMATION ABOUT OUR CAPABILITIES - WHY DO WE THINK WE CAN WIN ?



**MY VISION FOR MYSTICS 2014**

**CONSISTENTLY  
EXECUTE UNDER  
PRESSURE**

# WHY?

- DECIDING MOMENTS IN GAMES COME WHEN SOMEONE IS UNDER PRESSURE
- DIFFERENCE BETWEEN ELITE AND SUB ELITE IS PRESSURE IN BIG MOMENTS
- SUCCESSFUL TEAMS SEE PLAYING UNDER PRESSURE A PRIVLEDGE

# HOW DO WE PLAN TO ATTACK THIS?

## QUALITY

- **HIGHEST QUALITY TRAINING SESSIONS WITH HIGH LEVEL OF EVIDENCE BASED INFO**

EG. GPS Data - GS/GK – 3.5km 122A, GA/GD – 5km 130A, WA/C/WD – 6km 180A. To plan an effective session the science could be – each 15mins cover 1.2km (36 court lengths) and accelerate 33 times with specific skill sets and decision making.

# HOW

## PRACTISE PRESSURE

- **INCLUDE PHYSICAL AND MENTAL PRESSURE IN EVERY SESSION BECAUSE WE PUT OURSELVES UNDER MORE PRESSURE THAN THE OPPOSITION DO**

E.g. Real pressure scenarios – no repeats, getting across the line with 3 D 5 times in a row. Measure it then beat it under fatigue.

# HOW

## ENVIRONMENT BEHAVIOURS

- BE DEMANDING ON EACH OTHER TO “BE” WHAT IS REQUIRED
- DRIVE “TRAIN TO WIN” BEHAVIOURS, CLOSE ENOUGH IS NOT ENOUGH, NOT DOING IT RIGHT IS NOT DOING IT AT ALL.

## **E.G Recreational netballer, subelite netballer and elite netballer.**

[illegible]

Week	4-Nov	Mon	Mon	Mon	Tue	Tue	Tue	Wed	Wed	Wed	Thur	Thur
A		SESSION 1	2	3	1	2	3	1	2	3	1	2
B	NNZ led rehab											
C	Silver Ferns tour	Rest						F				
<b>Recreational Netballer</b>		<b>Aerobic run/bike</b>			<b>Club training</b>			<b>Circuit at the gym</b>			<b>Club Game</b>	
<b>Sub elite Netballer</b>	<b>Preseason</b>	<b>Skills session, speed, strength flexibility.</b>		<b>Reflective diary</b>	<b>Skills session, speed, strength flexibility.</b>		<b>Rehab, reflective diary</b>	<b>Skills session, speed, strength flexibility.</b>		<b>Reflective diary</b>	<b>TEAM SESSION Individual goals set before session. Speed, skills tactical and team. Full recovery. Reflective of individual goals. 1:1 meeting with coach.</b>	
<b>Elite Netballer</b>	<b>Preseason</b>	<b>Speed, speed endurance, skills under pressure, strength specific to need and flexibility</b>	<b>Nutritional and wellness self assessment</b>	<b>Analysis of training technique. Rehab and core session. Reflective diary</b>	<b>Speed, speed endurance, skills under pressure, strength specific to need and flexibility</b>	<b>Appearance at event for team brand.</b>	<b>Decision making session includes, vision, reaction times. Reflective diary</b>	<b>Speed, speed endurance, skills under pressure, strength specific to need and flexibility</b>	<b>Mental skills specific to individual goals.</b>	<b>Video session for game intelligence. Reflective diary.</b>	<b>TEAM SESSION Individual goals set before session. Extra flexibility prior to warm up. Speed, skills tactical and team work ons. Full recovery. Reflective of individual goals. 1:1 meeting with coach.</b>	

# HOW

## PHYSICAL DOMINANCE

- INCREASE UNDERSTANDING OF PHYSICAL DOMINANCE IN THE MODERN GAME OF NETBALL



# Individual skill set physical

• Test Score	Best	Av
• Squat	130kg	100kg
• Clean & Jerk	60kg	70kg
• Bench Press	59kg	67.5kg
• Bench pull	70kg	60.8kg
• VJ	58cm	50cm
• 5m	0.96	1.06
• 10m	1.71	1.81
• 505	2.27	2.45
• 40m	6.78	7.27
• yoyo	19.2(20.1)	17.1

# Game skill Team average best for 3 seasons 2011-2013

• Av intercepts per Q	3
• Opposition shooting	78%
• Shooting accuracy	97%
• Gains per Q	9
• Losses per Q	5.8
• CP to score	64%
• TO to score	64%
• Feeding accuracy	82%
• Penalties per Q	16

# How do I lead this group?



**ACTUALLY I DON'T.....**



# **WHAT I BRING TOGETHER IS...**

**Mobilising thinking...**

**Facilitate a shared purpose and values...**

**Ensure connection and experience is high**

**Responsible for people, progress and results**

**AT THE END OF THE DAY...**



# **RIGHT NOW... WE ARE EXAMINING WHAT ARE THE CHALLENGES IN 4 KEY AREAS?**

- LOGISTICS
- MINDSET
- CAPABILITY
- RELATIONSHIPS

**E.G. RIGHT NOW THE PLAYERS ARE  
BEING ASKED 4 QUESTIONS....**



# **4 KEY QUESTIONS...**

- **WHAT IS A TEAM WORTH BELONGING TO?**
- **WHAT IS WORK WORTH DOING?**
- **WHAT LEADER IS WORTH FOLLOWING?**
- **WHY ARE YOU WORTHY OF BEING A GREAT NETBALLER?**

**THIS IS THE START  
OF ATTEMPTING TO  
FIND ANSWERS TO  
HOW WE WILL  
OPERATE, FIND  
SOLUTIONS QUICKLY**

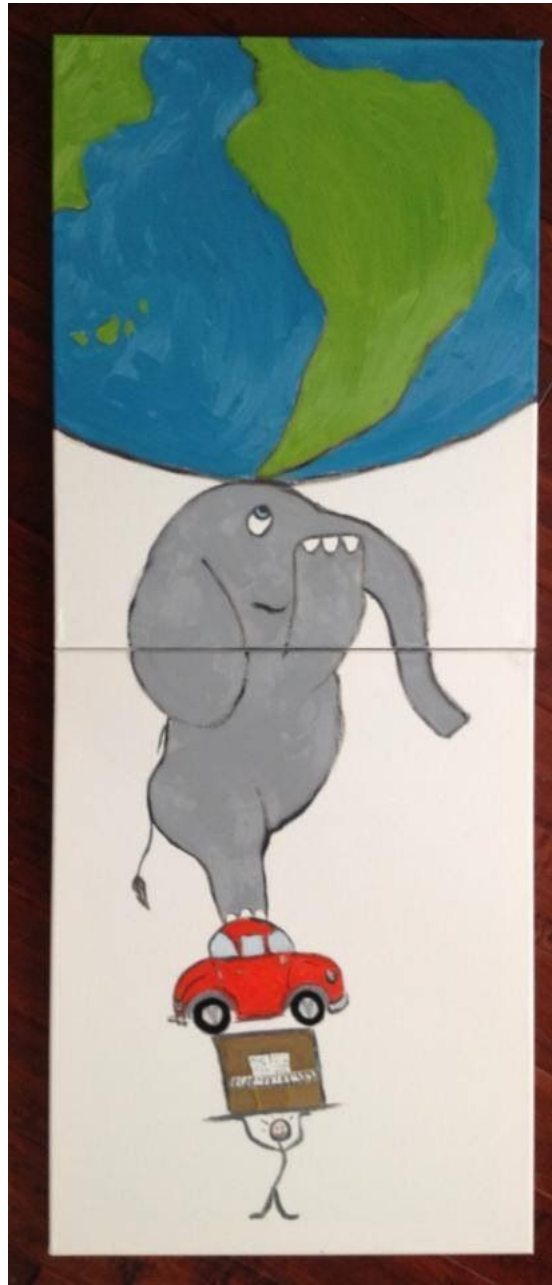


# SOMEONE SAID

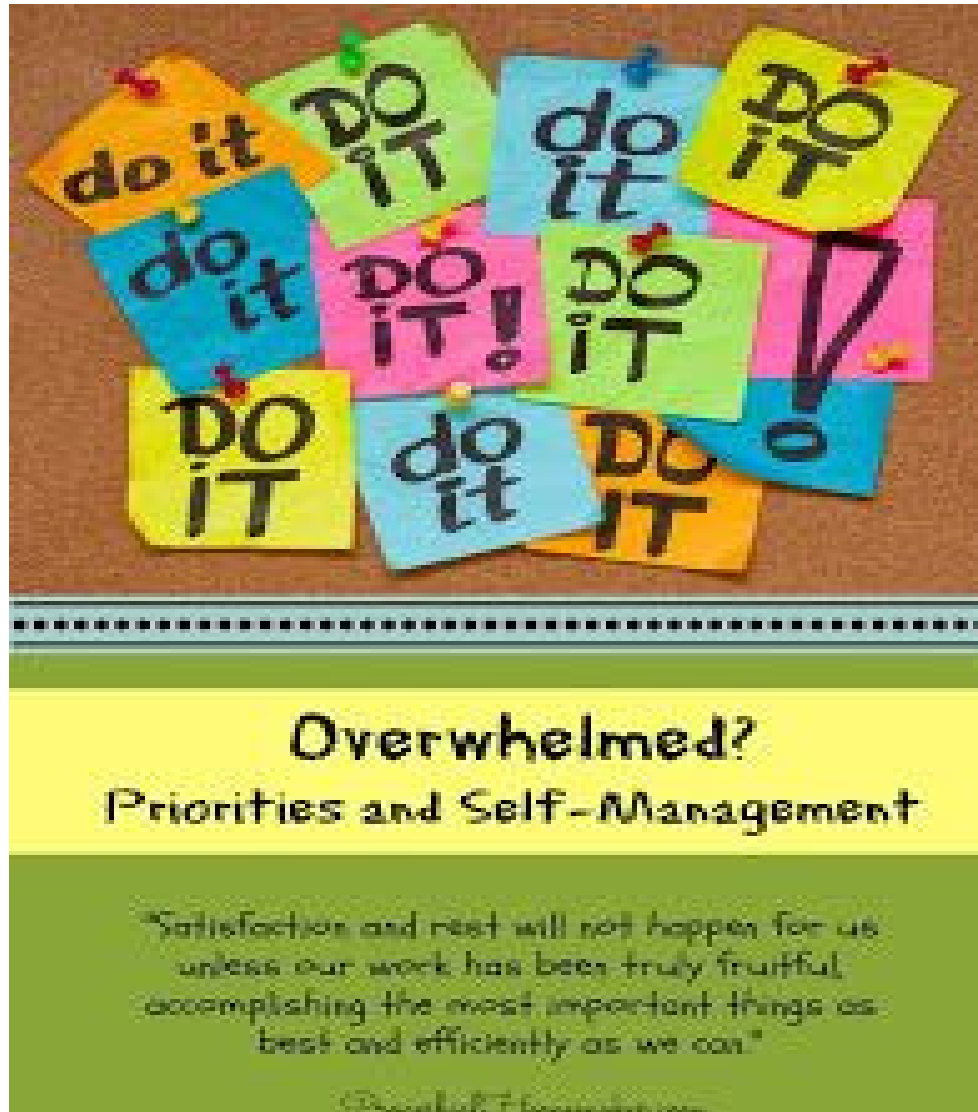
- 3 key principles to winning something is: "*The first was understanding and acquiring the knowledge and the mental skills to handle pressure. The second was creating an environment where the players self-managed themselves. And the third was making sure everybody has total clarity around the game we were trying to play.*"

**With this in mind, THE  
FOCUS for the 2014  
season is:**

# Dealing to Pressure



# Self management



Playing with complete

**CLA****RITY**

# WHAT IS OUR ROLE IN THE ZONE?



# RESPECTING WHAT HAS COME BEFORE US “RAFFLES TO SEMI PRO”



# INSPIRING THE NEXT GROUP OF MYSTICS



# UPHOLDING THE CHARACTER, STYLE AND VALUES OF OUR ZONE



# MODEL “BEING COMPETITIVE” AT THE HIGHEST LEVEL



# WE ARE PERFORMANCE CENTRED

- THIS MEANS
  - APPEARANCES IN THE COMMUNITY IN JUNE NEED TO BE REDUCED
  - APPEARANCES THAT INVOLVE TRAVEL MORE THAN 2 HOURS AFFECTS PERFORMANCE
  - ATHLETES ON FEET, FOR MORE THAN 3 HOURS AFFECTS PERFORMANCE

# FINALLY, WE LOOK FORWARD TO PRESENTING A STRONG TEAM 2014

