



Netball Central

Poitarawhiti Ngakau

Under 16 Training

Diary

Athlete:

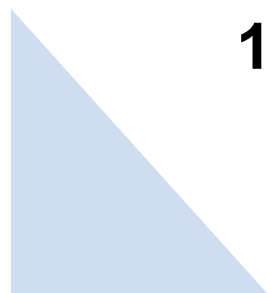


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Introduction

Season Information

Season Schedule

	Date	MON	TUE	WED	THUR	FRID	SAT	SUN
WK								
WK								
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WK								
WK								
WK								
WK								

Tournaments Information:



Representative Team Fees

Fundraising Commitments


Contact Details

Players	Player Cell	Parent's Cell

Name	Position	Cell Number	Email
	Manager		
	Assistant Coach		
	Lead Coach		
	Development Officer		

Team Philosophy

Performance Player Profile

CORE TECHNICAL COMPETANCIES		RATING	OVERALL COMMENTS
Movement	Efficient Running Technique		
	Agility		
	Jumping and Landing		
	Turning Fully		
Ball Skill	Passing		
	Catching		
CORE POSITIONAL COMPETANCIES		RATING	OVERALL COMMENTS
Defend to Get Ball & Deny Goals	One on One		
	Space		
	Unit Defence		
	Using Deception		
Attack to score goal	Awareness and Balance of Court		
	Use of variety and timing to create availability		
	Get ball of advantage line clear of defence		
	Deliver quality centre pass		
	Positioning on the transverse line for support		
	Quality off load of gains		
Shooting	Effective Technique		
	Variation on timing and release of shot		
	Accurate under pressure/critical moments/fatigue		
Feeding the Circle	Positioning on circle edge		
	Ability to feed on and off the circle		
Defending In Circle	Restrict or direct circle edge positioning		
	Limit and/or prevent feeding option		
	Intercepting outside the circle		
	Ability to keep moving in circle		
Defence of Shot	Lean		
	Jump		
	Intensity		
	Timing variation		
	Positioning		
Rebounding	Box out		
	Timing		
	Positioning		
	Follow shot in		

CORE TACTICAL COMPENTANCIES		RATING	OVERALL COMMENTS
Decision Making	Shot Defence Selection/ options/ accurate ball under pressure/ fatigue/critical moments		
Reading Play	Vision		
	Space Awareness		
	Anticipation		
Court Presence	Deception		
	Working together with unit		
	Communication		
CORE HAUORA COMPETENCIES		OVERALL COMMENTS	
Hauora	Grit		
	Growth Mindset		
	Character		
	Coachability		
	Mental Skills		
	Life Balance		
	Nutrition		
	Muscle Balance		

		RESULTS			TARGETS			
CORE PHYSICAL COMPETENCIES		Date:	Date:	Date:	U15s	U17s/U19s NZSS/NZTD	BEKO	ELITE
Power & Elevation	Broad Jump (CM)				210CM	210CM	220-240	250+
	Vertical Jump (CM)				45CM	45CM	50-55	65+
Speed	5M				<1.10s	<1.10s	1.03-1.08	<1.00
	10M				<1.80s	<1.80s	1.70-1.80	<1.70
	40M				<7.75s	<7.75s	7.00-7.30	<6.95
	5-0-5				<2.45s	<2.45s	2.35-2.40	<2.29
Aerobic YOYO	GS				15.5+	15.5+	16.8-17.4	18.1+
	GA				16+	16+	17.6-18.2	18.6+
	WA				16.5+	16.5+	17.8-18.6	19.2+
	C				16.5+	16.5+	18.6-19.5	20.1+
	WD				16.5+	16.5+	17.6-18.2	18.6+
	GD				16.5+	16.5+	17.6-18.2	18.6+
	GK				15.5+	15.5+	16.8-17.4	17.6+
Other								

Rating

NOVICE	Rule governed. Needs structures and rules to guide performance. Response to situation is limited and inflexible
DEVELOPING	Demonstrates acceptable performance of basic techniques and can start to apply them with support and supervision
COMPETENT	Performance is efficient and organised but lacks speed and flexibility to adjust
PROFICIENT	Understands situation/skill as whole. Can adapt to situations. Techniques are performed fluidly, accurately and at pace
ADVANCED	Highly intuitive and characterised by doing the right thing at the right time

Strengths	Work ons
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Mental Skills

Part 1: Basic Mental Skills

The importance of the “top two inches” is often alluded to by coaches at all levels of sport; however there is seldom any attention paid to developing an athlete’s mental skills. The first step in developing a good mental skills training program is to identify when these skills are particularly important. For many sports there will be common situations, for example pre-competition preparation, where athletes often need to deal with worries and concerns about the outcome and their own ability. However, the importance and nature of mental skills will vary markedly across different sports. For example, the mental preparation of a rugby player would undoubtedly be different from that of a shooter.

Basic Mental Skills to assist Athlete Performance

According to Hodge, Sleivert and Mackenzie (1996, p. 58) a PST **skill** is a “competency, capability or ability level”, while a method used to develop a skill is a “procedure, technique or drill”. These authors believe that the major mental skills are motivation (for optimal physical activation), self-awareness and self-esteem (for optimal mental activation), and self-confidence (for optimal concentration).

The major methods they encourage athletes to use are:

mental preparation
self-talk
centering & relaxation
imagery
goal setting

Mental preparation can take the form of three plans for performance, namely:

- Pre-performance
- During performance
- Coping plan

The **pre-performance plan** is all about your preparation for the day of competition and this may include methods such as self-talk, imagery and centering.

The **performance plan** assists you to focus on what is important during the event and this might be divided into different stages of the event.

The **coping plan** is designed to assist athletes with any hassles or distractions pre, during or post the event. Setting up and discussing potential ‘what if’ situations as part of preparation for competition will prepare athletes for cope with both the situations discussed and unexpected incidents.

Self-talk is designed to strengthen self-confidence through focusing on the positive and eliminating the limitations of negative thinking. It only requires a limited number of key words to get an athlete focusing on what needs to be done to ensure success. Self-talk for *concentration* or *focus* is assisted by words in the present tense. For example in hitting a tennis ball one might say “bounce” as it bounces and “hit” as the racket makes contact. Hodge, Sleivert and Mackenzie (1996) refer to *mood* words required as in “stroke” in batting and “fire” in a dynamic start. These words capture the mood of successful performance and are dependent upon the nature of the skill being performed. If an athlete requires *sustained effort* with control, key words such as “dig in” or “push through” can be use on a consistent basis to focus on the positive qualities of performance required at the time. It deserves to be restated that all self-talk must focus on positive words that draw the athlete’s attention towards that which needs to be done to bring about successful performance.

Centering and relaxation assists an athlete shift thoughts away from anxious negative thinking towards a relaxed, positive, focused mind-set. A simple way of achieving this is through breathing exercises. One breathing exercise is centering, which is breathing that commences from your centre of gravity (behind your navel). This process reduces tension and assists control under pressure through remaining relaxed. The process deserves further reading but in simple terms it requires:

- An at ease standing position or lying with legs uncrossed
- Placing hands on top of each other on the abdomen below the navel
- Focusing on point behind the navel – the power and control centre
- Breathing in through nose, using the stomach and sensing it expand

- Breathing out through the mouth, with the exhalation equal in time to inhalation
- Focusing attention on breathing and a single meaningful word on exhaling
- Progressing from practicing 10-minutes per day to practicing in a time and place that is relevant to the athlete's sport.

Relaxation can also be achieved through other activities such as stretching, listening to music, using positive self-talk or imagery, or having specific routines. Different methods suit different people and at times are used in combination.

Imagery is the ability to create in one's minds eye the people, objects and skills present in a competitive sport situation while not being in the specific situation. It engages all the senses operating in that the specific situation through images that can be seen, felt, smelt, tasted and heard.

For example: *An opening batsman can picture him or herself walking out to the pitch to face the first ball of the cricket match. He/she can see him/herself taking guard, assessing the field placing and settling into his/her stance for the first ball. He/she can hear the umpire call play and see the opening bowler approach the wicket. He/she senses his/her sharpening focus on the rectangle above the bowler's delivery shoulder and he/she sees the ball emerge. He/she can feel his pre-move back and across his/her stumps with his/her weight perfectly balanced. He/she moves his/her head into line and plays a compact, defensive stroke close to his/her body with a vertical bat, the ball striking the very "meat" of the bat. A perfect start.*

And all of this is done during a few quiet minutes sitting in the sun on the side of the field, getting used to the light, after the warm-up is completed

Imagery can be used to control emotions, anxiety and anger while also assisting with the coping of unexpected situations that might arise. Imagery can be used to sharpen concentration, mental preparation and also as a replacement for physical practice. Some people find imagery more difficult than others and being taken through the process by someone skilled in directing imagery is a good way to start. The athlete can then learn to record his/her own imagery script on tape, ensuring that the words embrace all the senses and are vivid and clear. It is helpful to progress from simple skills to the more complex. Imagery can be applied pre-competition, during competition and even during a pre-performance routine.

Goal setting The best way to go about improving a skill is to set goals and monitor these goals. Goals provide you with a 'map' to reach your final destination (long term goal) with pit stops (short term goals) along the way. That is, you have your ultimate (or dream) goal but to reach it you must break it down into smaller steps. This serves several purposes. Firstly, it allows you to monitor your progress and thus tell you whether you need to increase your effort or training. Secondly, achieving these short term goals provides you with a reward for your effort and hard work, which in turn increases your confidence that you can achieve the next short term goal and retain your motivation.

Performance, Process and Outcome Goals

People can set different types of goals; these can be based upon pure outcome such as "I want to win a particular race" or "beat a particular opponent" etc. However, outcome goals are usually not under your full control and can be a major source of pressure. Consequently it is usually better to set **process** and **performance** goals. Process goals are about mastering specific skills such as passing in rugby, turns in swimming or shooting in netball. If you succeed in doing these skills well you will more than likely increase the probability of achieving your desired outcome: winning. Examining the process required to achieve your goals allows you to break your goals down into components or actions and this should form part of your tactical and technical skill development. Combining process goals with performance goals allows you to monitor your progress against yourself, and allows you to *honestly* evaluate your progress. For example, there may be some technical process goals you set yourself to improve a particular skill (such as tackling in rugby). Combining this with a performance goal (to make 80% successful tackles in a game or training drill) allows you to monitor your progress.

Generally, process goals focus on how to do something while performance goals focus on objective success or failure at the task.

SMART goals

Being SMART about goal setting reminds you that your goals should be:

Specific:

Set difficult but realistic positive performance and/or process goals that are clearly stated

Measurable:

Set numeric goals so your progress can be easily measured

Adjustable:

Goals (and goal schedules) may need to be changed due to such things as injury or sickness. Or you may have set goals that were in hindsight too easy or too hard. Also you should review your training methods to see if they are effective and adjust your goals if needed.

Realistic:

Know your limitations, but set goals that are challenging. Setting goals that are too hard sets you up for failure, but they also need to stretch your abilities.

Time Referenced:

Set target dates for achieving your goals. Again these should be challenging but realistic.

Another key consideration to good goal setting is that the goals are **determined and accepted** by both the coach and the athlete. The most effective goals are those that the athlete feels they have ownership for. If you find that your athletes do not seem to be motivated towards achieving the goals that have been set, it may be a sign that they feel that the goals have been forced on them by somebody else, for example, parents, coaches, or team mates.

Monitor your commitment to your goals

Write them down:

Write down your long term and short term goals and your strategy for achieving them. This should include target dates for added incentive.

Remind yourself of your goals

Use a training log book to monitor your progress. Alternatively, use a wall planner as a visual reminder of your goals, target dates and training plan.

Self Analysis

Ask yourself periodically, “what have I done to make myself better?” Monitoring your performance is best done by you, as self evaluation is a critical component of success in all walks of life.

Goal Setting: Things to Avoid

- Setting goals that are not specific, realistic or measurable.
- Setting too many goals at once: keep it simple.
- Not monitoring your progress.

My Individual Performance Plan (IPP)

Performance Goals - List in priority order your performance goals

1.

2.

3.

- Insert your **goals** from above in the LEFT COLUMN.
- Then list the **key strategies** to achieve each goal (may be more than 1) - what will you focus on?
- Write an **action plan** for each strategy - what actions are required weekly?
- Confirm the **measures** for each strategy – how will you know if the strategy and plan are successful?

Performance Goals	Strategy	Action Plan	Measures	
			Now	Goal
1. Short - May				
2. Medium - July				
3. Long – Next Year				

Fitness/Training Schedule

As a member of our team you are expected to achieve a certain standard of fitness. The following programme will help you to achieve a good level of fitness and does not require any equipment or a gym membership. Each week you will be expected to -

- Attend our weekly team practices
- Complete two high intensity aerobic sessions
- Complete at least one strength session and two core sessions
- Complete one recovery session

HIGH INTENSITY AEROBIC TRAINING

The aim of aerobic work is to improve your aerobic fitness so that you can achieve the ideal standards set out above. Good aerobic fitness allows you to maintain high levels of intensity throughout matches and tournaments. Ideally you will complete two high intensity aerobic sessions each week. Choose two different sessions each week. Remember to warm up and stretch before you start.

You will see that the sessions have **Rate of Perceived Exertion (RPE)** scale. Perceived exertion is how hard you feel your body is working. Don't focus just on one sensation, get a general sense of how hard you are exercising. Don't focus on just one sensation, get a general sense of how hard you are exercising. Use your feelings of exertion rather than measures such as speed while running or cycling or comparing yourself to someone else.

The Borg RPE scale is shown below. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

0	0.5	1	2	3	4	5	6	7	8	9	10
Nothing at all	Just noticeable	Very Light	Light	Moderate	Somewhat heavy	Heavy		Very Heavy			Ver, Very Heavy

Warm-up

Exercise	Sets	Repetition/Time	RPE
Slow jog	1	5 min	3
Running hip out	2	10 each side	2
Squat, calf raise body extension	2	10	2
Walking lunges	2	10	3

A. Conditioning Sessions

Fartlek Run

RPE 8 to 9 at the end of each faster run, and RPE 3 to 4 during the low intensity running

Fartlek means 'speed play' and involves alternating periods of high intensity running with periods of low intensity running. These types of runs are best done on undulating terrain (golf courses, beach) or on grass.

Complete the warm-up then run - 4 minutes fast; 4 minutes slower; 3 minutes fast; 3 minutes slower; 2 minutes fast; 2 minutes slower; 1 minute fast; 1 minute slower; jog for 5 minutes to wind down. Try including some hills in this run if possible.

Hill Run

RPE 8 to 9 at the end of each uphill run,

Complete the warm-up. Stop and stretch. Run for 25 – 30 minutes on a hilly road or track. Work really hard on the uphill parts aiming for a target heart rate of 80%-90%. Use flat and downhill stretches to recover. Make the run as hard as possible – it must include 6 uphill sprints of 20 – 30 metres.





Split Run

RPE 7 to 8

Complete the warm-up. Run hard for 12 minutes away from the start point. Stop and do the dynamic recovery stretch for 4-5 minutes. Run back to the start point. Ideally make the return run faster than the run out.

- As you improve increase how long you run out to 15 minutes.
- When you are easily able to run out for 15 minutes, increase the distance you can go in 15 minutes rather than the time.

Dynamic Recovery stretch

Exercise	Sets
World's greatest stretch (stay in each position for 20-30sec)	2 (each side)
LUNGE: Lunge forward with your right leg until the knee of your left leg is almost flat with the floor, then touch your hands to the floor to the left of (inside) your right leg.	
ELBOW TO INSTEP: Bend your right elbow 90 degrees so your forearm is parallel with the floor and place it against the inside of your right leg. Slowly fold forward with a flat back and slide your elbow down your leg as far as you can without rounding your back. Your goal is to get your entire forearm on the floor with your elbow on the inside of your big toe.	
INTERNAL/EXTERNAL ROTATION AND REACH: Still in your lunge, keep your right hand on the floor as you rotate your shoulders and torso to the left side, reaching your left fingertips for the ceiling and looking up at your left hand. Return both hands to the center, re-square your hips, then keep your left hand on the floor as you turn to the right, reaching your right hand for the ceiling and looking up toward your hand.	
HAMSTRING STRETCH: Finally, place your hands on the floor on either side of your right foot, then lift your glutes toward the ceiling as you straighten your right leg. Square your hips and keep your back as flat as possible as you lift your toes.	

Lamp Post Run

RPE 6 for steady runs and RPE 7 to 8 for hard run

Complete the warm-up. Then a 30-minute run between lamp posts. Run steadily for 4 lampposts and then hard for 1; continue this for 30 minutes. Run then walk for 5 minutes to warm down.

B. Alternate Conditioning Sessions (yoyo level based)

Treadmill based sessions – with yoyo levels suggesting training levels

Short Intervals	Session 1 – 40s on/20s off x15 & 30s on/30s off x10 (28 mins)							
Yoyo level	<15.1		>15.2		<16.1		>16.1	
Kph = kilometers per hour	16.5kph	0	17.0kph	0	17.5kph	0	18kph	0
3mins rest	0	0	0	0	0	0	0	0
Kph = kilometers per hour	16.5kph	0	17.0kph	0	17.5kph	0	18kph	

You will run for 40s and rest for 20s. Complete 15 reps which makes it 15mins.
 Have a 3 min rest then
 Complete 30s on 30s off for 10 reps which makes it 10mins.
 Set the treadmill at the levels suggested above.

Medium intervals	Session 2 – 300m x 10 reps (approx. 30 mins)							
Yoyo level	<15.1		>15.2		<16.1		>16.1	
Level	14 on	14 off	15 on	15 off	16 on	16 off	17 on	17 off
	15kph	0	15.5kph	0	16kph	0	16.5kph	0

For this session choose a level or speed (shown above) and run on a treadmill at that speed/level for 300m, once completed stop for 100m.
 Start running again at 400m, 800m, 1.2k, 1.6k, 2k, 2.4k, 2.8k, 3.2k, 3.6k.

Long Intervals	Session 3 – 10mins on/5mins off x2 (30mins)							
Yoyo level	<15.1		>15.2		<16.1		>16.1	
10mins on, 5mins recovery	13kph	9kph	14kph	9.5kph	15kph	10kph	16kph	10.5kph

For this session choose a level or speed (shown above) and run on a treadmill at that speed/level for 10mins with 5mins active rest. Do this twice.

C. Cycle Based sessions – for any yoyo score; push yourself to your own level

Session 1 – 20km & long intervals
20 Km Time trial – 20km as fast as you can
2mins RPE 6 to 7, 1 min RPE 2, 2mins RPE 6 to 7 = 15mins
For both blocks set the resistance to between 10 & 13 and maintain your revolutions per minute (RPM) at between 110 & 120. Reduce resistance when you cannot maintain RPMS. Only reduce by 0.1 eg 12 to 11.9 so a slow reduction.

Session 2 – Short intervals ⁹
40s/20s splits - cycle hard (RPE 6 to 7) for 40s & easy (RPE 2) for 20s; repeat 15 times (15mins) - (s = seconds)
20s/10s splits – cycle hard (RPE 6 to 7) for 20s & easy (RPE 2) for 10s; repeat 30 times (15mins)
For both blocks set the resistance to between 10 & 13 and maintain your RPMS at between 110 & 120. Reduce resistance when you cannot maintain RPMS. Only reduce by 0.1 eg 12 to 11.9 so a slow reduction.

Cycling options continued

Session 3 – Short intervals
20s/10s splits – cycle hard (RPE 6 to 7) for 20s & easy (RPE 2) for 10s; Repeat 8 times (4minutes) 3 Minutes Rest. Repeat 3 more times. (28minutes total)
Set the resistance to between 10 & 13 and maintain your RPMS at between 110 & 120. Reduce resistance when you cannot maintain RPMS. Only reduce by 0.1 eg 12 to 11.9 so a slow reduction.

Session 4 – 30 mins & short intervals
30mins – steady cycle (RPE 4 to 5) @ 90RPMs
20s /20s splits – hard (RPE 6 to 7) for 20s & easy (RPE 2) for 20s; repeat 15 times (10mins)
For both blocks set the resistance to between 10 & 13 and maintain your RPMS at between 110 & 120. Reduce resistance when you cannot maintain RPMS. Only reduce by 0.1 eg 12 to 11.9 so a slow reduction.

D. Field Based Session – Track or Rugby/Soccer Field

Long Intervals	Session 1 - 20-30 minutes		
Yoyo level	<15	15.1-15.8	16>
3minutes on 2 minutes off	650m	700m	750m
Aim to run the prescribed distance in 3 minutes. Rest for 2 minutes. Perform 4-6 times			
Medium Intervals	Session 2 - 27 minutes		
Yoyo level	<15	15.1-15.8	16>
90 seconds on 90 seconds off	350m	375m	400m
Aim to run the prescribed distance in 90 seconds. Rest for 90 seconds. Perform 4 reps. Rest 3 minutes. Do this twice.			
Short Intervals	Session 3 - 12-28 minutes		
4 x 20m shuttles within 30 seconds. Do this every 30 seconds. I.e subtract your time from 30 seconds, and this is your rest. For example, if running it in 20 seconds you receive 10 seconds rest. Repeat 8 clusters of shuttles, which consists of 4 minutes work. Rest 4 minutes. Perform 2-4 times.			

Cool down

NetballSmart - Stretches (do after each session)

Stretches

HOLD EACH STRETCH FOR
20 SECONDS (MINIMUM) EACH SIDE

DO AFTER TRAININGS AND GAMES OR PART OF A RECOVERY SESSION



SHOULDER-TRICEPS



SHOULDER-POSTERIOR



SHOULDER-FRONT



SHOULDER-PECS



QUADS



HIP FLEXORS



GLUTS



HAMSTRINGS



ADDUCTORS/GROIN



LONG CALF










SHORT CALF



SPINE-ROTATION

Exercise		Sets	Reps
<p>Lunge and rotate</p> <p>Lunge forward with the knee in line with the foot. Trunk strong. Rotate the arms and upper body towards the side of the front leg. (Progression – add weight or resistance band).</p>		3	8 (each direction)

Lunge and rotate Prop forward and land on line on the court. Land with the ball out to the side of the landing leg. Trunk strong and straight. Knee should be in line with the foot and the knee slightly bent (soft knee).		3	8 (each side)
Ball throw Stand on one leg – knee soft. Throw a ball as hard as possible between partners or against a wall. Stabilise the trunk.		3	10
Press with arm lift In a push-up position. Do a press up and once the elbows are straight pull one elbow back and the hand towards the shoulder. Keep the shoulders, back and knees in a straight line.		3	8 (each side)
Lateral bridge and knee to chest On the side and the weight supported on an elbow. Keep the pelvis stable and control rotation of the body. Bend the knee towards the chest. (regression – put the knee closest to the floor down on the floor)		3	10 (each side)
Single leg bridge Extend one leg out. Lift the pelvis of the floor. Keep the thighs in line with each other. Lower the hips back to the floor.		3	10 (each side)
Netball/medball twist In a v-sit position rotate the ball from left to right and back again. Maintain a straight back.		3	10 (each side)
Romanian Dead Lift Keeping the knees slightly bend. Keep the back straight. Lift one leg towards the back, tipping the upper body forward. The back leg and upper body moving as a unit.		3	30 sec (increase time each session) Or 10 (each leg)

STRENGTH CIRCUIT SESSION


Warm-up


Exercise	Sets	Repetition/Time	RPE
Slow jog	1	5 min	3
Running hip out	2	10 each side	2
Squat, calf raise body extension	2	10	2
Walking lunges	2	10	3






Repeat each exercise below for the indicated number of reps.
REPEAT THE WHOLE CIRCUIT AS MANY TIMES AS POSSIBLE WITHIN 20MIN.
 Rest 60sec between sets

Circuit

Exercise	Repetition	RPE
Drop landing and Broad jump – land on one leg	4 (each side)	4
Press ups	10	4
Multi-directional hop around a compass	5	4
Lateral lunges	10 (each side)	4
Single leg Triple hop	3 (each leg)	4
Swiss ball bridge	10	4
Double leg Forward, Lateral hop	5	5
Single leg squat	10 (each side)	4
Romanian deadlift	10	5
Mountain climbers	10 each side	6
Calf raises	15 (each side)	4

Exercise	
DROP LANDING AND BROAD JUMP – LAND ON ONE LEG <ul style="list-style-type: none"> • Bend in hips and knees. • Knees not in front of feet - push back through hips. • Jump down off box. • Land in good squat technique (SBP). • Ensure good limb alignment – no kissing knees. • Equal weight bearing. • Soft landing. • Then broad jump forward and land on one leg. • Control trunk, head up. • Soft landing and stick landing – not falling forwards. • Pelvis level, no trunk deviation. • Knee in line with foot. 	

Exercise	
<p>PRESS UPS</p> <ul style="list-style-type: none"> • Balance on your hands and toes with the hands directly under the shoulders. • Keep a straight line between the hips, shoulders and knees. • Lower the upper to the floor and press back up until the elbows are straight. • Take care not to let the elbows flare to the side • Regress to a press up on a bench (lifting the chest of the floor if you cannot do a press-up as in the first picture). 	
<p>MULTI-DIRECTIONAL HOP AROUND A COMPASS</p> <ul style="list-style-type: none"> • Draw out a compass shape with tape (N, E, S, W). • Balance in the centre of the compass. • Bend in hip and knee. • Knee not in front of foot. • Head up. • Trunk not too far forward. • Control of head and trunk (no tipping). • Keep pelvis level. • Knee in line with foot. • Hop following compass. • Ensure all landings have good technique (SBP). 	
<p>LATERAL LUNGES</p> <ul style="list-style-type: none"> • Lunge out to the side. • Bend the knee you stepped out on as deep as possible. • Keep the upper body as straight as possible. • Keep the knee over the foot 	
<p>SINGLE LEG TRIPLE HOP</p> <ul style="list-style-type: none"> • Bend in hip and knee. • Knee not in front of foot - knee in line with foot. • Head up. • Trunk not too far forward. • Control of head and trunk (no tipping). • Keep pelvis level. • Hop, forwards and to the side of the tape. • Soft landing. • On same foot hop to opposite side of line. 	

Exercise	
<p>NORDIC HAMSTRING</p> <ul style="list-style-type: none"> • Kneeling on a soft surface/sweatshirt, knees hip-width apart and • crossing arms across chest. Partner kneels behind with both hands • gripping lower legs just above the ankles. • Body completely straight from the head to the knees. • Slowly lean forward, trying to hold the position with hamstrings. • Return to upright and repeat. 	
<p>DOUBLE LEG FORWARD, LATERAL HOP</p> <ul style="list-style-type: none"> • Bend in hip and knees. • Knees not in front of feet. • Head up. • Trunk not too far forward. • Control of head and trunk (no tipping). • Keep pelvis level. • Knees in line with feet. • Hop forwards over a ladder rung, small hurdle or line and land on both feet. • No trunk deviation on landing. • Soft landing. 	
<p>SINGLE LEG SQUAT</p> <ul style="list-style-type: none"> • Stand on one leg with the knee slightly bend • Push back through the hips. • Knees in line with the foot and the back straight and trunk stable. • Squat back and down towards a box/chair. • Touch the box and stand back up (don't sit down) 	
<p>MOUNTAIN CLIMBERS</p> <ul style="list-style-type: none"> • Start in the press up position. • Bend on knee to the chest. • Keep the shoulders, back and ankle in a straight line. 	
<p>CALF RAISES</p> <ul style="list-style-type: none"> • Stand on one leg, knee slightly bend • Keeping your balance, raise the heel of that leg as far as possible shifting the weight onto the ball of the foot. • Lower the heel back to the floor. 	

ACTIVE RECOVERY

Either jog, cycle, walk or swim for 35-45 minutes. Complete the **NetballSmart** Roller Recovery and Stretched Combined session after the aerobic section. This session helps the body to recover more quickly from the work it has been doing.

Roller Recovery and Stretches Combined

HOLD EACH STRETCH FOR
20 SECONDS (MINIMUM) EACH SIDE
ROLL EACH MUSCLE GROUP FOR 20- 30 SECONDS

DO AFTER TRAININGS AND GAMES OR PART OF A RECOVERY SESSION



SHOULDER-TRICEPS



SPINE-ROTATION



QUADS



HIP FLEXORS



HAMSTRINGS



SHOULDER-PECS



T SPINE



GLUTS



CALF



LONG CALF



SHORT CALF



ACC SportSmart NetballSmart



Pre match meal

The pre match meal is simply your last chance to top up before the game, it is not a magic bullet that will undo days of bad eating, Your pre match nutrition should start by eating well balanced and regular meals in the days leading up to the game!

Key Tips:

- ✓ Always choose foods that are familiar to you and you know you will tolerate well in the game, never experiment on the day of a big match—trial in a practise situation first.
- ✓ Find a routine that works well for you, so you are confident your nutrition is well controlled on game day.
- ✓ If you are a nervous eater or have a low appetite, make the most of liquid meals like smoothies, soups, flavoured milks, juices or sports drinks. Also use soft breads and low fibre cereals such as cornflakes, rice bubbles or nutigrain, soft fruits can also be a light option that you may tolerate better.
- ✓ Similar to other meals, choose good sources of carbohydrate and don't over do protein as this will reduce the amount of carbohydrate you could eat.
- ✓ Keep it low in fat! Added butter, cream and fatty meats can slow down digestion often leaving you feeling full and bloated , which may hang around until the game begins.



Hydration

Stay hydrated by drinking with all meals (large glass)
+ sip on a bottle between meals

1 Litre during the morning is plenty (provided you are well hydrated from the previous day. Hot environments or added activity outdoors on game day may require extra fluid.

Check the colour of your urine, it should be clear and the amount plentiful.

Your body is well controlled in how much fluid it holds onto, excessive drinking especially in the hour before exercise will simply mean you may be going to the toilet more and it may be uncomfortable to hold, so drink regularly but avoid excessive amounts.

For early kick offs (9.15am) sipping on a sports drink in the hour prior can give a quick fuel boost when it can be hard to eat enough solids.

Drink well through the warm up especially on hot days. Use sports drink if the warm up is of high intensity.

Try to drink a cup (250ml) during your warm up, this makes sure your gut is topped up, which results in fluid clearing from it faster to your muscles during the game.

Sample Menu: 9.30am Game

Time	Options
7.30am	Bowl of cereal 2 x toast with Jam + Glass of juice
8.30am	Pre game snack: 500mls sports drink - sip on during hour leading into the game.
Half time	Sip on either water / sports drink (500mls) + oranges if available
Recovery	250ml flavoured milk + banana <u>or</u> 500ml flavoured milk <u>or</u> 1 x lean meat sandwich <u>or</u> Muesli bar + yoghurt
Move onto meal with 90mins	

Sample Menu: 10.15am Game

Time	Options
7.30-8.30am	Baked beans on toast + Glass of juice
10.00am	220g can of creamed rice <u>or</u> 1 x banana <u>or</u> 330ml bottle of primo
Half time	Sip on either water / sports drink (500mls) + oranges if available
Recovery	250ml flavoured milk + banana <u>or</u> 500ml flavoured milk <u>or</u> 1 x lean meat sandwich
Move onto next meal within 90mins	

Sample Menu: 11.15am Game

Time	Options
8am	Spaghetti on toast + Glass of juice
10am	1 x yoghurt + banana <u>or</u> 1 x muesli bar + piece of fruit <u>or</u> 250ml pack of juice + piece of fruit
Half time	Sip on either water / sports drink (500mls) + oranges if available
Recovery	250ml flavoured milk + banana <u>or</u> 500ml flavoured milk <u>or</u> 1 x lean meat sandwich <u>or</u> Muesli bar + yoghurt
Move onto next meal within 90mins	

Mix and match breakfast options from different menus as needed

Recovery

Recovery is one of the basic principles of training. It's during the recovery period or rest period from training that you adapt to the load placed on you during training. It's easy to make the mistake of believing that the harder you work, the better you will get. And yes, hard work is important. But recovery is an essential balance.

The Benefits of Recovery

- Aids the removal of waste products
- Returns the body to near resting levels
- Sets the body up for the next bout of exercise
- Allows the athlete to continue to perform at high levels
- May help reduce the injury rate
- May help reduce muscle soreness

Steps to recovery

Recovery is a process that starts as soon as training/ game finishes. It is particularly vital in a tournament situation.

1. Warm down

- Warm down is compulsory! It should never be left out, no matter what age group
- Start with a five minute active warm down – a light jog slowing to a walk. If there isn't much time on the court for a warm down, try walking on the spot or along the footpath, keeping moving for five minutes
- Follow-up with static stretching – hold stretch for 30 seconds each side. Include stretches for calves, quads, hamstrings, hip flexors, butt, arms etc.

2. Hydration

- While doing the aerobic warm down and static stretching you need to be hydrating and eating your post-exercise food (see suggestions below).
- Hydration is important before, during and after any exercise :
- Ensure you start well hydrated – you should have clear or pale urine with a tinge of yellow.] Two hours before exercise you should consume 500–600 ml (two cups) of fluid (water).
- During warm-up you should consume 250–500 ml (1/2 to one cup) of fluid (water).
- During exercise you need to consume 750-1,000 ml of fluid (water), this is 150-300ml at each break, for every hour of exercise.
- After exercise continue consuming fluids of 1- 2 litres.

3. Nutrition

- It's vital to eat within 30 minutes of finishing exercise, especially if you're competing again that day. This will restore the muscle energy stores to recover them for the next game.
- The post-game snack should include carbohydrates and protein.
- Examples: Water and a filled roll/creamed rice o A filled roll, a banana and 250ml flavoured milk

4. Treat injuries immediately

- Rest the injured area to help prevent further injury.
- Ice the affected area. Apply an ice pack/ice wrapped in a damp towel, for 20 minutes. Repeat every two hours for 48-72 hours, depending on severity.
- Compression of the injured area will help to prevent swelling. ↑ Elevation of the injured area will help prevent increasing swelling.
- Diagnosis. Correct diagnosis is important. Get professional medical help if the pain or swelling or the injury is not improving.
- Avoid HARM for the first two days (Heat, Alcohol, Running, Massage).

5. Rest

- Rest: Sleep is probably the most important recovery strategy. An adult player will need between six to eight hours sleep. A training adolescent experiencing a growth spurt may need up to 10 hours' sleep. However 'over sleeping' is detrimental as it slows the central nervous system
- Rest days are vital. You should have at least one day a week without training.

6. Other means for helping with recovery

- Doing an aerobic session in the pool rather than on the courts or on the hard ground could be classified as active rest.
- Hot/colds are: helpful especially for players within a tournament environment, they seem to recover better and have less muscle soreness.
- Try lying on your back with your legs up against a wall. This helps lymphatic drainage and the removal of waste products.

MY IDEAL WEEK

Use the following to plan your ideal week and ensure you meet and balance you obligations in netball, education, work and life. Example below:

	MON	TUE	WED	THUR	FRI	SAT	SUN
MORNING		BW Strength 6AM		BW Strength 6AM		Game	REST DAY
DAY	School Shooting	School Shooting	School Shooting	School Shooting	School Shooting		REST DAY
EVENING	Run 4PM	Rep Training 6PM	School Training 4PM		Aqua Jogging		REST DAY

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Individual Match Evaluation

Use the following template to set and monitor your netball goals. Regular reflection on your performance in-game will help you to improve your performances during the season.

Match v

Position/s:

Date:

Score:

Team Statistics:

Team statistic	Target	Actual	Ind Target	Reflection
Shooting	80%+			
CP to Score	60%+			
Gains	32+			
T/over to S	60%+			
Team losses	20 -			

Other:

Category	Reflections
Team Game Goals	Went well and why? Didn't go well and Why?
Individual Game Goals	Went well and why? Didn't go well and Why?
Pre Game Routine	Went well and why? Didn't go well and Why?
Reflecting in action to stay in the moment	Self Rating 1 poor -10 excellent Went well and why? Didn't go well and Why?
Comments	Key Focus for next game

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Gains	32+			
T/over to S	60%+			
Team losses	20 -			

Other:

Category	Reflections
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Team Game Goals	Went well and why? Didn't go well and Why?
Individual Game Goals	Went well and why? Didn't go well and Why?
Pre Game Routine	Went well and why? Didn't go well and Why?
Reflecting in action to stay in the moment	Self Rating 1 poor -10 excellent Went well and why? Didn't go well and Why?
Comments	Key Focus for next game

Individual Match Evaluation

Use the following template to set and monitor your netball goals. Regular reflection on your performance in-game will help you to improve your performances during the season.

Match v

Position/s:

Date:

Score:

Team Statistics:

Team statistic	Target	Actual	Ind Target	Reflection
Shooting	80%+			
CP to Score	60%+			
Gains	32+			
T/over to S	60%+			
Team losses	20 -			

Other:

Category	Reflections
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Performance Standards & Competency Breakdowns

The following table shows you what the competencies in your player assessment mean and how you rate in each area.

CORE TECHNICAL COMPETENCIES

MOVEMENT			BALL SKILLS		
COMPETENT	PROFICIENT	ADVANCED	COMPETENT	PROFICIENT	ADVANCED
Stable body position	Stable body position with control	Full Body Control	Passing variety – including overhead, shoulder	Passing length – up to 20 m	Pass variety and length on and off balance
Landing	Meeting ball hard & turning fully	Able to maintain dynamic and static balance on ground or at speed on either leg or both	Passing to space	Varying release time	Contesting on the ground & aerially
Stopping	Multi – directional movements (includes jumping, landing with body control)	Multi – directional & combination movements	Using both sides of body to pass & catch	Passing while in the air	Able to release quickly and accurately in all situations on ground or in the air
Take off using either leg	Using footwork to advantage e.g. stepping around a defence	Acceleration deceleration at varying speeds		Full extension when catching	Using deception
Demonstrating safe & balanced technique				Peripheral vision when passing	Complex decision making under pressure and on the move.
Angle running				Contesting on the ground	
Pivot in all directions				Catching – high, middle, low	
Turning in the air					
Efficient sprinting technique					
Jumping including with movement off either leg & double foot					
Meeting the ball hard					

CORE POSITIONAL COMPETENCIES

DEFEND TO GET BALL & DENY GOALS		
COMPETENT	PROFICIENT	ADVANCED
1 on 1 defence	Movement around attack	Countering screens
Intercepting left & right	Open / closed marking	Centre pass - 1st, 2nd, 3rd + phases
.9 Mark	Back, back and up	Confusing the space
Mark & Drop	Centre pass – 1st , 2nd, 3rd phase	Combinations of strategies
Force Type of Pass	Directing	
Front, Side	2 on 1	
Using away hand	Isolate	
Changing body angles	Inside / outside links	
Changing sides	Play from turnovers	
Centre pass 1st phase	Play from penalties	
Space/Zone	Transition onto defence	
Unit Defence		
Using Deception		

ATTACK TO SCORE GOALS		
COMPETENT	PROFICIENT	ADVANCED
Court Balance	Centre pass – 1st & 2nd phase	Court use width and depth.
Reading space & timing	Play from penalties	Screens stationary and moving
Play from turn over	Throw ins – all 1/3's	Work ball through confined space fluently and smoothly using a variety of movements
Centre pass – 1st phase	Transition onto attack	Playing at speed while maintaining possession & accuracy
Play from stoppages	Front Cuts	
Throw ins	Rolls 1/2 and full	
Straight Leads	Pass & Cut	
Change of Direction	Lead up to go back	
Dodge	Using screens	
Holding	Combinations of movements to get free	
Re-Offering		
Use of Interchange		

CORE POSITIONAL COMPETENCIES

SHOOTING		
COMPETENT	PROFICIENT	ADVANCED
75 % + accuracy	80%+ accuracy	85 % + accuracy
Using footwork – step back	Varying release time of shot	Layup, falling out of court
Technique – dominant hand shoots, other hand supports ball on side	Using footwork – back, forward, side	Long shot

FEEDING THE CIRCLE		
COMPETENT	PROFICIENT	ADVANCED
Centre pass – 1st phase	Centre pass – 1st & 2nd phase	Deception
Circle edge positioning	Inside / outside circle links	Playing at speed while maintaining possession & accuracy
Appropriate pass selection	Feeding off and on the circle	
	Using triangles	

DEFENDING IN CIRCLE		
COMPETENT	PROFICIENT	ADVANCED
Restrict/Direct circle edge positioning	Inside / outside links	Combinations of strategies
Limit/and/or prevent feeding option	Control Baseline	Countering screens
Intercepting out of circle		
Keep moving in circle		
Dada/Switch/Split Circle		

DEFENCE OF SHOT		
COMPETENT	PROFICIENT	ADVANCED
Lean	Variety	Blocking shot
Jump	Covering other shooter	Consistent Pressure
Screening Out	Cover Outlet pass	
Positioning		
Timing Variation		

REBOUNDED		
COMPETENT	PROFICIENT	ADVANCED
Box Out	25% Rebound rate	50%+ Rebound % rate
Follow shot in		
Timing		
Positioning		

CORE TACTICAL COMPETENCIES

DECISION MAKING		
COMPETENT	PROFICIENT	ADVANCED
Executes simple plays	Creates and executes simple plays/options	Complex decision making and execution of simple plays under immense pressure and on the move
READING PLAY		
COMPETENT	PROFICIENT	ADVANCED
Reading plays & timing	Identify and counteract set plays	Identify and counteract set plays under pressure and on the move
Vision		
Space Awareness		
Anticipation		
COURT PRESENCE		
COMPETENT	PROFICIENT	ADVANCED
Communication	Consistent Court Presence	Court Presence under pressure and on the move
Working Together with Unit		
Deception		

CORE HAUORA COMPETENCIES

COMPETENT	PROFICIENT	ADVANCED
Understands and displays sometimes	Most of the Time	Always and leads by example

GRIT	GROWTH MINDSET	CHARACTER
Grit is a personality trait possessed by individuals who demonstrate passion and perseverance toward a goal despite being confronted by significant obstacles and distractions especially performance under pressure. Those who possess grit are able to self-regulate and postpone their need for positive reinforcement while working diligently on a task	Growth Mindset is the desire to learn, embrace challenges, persists in the face of setbacks, see effort as the path to mastery, learns from feedback, finds lessons and inspiration in the success of others	Resilience, Confidence, Respect, Integrity, Responsibility, Leadership, Leading Change, Sportsmanship, Strong work ethic, Good Team Member, Helping out other People, Good Manners
COACHABILITY	MENTAL SKILLS	LIFE BALANCE
The interest and willingness to learn. The ability to seek out, accept and integrate feedback without being defensive. The demonstration of attempts to try new actions to get improved results	Use of trainable mental abilities and methods that are held to underpin successful learning and performance. The basic mental skills includes, goal setting, mental preparation, self-talk, centering, relaxation, imagery.	Harmonious balance, between family, school, work, friends, self, training etc and the ability to plan to ensure balance. Time Management Skills.
NUTRITION	MUSCLE BALANCE	
Hydration awareness, Healthy Eating, Fueling for training, competition, recovery, Supplement Awareness	When executing movement and function it is ideal to have the balance of muscle length and strength between opposing muscles surrounding a joint. Normal amounts of opposing force between muscles are necessary to keep the bones centered in the joint during motion; this would be considered 'muscle balance'	

Position Specific Roles & Responsibilities

The following are descriptions of the role and responsibilities of each position on court.

Goal Shoot

- Create shooting opportunities by being available for the ball at all times
- Shoot accurately
- Put up at least 10 attempts per quarter
- Practice 200 shots per day 4 times per week
- Rebound strongly
- Place the ball accurately to mid courters on circle edge and in shooter to shooter plays to the GA
- Be strong and dominant in the circle
- Work with and be aware of the GA to balance the circle and create shooting opportunities
- Be a calm presence in the circle at all times
- Be the first point of defence – set the full court defensive structures by forcing the ball high or wide

Goal Attack

- Shoot accurately
- Rebound strongly
- Put up at least 6 shooting attempts per quarter
- Practice 200 shots per day 4 times per week
- Work with and be aware of the Goal Shoot to balance the circle and create shooting opportunities (structures)
- Create shooting opportunities by successfully feeding the GS
- Create shooting opportunities by creating space and opportunity for the GS
- Create own shooting opportunities by working the circle away from the GS
- Use a variety of movements to get free from defenders
- Try to enter the circle ahead of the defender
- Enter the circle at pace
- Be a strong presence on the line in our attacking centre pass
- Be consistently available for the second phase of the centre pass if not used on first phase
- Shoot, pass and catch under pressure
- Be the link between the mid courters and the Goal Shoot
- Read play through court and adjust
- Get ball on defence

Wing Attack

- Control our attacking centre pass
- Dominant receiver on centre pass
- Be a strong second phase option on the centre pass
- Control the attack third in terms of pace, speed and strategy
- Balance the attack third with the shooters and the Centre
- Deliver good ball to shooters – accurate and into shooting position
- Turn fully and look to shooters early
- Communicate with the shooters positively and constructively
- Be the dominant feeder to the shooters
- Be available by working the ball onto circle edge and re-offering
- Work triangles on the circle edge
- Hold strong on the circle edge
- Stay on circle edge until the goal is scored
- Link with the defensive end on through court attack
- Defend all the way to the defensive transverse line off the opposition centre pass and on through court defence

Centre

- Deliver the centre pass safely
- Communicate the centre pass strategies on attack and defence
- Read off Goal Attack and Wing Attack for the second phase off the centre pass
- Be accurate in all passing whilst maintaining a high possession rate

- Balance the though court attack and defence
- Provide a link between the attack and defence
- Control match tempo
- Feed shooters accurately
- Be available on the circle edge
- Get ball on defence
- Restrict the possession of the opposition Centre
- Tight mark circle edge on defence
- Close relationship with Wing Defence and defensive unit

Wing Defence

- Control our defence of the opposition centre pass and ensure it is disrupted by controlling the line; setting up early; creating pressure; getting ball lifted and getting ball to cross the court
- Stop Wing Attack from getting the ball
- Work with Goal Defence, Goal Keep and Centre to get ball
- Know when it is appropriate and effective to switch with the Centre
- Force play off the circle edge to be high and wide in the defensive third
- Bring ball out of defensive third and be the dominant back up option on our attacking transverse line
- Impair opposition's vision into the circle
- Keep Wing Attack high and wide
- Disrupt ball on the circle edge
- Track and dictate the running and receiving paths of the Wing Attack

Goal Defence

- Get ball
- Communication
- Work with GK & the whole defensive unit
- Restrict and direct the Goal Attack
- Restrict possessions of GA
- Work the shot and get rebounds
- Create opposition error
- Available on attack; able to drive ball out of defence strongly keeping the court balanced
- Relay messages from defence to attack or vice versa
- Intimidate; be a presence on court

Goal Keep

- Get ball
- Communicate
- Attack ball
- Work with GD & the whole defensive unit
- Be the eyes at the back
- Strong presence
- Last line of defence
- Alter defensive tactics – have variety
- Work the shot & get rebounds
- Restrict GS possession & position
- Contest and/or pressure
- Keep possession
- Always available on attack, strong outlet
- Balance on attack

Team Playbook & Notes

Use the following pages to record any interesting notes on game play during the season.

