

Netball Central Zone – Centre Resources

1. **Athlete Life**
 - NCZ Weekly Planner – Athletes
2. **Mental Skills**
 - Mental Skills – Wellbeing in Changing Times
3. **NCZ Player Profile Templates**
 - NCZ Player Profile Form
4. **Nutrition & Hydration**
 - Nutrition – Building a Performance Plate
 - Nutrition – Nestle Survival Preview
 - Nutrition – Netball Anna Harrison Recipe
 - Nutrition – Netball Training Snacks – Hard
 - Nutrition – Netball Training Snacks – Light
5. **Passing Cards**
 - Passing Cards 1-12
6. **Player Diaries**
 - U14s NCZ Player Diary Template
 - U16s NCZ Player Diary Template
 - U18s NCZ Player Diary Template
7. **Shooting Cards**
 - Central Pulse Shooting Card #1 – Vicki Wilson
 - Central Pulse Shooting Card #2 – Vicki Wilson
 - Central Pulse Shooting Card #3 – Vicki Wilson
 - NCZ Shooting Cards
8. **Skills and Drills**
 - Defensive Session – Apply Pressure to Force Mistakes
 - NCZ – CPA
 - NCZ – Circle Defence
 - NCZ – Individual Defensive Skills “On the Ball”
 - NCZ – Individual Defensive Skills “On the Receiver”
 - NCZ – Movement 1 Take Off
 - NCZ – Movement 2 Landing
 - NCZ – Movement 3 Sprinting
 - NCZ – Movement 4 Jumping
 - NCZ – Pass & Catch
 - NCZ - Shooting
9. **Strength & Conditioning**
 - NCZ – Body Weight Programme
 - NCZ – Core & Flexibility Stretches
 - NCZ – Interval Training Programme: Rowing
 - NCZ – Interval Training Programme: Treadmill
10. **HPAD S&C Resource 2020**
11. **NCZ Detailed Statistics Running Template**
12. **NCZ Game Day Plan Template**
13. **NCZ Player Survey Template**

14. **NCZ Basic Statistics Running Template**
15. **NCZ – Trial Template**
16. **NCZ Court Position Roles & Responsibilities**
17. **NCZ Recommended Representative Programme Template**
18. **NCZ Rules Clarification 2020 – New Rules: Video**
19. **SLACK Instructions**