

PLAYER DEVELOPMENT GUIDELINES



KEY PRINCIPLES

1. Athletes choose and prioritise what contacts they want to do
2. Netball NZ discourages more than 2 Netball sessions in 1 day
3. Netball NZ encourages a limit of 2 games per week as part of the 5 contacts though this does not apply in tournament scenarios

TOURNAMENT RECOMMENDATIONS

1 day tournament Max. playing time of 120mins	3 day tournament with 10min quarters Max. of 10 quarters or 100mins on Day 1, 6 quarters or 60mins for Days 2 and 3	U/17's or any 4 or 5 day tournament with 10min quarters Max. playing time of 7 out of 8 quarters per day	U/19'S 15min quarters Max. playing time of 7 out of 8 quarters per day
---	---	--	--

NETBALL CONTACTS

ANZ futureFERNs recommendations

1 CONTACT 30-45MIN TOTAL	1-2 CONTACTS 45-60MIN 2HRS TOTAL	1-2 CONTACTS 45-60MIN TOTAL 2HRS TOTAL	2-3 CONTACTS 60MIN PER SESSION 3HRS TOTAL
-----------------------------	--	--	---

3 NETBALL CONTACTS
 Max 6 hrs Netball specific
 2hrs support activities in season
 4hrs support activities out of season
8 HOURS PER WEEK

4-5 NETBALL CONTACTS
 Max 10 hrs Netball specific consisting of:
 1-2 games/1-2 team trainings/1-2 individual sessions
 4hrs support activities [1hr preventative]
14 HRS PER WEEK

5-6 NETBALL CONTACTS
 12hrs Netball specific
 6-8hrs support activities [1hr preventative]
 Please consider employment standing/walking
18-20 HRS PER WEEK

MAXIMUM OF TWO NETBALL CONTACTS PER DAY
 1 COMPLETE REST DAY PER WEEK

ATHLETE AND COACH EDUCATION – PERFORMANCE LEVEL APPROPRIATE

NETBALL AND OTHER SPORTS



ATHLETE AGE

CHRONOLOGICAL	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AVERAGE TRAINING AGE			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+

Average starting playing age

Key development Milestone 1

Key development Milestone 2

Key development Milestone 3

NETBALL CONTACT: Individual skill session, team training or game. Each contact up to a maximum of 120mins.

SUPPORT ACTIVITIES: Aerobic/Anaerobic conditioning, speed/strength/power/resistance/weights/movement competencies/preventative i.e stretching, dynamic movements.

TOTAL HOURS: INCLUDE NETBALL CONTACTS AND SUPPORT ACTIVITIES.

- ACCURATELY ASSESS ATHLETES
- DECISION MAKING SKILLS
- ATHLETES PHYSICALLY MATURE