



Netball Central

Poitarawhiti Ngakau

Year 9 Training

Diary

Athlete:

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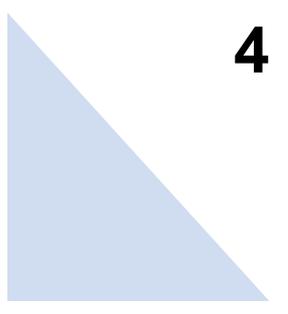
Introduction

Season Information

Season Schedule

| | Date | MON | TUE | WED | THUR | FRID | SAT | SUN |
|----|------|-----|-----|-----|------|------|-----|-----|
| WK | | | | | | | | |
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Tournaments Information:



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 COMPETENCIES | | 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 | | |

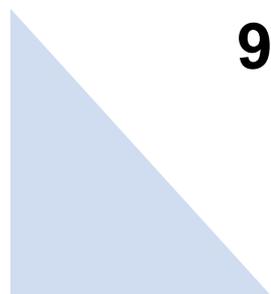
| | | RESULTS | | | TARGETS | | | |
|----------------------------|--------------------|---------|-------|-------|---------|------------------------|-----------|-------|
| CORE PHYSICAL COMPETENCIES | | Date: | Date: | Date: | U15s | U17s/U19s NZSS/NZTD | BEKO | ELITE |
| Power & Elevation | Broad Jump (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 |
|------------------|-----------------|

| | |
|--|--|
| | |
|--|--|



Goal Setting Made Simple

An Individual Performance Plan (IPP) is a personal plan of action that you will use to improve yourself as a netball player. In it you will set and record your netball goals for the season and the strategies and actions that you will undertake to achieve your goals.

Goal setting, however, is much more than simply saying you want something to happen. Unless you clearly define exactly what you want and understand why you want it the first place, your odds of success are considerably reduced. By following the five rules of goal setting laid out below, you can set goals with confidence and enjoy the satisfaction that comes with knowing you achieved what you set out to do.

Set Goals That Motivate You

When you set goals for yourself, it is important that they motivate you: this means making sure that they are important to you, and that there is value in achieving them. If you have little interest in the outcome, or they are irrelevant given the larger picture, then the chances of you putting in the work to make them happen are slim. Motivation is key to achieving goals.

Set goals that relate to the high priorities in your netball. Without this type of focus, you can end up with far too many goals, leaving you too little time to devote to each one. Goal achievement requires commitment, so to maximize the likelihood of success, you need to feel a sense of urgency and have an "I must do this" attitude. When you don't have this, you risk putting off what you need to do to make the goal a reality. This in turn leaves you feeling disappointed and frustrated with yourself, both of which are de-motivating. And you can end up in a very destructive "I can't do anything or be successful at anything" frame of mind.

To establish what the most important parts of your game are and how you rate in each area, talk with your coach about your player profile on the previous pages. Your coach should also have completed the strengths and work ons section and this will help you to identify your most important netball goals for this season.

- Set Specific Goals

Your goal must be clear and well defined. Vague or generalized goals are unhelpful because they don't provide sufficient direction. Remember, you need goals to show you the way. Make it as easy as you can to get where you want to go by defining precisely where you want to end up.

- Set Measurable Goals

Include precise amounts, dates, and so on in your goals so you can measure your degree of success. If your goal is simply defined as "To shoot better" how will you know when you have been successful? In one month's time when you have a 1 percent improvement or at the end of the season when you have a 10 percent improvement? Without a way to measure your success you miss out on the celebration that comes with knowing you have achieved something.

- **Set Attainable Goals**

Make sure that it's possible to achieve the goals you set. If you set a goal that you have no hope of achieving, you will only demoralize yourself and erode your confidence.

However, resist the urge to set goals that are too easy. Accomplishing a goal that you didn't have to work hard for can be anticlimactic at best, and can also make you fear setting future goals that carry a risk of non-achievement. By setting realistic yet challenging goals, you hit the balance you need. These are the types of goals that require you to "raise the bar" and they bring the greatest personal satisfaction.

- **Set Relevant Goals**

Goals should be relevant to the direction you want to take as a netballer. By keeping your goals aligned with this, you'll develop the focus you need to be the best netballer you can be. Set widely scattered and inconsistent goals, and you'll fritter your time on court away.

- **Set Time-Bound Goals**

Your goals must have a deadline. Again, this means that you know when you can celebrate success. When you are working on a deadline, your sense of urgency increases and achievement will come that much quicker.

Set Goals in Writing

The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it. As you write, use the word "will" instead of "would like to" or "might." For example, "I will improve my shooting accuracy by 10 percent this year," not "I would like to improve my shooting accuracy by 10 percent this year." The first goal statement has power and you can "see" yourself improving your shooting accuracy, the second lacks passion and gives you an excuse if you get side tracked.

Post your goals in visible places to remind yourself every day of what it is you intend to do. Put them on your walls, desk, computer monitor, bathroom mirror or refrigerator as a constant reminder.

Make an Action Plan

This step is often missed in the process of goal setting. You can get so focused on the outcome that you forget to plan all the steps that are needed along the way. By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal. This is especially important if your goal is big and demanding, or long-term.

Stick with It!

Remember, goal setting is an ongoing activity not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots with your coach to review your goals.

My Individual Performance Plan (IPP)

Performance Goals - List in priority order your performance goals

1.

2.

3.

- a. Insert your **goals** from above in the LEFT COLUMN.
- b. Then list the **key strategies** to achieve each goal (may be more than 1) - what will you focus on?
- c. Write an **action plan** for each strategy - what actions are required weekly?
- d. 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 – December | | | | |
| | | | | |

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 (which will normally be 2 trainings a week)
- 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 |

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. Run for 25 – 30 minutes on a hilly road or track. Work really hard on the uphill parts aiming for a RPE 8 to 9. Use flat and downhill stretches to recover (RPE 2 to 3). 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.

Lamp Post Run

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

30-minute run – run along a road with lamp posts; run steady for 4 lampposts and then hard for 1; continue this for 30 minutes.

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 centre, 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. |  |

Cool down

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



LONG CALF



SHORT CALF



HIP FLEXORS



GLUTS



HAMSTRINGS



ADDUCTORS/GROIN



SPINE-ROTATION



CORE SESSION

| Exercise | | Sets | Reps |
|--|--|------|--|
| <p>Rotate ball or medball around head Keep the trunk stable.</p> |  | 3 | 8 (each direction) |
| <p>Balance and rotate Balance on one leg with ball at the chest height. Rotate one leg to one side and the ball to the opposite direction.</p> |  | 3 | 8 (each side) |
| <p>Ball throw Throw a ball between pairs (or against a wall). Move the ball the waist and throw back. Stabilise the trunk.</p> |  | 3 | 10 |
| <p>Bird-dog Keep your back straight and extend the opposite arm and leg.</p> |  | 3 | 8 (each side) |
| <p>Lateral bridge On the side and the weight supported on a straight arm – keep the body in a straight line - maintain this position</p> |  | 3 | 10 (each side) |
| <p>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.</p> |  | 3 | 10 (each side) |
| <p>Netball/medball twist In a v-sit position rotate the ball from left to right and back again. Maintain a straight back.</p> |  | 3 | 10 (each side) |
| <p>Bench Keep the pelvis and back stable. Control rotation of the body. Progress to lifting one leg out to the side and back.</p> |  | 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 |

NA=not applicable

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 |
|--|----------------|-----|
| Vertical jump, turn in the air and stick landing | 10 | 4 |
| Press ups | 10 | 4 |
| Broad jump and stick landing | 5 | 4 |
| Lateral lunges | 5 (each side) | 4 |
| Vertical jump and stick single leg landing | 5 (each leg) | 4 |
| Romanian deadlift | 10 (each leg) | 4 |
| Repeated tuck jump and stick last landing | 5 | 5 |
| Single leg bridge | 10 (each side) | 4 |
| Repeated horizontal jump and stick last landing | 5 | 5 |
| Mountain climbers | 10 each side | 6 |
| Single leg vertical hop and stick landing | 5 (each side) | 4 |

| Exercise | |
|--|--|
| <p>Vertical Jump, turn in air and stick landing</p> <ul style="list-style-type: none"> • Ensure good limb alignment – no kissing knees. • Jump and turn in the air - either 90°, 180°, 270° or 360°. • Land in good squat technique (SBP). • Equal weight bearing on both legs • Soft landing – bend in hips and knees. • Control trunk. |  |
| <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>Broad jump and stick landing (double leg)</p> <ul style="list-style-type: none"> • Ensure good limb alignment – no kissing knees. • Bend in hips and knees - push back through hips. • Jump forward for distance. • Land in good squat technique (SBP). Equal weight bearing • Soft landing – bend in hips and knees. • Knees not in front of feet - push back through hips. • Trunk not too far forward, control trunk, head up. • Stick landing – not falling forwards |  |
| <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 |  |

| Exercise | |
|---|--|
| <p>Vertical Jump and Stick single leg landing</p> <ul style="list-style-type: none"> • Good squat technique to initiate jump. Ensure good limb alignment – no kissing knees. • Bend in hips and knees - push back through hips. • Jump in air off both feet and land on single leg. • Control trunk head up. • Keep pelvis level. • Keep knee in line with foot. • Soft landing. Stick landing. |  |
| <p>Romanian deadlift</p> <ul style="list-style-type: none"> • Knees should be slightly bend. • Keep the back straight. • Lift one leg backwards while bending forward and balancing on the other leg. • The lifted leg and upper body should be kept in a straight line. |  |
| <p>repeated tuck Jump and Stick landing</p> <ul style="list-style-type: none"> • Keep body upright. • Knees to chest, not chest to knees. • Knees tucked up equally, no lag of one leg. • Last landing soft in SBP. • Stick the landing. • Height dependent on quality of movement and player ability. |  |
| <p>Single leg bridge</p> <ul style="list-style-type: none"> • 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. |  |
| <p>repeated horisontal Jump and Stick landing</p> <ul style="list-style-type: none"> • Same as Broad Jump. However repeated jumps and stick the last landing. |  |

Exercise

mountain climber

- Start in the press up position.
- Bend on knee to the chest.
- Keep the shoulders, back and ankle in a straight line.



single leg Vertical hop and stick landing

- Good single leg squat technique to initiate jump.
- Ensure good limb alignment.
- Bend in hips and knees - push back through hips.
- Jump in air off one foot and land on single leg.
- Control trunk, head up.
- Keep pelvis level.
- Keep knee in line with foot.
- Soft landing. Stick landing.



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



SHOULDER-PECS



HAMSTRINGS



T SPINE



GLUTS



CALF



LONG CALF



SHORT CALF



NETBALL
NEW ZEALAND

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 |
| <i>Move onto meal with 90mins</i> | |

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 |
| <i>Move onto next meal within 90mins</i> | |

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 |
| <i>Move onto next meal within 90mins</i> | |

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.

Weekly Calender

Use the following pages to record your netball, school work and other commitments during the season. This will help you to manage your time better and ensure you can meet all of your obligations.

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Individual Match Evaluation

Use the following templates to set match goals, reflect on your performances afterwards and improve your overall performance during the season.

Match v

Position/s:

Date:

Score

Shooting %

| 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? |
| Comments | Key Focus for next game |

Match v

Position/s:

Date:

Score

Shooting %

| Category | Reflections |
|-----------------------|-------------------------|
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| | Didn't go well and Why? |
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Position/s:

Date:

Score
Shooting %

| Category | Reflections |
|-----------------------|---|
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Position/s:

Date:

Score
Shooting %

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Position/s:

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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 | | |

| REBOUNDING | | |
|-------------------|------------------|---------------------|
| 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 |

| GROWTH MINDSET | | |
|--|--|--|
| 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.

