## 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.

### Netball Contacts

<table>
<thead>
<tr>
<th>Number of Contacts</th>
<th>Duration/Total</th>
<th>Support Activities</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 CONTACT</td>
<td>30-45MIN TOTAL</td>
<td>1-2 CONTACTS 45-60MIN TOTAL</td>
<td>2-3 CONTACTS 60MIN PER SESSION 3HRS TOTAL</td>
</tr>
<tr>
<td>1-2 CONTACTS</td>
<td>45-60MIN TOTAL 2HRS TOTAL</td>
<td>45-60MIN TOTAL 2HRS TOTAL</td>
<td>45-60MIN TOTAL 2HRS TOTAL</td>
</tr>
</tbody>
</table>

### 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.

### Athlete Age

<table>
<thead>
<tr>
<th>Athlete Age</th>
<th>Chronological</th>
<th>Average Training Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
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<td>20</td>
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<tr>
<td>21+</td>
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</tr>
</tbody>
</table>

### Netball and Other Sports

- **Broad Range of Activities**

### 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.

### ANZ futureFerns Recommendations

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

### ANZ FutureFerns

- **Max. of Two Netball Contacts per Day**
- **1 Complete Rest Day per Week**

### Player Development Guidelines

- **Broad Range of Activities**
  - 1 day tournament with maximum 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.

### Athlete and Coach Education – Performance Level Appropriate

- Broad range of activities.

### Notes

- Accurately assess athletes' decision making skills.
- Athletes physically mature.