



Northern Suburbs Netball Year 7 Player Development Programme 2018

Information Sheet

The Year 7 Player Development Programme has been developed to replace the representative programme previously offered. The PDP offers more opportunities for more players to develop their technical, tactical and athletic skills while also encouraging a broader talent pool and continuing to engage players.

NSN will offer the player development programme to Year 7 in 2018 and Year 7 and Year 8 in 2019. This is in line with other netball satellites in Wellington and Netball New Zealand.

This programme will be open to all year 7 netball players with a maximum of 80 participants. It will run over 5 weeks, players will attend a 90 minute skill session each week and at the end will participate in a one day festival tournament day with the other Wellington netball satellites.

The five 90 minute sessions will focus on SPACE - Creating Space, Passing to Space, Denying Space, Finding Space, Defending into Space. Each session integrates the NetballSmart dynamic warm up, integrated neuro muscular training, specific skill activities, a themed game, cool down and an athletic development activity which focuses on key elements such as fueling performance, self-awareness, sleep and dealing with pressure.

Player Development Programme Dates

Sunday 29 July:	Creating space
Sunday 5 August:	Passing to Space
Sunday 12 August:	Denying Space
Sunday 19 August:	Finding Space
Sunday 26 August:	Defending into Space

(Rain day Sunday 2 August)

Festival Tournament Day

Sunday 9 September - Hataitai Courts

The day will be hosted by Netball Wellington Centre and will be a fun tournament with no winners of grades, just pool play. The day will allow players to showcase their development and enjoy the experience of tournament play. Teams from NSN will be mixed with no uniform, just bibs. We will be encouraging all teams to dress up to add to the fun factor of the day. Netball Wellington will also be looking at prizes to give away and possible vouchers from Netball New Zealand Sponsors. Kiwi whistlers will be used to umpire the games.

Cost

Registration costs for 2018 will be \$50 per player. This fee will cover a koha payment to the lead coach, koha/gifts for support coaches, umpires, venue hire, and any equipment required. If this cost may cause financial difficulty please email chair@nsnetball.co.nz

Venue and Time

Newlands College Netball Courts
1.00pm – 2.30pm

Online Registration (Organised by Wellington Netball Centre)

Opens 1 June 2018 and closes 15 June 2018

A link for registration will be posted on the NSN website at a later date

Coaches

We are looking for 8 keen and enthusiastic coaches to join and deliver our new Year 7 PDP. Coaches will receive the PDP coach resource book, which has all the sessions planned so there is no pressure to create and plan your own sessions as they have already been done for you. In addition to this resource tool, coaches will work alongside a CCA head coach who will guide the support coaches when they deliver the sessions to the players. The CCA coach will oversee quality control for each session. At the festival tournament day, coaches will be tasked with leading/looking after a team of players.

Wellington Netball Centre will run a coach development workshop for all the satellite coaches.

1 July 2018
ASB Sports Centre (Ngake Room)
9am - 10.30am

Could you please come back to me with names of interested coaches by 22 May

Please let me know if you have any questions (juliegreen32a@gmail.com) and please pass this information sheet on any Year 6, 7 and 8 coaches, the more that know about it the better.

Your help is much appreciated

Thank you