Smart Player Welfare is ensuring there is an holistic awareness and approach to a player’s health, wellbeing and hauora.

3 Tips!

- Post puberty females change how they land - they need to be taught how to land again.
- Sporting diversification improves performance and decreases injury.
- Netball New Zealand Player Development Guidelines

On-Court

MINIMISING RISK AND APPROPRIATELY MANAGING INJURIES

MAKE IT FUN. HAPPY MINDS MAKE BETTER PLAYERS

Off-Court

Drugs - DrugFree Sport NZ

Understanding load management and wellbeing

Managing injuries

Return to play strategies

Supporting all elements of Hauora

Maturation

Rate of change in height and Peak Height Velocity (PHV)

- Relatively stable growth rate
- Marked increase in growth rate
- Marked decrease in growth rate

Load management is about planning training and competition to maximise adaption to loading, improving performance whilst minimising injury risk.

Young athletes should play a variety of sports.

Specialisation should be delayed until 15-16 years of age.

Sport diversity assists with sporting capability, whilst minimising injury risk.

Player Development Guidelines

REFER TO THE NETBALL NZ PLAYER DEVELOPMENT GUIDELINE TO UNDERSTAND A PLAYER’S WORKLOAD AT EACH LEVEL.

Off-Court

1. Physical wellbeing.
2. Mental and emotional wellbeing.
4. Spiritual wellbeing (personal beliefs).

HAUORA

This graph highlights that performance will change through puberty. Coordinated and confident players will experience a period of clumsiness and uncoordinated movement.

Evidence tells us females change their landing strategies post puberty.

Help players re-learn Fundamental Movement Skills and sport specific skills, i.e. Landing.