**Player Development Guidelines**

**KEY PRINCIPLES**

Netball NZ recommendations when supporting a developing player:

A player:
1. Chooses and prioritizes what teams they want to play in
2. Plays in a maximum of three teams per season
3. Plays in a maximum of two netball sessions in one day
4. Plays up to two games per week (does not apply to tournaments)

Refer to the NetballSmart website for further information.

**NETBALL SESSION/HOURS PER WEEK**

<table>
<thead>
<tr>
<th>futureFERNS - RECOMMENDATIONS</th>
<th>ONE DAY TOURNAMENT</th>
<th>THREE DAY TOURNAMENT WITH 10 MINUTE QUARTERS</th>
<th>ANY 4 OR 5 DAY TOURNAMENTS WITH 10 TO 12 MINUTE QUARTERS</th>
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</thead>
<tbody>
<tr>
<td>Max. playing time of 120 minutes.</td>
<td>Max. of 10 quarters or 100 minutes on Day 1, 6 quarters or 60 minutes for days 2 and 3.</td>
<td>Max. playing time of 7 out of 8 quarters per day.</td>
<td>To support players through the tournament here are some great resources. Refer to Tournament Booklet or NetballSmart Resource re sharing load.</td>
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</table>

**NETBALL AND OTHER SPORTS**

**BALANCE IS BETTER**

**BROAD RANGE OF ACTIVITIES**

**TWO OTHER SPORTS OUT OF SEASON**

**ONE SPORT IN SEASON**

**SPECIALISE IN NETBALL**

**PLAYER AGE**

**CHRONOLOGICAL**

5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21+

**NETBALL SESSION:** Individual skill session, team training or game. Each contact up to a maximum of 90 minutes.

**SUPPORT ACTIVITIES:** Strength, core, movement competencies, landing skills aerobic/anaerobic conditioning.

**TOTAL HOURS:** Include netball sessions and support activities.