

County Under-13 Player Development Programme

Guidance 2022-23 ^A

Purpose of the programme: Learn, Love, Win

Learn the game:

We will help the athletes extend their knowledge of the game and develop strategies on how to effectively outwit opponents. We will create an environment of uninhibited curiosity, one that encourages autonomous and independent thinkers who can lead themselves and champion the improvement of others. Our coaching is focused on achieving Technical Excellence, Tactical Superiority, Psychological Edge and achieving our Physical Potential.

Love the journey:

We want all athletes to receive a positive experience of the game of netball no matter where they are on the pathway, fostering a life-long love of the game. The athletes should enjoy what they do, and feel encouraged, supported, and motivated. We will prioritise the unique individuality of each athlete, embracing challenges and new experiences together as we help them develop a limitless belief in themselves. We have a desire to go beyond what's possible.

Win deep:

We plan, prepare, and play to win but it is not our only purpose. Winning deep is the sum of Learning the game and Loving the journey. There is a richness in Winning deep because of the challenge, chaos and commitment that play a part in it. We have a deeper connection to winning and going beyond what's possible because we are driven by our purpose to inspire our communities and the nation.

Outcome of programme:

ALL player pathway programmes should provide appropriate on and off court support for all to achieve the development standards necessary for next stage of the player pathway, outlined in the Roses Development Framework

This is the first entrance into the player pathway and the focus is on individual development. The emphasis is on athletes learning how to train with decision making being a pivotal element, alongside developing resilience and skills required to play netball. Learning the game as well as loving the game with a sense of working together is essential to enhance their experiences at this early stage.

Duration and structure of training programme - please provide number of programmes delivered by CNAs with training session schedule and training venue address

County Netball Associations manage and deliver the Under-13 Player Development programmes on behalf of England Netball, delivering minimum fifteen (15x2hrs) engaging, high intensity, fun fortnightly squad trainings over 9 months - between September 2022 – May 2023.

Each County determine an appropriate time for Player Development Programme within the County calendar. There will be on and off court sessions with topics appropriate for athlete age and their development stage in line with the Roses Development Framework.

County Under-13 Player Development Programme Guidance 2022-23 ^A

Although the focus is on training and skill development, competition should be used to challenge and refine skills. Each County Netball Association will host and/or attend a minimum of two Match Days (Match Day 1 – between October - December 2022; Match Day 2 – between March - May 2023)

Programme cost

Please provide all available athlete support funding options within your player pathway environment (e.g. links of local authority who are supporting talented athletes)

Please specify programme cost for athletes selected for particular player pathway programme - Cost of the programme 2022-23: ???£

Number of athletes

20 athletes

Age of athletes

Under-13 as of 23:59 on 31st August 2022

Player Pathway Programme operate over 2 age groups (e.g. Under-13 serving athletes under 12 and 13) but age range to be kept flexible to cater for individual needs and maturation. For advice contact the County Player Development Lead. – [please provide contact details](#)

Duration of time athletes are in programme

An athlete may spend between 6 months to 2 years at this stage.

Level of coach: - [please provide information about coaches who will lead the programme](#)

Sessions are led by England Netball Level 2 qualified coaches with appropriate experience of working with talent athletes.

[RDF Coaching Phylosophy LINK](#)

Relevant competition:

Under-14 or Under-16 County and/or regional Leagues, tournament and inter-school competition.

Athlete identification and selection: - [Please include link to the Selection Policy](#)

Each County Netball Association has their own open, fair, transparent and year-round screening and selection process in line with the England Netball Screening and Selection Policy to identify athletes who are having the 'potential' to achieve the skills outlined in the Roses Development Framework.

To be considered for selection, athletes will need to be competing in County League, tournament and inter-school competition and nominated by their coaches/teachers.

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Athlete Progression:

County Under-15 Player Development Programme.

There is no automatic entry to the next stage of the player pathway. Athletes must be nominated by the County Under-13 Player Development Programme Head Coach to trial along with others nominated by clubs and schools. This applies even if an athlete has already had a year in the Player Development programme. If the athlete has reached their potential in a County Under-13 Player Development programme it is recommended that they continue their training at club level.