

# TECT Tauranga Netball Representative Programme 2022

## VISION:

- To strengthen netball in Tauranga through having representative netballers who finish in top 8 placings in National Competitions.
- To come together as a netball community where committed people are constant in learning about the game and growing through coaching and playing.

The TECT programme has shifted the focus of the programme to prepare players who aspire to represent Tauranga in age group tournaments. The programme aims to run in 2 phases.

### 1. Programme Plan

**Phase 1. TECT TNC Performance Training Squad**– Players will trial for a position to be included in the squad from February to May. During this time they will be part of a programme of learning to improve their preparation to trial for the final teams in April.

**Phase 2. TECT TNC Representative Teams programme** – Players named in the teams will continue training with their coaches in preparation for National Tournaments in each age group.

The numbers of squads are as follows:

**Under 14** Must be Under 14 as at 1<sup>st</sup> January 2022 (**Year 9 and upwards only as per Netball NZ “Balance is Better” guidelines**) Performance Squad – 55 (Representative team numbers – 36 comprising of 3x teams of 10 including 1 mixed team with 6 training Reserves)

**Under 16** Must be Under 16 as at 1<sup>st</sup> January 2022 - Performance Squad – 35 (Representative team numbers – 24 comprising of 2x teams of 10 including 1 mixed team with 4 training Reserves)

**Under 18** Must be Under 18 as at 1<sup>st</sup> January 2022 Performance Squad – 22 (Representative team number – comprising 1 team of 10 – 12 players)

**Open Grade** Performance Squad – 22 (Representative team number – 12 x 1 team) The Open programme will trial in April and further details will be given at a later date.

It is timely to combine the support of the TECT programme with the Tauranga Netball Centre Representative Programme. The coaching approach and content of the programme will be developed by Debbie Fuller Coach Consultant and current community school Netball coach and Assistant Coach of the Silver Ferns.

## **2. Coaching approach**

Over time six key skill areas have been identified as crucial skillsets that netballers need to develop as they progress in their development. The programme will focus on growing individuals and teams with the following themes at the forefront of planning.

These are:

<p style="text-align: center;"><b>Team skills</b></p> <p>Can turn up on time, communicate and keep up to date with team info.</p> <p>Understands that no single person is bigger than the team, and only teamwork can bring us success.</p>	<p style="text-align: center;"><b>Game skills</b></p> <p>Can meet the physical fitness requirements for my team</p> <p>Can understand positional role and the skills it demands</p> <p style="text-align: center;">Works hard</p> <p>Is constant in learning the game tactics and new ways to read the game</p>	<p style="text-align: center;"><b>Movement skills</b></p> <p>Speed over 5M 10M is powerful</p> <p>Change of direction and agility is explosive</p> <p style="text-align: center;">Vision with ball</p> <p style="text-align: center;">Timing of movement</p> <p>Capacity to play at intensity over 6 days as is required at National Tournaments.</p>
<p style="text-align: center;"><b>Progress skills</b></p> <p>Aware of what to work on</p> <p>Can take and give feedback</p> <p>Clear on what my strengths are</p> <p>Open to learning how to improve</p> <p>Own's ones progress and can have conversations with coaches and support staff about how this will happen</p>	<p style="text-align: center;"><b>Leadership skills</b></p> <p>Can lead self and others</p> <p>Understands that representing Tauranga, upholding the Mana of Tauranga Netball Centre, is a privilege afforded to a few.</p>	<p style="text-align: center;"><b>Preparation skills</b></p> <p>Understands the value of sleep, nutrition, recovery.</p> <p>Has strategies to deal with the impact of distraction, stress and hardship.</p> <p style="text-align: center;">Can plan short and long term.</p>

<b>3. Key Dates</b>		
<b>Key dates</b>	<b>Event</b>	<b>People</b>
<b>February 14, 21</b>	<b>U14, U16, U18 Skills sessions.</b> U14 4.30 – 6pm U16 5.30-7pm U18 6.30-8pm Venue: TNC	Open to all trialists U14, U16, U18 all trialists must please register details with TNC prior to February 12. Please register using this link <a href="https://forms.gle/CDH1w5S69e5cq4Mz6">https://forms.gle/CDH1w5S69e5cq4Mz6</a> Cost for 2 x skill sessions and rep squad trial is \$30.
<b>March 1</b>	<b>Trials for Representative Performance Squads</b> U14 4pm U16 5.30pm U18 7pm Venue: Trustpower Baypark	Performance Squads Named 4 <sup>th</sup> March. Cost for Performance Squad per person is \$110.
<b>March 7, 14,21,27, April 4</b>	<b>U14, U16, U18 Skills sessions.</b> U14 4.30 – 6pm U16 5.30-7pm U18 6.30-8pm Venue: TNC	Performance Squads commence training
<b>April 11</b>	<b>Final team trials</b> U14 4pm U16 5.30pm U18 7pm Venue: Trustpower Baypark	Representative Teams Named 16 April Maximum cost for Representative Team is \$400-\$500, to cover 4-5 pre-season tournaments and Nationals, cost is likely to be less dependent on fundraising, funding and sponsorship.
<b>May 1,2</b>	<b>Representative Teams Camp</b> Sunday 4-8pm Monday 6-9pm Venue: TNC	
<b>May 8 – Pre-season Rep Tournaments</b>	<b>Representative Teams Trainings commence</b> x 2 Team trainings per week, individual training TBC	<b>Trialists who do not make Teams</b> will be invited to attend some trainings and will be placed on a Reserves list if injuries happen within the team.
<b>U14 Championship Tournament</b>	<b>10<sup>th</sup> July – 12<sup>th</sup> July 2022</b>	All trialists must commit to the dates of the National Competitions at trials in February.
<b>U16 Championship Tournament</b>	<b>10<sup>th</sup> July – 12<sup>th</sup> July 2022</b>	
<b>U18 Championship Tournament</b>	<b>18<sup>th</sup> July – 21<sup>st</sup> July 2022</b>	
<b>Open Championship Tournament</b>	<b>6<sup>th</sup> September – 10<sup>th</sup> September 2022</b>	

