



## Age Group Statements

Below is an outline of team construction considerations in alliance with Parklands Netball Club philosophies. Please direct any further enquiries to our Club Secretary

### ***Club Philosophies & Teams***

Our philosophy encompasses providing an environment where members can be active, play sport, learn and have fun in a safe environment.

In providing a social environment for all players to participate in team selectors use best efforts to encourage and retain player friendships with consideration of each player's age and skill development. For more information regarding team structures please see our Age Group Statements.

The following age group statements outline the primary objectives for team selection decisions. Our coaches will tailor training sessions towards each age group and skill levels.

### **9/UNDER AGE GROUP STATEMENT**

- ✓ The rules and equipment are designed to align the game with the psychological and physical capabilities of children.
- ✓ Players are being prepared for the adult game with skill development activities and age appropriate competitive experiences.
- ✓ Enjoyment of training and games, with emphasis on improvement and team participation the most important goals;
  - ✓ **Target Age Group:**
    - ❖ Players turning 9 years or younger by 31<sup>st</sup> December of the current year.
  - ✓ **Training Objectives:**
    - ❖ To teach basic netball skills – catching, throwing, landing, footwork, attacking, defending through movement and co-ordination development;
    - ❖ To teach all court positions and basic rules to players;
  - ✓ **Game Structure / Competition:**
    - ❖ Teams play games to a modified structure and rules, similar to the Net Set Go program.
    - ❖ The modified rules during games take into account the age, maturity and skill levels of the players.
    - ❖ All players should receive equal court time during the season and have the opportunity to play all different playing positions.
    - ❖ No finals matches are played – Playing competitions will maintain a ladder.

### **11/UNDER AGE GROUP STATEMENT**

- ✓ The rules and equipment are designed to align the game with the psychological and physical capabilities of children.
- ✓ Players are being prepared for the adult game with skill development activities and age appropriate competitive experiences.
- ✓ Enjoyment of training and games, with emphasis on improvement and team participation the most important goals;
  - ✓ **Target Age Group:**
    - ❖ Players turning 10-11 years or younger by 31<sup>st</sup> December of the current year.
  - ✓ **Training Objectives:**
    - ❖ To teach basic netball skills – catching, throwing, landing, footwork, attacking, defending through movement and co-ordination development;
    - ❖ To teach all court positions and basic rules to players;
  - ✓ **Game Structure / Competition:**
    - ❖ Players are introduced to the full game of netball with leniency of match rules to the umpires discretion taking into account maturity and skill levels of players during play;
    - ❖ All players should receive equal court time during the season and have the opportunity to play all different playing positions;
    - ❖ No finals matches are played – Playing competitions will maintain a ladder.



## Age Group Statements

### **13/UNDER AGE GROUP STATEMENT**

- ✓ Our focus is on enjoyment of training and games, with emphasis on improvement and team participation being the most important goals to develop a sense of team and club;
- ✓ Training focuses on skill development and is reinforced during matches. Goals are performance based (not outcome based). The concepts of team & game strategies will be introduced to develop knowledge of performance outcomes;
  - ✓ **Target Age Group:**
    - ❖ Players turning 12-13 years or younger by 31<sup>st</sup> December of the current year.
  - ✓ **Training Objectives:**
    - ❖ To teach basic netball skills and reinforce safe technique– catching, throwing, landing, footwork, attacking, defending
    - ❖ Introduce a variety of sub-skills through exploration, movement and co-ordination development;
    - ❖ Consolidate court positions into team play with the introduction of simple match strategies and tactics through the development of court playing areas;
    - ❖ Reinforce the rules of play;
  - ✓ **Game Structure / Competition:**
    - ❖ Games are standard (adult like) with an emphasis on enjoyment and participation in a competitive environment
    - ❖ All players should receive equal court time during the season and have the opportunity to play different positions throughout court areas.
    - ❖ The competitions we play in maintain a ladder – Final matches are played. All players should play at least one quarter in any finals match.

### **15/UNDER AGE GROUP STATEMENT**

- ✓ Enjoyment of training and games, with an emphasis on skill development and team participation the most important goals as well as an understanding sense of team, club and sportsmanship;
- ✓ Training focuses on skill development and matches are used as a learning experience. Goals are performance based (not outcome based). Team and game strategies will be introduced and develop knowledge of performance outcomes;
  - ✓ **Target Age Group:**
    - ❖ Players turning 14-15 years or younger by 31<sup>st</sup> December of the current year.
  - ✓ **Training Objectives:**
    - ❖ Develop basic netball skills and reinforce safe technique– catching, throwing, landing, footwork, attacking, defending
    - ❖ Develop a variety of sub-skills through skill progression, consolidation and cognition processes;
    - ❖ Consolidate court positions into team play with the implementation of simple match strategy and tactics through the introduction of specialization areas; Reinforce the rules of play;
  - ✓ **Game Structure / Competition:**
    - ❖ Games are standard (adult like) with an emphasis on enjoyment and participation in a competitive environment;
    - ❖ All players should receive equal court time during the season and have the opportunity to play different positions throughout court areas.
    - ❖ The competitions we play in maintain a ladder – Final matches are played. All players should play at least one quarter in any finals match.

### **17/UNDER AGE GROUP STATEMENT**

- ✓ Enjoyment of training and games, with an emphasis on skill acquisition and team participation the most important goals as well as an understanding sense of team, club and sportsmanship;
- ✓ Development and understanding to take responsibility collectively and individually for performance outcomes;
  - ✓ **Target Age Group:**
    - ❖ Players turning 16-17 years or younger by 31<sup>st</sup> December of the current year.
  - ✓ **Training Objectives:**
    - ❖ Training focuses on skill acquisition, advancement and perfect technique;
    - ❖ Develop a desire for personal improvement and specialist skills;
    - ❖ Position and team strategies/tactics and mental skills are refined;
  - ✓ **Game Structure / Competition:**
    - ❖ The competitions we play in maintain a ladder – Final matches are played. All players should play at least one quarter in any finals match.