

VNSL Team's 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 the 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

To provide additional development for talented athletes to continue growth in all 4 areas outlined in the Roses Development Framework preparing them for the next stage in the pathway. The outcome will be defined depending on the programme(s) age group (e.g. U19; U18) and will be defined by each VNSL Team.

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

VNSL Team manage and deliver the Player Development Programme(s) on behalf of England Netball from September 2022 to July 2023, delivering one technical sessions (a minimum of 80 hours per annum) and, a minimum of one S&C session per week.

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

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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-17 as of 23:59 on 31st December 2022 AND Under-19 as of 23:59 on 31st December 2022

Exceptions could be made for athletes who meet following criteria:

- Meet all performance characteristics defined in the Roses Development Framework – athlete profile
- If the athlete is eligible by age for Under-15 programmes, to be selected for VNSL Team Under-17 programme – will need to be approved by the County Player Development Lead **and** the Franchise Pathway Lead of the VNSL Team to which the county is assigned.
- Exceptions need to be approved by the athlete or their parents where they are under the age of 18

Duration of time athletes are in the programme

Athletes may spend between 1–2 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.

[Coaching Phylosophy – RDF LINK](#)

Relevant competition:

Under-16 or Senior Regional League or Premier League.

Athlete identification and selection: - Please include link to the Selection Policy

Each VNSL Team 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 Junior/Senior Regional League and inter-school competition and nominated by their coaches/teachers.

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Athlete Progression:

VNSL Team's Under-17 Academy OR VNSL Team's Under-19 Academy OR VNSL Team's Under-21 Academy

Nomination to Roses Academy/Future Roses screening. Selection into U21 squad to compete in the Netball Europe Championships.

Athletes who did not achieve nomination to national screening are recommended to liaise with the NPL Head Coach to determine the most appropriate training and competing environment and to seek further development at club level or/and VNSL Team's Player Pathway programme competing in regional league and/or possibly National Performance League.