

VNSL Team's Under-15 Academy 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

Focus is on working with others, understanding of game phases within the positions they play and starting to understand the meaning of winning deep is key to this programme. Preparing the most talented Under-15 athletes from County Player Development programmes to be able to compete in National competition (e.g. School Games National Finals).

Duration and structure of training programme - (please provide training session schedule and training venue address)

VNSL Team manage and deliver Under-15 Academy programme on behalf of England Netball from January to September 2023 delivering one technical session per month - January to May 2023 and minimum one technical session per week, or a minimum of 30 technical training hours during June-August 2023 period (which may be delivered variously through training sessions, camps, etc., at the discretion of The VNSL Team).

A minimum of one strength & conditioning session per week, delivered under the supervision of a UKSCA accredited person during June-August 2023 period

Programme cost

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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-15 as of 23:59 on 31st August 2022

Duration of time athletes are in the programme

An athlete may spend between 3 months to 9 months at this programme. (between January and September 2023)

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.

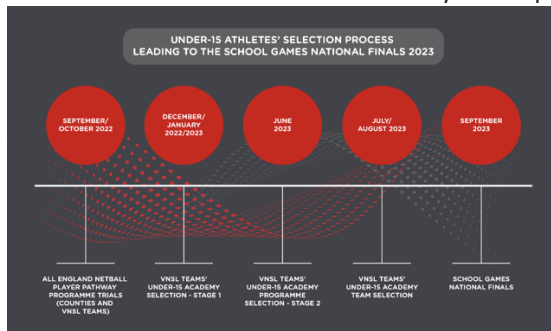
[Coaching Phylosophy – RDF LINK](#)

Relevant competition:

Under-14/Under-16 County League/Tournament or Under-14/Under-16 Regional League, inter-school competition

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

All athletes selected for Under-15 County Development Programmes will be assessed through match play days and programme sessions



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Athlete Progression:

VNSL Team's Under-17 Academy.

There is no automatic entry to the next stage of the player pathway. Athletes must be nominated by the County U15 Player Development Programme Coach or by the County Player Development Lead to trial along with others nominated by clubs and schools