

# VNSL Team's Under-21 Academy programme

## Guidance 2022-23 <sup>A</sup>

### **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*

This stage focusses on execution under increased pressure and including multiple options. Athletes can execute high-quality skills under pressure. Any competition/match play is considered as a tool to be used to aid the individual athlete's development and not the overall purpose. However, the value of the competition cannot be undervalued as it is also important that the athletes know how to work and compete as a team member as well as how to win.

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

VNSL Team manage and deliver the Under-21 Academy on behalf of England Netball from September 2022 to July 2023, delivering two technical sessions (a minimum of 160 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 the 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-21 as of 23:59 on 31<sup>st</sup> December 2022

Player Pathway Programme operate over 2 age groups (e.g. Under-21 serving athletes under 20 and 21) but age range to be kept flexible to cater for individual needs and maturation. For advice contact the Franchise Pathway Lead.

Exceptions could be made for athletes who meet following criteria:

- Meet all performance characteristics defined in the Roses Development Framework – athlete profile
- 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:

Premier League or Under-19/Under-21 National Performance League (NPL) or Junior International Tournaments or VNSL

### 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 Guidelines.

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To be considered for selection, athletes will need to be competing in Senior Regional/Premier League and inter-university competition and nominated by their coaches.

### **Athlete Progression:**

VNSL Team's

Nomination to Roses Academy/Future Roses screening.

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