

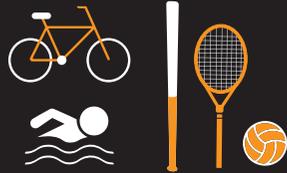
Smart Player Welfare

Smart Player Welfare is ensuring there is an holistic awareness and approach to a player's health, wellbeing and hauora.

3 Tips!



Post puberty females change how they land - they need to be taught how to land again



Sporting diversification improves performance and decreases injury

www.NetballNZ.co.nz

Netball New Zealand Player Development Guidelines

On-Court



MINIMISING RISK AND APPROPRIATELY MANAGING INJURIES



MAKE IT FUN. HAPPY MINDS MAKE BETTER PLAYERS

Off-Court

Provide support and advice around issues that are sport specific and have an impact on wider society

Drugs - DrugFree Sport NZ

Understanding load management and wellbeing

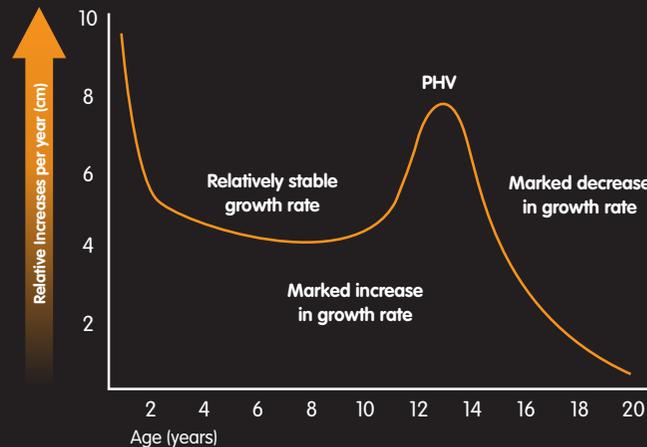
Managing injuries

Return to play strategies

Supporting all elements of Hauora

Maturation

Rate of change in height and Peak Height Velocity (PHV)



> This graph highlights that performance will change through puberty. Coordinated and confident players will experience a period of clumsiness and uncoordinated movement.

> Evidence tells us females change their landing strategies post puberty.

> Help players re-learn Fundamental Movement Skills and sport specific skills. i.e. Landing.

Loading

Load management is about planning training and competition to maximise adaption to loading, improving performance whilst minimising injury risk.

Young athletes should play a variety of sports.

Specialisation should be delayed until 15-16 years of age.

Sport diversity assists with sporting capability, whilst minimising injury risk.

Player Development Guidelines

REFER TO THE NETBALL NZ PLAYER DEVELOPMENT GUIDELINE TO UNDERSTAND A PLAYER'S WORKLOAD AT EACH LEVEL.

Off-Court

HAUORA

1. Physical wellbeing.
2. Mental and emotional wellbeing.
3. Social wellbeing.
4. Spiritual wellbeing (personal beliefs).