

NETBALL SA 2022 SPECIALIST SCHOOL PROGRAM *BRONZE*



netball
SOUTH AUSTRALIA

AIM OF THE SPECIALIST SCHOOL PROGRAM

The aim of the Netball SA Specialist School Program is:

- To assist in the development of the sport and to raise the profile of netball within schools and the local community.
- To develop netball players to the best of their ability and to educate them for a potential career in the sporting industry.
- To provide an opportunity for school students to be developed for future talent identification in netball.

SPECIALIST SCHOOL CRITERIA FOR NETBALL SA ENDORSEMENT

- Schools must provide a comprehensive annual program to Netball SA.
 - A minimum of four contact hours per week.
 - Athlete workload must be considered to ensure they are not physically overloaded and receive adequate recovery.
 - Competitive opportunities should be provided, i.e., tournaments, events, or regular match play.
 - Schools should engage in, where possible, Netball SA programs and events such as Woolworths NetSetGO, Subway Thunder Cup, Adelaide Thunderbirds Netball Clinics and Coloured Shirt Umpire Program.
- Netball SA Specialist Schools are required to appoint a Netball Coordinator who is responsible for the implementation of the program and be a point of contact with Netball SA.
 - The Netball Coordinator must hold a minimum Intermediate Coaching Accreditation.
- The school must provide safe, full sized and suitable netball facilities and equipment.
- Students will undergo a selection process and be able to demonstrate a strong interest in the sport and a desire to advance their skills.
- The school's curriculum should consist of a broad range of areas within the sport including:
 - Develop skills as outlined in the *Netball Australia Skills Curriculum*
 - Enhance tactical knowledge relevant to the student's stage of development
 - Provide sports science knowledge & well-being program in areas as relevant for netball:
 - Career and Education – Sport Life Balance
 - Heather and Wellbeing – Netball Injuries and Sports Hygiene
 - Illicit Drugs and Alcohol
 - Nutrition
 - Physical and Mental Health
 - Media, Sponsorship and Marketing – social media and cyber safety
 - Goal Setting, Leadership and Teamwork
 - Conduct administration, coach, umpire, and bench official education via Netball Australia's online platform.
- Students, teachers, and coaches must be registered and financial members of Netball SA.
- Schools should act as a positive advocate for netball in the local community.

PROGRAM REQUIREMENTS

- **Year 3 and 4:**
 - Focus on fundamental skill development. Introduction to physical activity requirements and the human body.
- **Year 5 and 6:**
 - Focus on basic skill development and team work and providing an opportunity to experience all positions on court.
 - Introduction to basic sports science, basic nutrition, goal setting and umpiring.
- **Year 7:**
 - Focus on basic skill development, teamwork and providing an opportunity to experience all positions on court (in accordance with the Netball Australia Netball Skills Curriculum), introduction to sports science, nutrition and goal setting.
- **Year 8:**
 - Focus on furthering current skills, team structure & fitness (in accordance with the Netball Australia Netball Skills Curriculum), introduction to umpiring, nutrition, injury prevention and leadership.
- **Year 9 and 10:**
 - Develop more advanced skills and strategies, further develop understanding of Netball specific fitness (in accordance with the Netball Australia Netball Skills Curriculum), umpiring, introduction to coaching and pre/post game nutrition.
- **Year 11 and 12:**
 - Advanced skill development, game sense, performance and match analysis including statistical and video analysis (in accordance with the Netball Australia Netball Skills Curriculum), administration, coaching, umpiring and sports science.

NETBALL AUSTRALIA CURRICULUM

	Foundation NSG	Development 13/U	Advanced 17/U	Elite 17+
Movement Skills	<ul style="list-style-type: none"> Balance Jump/leap/hop and landing (1 foot / 2 feet) Pivot Sprint Side step 	<ul style="list-style-type: none"> Take off and sprint Sprint and stop Working a number of combinations Jump off right and left foot and both feet simultaneously Land and balance on right or left foot and both feet Pivot (outside turn) 	<ul style="list-style-type: none"> Sprint and change direction Change of pace Side running Speed of footwork Recovery footwork Turn in the air Pivot in all directions 	<ul style="list-style-type: none"> Turning from a sprint movement Safe landing after sprint
Ball Skills	<ul style="list-style-type: none"> Catch Chest pass Shoulder pass 	<ul style="list-style-type: none"> Introduce one hand control Bounce pass Lob 	<ul style="list-style-type: none"> Catch – snatch Overhead pass Use of ball on either side of body Introduce the fake Speed and timing on release of pass Variety of options under pressure 	<ul style="list-style-type: none"> Catch high and low ball one handed Hook ball into catch Advanced use of ball on either side of body Fake Hip pass Step around pass
Attacking Skills	<ul style="list-style-type: none"> Straight lead Single dodge Change of direction 	<ul style="list-style-type: none"> Double dodge Two leads Re-offer Combine into simple movements on court 	<ul style="list-style-type: none"> Lunge Lead and drop Clear and drive Hold Half roll, full roll Front cut Feeders hitting the circle Space awareness Vision Timing Decision making Communication skills 	<ul style="list-style-type: none"> Drive, stop and lunge back Double play Screens Attack against area defence and off-line

	Foundation NSG	Development 13/U	Advanced 17/U	Elite 17+
Defending Skills	<ul style="list-style-type: none"> Shadow movement Hands over the ball 	<ul style="list-style-type: none"> Defensive footwork Shadow defence First ball pressure to a contest Interception Recovery to three feet (0.9 metres) Combine simple movements into defending actions Defend the shot - lean and jump Rebounding 	<ul style="list-style-type: none"> Body control/ repositioning Positioning side and back Two on one Two back and up Sagging Hands over the ball to dictate pass Delay and deny space Defending around the goal circle Split circle Work together in/out of the circle Communication skills Defend the shot - inside hand and block out 	<ul style="list-style-type: none"> Keeping attackers off edge of circle Area/zone Off-line Defend the shot - greater variation including windmill and double jump
Shooting skills	<ul style="list-style-type: none"> Basic shooting action 	<ul style="list-style-type: none"> Basic shooting action increasing distance from post Rebounding Introduce working together in and out of circle 	<ul style="list-style-type: none"> Technique correct and accurate Step forward/back/side Fake shot Falling out of court shot Work rate and the shot Working together in and out of circle with greater variation - including screens Communication skills 	<ul style="list-style-type: none"> Jump shot Shuffle shot Variation on timing and release
Strategies	<ul style="list-style-type: none"> Learn rules of centre pass Learn rules of base line throw-ins 	<ul style="list-style-type: none"> Basic centre pass attack and defence - one on one Basic throw-ins 	<ul style="list-style-type: none"> Variation of centre pass - two on one Variation of basic throw-ins Outlet pass Transition from attack to defence and vice versa Penalty pass/shot and free pass 	<ul style="list-style-type: none"> Greater variety on centre pass attack set up - screens/overload Greater variety on centre pass defence set up - wall, forcing attack wide Greater variety on throw-ins Work rate and intensity

- In addition to the above the Netball Specialist Program should include the below online learning courses:
 - Rules of Netball Theory Examination (fee applies)
 - Foundation Umpire Education Course (fee applies)
 - Foundation Online Coach Accreditation (fee applies)
 - Bench Officials Education Course (free)

ROLE OF NETBALL SA IN BRONZE SPECIALIST SCHOOL PROGRAM

Netball SA has a key focus of developing netball through schools. This development includes that of athletes, coaches, umpires, and administrators. Through the Netball SA Specialist School Program students are exposed to a variety of netball activities ensuring their involvement in the sport is on several levels, not just as an athlete participant.

Netball SA provides several benefits to endorsed Specialist Schools to assist with the successful running of endorsed programs across South Australia.

Benefits include:

- Endorsement of the school's netball program.
- Usage of Netball SA logo on the Schools Netball Program promotional material, social media, and website. All use of Netball SA logo to be approved by Netball SA prior to publication.
- Provide access to Netball SA website, monthly Netball News e-newsletter to Netball SA members, and social media platforms to share your Netball Program.
 - This information must be provided to Netball SA Staff two weeks prior.
- Netball SA will provide schools notification of and access to development programs for coaches, umpires, and players where possible.
- Promote the school as a Netball SA Bronze Specialist School via the Netball SA website.
- Specialist School end of year Round Robin to be held in Term 4.
- Netball SA will undertake quality assurance process every 3 years or other time as determined by both organisations.

Additional benefits for 2022:

- Certificate of endorsement promoting your school as a Netball SA Endorsed Specialist School.
- Discounted tickets an Adelaide Thunderbirds match as determined by Netball SA.
 - To be confirmed when season details are released

Cost of 2022 Bronze Program:

\$350.00

SPECIALIST SCHOOL QUALITY ASSURANCE CRITERIA

- Philosophy of program, aims and objectives aligned with Netball SA
- School staff delivering program
 - Evidence of professional development
- Links to local Association or Netball SA programs
 - Methods of communication with Associations
- Athlete selection process
 - Describe the process used to identify and select potential students
 - Referees
 - Feedback process to applicants
 - Ongoing monitoring of sports specific testing
- Netball Program Content
 - Competitive opportunities: e.g., intra-school, inter-school, School Sports SA, regional tours, interstate tour and competition, international tours (where possible) and international visiting schools (where possible)
- Facilities and Equipment
 - Including any additional facilities that will enhance the program (external courts, recover facilities, etc.)