

# NETBALL SA SPECIALIST SCHOOL ENDORSEMENT PROGRAM *SILVER*



## AIM OF THE SPECIALIST SCHOOL ENDORSEMENT PROGRAM

The aim of the Netball SA Specialist School Endorsement 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.

## CRITERIA FOR NETBALL SA ENDORSEMENT

- Schools must provide a comprehensive annual program to Netball SA.
  - A minimum of three 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, The Hospital Research Foundation Group 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 Development 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
    - Illicit Drugs and Alcohol
    - Nutrition
    - Physical and Mental Health
    - Media - social media and cyber safety
    - Goal Setting, Leadership and Teamwork
  - Conduct administration, coach and umpire education either face to face with a Netball SA Presenter or via Netball Australia's online platform.
- Schools should act as a positive advocate for netball in the local community.

## PROGRAM REQUIREMENTS

- **Year 6 and 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, basic nutrition and goal setting.
  
- **Year 8:**
  - Focus on furthering current skills, team structure, fitness (in accordance with the Netball Australia Netball Skills Curriculum) and nutrition.
  - 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) and 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, bench officiating and sports science.
    - Bulk enrolment forms will be provided.

## NETBALL AUSTRALIA CURRICULUM

### Netball Australia Netball Skills Curriculum

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

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

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



## ROLE OF NETBALL SA IN SILVER SPECIALIST SCHOOL ENDORSEMENT

Netball SA has a focus of developing netball through schools. This development includes that of athletes, coaches, umpires, and administrators. Through the Netball SA Specialist School Endorsement 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.

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.
- Designated Netball SA contact.
- Usage of Netball SA logo on the Schools Netball Program promotional material, uniform and website. All use of Netball SA logo to be approved by Netball SA prior.
  - For all proposed usage of the Netball SA logo a minimum of 5 business days must be provided for the approval process prior to using.
- The opportunity to promote their Netball Program and Netball Program events on the Netball SA website.
  - 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.
- Netball SA will inform the Schools of Adelaide Thunderbirds and Netball SA programs and events through their channels, such as Adelaide Thunderbirds Game Day, Netball SA Premier League, Men's Netball, other opportunities as communicated from Netball SA.
- Promote the school as a Netball SA Silver Specialist School via the Netball SA website.
- Specialist School end of year Round Robin to be held in Term 4 (Tuesday 7 November 2023).
- Netball SA will undertake quality assurance process every 2 years or other time as determined by both organisations.

Additional benefits for 2023:

- Certificate of endorsement and editable pdf poster promoting your school as a Netball SA Endorsed Specialist School.
- Discounted tickets to the Adelaide Entertainment Centre Adelaide Thunderbirds v Sunshine Coast Lightning match (6:30pm, Saturday 10 June). Discount to any additional Adelaide Thunderbirds matches may be offered as mutually agree or as determined by Netball SA.
- Opportunity to advertise for an umpiring role that connects to the Netball program through Netball SA website and relative database.
- Signed 2023 Adelaide Thunderbirds netball.
- Access to Netball SA Commercial discounts/offers.

Cost of 2023 Silver Program: \$700.00



## SPECIALIST SCHOOL EVALUATION CRITERIA

- Philosophy of program, aims and objectives aligned with Netball SA
  - Statement of aims and objectives
- School staff delivering program
  - Netball Australia Coaching Accreditation (if applicable)
  - Coaching experience
  - Evidence of professional development
- Links to local Association, Club or Netball SA programs
  - Identify the Associations/Clubs in your area students could participate in
- Athlete selection process
  - Outline the method of skill assessment
  - Level of athlete included in program
  - Appropriate fitness testing and ongoing monitoring of sports specific testing
- Netball Program Content
  - Minimum engagement of 3 hours per week with students
  - On court: overall program structure, skill progression, specified contact coaching hours and curriculum supports National Netball Curriculum
  - Include coaching and umpiring courses and workshops
  - Off court education program as outlined above
  - Competitive opportunities: e.g., intra-school, inter-school, School Sports SA and regional tours (where possible)
- Facilities and Equipment
  - Specify netball facilities and equipment
  - Including any additional facilities that will enhance the program (external courts, recover facilities, etc.)