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
- Netball New Zealand Player Development Guidelines

On-Court

MINIMISING RISK AND APPROPRIATELY MANAGING INJURIES

- Make it fun. Happy minds make better players

Off-Court

Drugs - DrugFree Sport NZ

Understanding load management and wellbeing
Managing injuries
Return to play strategies
Supporting all elements of Hauora

Netball Player Development Guidelines

Refer to the Netball NZ Player Development Guideline to understand a player’s workload at each level.

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.

Player Development Guidelines

Hauora

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

Off-Court

- 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.

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

- Relatively stable growth rate
- Marked increase in growth rate
- Marked decrease in growth rate

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

- Age (years)
- Relative increase per year (cm)

- PHV

Graph showing the rate of change in height and peak height velocity (PHV) with age. The graph highlights a period of relatively stable growth rate, followed by a marked increase in growth rate, and then a marked decrease in growth rate.