

BERMUDA NETBALL ASSOCIATION



**THE BERMUDA
NETBALL
ASSOCIATION
LONG TERM
ATHLETE
DEVELOPMENT**

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OVERVIEW

Netball has been played in Bermuda for over 50 years and has provided many Bermudian females from age 6 and up a recreational, competitive, physical environment to grow and flourish in a female dominated sport. Netball in Bermuda has had steady growth over the past 10 years with membership numbers growing to over 300 members.

Our Long Term Athlete Development (LTAD) plan is a framework designed to optimize the training, competition, and recovery programs for athletes to maximize their potential and enjoyment in sport. This plan is particularly crucial for netball, ensuring that players develop the necessary skills, fitness, and psychological attributes at the right stages of their growth and development.

Netball's LTAD will assist players, coaches, teachers, umpires, and anyone involved in the sport to focus on athlete development and make them the focal point. By doing this we make the player the focal point and create a plan centered around the growth of player that will in turn lead to the growth of Netball in Bermuda and Internationally.

OVERALL GOALS OF THE LTAD

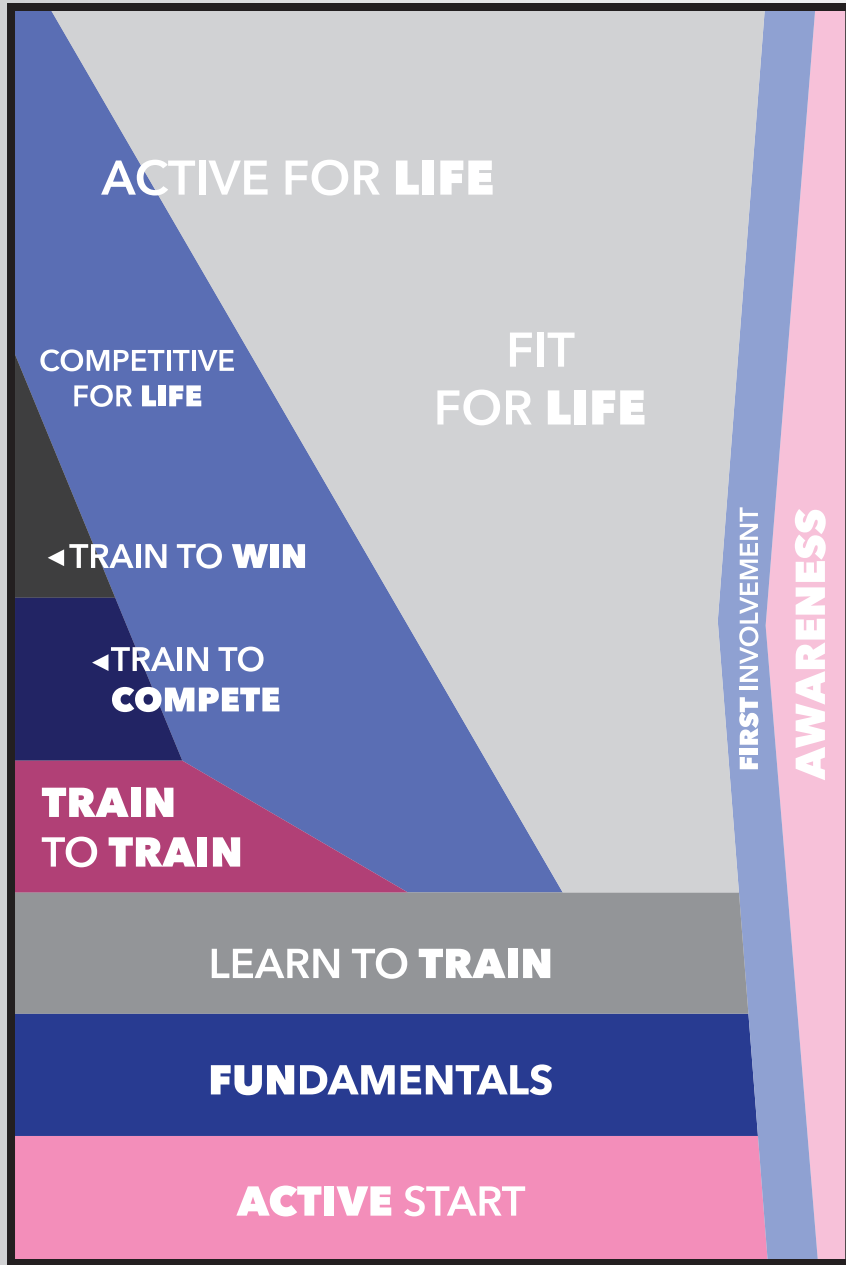
1. Increase participation through player development.
2. Achieve sporting excellence regionally.
3. Improve access to sport facilities.
4. Increase the value of sport.
5. Establish a framework for talent development.



PRIORITIES OF LTADP



1. Provide direction, information and support for coaches, umpires and teachers on island to help in the identification, development and preparation of the most talented athletes
2. Enable us to achieve systematic excellence by providing a consistent approach, shared understanding and a common language amongst all stakeholders, aligned to the long-term ambitions of Bermuda Netball.
3. Promote quality experiences and support to ensure that the best players can thrive and excel in international competition and domestic competition for their clubs.
4. Set out what we would expect a developing player to be able to achieve by the end of every stage of development based upon their progression towards being a successful netballer.
5. Consider the optimal training and competitive programs and experiences that can best enable players to make progress between stages.
6. Provide guidance on the talent principles that underpin pathway delivery at each stage and set out what coaching and support players need at every stage of their development.



LONG TERM DEVELOPMENT IN **SPORT** AND **PHYSICAL ACTIVITY**

PLAYER DEVELOPMENT GUIDE

Stage 1: Active Start (Ages 4-7)

This is considered the introduction to netball stage where we work with the players on basic motor skills encourage a love for physical activity.

Objectives:

- Develop fundamental movement skills.
- Encourage a love for physical activity.
- Introduce basic skills like running, jumping, and catching.

Activities:

- Play-based activities focused on fun and enjoyment.
- Simple games that involve movement in different directions.
- Basic ball-handling skills using soft, small balls.

Whilst we do not offer any competitive leagues at this age, we do have an introductory program called Pee Wee netball that allows the Association to introduce netball at this very early age.



PLAYER DEVELOPMENT GUIDE

Stage 2: Fundamentals (Ages 8-12)

At this age you should develop fundamental movement skills with an emphasis on fun and enjoyment as well as introducing the rules and fundamentals of the game and implement them into a game environment.

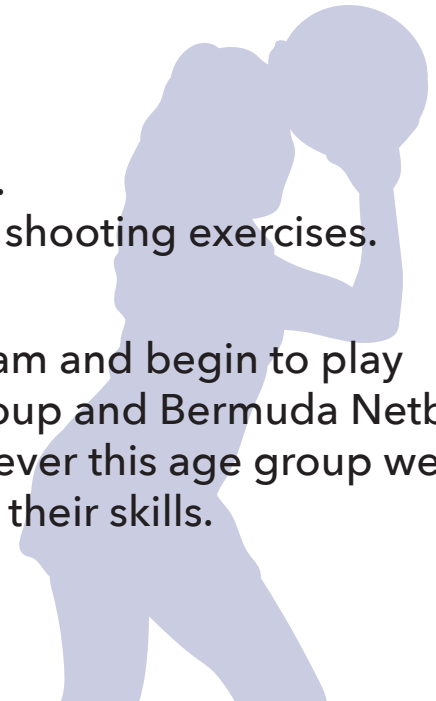
Objectives:

- Enhance fundamental movement skills.
- Introduce basic netball skills.
- Promote multi-sport participation.

Activities:

- Drills to develop coordination, balance, agility, and speed.
- Simple passing, catching, jumping, running, throwing and shooting exercises.
- Small-sided games to teach basic rules and teamwork.

At this age players will engage with a local club or school team and begin to play competitively, however this is still the fundamental age group and Bermuda Netball Association has a league that is played amongst teams, however this age group we still be consider developmental and work with players as they grow their skills.



PLAYER DEVELOPMENT GUIDE

Stage 3: Learn to Train (Ages 9-12)

Stage 3 should focus on developing foundational netball skills and you should notice players are beginning to gain full understanding of the game.

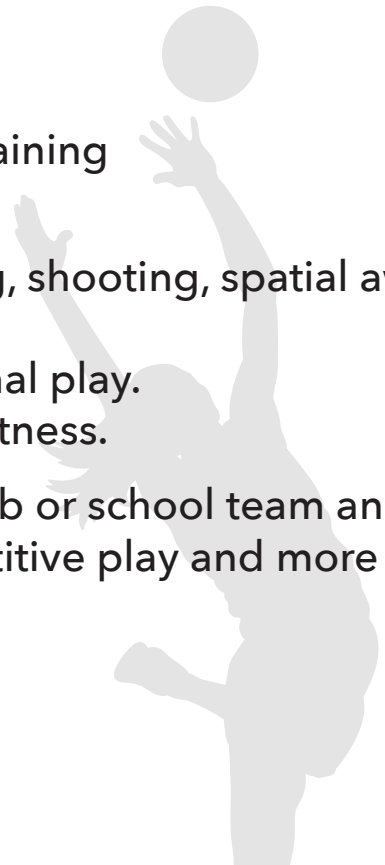
Objectives:

- Technical skills: passing, shooting, footwork
- Basic tactical awareness and positional play
- General physical conditioning and agility training

Activities:

- Skill development drills focusing on passing, shooting, spatial awareness, movement and defending.
- Introduction to team strategies and positional play.
- Conditioning exercises to improve overall fitness.

At this age players will engage with a local club or school team and play competitively. Players now move from developing to competitive play and more physical, faster play.



PLAYER DEVELOPMENT GUIDE

Stage 4: Train to Train (Ages 12-15)

Here player development should focus on building the aerobic base, developing speed and strength, and consolidating/fine tuning netball skills.

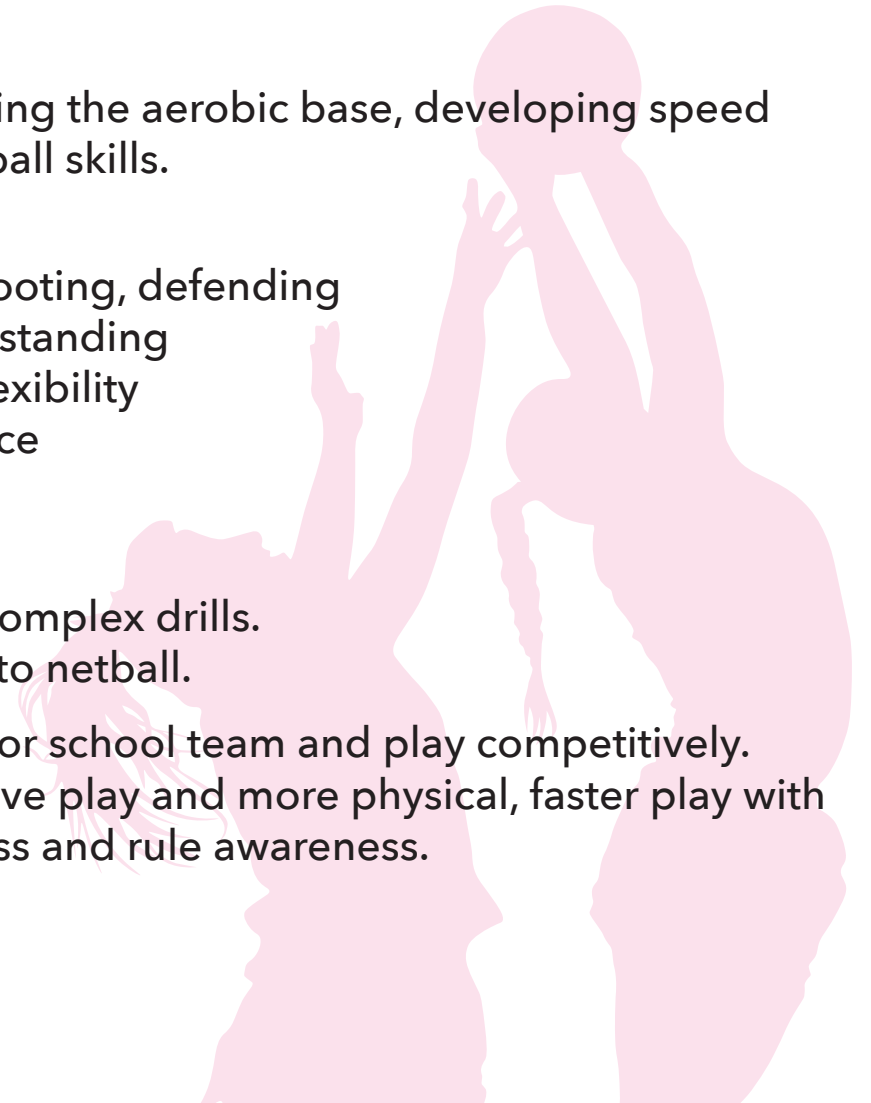
Objectives:

- Advanced technical skills: refined passing, shooting, defending
 - Tactical training: team strategies, game understanding
 - Physical conditioning: strength, endurance, flexibility
- Mental skills: focus, confidence, game intelligence

Activities:

- Position-specific drills and strategies.
- Higher intensity practice sessions with more complex drills.
- Strength and conditioning programs tailored to netball.

At this age players will engage with a local club or school team and play competitively. Players now move from developing to competitive play and more physical, faster play with more emphasis on their positions on court, fitness and rule awareness.



PLAYER DEVELOPMENT GUIDE

Stage 5: Train to Compete (Ages 15-18)

At this stage emphasis should be on optimizing fitness preparation and netball skills for high-level competition.

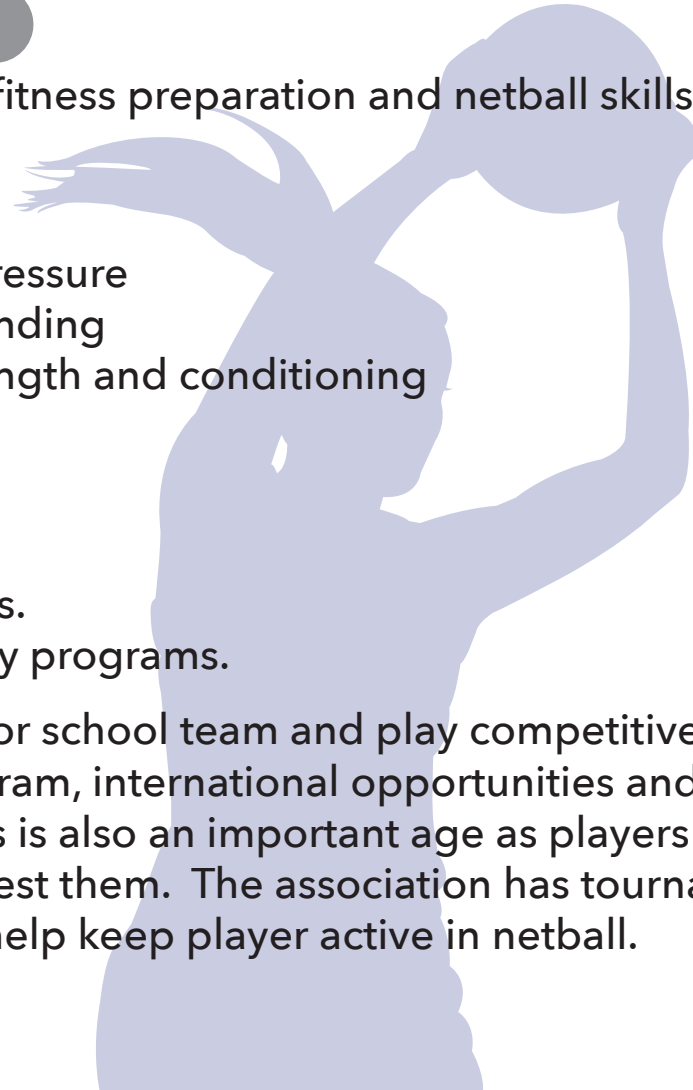
Objectives:

- Technical mastery and skill execution under pressure
- Advanced tactical play and strategic understanding
- Peak physical conditioning: sport-specific strength and conditioning
- Mental toughness and competitive mindset

Activities:

- Intensive skill refinement and tactical drills.
- Regular competitive matches and tournaments.
- Advanced strength, conditioning, and recovery programs.

At this age players will engage with a local club or school team and play competitively. Many players will begin looking at national program, international opportunities and may even be used in the senior women's league. This is also an important age as players begin to lose interest and find other activities that interest them. The association has tournaments and encourages junior umpires and coaches to help keep player active in netball.



PLAYER DEVELOPMENT GUIDE

Stage 6: Train to Win (Ages 18+)

The goal at this stage would be to maximize performance and achieve peak athletic potential.

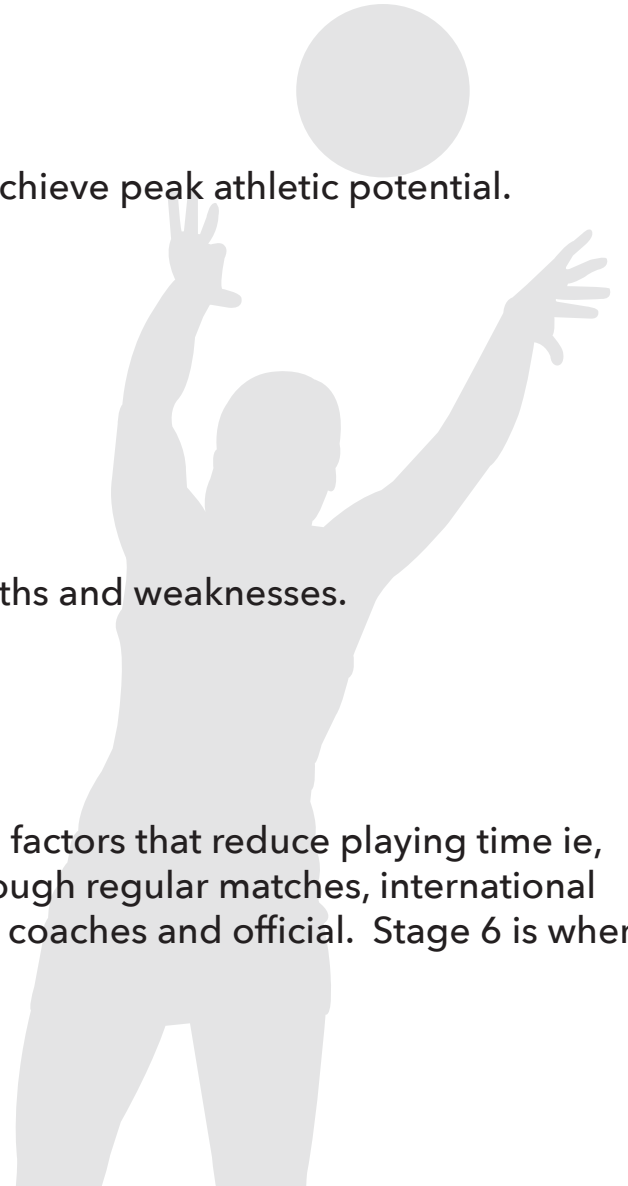
Objectives:

- High-performance training and recovery strategies
- Advanced tactical and strategic refinement
- Specialized conditioning and injury prevention
- Psychological resilience and stress management
- Create opportunities for, coaching, or officiating

Activities:

- Personalized training programs focusing on individual strengths and weaknesses.
- High-level competition and performance analysis.
- Comprehensive recovery and injury prevention strategies.
- Regular competitive matches and tournaments.
- Psychological resilient and stress management

Players normally continue to play however there may be several factors that reduce playing time ie, school, work, family. It is important to keep player engaged through regular matches, international opportunities and social engagement with other netball players coaches and official. Stage 6 is where you develop the players that will be engage in the sport for life.



PLAYER DEVELOPMENT GUIDE

Stage 7: Active for Life (All Ages)

Objectives:

- Encourage lifelong participation in physical activity.
- Promote coaching, officiating, and volunteer opportunities.
- Ensure a balance between sport, education, and career.
- Maintain physical fitness and health

Activities:

- Recreational netball leagues and social games.
- Opportunities for former athletes to mentor and coach.
- Programs that adapt to different fitness levels and interests.



Development Stage	Age Range	Netball Development Experiences	Netball Development Emphasis	Individual Values (Off-Court)	Domestic Competitions/Initiatives & International Competitions
Pee Wee	4-7	<ul style="list-style-type: none"> Develop Basic netball related motor skills Introducing elements of netball in fun games 	<ul style="list-style-type: none"> Fun, interactive, social atmosphere Learn balance, agility, speed, and confidence Attention and listening Teamwork 	Foster new Friendship	Domestic League Tournaments
Beginner	8-12	<ul style="list-style-type: none"> Basic Skill Development Small group games & activities Develop understanding of the rules Modified competition Opportunities for decision making Talent identification & development Fair play 	<ul style="list-style-type: none"> Emphasis on enjoyment Basic skills of catching, passing, running, jumping, stopping, landing developed social skills of teamwork, cooperation, sharing and encouraging developed 	<ul style="list-style-type: none"> Building self-confidence Demonstrating the importance of being a team player, and encouraging others Self-reliance and responsibility Self-discipline 	
Learner	13-15	<ul style="list-style-type: none"> Sport specific development Netball development opportunities and programs (e.g National team scouting, camps, umpire training) Rule understanding developed Extended range of competition Decision making developed Talent identification & development Fair play 	<ul style="list-style-type: none"> Fair play principles introduced Emphasis on positive competitive experiences Emphasis on specific skill development and game play Game appreciation & enjoyment through opportunities and programs for development 		Domestic League Tournaments International <ul style="list-style-type: none"> USA Junior Netball Classics CNA Jean Pierre
Player	16-20	<ul style="list-style-type: none"> Position specific skill development Rule knowledge and decision making extended 	<ul style="list-style-type: none"> Able to go outside their comfort zone work ethic and intensity 	<ul style="list-style-type: none"> Recognize effort and improvement in team and individual performance 	Domestic League Tournaments

KEY COMPONENTS ACROSS ALL STAGES

1. PHYSICAL DEVELOPMENT

- Age-appropriate strength and conditioning programs.
- Emphasis on injury prevention and recovery.

2. PSYCHOLOGICAL DEVELOPMENT:

- Mental skills training, including focus, resilience, and goal setting.
- Positive coaching to build confidence and motivation.

3. TECHNICAL AND TACTICAL DEVELOPMENT

- Progressive skill development aligned with each stage.
- Tactical training that evolves from basic understanding to advanced strategies.

4. SUPPORT SYSTEMS

- Access to qualified coaches, physiotherapists, nutritionists, and sports psychologists.
- Parental and community support to foster a positive sporting environment.

5. MONITORING AND EVALUATION

- Regular assessments to track progress and adapt training plans.
- Use of performance data and feedback to guide development.



KEY COMPONENTS ACROSS ALL STAGES

Compared to boys, girls mature biologically and reach ages of peak motor skill development earlier. Girls are also less likely to engage in sport and physical activity and have fewer opportunities for elite performance such as paid professional sport leagues. Some athlete development frameworks include gender specific age ranges for training based on gender differences in peak height velocity, where girls reach peak height velocity earlier than boys. Because of these biological differences, interpretations and definitions of athlete development should be sport specific and focused on the development of the female's body and mind. Female athletes also show differ in their response to training and to other psychosocial factors, such as their relationships with parents, coaches and peers. Differences have been attributed to biological maturation and socialization factors, where post-pubescent female characteristics (such as shorter legs and wider hips) constrain the athletic development of athletes that mature early, and social values and norms can deter early maturing female athletes from pursuing sport competitively. Additionally, the physical strain that woman may encounter.

One of if not the largest contributing factor to female athlete development is the menstrual cycle this has an enormous effect on the develop of the female athlete and should be considered by the sporting body, coaches and players. This LTAD will not dive deep into this, but The Bermuda Netball Association will educate all stakeholders as one of only all-female competitive sports left in Bermuda this is an important aspect of our player development.

The diagram below is a excerpt from an very in depth study done by the UK Sports Institute that illustrates female athlete development.

Supporting-the-developing-female-athlete-full-resource.pdf (uksportsinstitute.co.uk)



SUPPORTING THE DEVELOPING FEMALE

INTRODUCTION

Periods are perfectly normal - the menstrual cycle is a biological process

It's not just a period - the cycle is a **repeating pattern of fluctuating hormones**, characterised into four phases. Female's responses to these hormones vary widely, and therefore **experiences of the cycle are unique**

The menstrual cycle is a **useful sign of health in females**



There are numerous strategies to manage menstrual cycle symptoms in relation to training and performance. To begin with, cycles should be tracked and monitored so **the impact on an athlete can be better understood**

If periods have not started by **15 years old**, if symptoms related to the menstrual cycle are severe, or if three months of periods are missed, female athletes should **seek medical advice from their doctor**

It's the responsibility of all of us to talk about female health: increase education, awareness and provide an open environment to talk about female specific factors which influence sport performance

COACHING PATHWAY

Creating a comprehensive coaching pathway for player development in netball involves several key stages, each designed to develop the technical, tactical, physical, and psychological skills of players as they progress from beginners to elite athletes. Here's a detailed pathway:

Foundation Stage (Ages 4-10)

- Focus: Introduction to basic skills and fun.
- Activities: Skill-based games, fundamental movement skills, basic netball rules.
- Coaching Tips: Encourage enjoyment, positive reinforcement, build confidence, focus on participation rather than competition.

Development Stage (Ages 11-14)

- Focus: Skill refinement and game understanding.
- Activities: Skill drills (passing, shooting, footwork), small-sided games, introduction to basic tactics.
- Coaching Tips: Provide structured training, begin to introduce positional play, focus on technique improvement, ensure balanced physical development.



COACHING PATHWAY

Intermediate Stage (Ages 15-18)

- **Focus:** Advanced skills, tactical awareness, and physical conditioning.
- **Activities:** Advanced drills, tactical training, competitive matches, strength and conditioning programs.
- **Coaching Tips:** Develop game strategy understanding, focus on individual and team tactics, monitor physical development, encourage sportsmanship and teamwork.

Advanced Stage (Ages 19+)

- **Focus:** Specialization, high-level competition, and performance optimization.
- **Activities:** High-intensity drills, video analysis, advanced tactical training,

individualized fitness programs.

- **Coaching Tips:** Tailor training to positional needs, focus on mental toughness, implement performance analysis, prepare players for elite competition.

Elite Stage

- **Focus:** Professionalism and peak performance.
- **Activities:** Intensive training, international competition, advanced sports science support, mental conditioning.
- **Coaching Tips:** Focus on fine-tuning skills, ensure recovery and injury prevention strategies, provide psychological support, maintain high fitness levels.



SUPPORTING ELEMENTS

TALENT IDENTIFICATION

Regular trials and scouting to identify potential players at various stages.

COACHING EDUCATION

Continuous professional development for coaches to stay updated with the latest techniques and strategies.

SPORTS SCIENCE SUPPORT

Incorporation of nutrition, psychology, physiotherapy, and performance analysis.

COMPETITION STRUCTURE

Access to appropriate levels of competition for all stages to ensure players are challenged and can progress.



SUPPORTING ELEMENTS

EXAMPLE PROGRAMS AND PATHWAYS

- 1. Grassroots Programs:** Community-based programs that introduce young children to netball.
- 2. School Competitions:** Providing regular competitive opportunities for school-aged players.
- 3. Regional and National Competitions:** Structured leagues and tournaments that provide a clear progression route.
- 4. Development Squads:** Specific training squads for identified talent.
- 5. Academies and Institutes:** Build relationships with high-performance centers offering advanced training and education. And international accomplished coaches to offer our elite netballers further development and opportunities.
- 6. Professional Leagues and National Teams:** The highest level of competition for elite players, including professional clubs and national team representation.



SUMMARY

This LTAD plan for netball is a comprehensive approach to developing athletes from their first introduction to the sport through to elite competition and lifelong participation. By following the principles and stages outlined, netball in Bermuda can ensure that players receive the right training at the right time, fostering a love for the game and enabling them to reach their full potential.

We hope that this LTAD is used by players, coaches and teachers to as we continue to work together to develop work class athletes that can compete in netball inside and outside of Bermuda.



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