



PLAYER ROTATION AND COURT TIME GUIDELINES

The player rotation and court time policy is to assist the club's coaches to help develop and strengthen the skills of all our netball players. Coaches need to take into consideration the ages or school levels titled below as guides only, as there may be some players who have started playing netball later or who have progressed more quickly due to their development.

At all levels the 'enjoyment' of the sport of netball is paramount.

The club's aim is to develop all players and provide a solid base of skills that will hold them in good stead for as long as they wish to play netball.

11/U 1st Year

- Focus is on skill development and learning rules of the game.
- The aim is to have fun and improve – winning is not a focus at this level.
- Full rotation of all positions on court over the season.
- Equal court time for all players. Adjustments for injury, illness, time away will mean that some players have less court time over the season – but the average number of quarters per week should be equal.
- Aim for players to play at most 2 positions each game over 2 zones of the court. At this age, too many positional changes in a match can confuse players.
- It is recommended that coaches make a development plan to move players through each area of the court as the season progresses.
- By the end of each season all players should have played every position on court several times.

11/U 2nd Year

- Continued focus on skill development. Added focus of 'court and game knowledge'. Focus on:
 - position guidelines (i.e. what is the job of the WD, GD, etc)
 - position zones (i.e. what areas of the court are the 'zone' of a GA, etc)
 - throw-in rules (i.e. who takes what throw-in)
 - more complex rules.
- Winning is a secondary goal.
- 1st season – full rotation of positions on court as per first year. Equal court time.
- 2nd season – continued rotation of all positions on court and equal court time.

- If a player is struggling to progress, it is recommended to limit rotations of positions to cover all thirds of the court, but not all positions (e.g. GS but not GA, WD and/or WA but not C, and GD but not GK).
- This may help the player learn and become more confident in positions. Still aim for equal time in all 3 zones of the court (i.e. goals, circle defence and mid court).
- If finals are a possibility the coach has the discretion to fine-tune and streamline players more in the last 2–3 weeks of home/away season in preparation for finals. • Equal court time is still a requirement.

13/U 1st Year

Focus continues to be skills development and game knowledge.

- As players get older, fitness training becomes more pertinent.
- Set plays and court strategies should be 'coached'.
- All players start the season with equal court time and it is at the coach's discretion to deduct court time if training is missed without valid reason (i.e. one quarter less on match day for missed training).
- Court time during finals is at the discretion of the coach but each player is entitled to a minimum of two quarters.

Players will be starting to stream into favoured and strongest positions and areas of court. However, all players should still be able to play 3 to 4 positions with confidence.

13/U 2nd Year

- Skill development, fitness and court strategies continue to be important.
- Positions will be established but each player should be able to play at least 2–3 positions with confidence (e.g. mid court player can play WD, WA & C, tall player can play GK & GS, defensive player can play GK, GD & WD).
- The coach should still aim to give players variety in their positions played (i.e. don't limit a player to just one position).
- Court time is dependent on training attendance and attitude.
- All players start the season with equal court time and it is at the coach's discretion to deduct court time if training is missed without a valid reason (i.e. one quarter less on match day for missed training).
- Court time during finals is at the discretion of the coach but each player is entitled to a minimum of two quarters.

15/U and over

For 15/U and 17/U, the Club allows coaches the freedom to play their team as they desire. The Club's main concern is that no player finds themselves treated unfairly.

Open

Do not have a coach and manage themselves. Again, no player should find themselves treated unfairly.