



## Heathmont United Netball Club Player Rotation and Court Time Policy

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 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.

### **9 & Under - NetSetGo**

- The focus is on skill development and learning the 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.
- Team rotations should be planned by the coach to ensure that the team remains balanced but importantly should offer the players the opportunity to play in different positions. It is essential for players to understand every position on the court so that player absences or rotations won't affect overall team performance.
- Multi-skilling will also aid in increasing a team's depth. After all, a good defender also requires strong attacking skills and vice versa.
- Equal court time for all players. Adjustments for injury, illness, time away will mean that some players have less court time over the season.
- Aim for players to play 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 & Under**

- Focus continues to be skills development and game knowledge. As players get older fitness training often becomes more pertinent. Set plays and court strategies should be 'coached'.
- Full rotation of all positions on court over the season.
- Team rotations should be planned by the coach to ensure that the team remains balanced but importantly should offer the players the opportunity to play in different positions. It is essential

for players to understand every position on the court so that player absences or rotations won't affect overall team performance.

- Multi-skilling will also aid in increasing a team's depth. After all, a good defender also requires strong attacking skills and vice versa.
- 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.
- Equal Court Time for all players. Adjustments for injury, illness, time away will mean that some players have less court time over the season, however, coaches have the discretion to deduct court time but only if training attendance becomes a significant issue.
- Finals Court Time is at the discretion of the coach but each player who is qualified and match fit is entitled to a **minimum 2 quarters**.

### **13 & Under - 17 & Under**

- 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 courters can play WD, WA & C, defenders can play GK, GD & WD and goalers can play GS, GA & WA.
- 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.
- Coaches should aim for equal court time and it is at the coaches discretion to deduct court time if training is missed without a valid reason. i.e. one quarter less on match day for missed training.
- Finals Court Time is at the discretion of the coach but each player who is qualified and match fit is entitled to a **minimum 2 quarters**.

### **Open**

- These teams often 'manage' their own team and the club allows them freedom to play their team as they desire. Our main concern is that no player finds themselves treated unfairly.