

Justification of Program

The 'three level' training model outlined below, summarises the intended progression of SSNA netballers through a more formalised strength and conditioning program in consideration of age, maturity, and training experience.

Level 1

The target age group for this level is the U'14 age group and age groups below. Participants are introduced to more formalised strength and conditioning training. The focus should be on maximising participation in the program so that as many girls get and opportunity to benefit from the more specialised training.

This will be a court based session focusing on the areas of sprint technique, agility, fitness, core strength and body weight resistance training exercises. The gym will be utilised to a lesser degree for this group. Exercises that may require use of the gym include flexed arm hangs, and body weight pull-ups. It should be noted that SSNA has purchased specialised training equipment (lighter bars, weight plates, benches) that can be used on the court to advance their training program as required (i.e. using a light bar to teach the 'squatting' movement). Even though this is a 'court based' session, the emphasis will still be on developing strength and power of the participants.

These participants will train once per week. Girls that want to do more than this can repeat the body weight exercises they do in this session on another day of the week.

Level 2

Majority of participants are at a level of development and maturity where they can start to focus on regular strength and conditioning training.

Furthermore, the program progresses to emphasising training technique within a gym setting while at the same time increasing the intensity of body weight and core exercises.

These participants will train two nights per week. The U'15 age groups and age groups above this will start at this level. (Ideally these participants will have progressed from level 1)

Level 3

The majority of these participants will have matured physically, will have had experience in a gym setting and require more advanced training methods to maximise their strength and power potential.

This level is simply a 'flow on' from level 2.

Important Considerations

The three level model presented above is only a guideline. Initially there are going to be girls who are training two nights a week (level 2) who are really only at level 1 in regards to their training experience and level of strength (i.e. a physically matured girl that has difficulty performing body weight exercises). Furthermore, because this is the first time we have run this program, there may be one or two girls who are more experienced trainers (Level 3) training with girls with little or no experience . This is where I will use my skills as a strength and conditioning coach to ensure that each girl is performing the right level of training according to their maturity and training experience.

The reason we are making the program 2 days per week for girls aged 15 and over is because this is the minimum amount of training necessary to get significant benefit from resistance training.

I also understand that there may be girls in the U'14 age group (2011) that are ready to train two nights per week in this type of program. This is something we can look at once the initial block of training has been completed. Moreover this is why I will be urging these girls to repeat the body weight and core exercise on another day of the week on there own.