



SUTHERLAND SHIRE NETBALL ASSOCIATION INC. 11 YEAR OLD DEVELOPMENT PROGRAM

Sutherland Targeted Athlete Rep Squad

The program aims to provide Training, Coaching and Competition to improve young athletes' development.

SSNA welcomes the opportunity for "both" ***Boys & Girls*** to participate in the "STARS" Program

We Aim to: -

- Provide players the opportunity to develop their netball potential towards the SSNA "*representative*" pathway and learn about Rep life
- Create a safe and supportive environment for enjoyable participation to encourage lifelong participation
- Provide equal opportunity for all players to participate in netball programs and competitions
- Develop strong technical skills
- Develop tactical skills and increase understanding of the game
- Develop a strong base of strength and conditioning
- Introduce the Knee program for juniors
- Encourage & Facilitate growth in independence, self -motivation and self-esteem and encourage good sporting behaviour
- Develop knowledge of rules, and communication skills
- Encourage and actively cater for talented young athletes

Development Program

SSNA has a focus on development through learning at the highest level. **We focus on:**

- Individual ball handling training
- Speed, Agility and Co-ordination
- Playing Skills - Passing, catching, footwork, lead and re-offer, defending and interception, shadowing and blocking, shooting, decision-making, court movement and spacial awareness
- Match Play
- Fitness