Most parents and carers would like their children to be active throughout their life. Concerns about health, crime and national wellbeing have brought sport and physical activity into the political debate. All this, along with a generally held belief that, taught well, sport and physical education can develop qualities like self-esteem, leadership and teamwork, makes sport a potential force for good. Many parents remember the fun of sport, while others with less-enjoyable experiences might welcome a more logical approach to the development of their children.

Many sports organisations, including England Netball, have considered past practice and increasing evidence from research as they seek to develop their sport. They have adopted a more logical approach to player development, so that every child and adult can reach their potential and enjoy sport throughout their lifetime. The six progressive steps in a netball player pathway in which individuals will spend different amounts of time in order to help them master the relevant skills and levels of fitness. All participants should reach their potential in the stage that fits their ability and aspirations.

The real issues here are ensuring that training and competition are in the right balance and that the real competition is appropriate for different ages. This means considering the frequency, type and length of matches, as well as the quality and level of competitions for young players. If we get these factors right, the competition is appropriate for different ages. This means considering the frequency, type and length of matches, as well as the quality and level of competitions for young players. If we get these factors right, the amount will be right for them as well.

Dr Istvan Balyi’s Long-term Athlete Development model (LTAD) focuses on best practice in the development of players at every level. This leaflet shows how England Netball and sports coach UK have workshops available to support your understanding and use of the principles and practical application of LTAD. Which stages should a 16-year-old access?

LTAD is about giving everyone, at every age and stage, the opportunity to maximise their potential, whatever their level, and to stay involved in sport throughout their lifetime.

I’m a PE teacher and a qualified netball coach in a club. Should I use LTAD in both these environments?

No, because LTAD is about learning through high-quality teaching and coaching, whatever the situation.

My nine-year-old plays netball in a netball club twice a week. Is this too much?

Provided that your youngster is learning the FUNdamentals of netball through High 5 and is taking part in other sports and physical activities, this should be fine.

Is LTAD just about developing international performers?

No, because LTAD is about learning through high-quality teaching and coaching, whatever the situation.

Is LTAD important in Netball?

Yes, because LTAD is about learning through high-quality teaching and coaching, whatever the situation.

What does LTAD say about the amount of competition?

It could be Learning to Train, Training to Train or Training to Compete, depending on their physical, technical, tactical and mental abilities and potential. These would be identified by a qualified coach or teacher.

LTAD says that young children can have too much competition. Is this really true?

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LTAD and Netball

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**Playing venues:**
- School
- Club

**Number of sessions and length:**
- 6-7 sports sessions per week – 4 netball sessions and 2 or 3 sessions of other sports.
- 4 to 6 sports sessions should be participated in per week – 2 or 3 netball sessions and 2 or 3 sessions of other sports.

**Competition will take place:**
- In school and club matches.
- In local, county, and international competitions.

**Coaching at this stage will be:**
- Coaches with experience in coaching at national and international level.
- Club coaches.
- High Performance coaches.

**Volume/Intensity of training:**
- Low volume.
- High intensity.

**Number and length of sessions:**
- Between 8 and 12 sessions per week should be participated in, including physical conditioning.
- Each session should be a maximum of 2 hours in length.

**The amount of competition will consist of:**
- Between 5 and 10 major events plus 2 international events.

**The amount of competition will consist of:**
- 10 major events plus 2 international events.
- Between 5 and 6 times per week.

**Volume/Intensity:**
- High volume.
- Low intensity.

**Number and length of sessions:**
- Between 5 and 6 times per week.
- Each season should be a maximum of 90 minutes in length.

**Competition will take place:**
- At festivals and team events.
- In school and club matches.

**The amount of competition will be unlimited and fun:**
- An older club netballer.

**Learning to Train**

**Skills:**
- Between 11 and 11/16 years of age.

**Training to Compete**

**Energy Ages 16/17 +**

**This stage is important for developing netball-specific skills and physical development through:**
- Core stability.
- Endurance.
- Strength.
- Structured training programmes.
- Technical, tactical, and mental preparation.

**Volume/Intensity of training:**
- High volume.
- High intensity.

**Number and length of sessions:**
- Between 8 and 12 sessions per week should be participated in, including physical conditioning.
- Each session should be a maximum of 2 hours in length.

**Competition will take place:**
- At domestic and international competitions.
- In school and club matches.

**The amount of competition will consist of:**
- Between 5 and 10 major events plus 2 international events.

**Playing venues:**
- Club.
- National events.
- International events.

**Coaching at this stage will be:**
- Coaches with experience in coaching at international level.
- High Performance coaches.
- National coaches.

**Volume/Intensity:**
- Low volume.
- Low intensity.

**Number and length of sessions:**
- Between 3 and 5 sports sessions should be participated in, per week, including netball.
- Each season should be between 1 and 2 hours in length.

**Competition will comprise club events.**

**The amount of competition will be according to personal choice.**

**Playing venue:**
- Club.

**Coaching at this stage will be:**
- Coaches and leaders who have experience in coaching older players.

**Level 2 coaches.**

**WHEN I WAS YOUNG, I HAD GREAT FUN WITH MY FRIENDS DOING LOTS OF DIFFERENT SPORTS. I DENT REALISE THAT ALL THE DIFFERENT MOVEMENTS INVOLVED WOULD GIVE ME A STRONG BASIS UPON WHICH TO BUILD. WHEN I BEGAN AT THE AGE OF 15, TO SPECIALISE IN NETBALL, I NOT ONLY UNDERSTOOD HOW TO BE MORE EFFECTIVE IN THE INTERNATIONAL GAME, BUT ALSO WHEN AND WHERE TO APPLY THESE SKILLS.**

Amanda Newton, England Vice Captain