

Year 7 & 8 Muffin Break Player Development Programme (PDP)

WHY

As Netball is a late specialisation sport players grow & develop at different stages & ages.



These players are both 12 years old.

WHO

Muffin Break PDP provides more opportunities for more players to participate & develop.



Anyone can participate & a wider talent base is created.

WHAT

Muffin Break PDP is an extension programme for year 7 & 8 players. It includes:

1 Fundamental movement skills



Players must re-learn their jump & land strategy when they go through puberty

2 Athlete Development Sessions

E.g.



Sleep

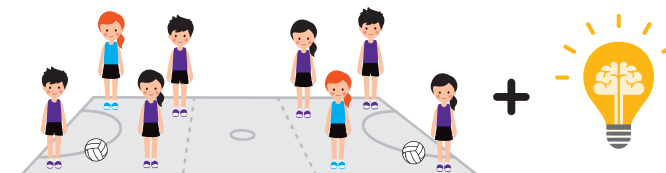


Nutrition



Coping with Pressure

3 Technical & Tactical Netball Skill



Motivation

+



Confidence

+



Knowledge & Understanding

+



Physical Competence

=

LIFE LONG OF NETBALL 

Physical Literacy