

# Year 7 & 8 Player Development Programme (PDP)

## WHY

Players grow & develop at different ages & stages so it's important to provide opportunities for all players.



These players are both 12 years old.

## WHO

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



Anyone can participate & a wider talent base is created

## WHAT

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

E.g.



Sleep

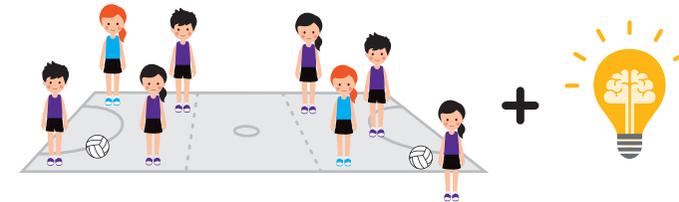


Nutrition



Coping with Pressure

### 3 Technical & Tactical Netball Skill



Motivation

+



Confidence

+



Knowledge & Understanding

+



Physical Competence

=

LIFE LONG OF NETBALL 

Physical Literacy