

UNDER 13 BEDFORDSHIRE PLAYER DEVELOPMENT PROGRAMME 2023/2024



Purpose of the programme: Learn, Love, Win

Learn the game:

We will help the athletes extend their knowledge of the game and develop strategies on how to effectively outwit opponents. We will create an environment of uninhibited curiosity, one that encourages autonomous and independent thinkers who can lead themselves and champion the improvement of others. Our coaching is focused on achieving Technical Excellence, Tactical Superiority, Psychological Edge and achieving our Physical Potential.

Love the journey:

We want all athletes to receive a positive experience of the game of netball no matter where they are on the pathway, fostering a life-long love of the game. The athletes should enjoy what they do, and feel encouraged, supported, and motivated. We will prioritise the unique individuality of each athlete, embracing challenges and new experiences together as we help them develop a limitless belief in themselves. We have a desire to go beyond what's possible.

Win deep:

We plan, prepare, and play to win but it is not our only purpose. Winning deep is the sum of Learning the game and Loving the journey. There is a richness in Winning deep because of the challenge, chaos and commitment that play a part in it. We have a deeper connection to winning and going beyond what's possible because we are driven by our purpose to inspire our communities and the nation.

[England Netball | Learn, Love, Win](#)

Outcome of programme:

The Bedfordshire County Netball Programmes should provide appropriate on and off court support for all to achieve the development standards necessary for next stage of the player pathway.

This is the first entrance into the player pathway and the focus is on individual development. The emphasis is on athletes learning how to train with decision making being a pivotal element, alongside developing resilience and skills required to play netball. Learning the game as well as loving the game with a sense of working together is essential to enhance their experiences at this early stage.

Duration and structure of training programme 2023 /2024

Venue : Trinity Arts and Leisure Centre Bromham Road Bedford MK402 BS	Mondays: Weekly 6.00pm-8.00pm
October 9 th 16 th 30 th November 6 th 13 th 20 th 27 th December 4 th 11 th 18 th	January 8 th 15 th 22 nd 29 th February 5 th 12 th 26 th March 4 th 11 th 18 th 25 th April 15 th 22 nd 29 th May 13 th
Player Development Programme Final Presentation: May 20 th	

The Bedfordshire County Netball Association manage and deliver the Under-13 Player Development programmes on behalf of England Netball, delivering a minimum of twenty five (25x2hrs) engaging, high intensity, fun weekly squad trainings over 9 months - between September 2023 – May 2024.

There will be on and off court sessions with topics appropriate for athlete age and their development stage in line with the Roses Development Framework.

[England Netball | Pillars of Development \(soticcloud.net\)](#)

[England Netball | Technical Excellence](#)

[England Netball | Physical Potential](#)

Although the focus is on training and skill development, competition should be used to challenge and refine skills. Bedfordshire County Netball Association will host and/or attend a minimum of two Match Days

Programme cost:

- a) A full payment of £175 can be made following selection into the programme (this equates to £7.00 per training session) by October 16th
- or
- A payment of **£90** will be required from all Under 13 Academy Players by October 12th followed by a further payment of £85 by the 8th January 2024
 - We appreciate that it can be an expensive time of year, with parents having to pay various match fees and purchasing new kit, so there is an opportunity to discuss setting up a payment plan or a reduction in the fees through grants provided by the Bedfordshire CNA with the Bedfordshire Player Development Lead .

Number of athletes in the Under 13 Programme

20 - 24 athletes

Age of athletes

Under-13 as of 23:59 on 31st August 2023

Player Pathway Programme operate over 2 age groups (e.g. Under-13 serving athletes under 12 and 13) but the age range will be kept flexible to cater for individual needs and maturation. For advice contact the Bedfordshire Player Development Lead. – Mandy Mistlin bedsperflead@gmail.com

For any generic questions please also refer to the England Netball Player Pathway FAQ 2023-24 link for potential answers to questions

https://www.bedfordshire-netball.com/js/plugins/filemanager/files/Player_Pathway_FAQ_2023-24.pdf

Duration of time athletes are in programme

An athlete may spend between 6 months to 2 years at this stage.

Level of coach: - Sessions are led by England Netball Level 2 qualified coaches with appropriate experience of working with talent athletes.

[England Netball | Coaching Philosophy](#)

Head Coach	Caroline McNally Level 2
Assistant Coach	Jaime Balfe Level 2
Technical Coach (1 x month)	Toni Wright Brown Level 1
Coach Mentor	Hayley Mackellar Level 2

Relevant competition:

Under-14 or Under-16 County and/or regional Leagues, tournament and inter-school competition.

Athlete identification and selection: - Link to the Selection Policy: https://www.bedfordshire-netball.com/js/plugins/filemanager/files/Bedfordshire_SELECTION_POLICY_2022_2024_updated_300623.pdf

Each County Netball Association has their own open, fair, transparent and year-round screening and selection process in line with the England Netball Screening and Selection Policy to identify athletes who are having the 'potential' to achieve the skills outlined in the Roses Development Framework.

To be considered for selection, athletes will need to be competing in County League, tournament and inter-school competition and nominated by their coaches/teachers.

Athlete Progression:

County Under-15 Player Development Programme.

There is no automatic entry to the next stage of the player pathway. Athletes must be nominated by the County Under-13 Player Development Programme Head Coach to trial along with others nominated by clubs and schools. This applies even if an athlete has already had a year in the Player Development programme. If the athlete has reached their potential in a County Under-13 Player Development programme it is recommended that they continue their training at club level. [England Netball | England Netball Player Pathway](#)