

# ADELAIDE COUGARS NETBALL CLUB



**POLICY 001:**

**DAILY TRAINING ENVIRONMENT**

**FOR PREMIER AND RESERVES TEAMS**

# Adelaide Cougars Netball Club

## Policy 001 – Daily Training Environment



Document and Version Control (Office Use Only)	
Document Title	Policy 001: Daily Training Environment
Author/Document Reviewer:	Adelaide Cougars Netball Club <b>Head Coach</b>
Approved:	27/08/2014
File name:	C:\Users\Karen\Dropbox\Committee\New Policies & Procedures AUGUST 2014\001 ACNC POLICY - DAILY TRAINING ENVIRONMENT - 2014 FINAL.docx
Version No.	Version 2
Review Date.	August 2016

### Review/ Amendment History

Reviewer	Date	Details
Head Coach - <b>Jim Haldane</b>	19/08/2014	V1 review. Update details to reflect current environment

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### 1. Introduction:

A Daily Training Environment (DTE) regime is fundamental to both an athlete achieving their peak performance and the Adelaide Cougars Netball Club (ACNC) realising its potential. ACNC is committed to a DTE and commits in excess of 38 weeks to activities associated with the DTE each year. As one of a few netball clubs in Adelaide to provide a pathway from sub junior to premier grade netball, ACNC provides guidance and coaching to all of its players and ensures that their Premier and Reserve Teams are fit, skilled and able to explore their athleticism and elite capabilities.

### 2. What is a Daily Training Environment?

A Daily Training Environment (DTE) is a carefully crafted plan for all players that provides guidance, suggested frequency and time to be spent on the development of a Cougar's Netball Player. It includes all aspects of a player's development including their physical, skill, knowledge and psychological development.

The DTE is broken down into three phases taking into account:

- Pre-season general preparation,
- Pre-season skill preparation, and
- In-season training.

#### 2.1. Pre-season general preparation:

During the pre-season general preparation greater emphasis is placed on strength and conditioning. This preparation period relies on individual players taking on responsibility for, and adherence to, their pre-season preparation schedule.

Pre-season general preparation occurs between October and January. Players are expected to complete a minimum of 5.5 hours of work that focusses on the development of their strength and conditioning.

For example, each week players should strive for the following:

3 x strength sessions including rehab and core strength work	45-60 minutes each
2 x speed sessions	30 min each
2 x conditioning sessions	30 min each
3 x flexibility sessions	20 min each
3 x recovery sessions	20 min each
2.5 hours of skill training per week comprising of:	
• 2 x individual skill sessions	30 min each
• 2 x specialist skill sessions	30 min each
• 1 x group session	30 min

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Players will train in both supervised and non-supervised environments as per the training calendar provided below:

TIME	M	T	W	Th	F	S	S
AM	Strength (0.75)	Rest Day	Strength (0.75)	Rest Day	Strength (0.75)	Individual Extras	Rest Day
	Flexibility (0.5)		Flexibility (0.5)		Flexibility (0.5)		
PM	Speed (0.5)		Speed (0.5)		Individual (0.5)		
	Conditioning (0.5)		Conditioning (0.5)		Specialist (0.5)		
	Individual (0.5)		Recovery		Group (0.5)		
	Specialist (0.5)				Recovery		
	Recovery						

### 2.2. Pre-season skill preparation:

Skills contact gradually increases through to the pre-season specific phase, then onto skill and game play preparation during the season. The program is cyclical in nature and uses low, medium and heavy workload cycles. Therefore on particular weeks the frequency, volume and intensity may change.

Pre-season skill preparation occurs between January and February. Players are expected to complete a minimum of 3.75 hours of work that focusses on the development of their strength and conditioning **PLUS** 5.5 hours on skills development.

For example, each week players should strive for the following:

- |  |                    |
|--|--------------------|
| 2 x strength sessions including rehab and core strength work | 30-45 minutes each |
| 1 x speed session as part of team skills                     | 30 min             |
| 1 x conditioning session                                     | 30 min             |
| 2 x flexibility sessions                                     | 15 min each        |
| 3 x recovery sessions  | 20 min each        |
| 5.5 hours of skill training per week comprising of:          |                    |
| • 2 x team skill sessions                                    | 60 min each        |
| • 2 x individual skill sessions                              | 30 min each        |
| • 2 x specialist skill sessions                              | 15 min each        |
| • 1 x group session  | 30 min             |

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Players will train in both supervised and non-supervised environments as per the training calendar provided below:

TIME	M	T	W	Th	F	S	S
AM	Strength (0.75)	Rest Day	Strength (0.75)	Rest Day		Extras	Rest Day
	Flexibility (0.5)		Speed (0.5)				
	Individual (0.5)		Flexibility (0.5)				
PM	Team (1.0)	Rest Day	Team (1.0)	Rest Day	Team (1.0)	Extras	Rest Day
	Specialist (0.25)		Specialist (0.25)		Specialist (0.25)		
	Group (0.25)		Group (0.25)		Conditioning (0.5)		
	Conditioning (0.5)		Individual (0.5)		Specialist (0.25)		
	Recovery		Recovery		Recovery		

### 2.3. In-season training:

Training in season aims to maintain fitness and skills levels plus address technique issues identified in matches. Each week players should strive for the following:

2 x strength sessions including rehab and core strength work	30-45 minutes each
1 x speed session as part of team skills	30 min
1 x conditioning session	30 min
2 x flexibility sessions	15 min each
3 x recovery sessions	20 min each
2 x team skill sessions	60 min each
2 x individual skill sessions	30 min each
2 x specialist skill sessions	15 min each
2 x small group session	30 min each

Players will train in both supervised and non-supervised environments as per the training calendar provided below:

TIME	M	T	W	Th	F	S	S
AM	Strength (0.75)	Rest Day	Strength (0.75)	Rest Day		Extras	Rest Day
	Flexibility (0.5)		Speed (0.5)				
	Individual (0.5)		Flexibility (0.5)				
PM	Team (1.0)	Rest Day	Team (1.0)	Rest Day	Game	Extras	Rest Day
	Specialist (0.25)		Group (0.5)		Recovery		
	Group (0.25)		Team (1.0)				
	Speed (0.5)		Conditioning (0.5)				
	Conditioning (0.5)		Recovery				
	Recovery						



## 2.4. Conditioning:

ACNC conducts regular psychological conditioning sessions throughout both the pre and in-season that are focussed on both individuals and the team as a whole. Facilitated by the Coaching co-ordinator, the psychological conditioning program is delivered to individual players and the team as a whole. It covers a range of topics including team work principles, goal setting and visualisation, identifying and dealing with obstacles. The program includes 360 degree feedback, setting of behaviours and traits and developing a winning mentality. The program supports the athletes to develop mental and attitudinal skills, enables them to focus and assists them to achieve their goals. Players may also be referred to a psychologist for additional support if required. The psychological conditioning sessions are not only valuable in a sports context, but also provide the players with invaluable life skills.

To ensure that players are aware of the potential impact of lifestyle factors on their health and wellbeing, the **Daily Player Performance Diary** contains information regarding a range of factors such as nutrition, alcohol and sleep. These factors are also regularly reinforced and discussed with players throughout the season by the coaching staff.

The club physiotherapist regularly conducts sessions on game preparation, injury management and recovery. Scott addresses the players pre-season, conducts player assessments at training and in rooms. He also presents both a pre and in season session in the Talent Development Program (TDP) and to coaches. The club has priority access to a physio and medical specialists for any sports injuries.

## 3. Recording Progress:

All ACNC State League players participate in the DTE Program, which first commenced in 2012. The State League Squad currently utilises a Daily Player Performance Diary to monitor and record DTE progress and execution. It is also used to identify lifestyle and welfare patterns, their impact on performance and general well-being.

Coaches regularly conduct testing of performance. Such testing is done at intervals throughout the season for example, at the initial pre-season session to provide a baseline of data for players and then every 4 – 6 weeks thereafter to gauge improvements and to identify areas of performance requiring adjustment necessary to achieve results. Initial diagnostic testing is done in the form of different distance runs, (3km, 1km, 400m and 100m sprints) as well as recorded weight and endurance levels. These numbers are compared to previous year's data. Counselling of players also takes place following testing sessions during both the pre-season and in-season training periods.

The recording of athletes' performance testing results is undertaken by the Coaches and data is kept on spreadsheets showing the date of testing and a rank in the squad





for each player. The spread sheets are shared amongst the coaching group and players. This gives all players a transparent approach to fitness and something to strive for and coaches important information to be used to monitor and evaluate player performance. It is also used to adjust the DTE program as required. Training requirements are individualised to accommodate players' positions, age and general condition.

Players within the State League Development Squad are introduced to elements of stage one of the DTE as part of their specialised training sessions. Squad members are invited to attend pre-season training with the State League Squad and they are given access to specialist support staff and modified conditioning programs. At these sessions the development players are treated as if they are part of the squad. They are included in the pre-season phase, are monitored, and their performance is recorded and reported as with any other member of the team. They are also provided with a Daily Player Performance Diary and feedback throughout the program.

ACNC uses the services of a Fitness Coach. The current coach has had over 7 years' experience with the top flight netball teams in South Australia as a fitness coach. The fitness program which forms an important part of the DTE has been developed in line with elite athlete requirements. The Fitness Coach delivers sessions and monitors fitness through regular testing using a series of test from standard time Vs distance, beep and yo yo testing agility trials, vertical leap and sprint testing, both pre and in season.

The DTE is overseen by the ACNC Head Coach, the whole DTE program ensures that players are match fit and that they maintain their fitness throughout the season. It has been tailored to be netball specific, and along with skill sessions by the SPL coaching staff, psychology sessions and gym sessions the DTE provides a holistic approach to the health and welfare of players.

#### **4. Conclusion:**

Training and prior preparation are fundamental to a netball player's game competence and fitness regime, particularly those players wishing to be part of the ACNC Premier and Reserves squads. ACNC believes that each athlete needs to develop their core skills constantly to provide them with a solid base as they progress in their sport and sees that effective training and preparation are the joint responsibility of both coaching staff and players.

ACNC provides resources, advice and regular monitoring to assist both coaches and players in their quest for higher performance and athletic success. Whilst all reasonable attempts are made to avoid injuries through the provision of a well-designed and resourced DTE, injury does sometimes happen. Should this be the case, initial management is undertaken by coaching staff with referral to the Club's



medical staff. ACNC boasts its own playing physio and a coach with a medical background, who are both able to recognise injuries and illness in the early stages.

This DTE is essential to ACNC Premier and Reserves players achieving their peak performance and the Club realising its competitive potential. ACNC is committed to this DTE and to ensuring that their Premier and Reserve Teams are fit, skilled and able to explore their athleticism and elite capabilities.



## Appendix 1:

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## Premier & Reserves Coaching Team 2014

**Head Coach:** Jim Haldane (Advanced Level)

**Specialist Coach:** Rod Webster (Advanced Level)

**State Premier League Reserves Coach:** Andy Planty (Intermediate Level)

**State Premier League Reserves Assistant Coach:** Scott Fort (Intermediate Level)