

Netball Academy



The aim of the Cardijn Netball Academy is to provide students with the opportunity to develop their skills, knowledge, and general understanding of netball.

The Netball Academy will have a strong focus on improving individual and team-based netball skills, tactics, and strategy, while also promoting personal development skills including self-esteem, confidence, and leadership. The on-court curriculum is based on contemporary coaching methodology and presented by experienced coaches and teachers working within the College and club setting.

All Academy students will have an opportunity to trial and participate in inter-school sport competitions (e.g., Weekday or Saturday morning sport, Knockout competitions, tournaments against Specialist Netball Schools, Inter-Col, Exchanges) and attend various excursions aimed at promoting future pathways within Netball and sport through participation at local clubs, as well as exposure to clubs represented at Premier League and Suncorp Super-Netball level.





The Netball Academy is offered to students from Year 8-11 and is complementary to their Health and Physical Education curriculum. In Year 8 and 9, Netball Academy students have three lessons per week, typically incorporating two on-court sessions and one classroom-based lesson. In Year 10 and 11, students participate in up to six lessons per week, which generally takes the format of three to four on-court sessions, one athletic development session and one classroom-based lesson. All students enrolled in the Netball Academy are **REQUIRED** to participate in the College Netball team for the entirety of the season. All netball games for Year 8-11 students are played on Saturday mornings. This is a vital element of the Academy as it allows the students to incorporate skills taught during Academy lessons in real-game situations. Furthermore, this also allows for post-game feedback and self-assessment, as well as recovery and injury prevention programs to be implemented. All students involved in the Netball Academy will be encouraged to trial for Club programs, Development Squads and State Team selection.

The coaching methodology and content used by the Netball Academy teachers and coaches is typically a games-based model using the pedagogy presented in the Netball SA and Netball Australia coaching courses and curriculum. This may include:

- Attacking set plays
- Defensive zones and structures
- Quick transition from defence to attack
- Defensive positioning
- Shooting positioning and technique
- Umpiring education
- Coaching development
- Court fitness
- Strength and Conditioning

The Netball Academy is an excellent opportunity for students to enhance their netball experience within the College setting and all students are welcome to apply.