



Junior Player Loading guidance

Please see below the following guidance in relation to junior player loading for ages U9-U16. Extensive research has taken place regarding other sports recommendations and the amount of activity that junior players undertake during the school week.

This recommendation has been endorsed by SCNA and England Netball and clubs, organisations and related organisations should be aware of these recommendations and look to adhere to them.

“Research suggests youths should not be training more hours per week than their age for all sports inc. school activities”

Therefore, we recommend the following:-

1. That junior players are required to have 1 full clear rest day per week, no activity at all.
2. Under EN and SCNA recommendation, however junior athletes undertaking a Performance Development Plan must be closely monitored by all involved parties (PDP, Club and School). It is the joint responsibility of all coaches, schools and parents to ensure that player loading is managed within the recommended limits and that players wellbeing is the priority.
3. At U14/16, the recommendations can be adapted if there is more than 1 match in the week (i.e. 2 competitive matches, reduce S&C **OR** court training time by 1 hour).
4. That no junior player (up to U16) should play more than 4 quarters per day and no more than 2 competitive matches in 1 week.

Please see the below table of recommendation of netball activity per week

Age Range	Performance Netball		S&C Activity	Other Sport(s) including netball		Total Hours Per Week
	Netball activity	PDP training and matches		Club/School	Club training and matches	
U9	1	1	<i>Not Recommended</i>	7		9
U10	2	1	<i>Not Recommended</i>	7		10
U11	2	1	<i>Not Recommended</i>	8		11
U12	2	1	1	8		12
U13	2	1	1	8		12
U14	3	2	1	8		14
U15	3	2	2	8		15
U16	3	2	2	9		16