

## 1. What if; you're not getting much court time with your team?

- Ensure that you still give 100% at every training whether you are in the starting line up or not.
- Be fully supportive of the team and management at all times.
  - Complete any team statistics at each game to the best of your ability, don't try and make the people playing in your position look bad.
  - Look for jobs to do to help the team environment off the court.
- Discuss the issue with your coach – ask what you can do to improve your game.
- Be honest and self critical regarding areas you need to improve on.
- Be self-motivated to improve – don't expect everyone else to do it for you, and don't feel sorry for yourself. Grit your teeth and work harder and smarter.

Consider your

- Netball Skills —are you doing extra skill sessions?
- Tactical awareness —increase your knowledge regarding the team game plans.
- Decision making — look at your error rate under pressure, could you have made different decisions.
- Conditioning — aerobic fitness base, speed, agility.
- Remember that
  - Sometimes it is just a case of someone else better fitting the team unit at this point in time.
  - You need to do all you can to keep pushing hard for court time, as that's what you train for.
  - Sport is not always fair—so you can't just expect things to be given to you because you (or your family, friends, other coaches) believe you deserve it.
  - It can only take one injury/coaching decision to change things completely—always be ready to grab that opportunity with both hands.

*IT'S NOT WHAT HAPPENS TO YOU...  
IT'S HOW YOU DEAL WITH IT!*





NETBALL NEW ZEALAND  
Pōitara-whiti Aotearoa

**COACHFORCE**

## 2. What if; you have been asked to trial for a higher age group team?

- Consider the following
  - How much court time you will get? You may get enough game time to satisfy you prior to the main tournament, but consider how much time you will get on the court at tournament.
  - The coaching staff may tell you that you will get game time, look at the other players available and be honest with yourself when comparing their ability with yours.
  - Would it enhance your skill level and tactical understanding to be working at a higher level?
  - Are you confident playing and being in a team with older players?
  - Do you prefer to have a chance to Captain, or have a leadership role in a team, or are you happy to be one of the younger members, and learning from others?

**REMEMBER,  
'IF IT'S TO BE, IT'S UP TO ME'!**



## 3. What if; you have been asked to play for another team/club/netball centre?

- Consider the following
  - Make a list of the positives and negatives for staying / going and compare each.
  - Be wary of expecting the grass to be always greener on the other side of the fence (or in another team/club/netball centre/franchise).
  - Staying put and dealing to any issues may be the best thing.
  - Or a fresh start with new opportunities may be just what you need.

**IN THE END YOU ARE THE ONLY ONE  
THAT CAN JUDGE!**

*With thanks to Ruth Aiken, Silvers Ferns Coach*