



NETBALL

HIGH PERFORMANCE NETBALL DEVELOPMENT PROGRAMME

Objective:

This programme is aimed to develop an individual netball player and her position of play to the highest individual level of competition. It has been designed and formulated on a national and international standard by professional coaches and sports science specialists including diverse coaching methodologies to enhance an optimum level netball understanding.

How:

A team of coaches is dedicated to the player's optimum level of development and performance in a meticulously sports science based structured programme. This programme is 100% monitored and evaluated throughout every aspect of the player athlete's activities in the programme using Individual Player Development plans to track performance and objectives.

Duration:

A commitment to High Performance is a minimum 2-3 year journey. A student athlete can select a 1 year (12 months) or 2 years (24 month) option. The duration can also be tailored to a player's preference and objectives.

Who should attend:

This programme is offered on a tertiary level and is at a very high physical and mental intensity and requires commitment in all aspects of health, lifestyle and focus on performance objectives.



Where:

The first Uxi Netball Institute will be based on the West Rand of the Gauteng Province and will officially open its premises in March 2025.

This HP programme includes:

- + On-court skills and positional development
- + Netball understanding- strategy: defense and attack
- + Individual based strength and conditioning training
- + Individual player development plan
- + Sports science based monitoring and evaluation
- + Lifestyle, nutrition and wellness coaching
- + Life and workplace preparation coaching
- + Professional CV compilation
- + Biokineticist and rehabilitation support
- + National play performance-based opportunities



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How to apply:

- STEP 1**
Complete the player application form uxisport.co.za/online-registration/netball
- STEP 2**
Complete the parent finance approval application form uxisport.co.za/online-registration/netball
- STEP 3**
Pay the registration application fee online uxisport.co.za/online-registration/
- STEP 4**
Receive confirmation of acceptance and unique Player identity number
- STEP 5**
Receive player and parent agreements

Academic Qualifications:

Once a registered player the player chooses an academic qualification from the Uxi Sport Health & Fitness Professionals Academy (HFFPA) to complete in conjunction with the netball programme

<https://hfpa.co.za/courses?deliveryMethod=full-time>.

For more information:

-  TheaneB@sport.uxi.edu.za
-  067 169 3068

