


Sports Performance Analysis



**futureFern
TO
FAST5**

KIRSTEN SPENCER AND SOPHIE WOLF

AUT UNIVERSITY
SPORTS PERFORMANCE
RESEARCH INSTITUTE, NEW ZEALAND
AN INSTITUTE OF AUT UNIVERSITY

**NETBALL NEW ZEALAND LAUNCHES
NEW JUNIOR NETBALL POLICY**

➤ NNZ Website Sept 7th 2017

“This age bracket is so important to us,” Wylie (NNZ CEO) said. “This is where it starts and we wanted to provide something that best meets their needs to develop Netball skills and just as importantly a life-long love of the game.”



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COACHING PROCESS

- characterised by uncertainty, complexity and uniqueness
- Performers have a particular combination of genetic disposition and technical idiosyncrasies to require individual treatment.
- has to balance sufficient specificity with ‘routinized practice’

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TRAINING ... the source of good habits



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NHL (UK) RESEARCH - TRAINING

> Winning coaches greater ($p > 0.05$) use of varied practice enables the players to make decisions which are more likely to be relevant to match situations.

> Combined with more opposed practice this training is closely related to match play so enabling the players to develop their decision-making



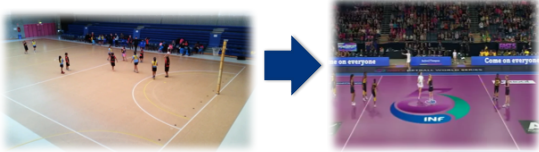
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HOW?WHAT?

FUTUREFERN → **FAST5**



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TRAINING THEORY

Preparation theory

Principles of training
Active participation
Specialisation
Individualism
Variety
Progression
Incrementalisation

Principles of adaptation
Overload
Specificity
Reversibility

Load Factors (components of training)
Volume
Duration
Intensity
Complexity
Quality

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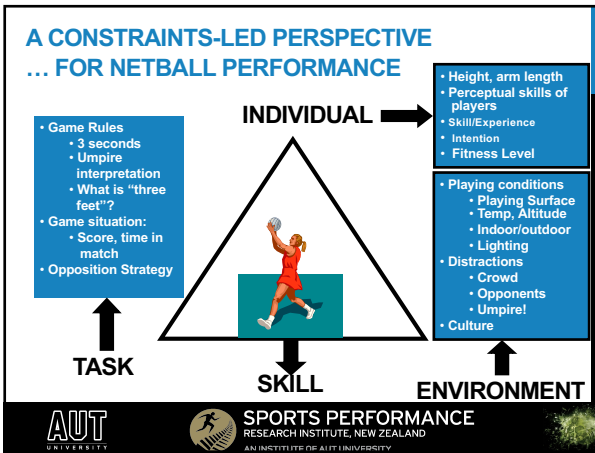
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AMBITION...know where you are going and build to last.



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FAST5 & SSG

Fast 5 presents a lot of similarities to small sided games (SSG)
SSG heighten the capacity of players to perform in elaborate competition environments
(Almeida et al., 2013)

SSG increase variation by manipulating task-constraints
(Renshaw et al, 2010)

Coaches should view SSG as developmental building blocks
(Dyson et al., 2004)

Creating a variability through task constraints creates uncertainty, forcing players to seek a unique solutions to the problem the rules and opposition have created.
(Passos et al, 2008)

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SSG 6v6

Each quarter lasted eight minutes, in which rotations of positions occurred.
The 6-a-side game is played on a traditional sized court (30.5m x 15.25m)

Centre pass goes to the non-scoring team
Time with ball increases from 3 seconds to 5 seconds
Link from each team stands on side line of centre third during centre pass
Goal posts are lowered to 2.6m from 3.05m
Size 4 ball is used instead of size 5

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OVERVIEW

The 6 v 6 modification is a netball-like game involving fewer players on court, player rotation and different playing area rules.

Results have been drawn from performance analysis and questionnaires, which are contextualised around four main themes;

- FAST
- CHANGE
- FOCUS
- MOTIVATION



HEADLINE FINDINGS

WHY SHOULD WE INCLUDE THE 6V6 GAME?

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Increased opportunities for decision making and game specific learning. 2. Frequent 'balancing' the court. 3. Reduced whistle stoppage so increased active time. 4. Increased shooting opportunities. | <ol style="list-style-type: none"> 5. Player experiences vary with Zone. 6. Increased Performance Score (TPAP). 7. Increased player engagement. 8. Intrinsic motivation - varied by Zone. |
|---|---|



PERFORMANCE INDICATORS

WHAT DID WE MEASURE?

- Player spatial distribution and player density
- Game flow (transition and whistle use)
- Ball contacts (pass complete, lost, and direction high/wide)
- Shooting (successful, unsuccessful, possession retained/lost)
- Player focus (engaged and distracted)
- Team Performance Assessment Procedure (gaining possession and dispossession of the ball)



PERFORMANCE ANALYSIS

WHO TOOK PART?

- 5 zones
- 14 matches

Auckland = 8
Hibiscus Coast = 7
Rodney = 8
Morrinsville = 8
Hutt Valley = 4
Christchurch = 8
Invercargill = 4

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PROCEDURES

- 5 minutes videos
- N=88
- SportsCode Elite™
- PI is coded for position (attack, centre, defence)
- Data presented by zone (N=5) and position (N=3)
- Where possible compared to results from below

- 6v6 full court
- 7v7 full court
- 5v5 full court
- 5v5 modified court
- 7v7 full court
- Vball (5v5)

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FAST, CHANGE, FOCUS & MOTIVATION




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FAST

6-a-side:

1. Ball transition every 106s (less frequent other game formats) – indicates more even competition
2. Ball contact frequency
 - 5v5 & 6v6 > 7v7
3. Appropriate level of task complexity

Meets need of the NZ coach development framework of skill development for young netballers.

FAST
WHISTLE

5v5 < 6v6 < 7v7

Findings – whistle stoppage:

- In the 6v6 game every 53s there is a stoppage
- No difference for zone





FAST

2015 Zone	Pass Complete	Pass too high/wide	Pass Intercepted	Pass direct to opposition	Pass to nowhere
1.00	6	200	20	0.00	200
2.00	7	160	36	0.00	240
3.00	6	600	41	2400	141
4.00	7	200	14	300	133
5.00	7	112	26	1700	202
Total 6v6	7	144	32	1282	247
2013 Varied Format					
7v7	10	n/d	160	n/d	n/d
5v5 (full court)	9	n/d	52	n/d	n/d
5v5 (modified court)	12	n/d	64	n/d	n/d

Per 'x' seconds

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Per 'x' seconds

FAST

PLAYER POSITION AND PASSING


Passes completed:

- Centre players - greater pass completions

Passes intercepted:

- Centre players - intercept more







FAST

SHOOTING OPPORTUNITIES

Action per 'x' seconds 2015 6v6 format


Zone	Successful shot	Unsuccessful shot
1.00	109	150
2.00	89	96
3.00	73	141
4.00	150	85
5.00	161	200
Mean total 6v6	107	140
Successful shot		Unsuccessful shot
7v7	533	133
5v5 (full court)	200	48
5v5 (modified court)	266	114

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CHANGE





CHANGE

An average snapshot of player position was calculated every 30s for a 5 minute period.



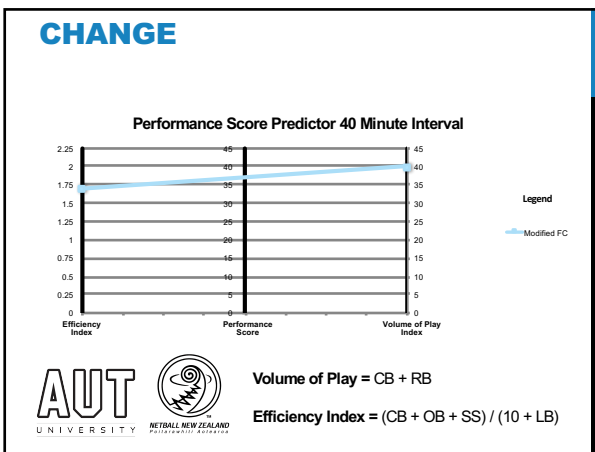
The 6v6 game provides an environment for players to learn the skill of a balanced court.

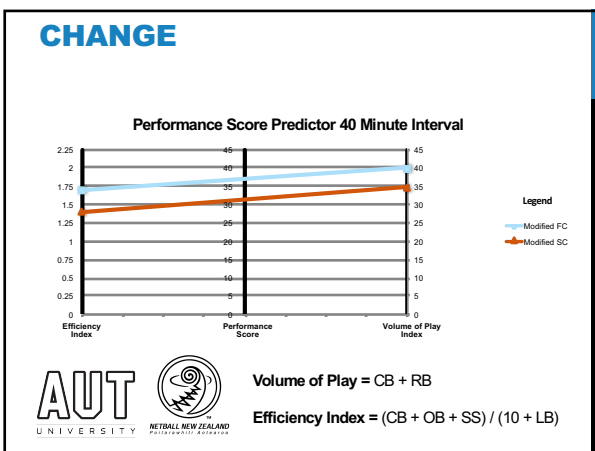


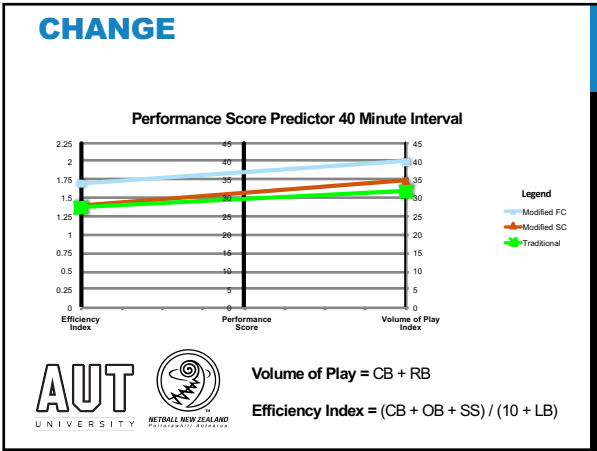
CHANGE

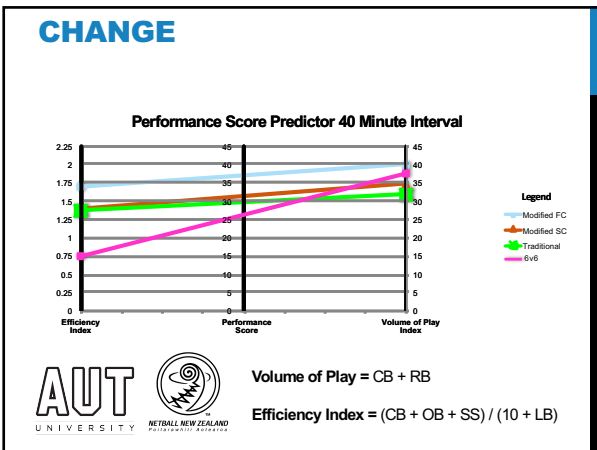
TPAP

Game Type	Gaining ball possession		Disposing of ball			
	CB	RB	LB	NB	OB	SS
6v6	390	1547	495	63	1497	95
Modified FC	328	1280	456	208	1072	56
Modified SC	664	2128	960	472	1656	144
Traditional Game	416	1376	624	288	1088	128









FOCUS

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FOCUS



- Engaged = watching the ball or other players.
- Distracted = watching parents, other games, swinging on the post, playing with own hair.

Findings:

- *Player distraction - influenced by zone – players in the Waikato zone are significantly more distracted.*
- *Players in the Central zone are significantly more engaged.*



MOTIVATION



Findings:

- There is no difference in the level of intrinsic motivation of those players of 6v6 netball and 7v7 netball
- The level of intrinsic motivation varies between zones
- South zone players were more motivated playing 6v6 than 7v7
- Waikato zone players felt they had a greater sense of choice playing 6v6 than 7v7, opposite for Central



IMPLICATIONS



- 6v6 - fast game, with high frequency of ball contacts for all positions
- 6v6 - high frequency of turnover
- 6v6 provides opportunities for frequently adapting practiced movement patterns
- More appropriate ball time → more skillful decision makers
- More engagement → more motivation → faster learning



RECOMMENDATIONS

- 6v6 – High level of player engagement (ball contacts & TPAP volume)
- 6v6 – Creates many opportunities for players to practice their decision making skills (interception anticipation & TPAP volume)
- 6v6 - data suggests that it favours the improvement of centre players – so rotation important (RAE)
- 6v6 – Poor efficiency score with the ball – varied with Zone

- TPAP suggests 5v5 on full court as the game with the highest Performance, Volume and Efficiency scores.



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