ABSTRACT

The development of proper skills and abilities for the purpose of participation and achievement in sport is of the utmost importance at a younger age. A wide variety of problems exist as far as the scientific presentation as well as the contents of such programmes is concerned. The objective of the study was therefore the development of a netbal specific skills development programme for beginner netball players. Two experimental groups (n = 40) and a control group (n = 20) of girls aged 7-8 years participated in the study (N = 60). Both experimental groups participated for six weeks, one hour per week in the netball programme that was developed. The results of the research were statistically analysed with Statistica for windows, 6.0 by using independent t-testing and variance of analysis (ANOVA). According to the results the development programme made a substantive impact on the one-leg balancing skill, vertical jump, speed and agility. The throwing-skill has also improved to a great extend. It was concluded that the netball programme accompanied with evaluation criteria can make a valuable contribution to the development of netball at a beginner level.

Keywords: Netball beginner level, children, aerobic, anaerobic, growth, propioception, motor development, skill development program.