

ELITE PERFORMANCE STRATEGY

# ENGLAND NETBALL

Embedded systems support and interim performance framework built for international tournament density.

# THE CONTEXT

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England Netball entered a critical two-year performance window with dual strategic objectives: prepare for major international tournaments in 2026 whilst building towards world-leading physical performance standards in 2027.

A systemic review revealed a fundamental gap: domestic training environments were not adequately preparing athletes for the extreme tournament density demands — eight matches in ten days, seven matches in nine days, or three matches in four days. International match intensity and accumulated tournament load significantly exceeded domestic exposure, creating a critical vulnerability in athlete readiness and tactical execution.

The tactical model was sophisticated and well-established. The physical preparation system required complete transformation to bridge the gap between domestic training and international competition demands.

**2**

YEAR STRATEGY

**35%**

LOAD GAP

**100%**SYSTEM  
REDESIGN

# THE STRATEGIC CHALLENGE

## CHALLENGE 01

### DOMESTIC VS INTERNATIONAL GAP

Typical training camps delivered only around 35 percent of the physical load demanded in a two-week international competition window. Athletes lacked repeated exposure to tournament-style density and intensity, leaving them underprepared for global standards.

## CHALLENGE 02

### FATIGUE-DRIVEN DECISION MAKING

Match and training analysis showed increased errors in the second half of games, declining movement efficiency, and reduced defensive reactivity. Fatigue was actively limiting tactical execution and compounding performance losses.

## ROOT CAUSE

### PHYSICAL CAPABILITY VS GLOBAL STANDARDS

The audit highlighted critical gaps in change-of-direction efficiency, braking strength, tendon stiffness, and repeat sprint ability under fatigue. While existing physical indicators showed modest improvement (CMJ +2 to 6%, ISO +5 to 6%), they remained significantly short of global benchmarks for elite female athletes competing at international level.

#### CONDITIONING GAP

100%

Repeat actions every 5 seconds

#### RECOVERY GAPS

INCONSISTENT

Sleep, HR, readiness variability

#### DECOMPRESSION

INSUFFICIENT

Between high-intensity days

# AUDIT AND FRAMEWORK

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## DATA REVIEW

Analysed six months of weekly player lead trends and compared domestic two-week blocks to international tournament volumes to identify quantifiable gaps.

## ON-COURT OBSERVATION

Direct observation of SSG design, conditioning exposure, and sequencing of high versus low intensity days to validate tactical-physical integration.

## PRACTITIONER INTERVIEWS

Conducted structured interviews revealing gaps in long-term planning, profiling integration, and coaching-performance communication systems.

## THREE-PHASE DELIVERY

Structured approach: Initial Audit → Physical Preparation Phase → Review and Continuity to ensure sustained development.

# CENTRALISED 12-WEEK CAMP MODEL

The camp structure was fundamentally redesigned to progressively increase physical exposure and tournament-specific stimulus across four integrated phases.

## CAMP LOAD PROGRESSION

CAMP 1 → CAMP 2



**+10-15%**

CAMP 2 → CAMP 3



**+25-40%**

CAMP 3 → CAMP 4



**C-10% (STABILISATION)**

## TRAINING STRUCTURE PROGRESSION

TOTAL SESSIONS

**+12-15%**

HIGH-INTENSITY DAYS

**+50%**

BACK-TO-BACK  
EXPOSURE

**+100%**

# CENTRALISED 12-WEEK CAMP MODEL

## CONDITIONING & SMALL-SIDED GAMES

### LINEAR CONDITIONING

+45-55%

Increase across full 12-week block

### COURT SIZE EXPANSION

+20-100%

Progressive from COD to acceleration focus

## IMMERSIVE CAMP – PEAK LOADING WEEK

Compared to a standard week, peak loading week delivered:

- Total load **+100–150%**
- Gym intensity **+20–30%**
- High-day frequency doubled **(2 to 4)**
- Match simulation **+200–300%**

# STRATEGIC RECOMENDATIONS

## TRAINING

- Build consistent B2B high-intensity days
- Maintain tournament-style weekly structure
- Progress linear + COD conditioning

## MONITORING

- Weekly CMU testing
- ISO every 4 weeks
- 3-minute Wattbike test
- Positional exposure targets

## RECOVERY

- Standardised sleep protocols
- Contrast + compression
- Fatigue questionnaires

## INDIVIDUAL PLAYER PLANS

Personalised aerobic, strength, and power targets aligned to long-term development needs. Each athlete receives a custom progression roadmap underpinned by data and aligned to their specific positional and performance requirements.

# A SUSTAINABLE SYSTEM

292 Performance delivered a sustainable framework capable of preparing athletes for world-class demands, aligning tactical models with physical robustness.

The logo for 292 Performance, featuring the numbers '292' in a bold, white, stylized font. The '2' and '9' are connected at the top, and the '2' at the end is also connected to the '9'. The font is a clean, modern sans-serif style.

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