

17&U & 19&U PROGRAMMES SUMMARY - 2026

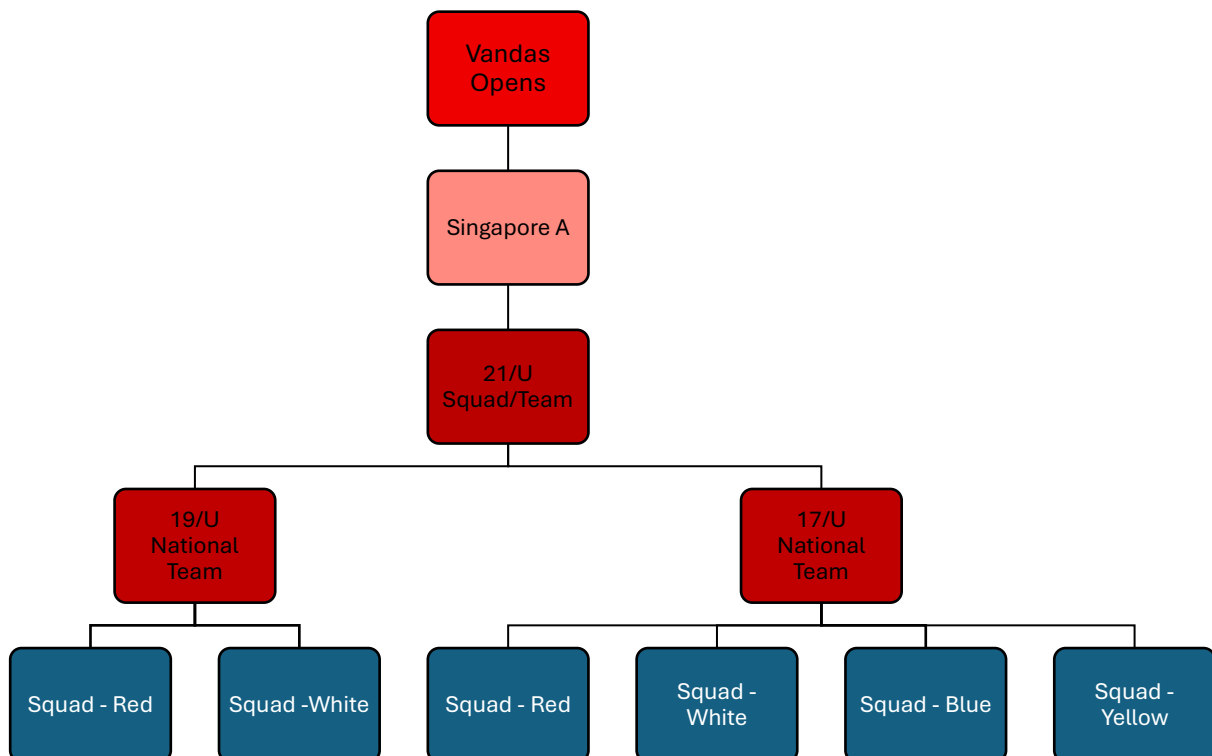
Overview

Netball Singapore’s vision “*To be a World Class Netballing nation*” is underpinned by a number of core strategies for which ***growing and enhancing the Development Pathway*** is a key objective.

The Netball Singapore Development Pathway commences from 12 and Under age group and runs through to the Opens National Squad.

The **Elite Development Programmes** commence from the 17 & Under (17&U) age group, with the program objectives and purpose to enhance the netball skills, athletic, and holistic development of athletes for long-term performance.

Netball Singapore Elite Development Pathway – 17&U to Opens





2026 17&U Programme

In 2026 the **17&U Squad and National programme** will be enhanced to ensure greater targeted skill and strategy development, strength and conditioning (S&C), athlete wellbeing education and netball competition exposure.

17&U Squad Programme (formerly Zone Programme)

A total of 56 Athletes will be selected across all court areas distributed into squads 4 of 16 (Red, White, Blue and Yellow).

The Programme includes a targeted 12-week training programme delivered with a supporting curriculum of skills and education covering relevant components provided by the National Coach & Technical Director. The Squads will participate in the National League competition from May to July, and progress to be considered for the National Team selection.

Squad Program Details:

- 1. Squad Selections** – Mid-late April, (tentative 15 & 22 April TBC) 56 athletes selected.
- 2. Induction Camp** – Saturday 9 May at Singapore Sports School. includes Programme introduction, fitness testing, Nutrition & Wellbeing education sessions, Strength & Conditioning program introduction.
- 3. Court Training** – 12 weeks (week of 11 May - 31 July)
 - Week 1 & 2 - week of 11 May, and 18 May – 2 x 2-hour sessions including S&C element (40 mins) exact day TBC.
 - Week 3 onwards 25 May – 31 July, 1 x 2-hour session
- 4. Game/ competition** - National League 1 game weekly from 25 May - 31 July.

National 17&U Programme – 16 athletes (increased from 12)

A targeted extended training programme commencing week of 29 June until 30 November, with a focus on elite skill and strategy progression, coordinated strength & conditioning program, and international competition exposure.

- 1. Selection** – Talent identification model, including Athletes observed and rated by their 17&U Squad Coach from programme involvement performance, by an



independent selector during National League games week of 15 and 22 June and a final match play trial, all athletes Saturday 27 June TBC.

- 2. Court Training** - 29 June – 30 November, 1 x National session per week
 - focus to extend skills and strategy development
 - *Note - Athletes remain in their **Squad training environment** session 1 x week and game 1 x week for the remainder of NL (4-5 weeks) until **31 July**.*
- 3. Strength & Conditioning (S&C)** - 1 x week from July until November.
 - delivered by Sports School S&C staff in Sports School gym
 - 17/U Head Coach to observe and link with Sports School S&C Coach minimum 4 sessions.
- 4. Training development tour** - (tentatively week of 7 to 15 August in Hong Kong (TBC) for training and competition matches
- 5. Training Camp/ Test Series at SSTMI (alongside Sport School program)**
November TBC

2026 19&U Programme

The 19&U programme in 2026 will continue to support the athletes and age group as transition with school/tertiary netball commitments and provide competition and training environments.

19&U Squad Programme

Previously this age group was split into a Tertiary and Schools categorized Squad but will be adjusted in 2026 to be combined Squads of similar quality and depth to further enhance the training and competition environment for all.

- 1. Squad Selection Trial** – 2 squads selected - Red and White, 31 March, 7 April
- 2. Court Training** - 1 weekly training from 13 April – 31 July (16 weeks)
- 3. Game/ competition** - National League 1 weekly game 25 May - 31 July

Note athletes participated in Schools A Division will be provided exemptions from training if required.



19&U National Team

A 19s National Team will be selected from the 19s Squad for an International Training Tour. The purpose of this Team and tour is to expose and prepare athletes for international competition transition into 21&U competition environments and tournaments such as future Asian Youth Championships.

1. **Selection Trial:** end June
2. **Court Training** - 1 weekly training from 29 June – 14 August (6 weeks, including 4 weeks overlap with 19&U Squad)
 - Focus to extend skills and strategy development for international competition
 - *Note - Athletes remain in their Squad training environment 1 x week and game 1 x week for remainder of NL (4-5 weeks) until 31 July*
3. **Training development tour** - (tentative dates week of 7 - 15 August TBC, Hong Kong) for training and competition matches