



ELITE NETBALL ACADEMY

DELIVERING THE ULTIMATE
NETBALL EXPERIENCE



@ELITENETBALLACADEMY

WWW.ELITENETBALLACADEMY.CO.UK

WELCOME



WELCOME TO ELITE NETBALL ACADEMY

In this document, you'll discover everything you need to know about Elite Netball Academy. We'll introduce the team – the coaches you'll see on the court and the team behind the scenes plus our superstar ambassador for this year.

We'll also give you an overview of the academy programme, outline the annual plan and share other elements of Elite that you might not know about.

Helpful contact information:

For general enquiries/class/camp information: uae@elitenetballacademy.co.uk

For direct debit/invoice enquiries: accounts@elitenetballacademy.co.uk

For access to our online coaching resources or information about our online coaching workshops: membership@elitenetballacademy.co.uk

Stay social with us: [@elitenetballacademy](https://www.instagram.com/elitenetballacademy)

THANK YOU!

ABOUT US



**WE ARE A
LEADING
PRIVATE
NETBALL
ACADEMY.**

*We're delivering the
ultimate netball experience*

Elite Netball Academy, founded by Anna Carter, is a leading private netball academy. We recognise the need for access to quality netball training environments to develop technical, tactical, physical and psychological competencies within the sport.

Our netball classes do not replace your school or club training, they aim to support it so you can focus on reaching your goals within the sport. We have a strong reputation for helping players achieve pathway places with Superleague netball clubs in the UK. We are here to support a player's netball journey in a positive and rewarding culture.

PASSIONATE, DRIVEN AND ENTHUSIASTIC NETBALL COACHES.



Anna and the team bring passion, experience and knowledge of the game at the highest level to help players gain school, club and pathway selection.

**WE AIM TO HAVE A
POSITIVE IMPACT
ON EVERY COACH
AND PLAYER AT
EVERY
OPPORTUNITY.**

Our Values

Person first. We ensure players have a positive and rewarding experience through an Academy-wide culture that challenges and nurtures players on their journey.

Positivity. We want to shape the netball community for the greater good. Together we build on your strengths and plan your development to help you succeed.

Passion. We are passionate and excited about coaching netball, sharing our knowledge and making a difference to people's lives on and off the court.

Fun and creative. We are always looking for creative ways to make netball fun for players and coaches. We achieve this by seeking to improve, innovate and evolve with curiosity.

Care. We care about what we do and why we do it. It drives us to know our in-person and virtual programmes are making a difference to you.

Honesty and Openness. We believe everyone should be able to access our netball knowledge, so whether you attend our classes, a netball camp, or learn via our Member's Area, you'll be part of the Elite family.

OUR VISION FOR THE SPORT

We are passionate about creating a positive and caring culture for the netball community. Our netball camps and classes provide young players with the chance to excel in an open, honest, creative and fun environment.

We want to improve the overall standard of delivery and experience for netball coaches and players. Our training environments seek to nurture and support aspiring netballers by providing a holistic approach to training and development.

WHAT WE OFFER:



NETBALL
CLASSES



ONLINE NETBALL
RESOURCES

PLUS:

- **CAMPS**
 - **POSITIONAL WORKSHOPS**
 - **PERFORMANCE ANALYSIS**
 - **SPORTS PSYCHOLOGY**
- AND MORE!**

CORE TEAM

FOUNDER - ANNA CARTER

Anna's vast coaching experience includes time as a Superleague Head Coach, an International Pathway Coach, a Selector and a Technical Support Coach for the national side. Anna frequently leads academy classes, camp days and online workshops.



From representing England as a player to winning the National U16's Club title with a Lancashire club to landing a job at Leeds Beckett University coaching the Yorkshire Jets, our head coach and founder Anna Carter has an impressive netball CV as a player and a coach. In 2018 she took Super League club Loughborough Lightning to the Grand Final, has been a pathway selector for England, as well as a technical support coach for the senior team and has spent time in Australasia learning from some of the best coaches in the sport. On top of Anna's netball credentials, she also holds a degree in psychology.

Anna wants to push the overall standard of netball by investing in young athletes and creating a place where they can learn, grow, and improve. A strong believer in equal opportunity, Anna wants Elite Netball Academy to allow all players to access quality coaching to push their game to the next level and explore their true potential.

anna@elitenetballacademy.co.uk



EMILY J

Business Manager and Coach

Emily is at the heart of everything we do. From organising classes, camps and leading our Residential Netball Camps, Emily is an ambitious coach with a strong track record in youth netball. In addition to coaching at Elite, Emily coaches in a Franchise Pathway and a Yorkshire-based Performance Club.

A Leeds Beckett Graduate, Emily was part of the BUCS netball squad and believes this experience gave her a great understanding of work ethic and discipline that influences her coaching today.

emily@elitenetballacademy.co.uk

CORE TEAM CONT



SOPHIE

Performance Lead

From courtside watching her sisters to carving out her own elite path, Sophie is our Dubai Performance Lead. Appearances for England U21s in the World Youth Cup followed as well as joining a senior tour to Australia. And throw in another sport because netball wasn't her only ball game. Up to age 15, Sophie was a top-level basketball player too, until time constraints meant she had to pick one sport.



LUCIA

Coach

From captaining England U18 and U21 teams to earning 101 test caps and competing in World Cups and Commonwealth Games, Lucia's playing career is nothing short of iconic. As a coach, she's led teams in the UK's top performance pathways alongside technical coaching roles with England and leadership roles in the UAE.



ALLY

Coach

Ally is a highly experienced performance coach and elite netball player with a deep-rooted passion for athlete development and high-performance sport. With a background spanning Superleague and international netball Ally brings a unique blend of competitive experience, technical knowledge and a person-first coaching philosophy.

PERFORMANCE COACH CONSULTANT



NAT PANAGARRY

3 x NSL Grand Final Winner Nat Panagarry develops our Annual Plan as part of her role as Performance Coach Consultant at Elite Netball Academy.

Nat has been a Brand Ambassador for Elite Netball since 2020 and took on this new role in 2023. The role sees Nat working closely with our academy players all over the UK, hosting positional workshops, Netball Camps and leading the schedule at our Residential Netball Camps.

Key achievements:

2019, 2023 & 2024 NSL Grand Final Winner

2019 Netball World Cup Bronze

17 International Caps

Superleague Captain

CLASSES



WE PROVIDE NETBALL CLASSES FOR SCHOOL YEAR 4 AND UPWARDS

Here at Elite Netball, we aim to always put the individual first. We are passionate about creating a positive and caring culture for the netball community.

Individual first

Our netball classes provide young players with the chance to excel in an open, honest, creative and fun environment.

Our players train with us in addition to their school or club netball so they can access our coaches who have worked at the highest level of the sport.

Our coaches have experience from club, county, performance pathway, Superleague and international netball.

Our Junior Classes start with learning the basic skills of netball in a fun and creative environment. As players progress through the academy, our netball classes offer a wide range of coaching to suit your needs.

ACADEMIES FOR JUNIOR TO SENIOR PLAYERS PLUS 1-2-1 SESSIONS

OUR ROOTS

The UK's leading private netball academy



**ELITE NETBALL ACADEMY
IS MADE UP OF
OVER 450 PLAYERS
ACROSS 10 AREAS**
(and counting!)

**[CLICK HERE](#)
[FOR ACADEMY](#)
[LOCATIONS](#)**

ACADEMY PROGRAMME

Curriculum excellence

Curriculum Excellence: Our training syllabus has been meticulously crafted by Nat Panagarry, a three-time title-winning NSL captain, ensuring a comprehensive approach to netball performance.

Qualified Coaches: Our coaches are experienced professionals, often involved in pathway and club netball, dedicated to providing your child with the best learning and developmental experience.

All our coaches are Level 2 qualified, first-aid and Safeguarding trained.

WEEKLY TERM TIME CLASSES

Players will receive coaching that focuses on:

- Movement skills
- Ball skills
- Technical and tactical skills
- Strength and conditioning (older groups)
- Performance analysis
- Individual feedback
- Positional work
- Fitness testing
- Goal setting/sports psychology
- Play day festivals (1 for academy players, 1 open)
- Wellbeing education in nutrition, recovery and healthy lifestyles
- Mental wellbeing support
- National network for players

Parents are invited to observe 3 sessions a year, dates will be communicated well in advance.

PAST PLAYERS



ANNA

Team & Franchise: Nottingham Forest

Position: GK/GD

Academy attended: Yorkshire

I didn't get selected for Leeds Rhinos U17s and was looking for extra training to push my game on. Anna Carter had coached me before and I knew that her sessions would challenge me so I decided to trial for Elite and got in.

My favourite sessions were the technical ones with Anna and the guest coaches. I started off dreading the fitness but I ended up loving how much stamina and speed it gave me on court.

I got my first full international cap for the Scottish Thistles against Papua New Guinea in February 2025 in Australia and I've just finished my first season at Nottingham Forest in their NXT Gen team. Last year I was at Saracens Mavericks as a training partner. I got elevated to the Superleague squad as an injury replacement and played in several games, including against Manchester Thunder at Wembley.

I play for Nottingham Uni 1s in BUCS and won Player of the Match in the BUCS Plate Final. I've also played for Charnwood in Prem this year and a few games for Stunts Mixed team.

I'm really hoping to get selected for Scotland U21s for the Youth World Cup being held in September in Gibraltar.

Elite gave me strong skill foundations and an awareness of the work ethic and commitment a player needs to progress in the game.



BELLA

Team: Leeds Athletic Netball Club

Franchise: Manchester Thunder

Academy attended: Manchester

I started training with Elite when I was 13. Some of my teammates were in the Academy programme and I started to see their game improve. I wanted to improve and see how far I could go with netball. After joining the Academy, all aspects of my game improved in a short space of time – I became a more confident and competitive player.

Team: Hucclecote NC

Franchise: Birmingham Panthers

Academy attended: Yorkshire

I started training with Elite because I wanted to improve my skills and fitness ahead of trial season. Plus I wanted to develop my skills and options of movement in the attacking circle.

There have been so many highlights, but whilst in Australia with Elite, they arranged a training session with Briony Akle (NSW Swifts head coach). I learned a lot from the session and it was amazing to meet her.

Elite have helped me prepare for each trial season through the Residential Camps and Academy training sessions. Together they helped my fitness, skill development and prepared me mentally for the upcoming season.

I have made great friends from all over, had the trip of a lifetime to Australia and the coaching has hugely improved my netball skills and got me to where I want to be.



LOIS

ANNUAL PLAN

Our holistic Annual Training Plan has been developed by Performance Coach Consultant Nat Panagarry. It focus on two pillars – technical and tactical

The remaining two pillars, psychological (led by Rebecca Hickman) and physical (fitness led by Rachel Henry) are expanded on further down this handbook.

Technical & tactical

Our technical and tactical sessions make up the main session of a class. They run in blocks throughout the year. Each block has a focus:

Block 1 – Basics & body management

Block 2 – Attack focus

Block 3 – Defence focus

Block 4 – Attack focus

Block 5 – Defence focus

Block 6 – Positional/tactical focus. Trials prep and recapping the basics.

Block 1:

Basics & body management – execution & consistently showing a good technique.

Hands and feet – release points and controlled landings

Foot patterns – explosive power on to the ball

Turns – inside & outside. Turning fully

Ball placement

Turning full down the court

Extra deliverables

- Fitness testing
- Performance Analysis
- Feedback

Blocks 2 and 4:

Attack focus – ways of getting free, confident attacking movements & decision making

Variety of ways to get free – rolls, change of direction, change of pace, bodying up

Preliminary movements

Angled drives

Explosive speed

Front & back cuts

Using footwork to step around defender

Balance on court

Timing

Reoffering & work rate

Communication

Transitioning

- 
- Sports Psychology workshop 11th Nov (block 2)
 - Christmas fun session (block 2)
 - Sports Psychology workshop 24th Feb (block 4)
 - Match play (block 4)

Blocks 3 and 5:

Defence focus – dictating & working with others

Body position – head, eyes & body

Dictate & deny attackers

Applying arms over pressure

Challenging the ball – 2 hands & attacking the line of the ball

Communication

Outside arm – off-body defence

Working with another defender – such as V Defence

Controlled landings

Timing the intercept

- 
- Fitness testing (block 3)
 - Parents welcome to observe match play (block 5)
 - Fitness testing (block 5)
 - Feedback (block 5)

Block 6:

Positional/tactical focus. Trials prep and recapping the basics.

Communication with others

Confidence on release points

Sighting forward options

Work rate and repeated efforts

Preliminary movements and zero-phase preparation

Reading the game

Preparing for trials

- 
- Fun session pre summer

Classes also incorporate fitness work that aims to; increase aerobic capacity, improve decision-making under fatigue, enhance decision-making under pressure and ensure a player can be on the court for 60 minutes. More info overleaf.

FITNESS TESTING

Fitness Testing 2025 – 2026

As part of the Elite Netball Academy programme, players will complete fitness testing three times throughout the season. All age groups will undergo the same tests, allowing players to track their progress throughout the 24/25 season with us. Feedback will be sent out in written form with the option of in-person input for the final feedback of the season.

Fitness testing aims to monitor and measure a player's progression and development and identify areas for development.

What we test and how they are linked to netball.



Aerobic Fitness

30:15 intermittent fitness test – a reliable method to measure and replicate the physiological demands of intermittent team sports such as netball.



Power

Power is a key component in netball due to its many explosive movements under pressure. The **vertical jump test** provides valuable insight into an individual's ability to generate rapid force.

The broad jump test measures the explosive power a player has to generate rapid force through their legs.

Single leg hop test helps understand overall body posture and control. It can also reveal whether a player is dominant on one side, this test is linked to injury prevention and stabilisation.



Speed

20 m sprint test is important to measure a player's acceleration from a standing start, this test is linked to the speed and agility required of a player on the court.

10 m sprint with change of direction test – the ability to change direction quickly and efficiently is vitally important for all netball players to be first to the ball and evade their opponent.

PERFORMANCE ANALYSIS

DR ANDREW BUTTERWORTH (AB)

NSL Performance Analyst



3 x NSL Grand Final winning Performance Analyst Dr Andrew Butterworth (AB) is Head of Analysis for NSL side Nottingham Forest. In this role, he works with all their squads from age group to Superleague. In this role, he is part of a team responsible for tactics and developing a plan to win the NSL.

AB spends a lot of his time combining data and video to make tactical decisions players can use on the court.

Throughout the 24/25 season AB will run online workshops for academy players to help them improve their tactical performance on the court. This is achieved by showing video analysis and discussing how a player's movement and actions on the court can have a positive impact. These workshops will be specific to positions.

Key achievements:

3 x NSL Grand Finals winner with Loughborough Lightning
Former head of analysis for England Roses (World Cup and Commonwealth Games)
International experience with Scotland and South Africa.
Superleague title winner with Mavericks

SPORTS PSYCH

REBECCA HICKMAN

Chartered Sport and Exercise Psychologist (CPSychol)
Founder, Empowering Excellence



2 x NSL Grand Final winning Sports Psychologist Rebeca Hickman from Empowering Excellence is joining the Elite team as a Sport Psychology Consultant. There will be two player workshops and one player/parent workshop in the 24/25 season.

Rebecca creates a space where athletes feel supported, and empowered to take control of their mindset in competitive sport. Working across a number of sports, Rebecca provides holistic and personalised support to a range of athletes from international to grassroots/amateur level. Currently, alongside her commitments at Elite, Rebecca is the programme lead for sports psychology with England Touch Rugby, a Grand Final-winning NSL team and has worked with athletes in badminton, swimming, equestrian, motocross and shooting.

Key achievements:

- 2 x NSL Grand Finals with Loughborough Lightning
- 2 x European Championships with England Touch Rugby
- World Championship with Rugby Touch Mixed Open team
- 5th place at Touch Rugby World Cup

Elite Netball Academy players can get 10% off 1-2-1 sessions with Empowering Excellence. Quote Elite Netball Academy when you contact Rebecca.

EXTRAS

INTERNATIONAL TOUR

Opportunity to attend the ENA bi-annual tour (exclusively for ENA players), in 2026 we're going to Paris!

FLYHAWK KIT

Exclusive Flyhawk kit available to academy players.

FREE ACCESS TO MEMBER'S AREA

Access our Member's Area for free when you're in the academy. Home to 100's of hours of training videos and tips!

10% DISCOUNT ON NETBALL CAMPS

Save 10% when you join us at our Netball Camps in the school holidays.

BRAND AMBASSADOR VISITS

Learn from the best and benefit from Brand Ambassador visits at your academy location.

PRIORITY ON 1-2-1 BOOKINGS

Up your game with priority access to 1-2-1 sessions with our lead coaches:
Please email uae@elitenetballacademy.co.uk to enquire

NETBALL CAMPS



NETBALL CAMPS GIVE YOU THE CHANCE TO JUMP AHEAD IN THE HOLIDAYS

Held during school holidays and led by some of the best coaches, we hope you can join us at a camp soon!

Sweat with the best

Our popular netball camps take place in the school holidays and are open to players of all abilities. We host Mini Netball Camps, Netball Camps and Residential Netball Camps (UK).

These camps are led by experienced coaches often with guest appearances from Superleague and international players who deliver an engaging experience for all. This includes skills, drills, attack, defence and matchplay scenarios. If you're lucky you could get a Q and A with your favourite Superleague player!

So, if you want to improve your netball skills during the school holidays and have fun with friends old and new, our netball camps are for you

NETBALL CAMPS
POSITIONAL WORKSHOPS
RESIDENTIAL NETBALL CAMPS (UK)

MEMBER'S AREA



OUR MEMBER'S AREA PROVIDES ALL THE TOOLS YOU NEED TO KNOW YOU'RE REACHING YOUR POTENTIAL.

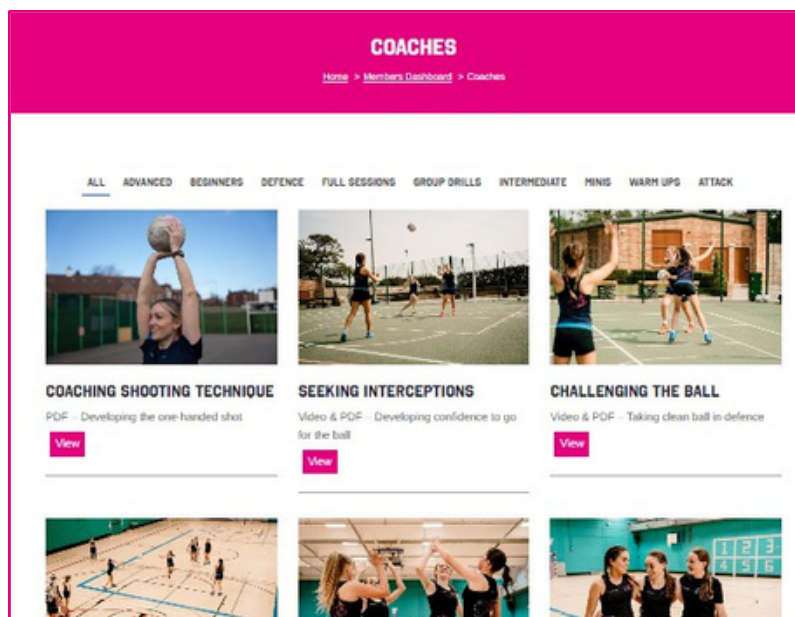
A huge online library of videos & PDF resources for players & coaches.

Access anywhere, at any time

Access our full library of video and PDF resources for netball players and coaches.

Our goal is to support you through every step of your netball journey. So whether you're just getting started and interested in learning more about the game or you've been playing for years and are looking for new ideas, you're in the right place.

As an academy athlete, you can access our Member's Area for free!



OUR NETBALL RESOURCES WILL GIVE YOU ALL THE TOOLS YOU NEED TO BECOME A GREAT NETBALL PLAYER.

Annual membership free for class members.

You'll get access to:

- Our full library of video and PDF resources
- Technical session ideas
- Speed and agility drills
- Player analysis videos
- New netball drills
- Team attack and defence structures
- Lifestyle advice
- Yoga workouts for netball players
- Strength and conditioning workouts
- Solo workouts
- Group drills
- Shooting programs

PARTNERSHIPS

[Explore all our partnerships here](#)

University of Lancashire

Performance Partner, 2023 – present



We are the University of Lancashire's official Netball Performance Team and Scholarship recruitment partner. Netball is a focal sport at the University and for the last few years, Elite has jointly led player recruitment and driven weekly performance training sessions as well as coaching at games and tournaments throughout the year.

Together we're creating an environment that develops and enhances players and the University of Lancashire's position in BUCS sport. With our proven history in performance netball and expertise within the game, we want the University to become known as a strong and competitive team in the BUCS league.



Chair & Scholar Cody Willis

“Choosing to come to the University of Lancashire and joining the netball team has been the best decision. I have made lifelong friends who share the same values as me – we're competitive and have fun. The coaches from Elite are amazing – providing intense training sessions that prepare us for BUCS matches. The partnership with Elite also means we have been trained by Superleague players who have provided valuable guidance and tips.”

University of Lancashire Scholarships

The strength of the University of Lancashire's netball is evolving, in addition to weekly performance coaching, we help the University identify potential athletes and assess their suitability to join the performance netball team on a scholarship.

Talented netball players can access scholarships (there are three levels – Bronze, Silver or Gold).

Currently, there are six netball scholars in the team

The University of Lancashire also offers a financial incentive of up to £5,000 cash to support essential elements of any performance athlete's journey, such as physiotherapy, strength and condition training, nutrition or psychological support.



University of the Year

The Edufuturists Uprising 2023



**Most affordable
university in the UK**

The Times 2023

The University is actively recruiting netball scholars looking to represent them in BUCS sports or BUCS Para sport.

For more information, please head to their [scholarships page](#).

If you're starting to look at University options please speak to us about the netball programme and opportunities at the University of Lancashire – email emily@elitenetballacademy.co.uk

THANK YOU

FOR CHOOSING ELITE NETBALL ACADEMY



**WE HOPE TO SEE
YOU ON THE COURT
SOON**

Anna Carter

THANK YOU!