
Citation:

Whitehead, S (2022) Bridging the Gap Between Research and Practice in Netball. In: UKSCA Netball Virtual Conference, 11 Jan 2022. (Unpublished)

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/12028/>

Document Version:

Conference or Workshop Item (Presentation)

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

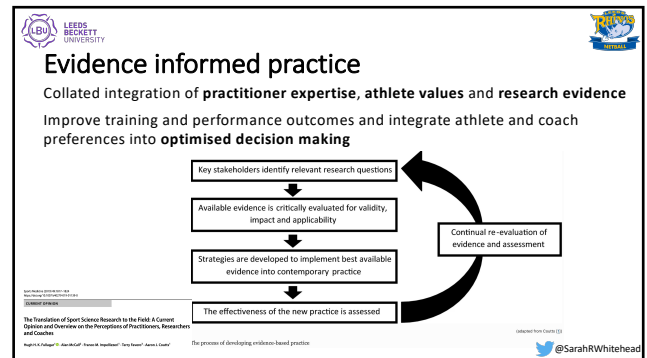
The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

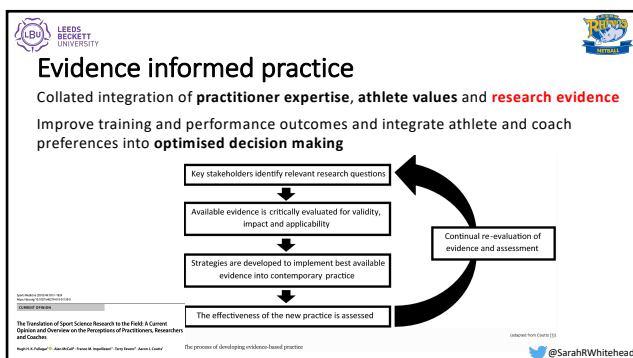
Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on openaccess@leedsbeckett.ac.uk and we will investigate on a case-by-case basis.



1



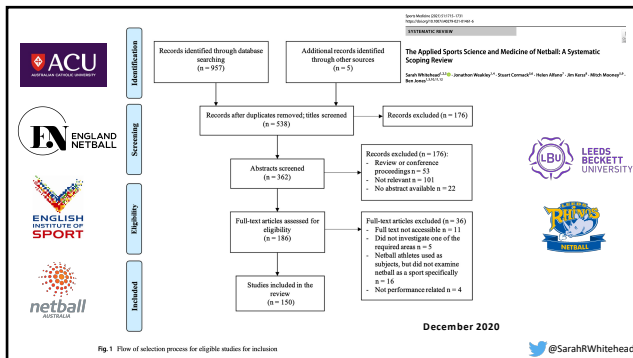
2



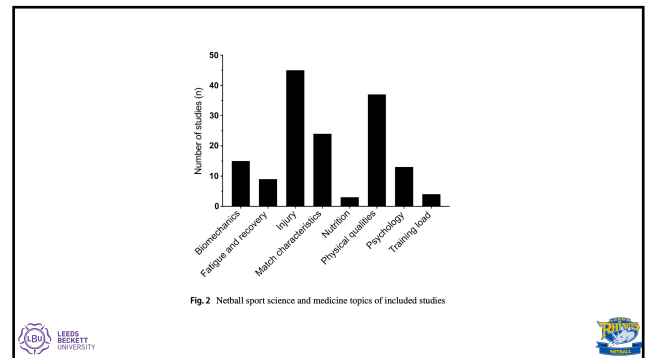
3



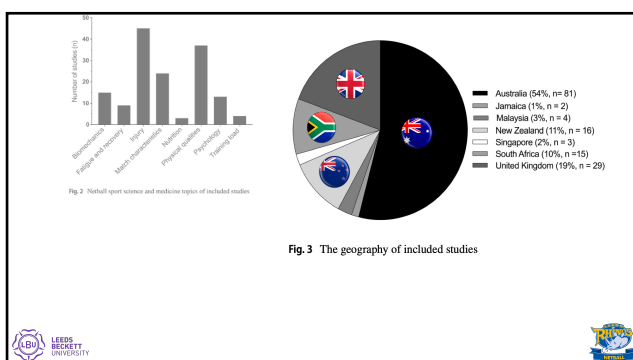
4



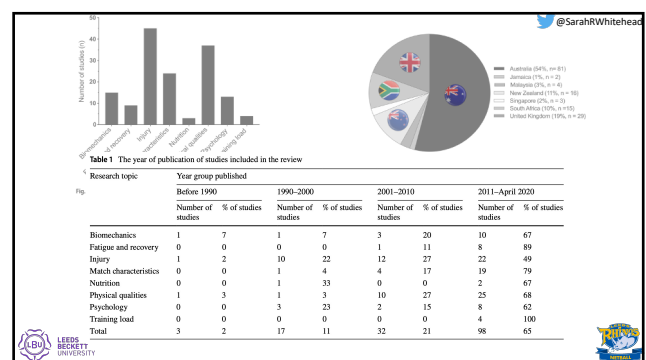
5



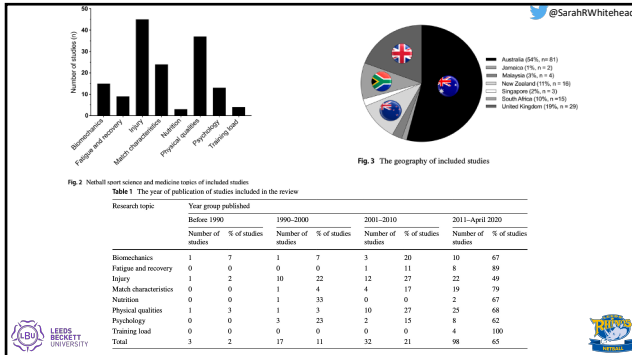
6



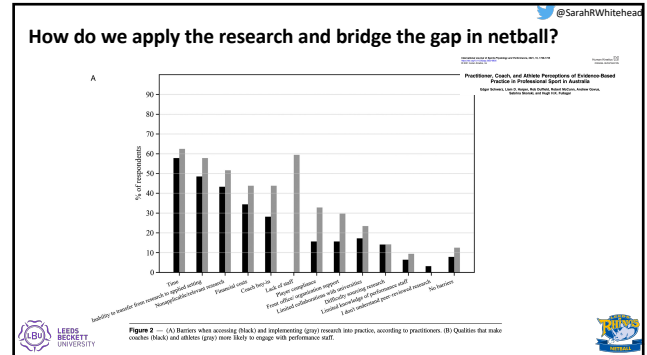
7



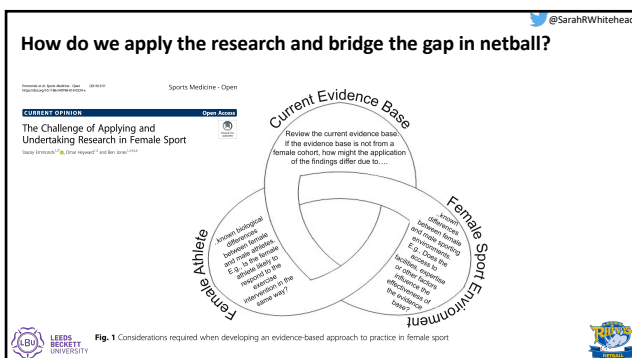
8



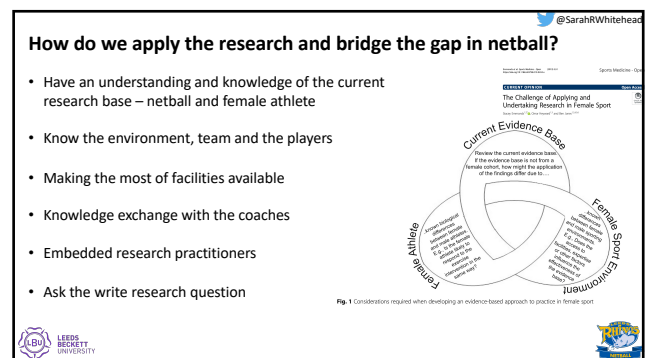
9



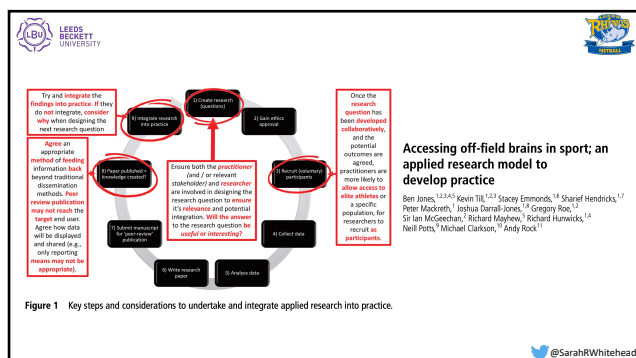
10



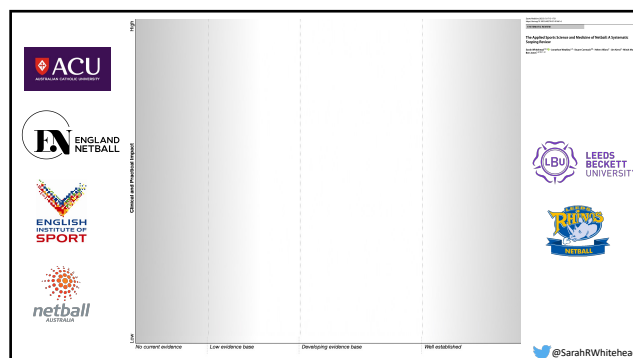
11



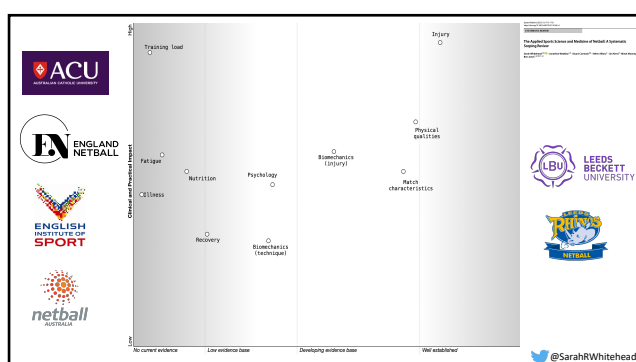
12



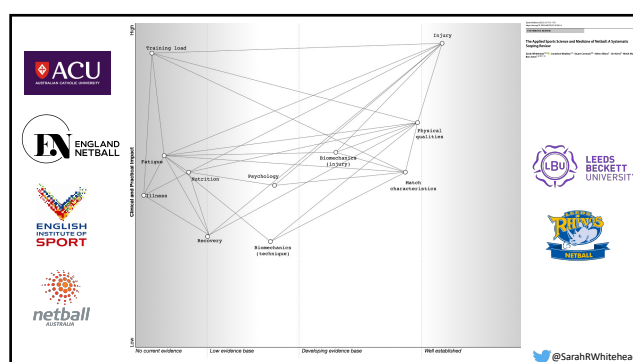
13



14



15



16

17

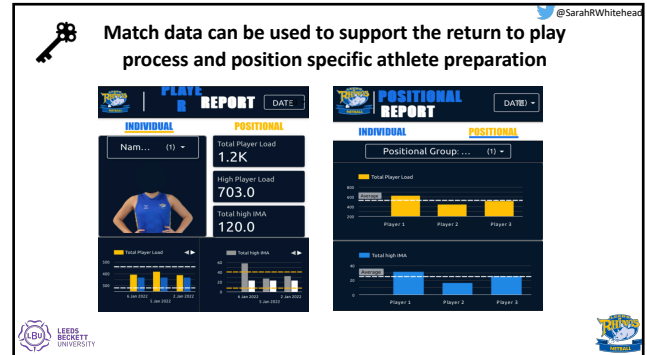
18

19

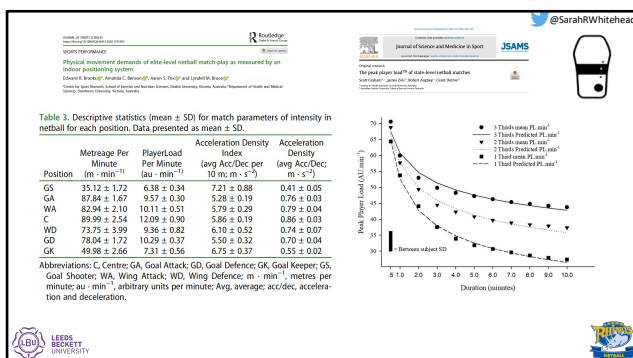
20



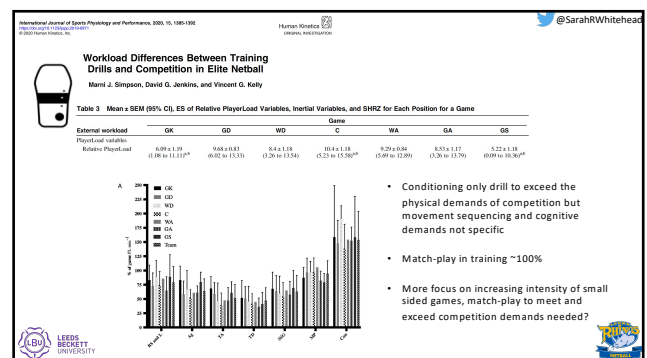
21



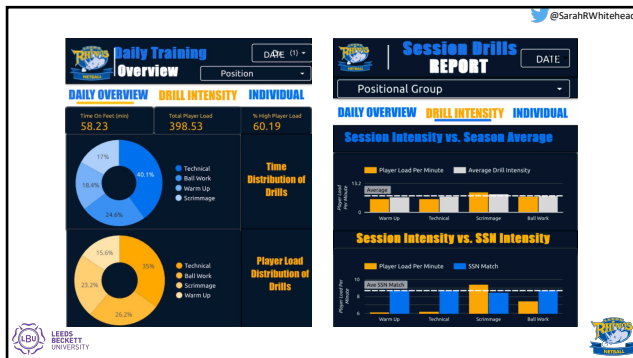
22



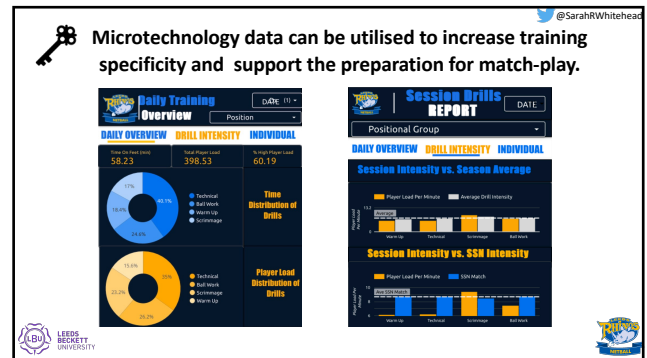
23



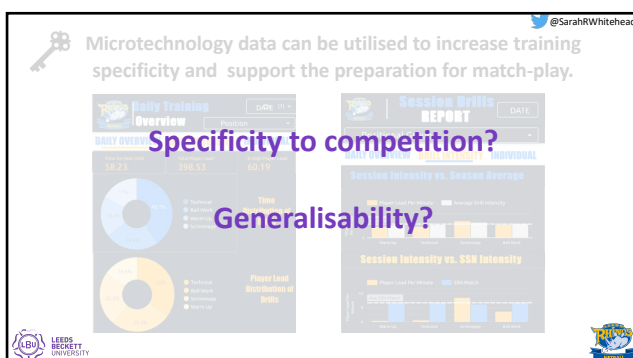
24



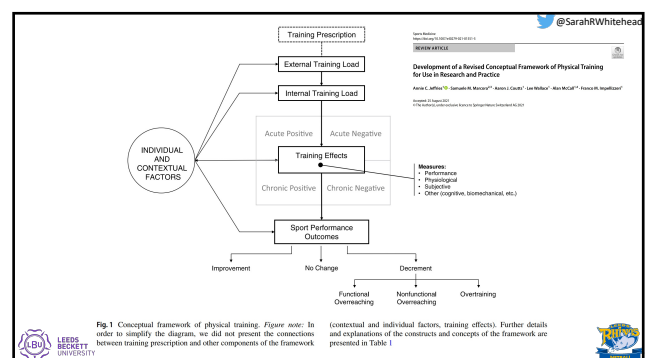
25



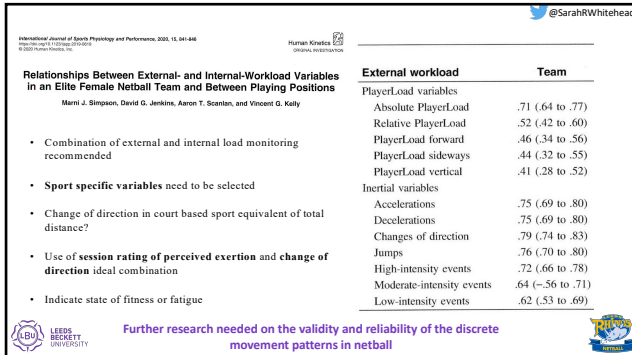
26



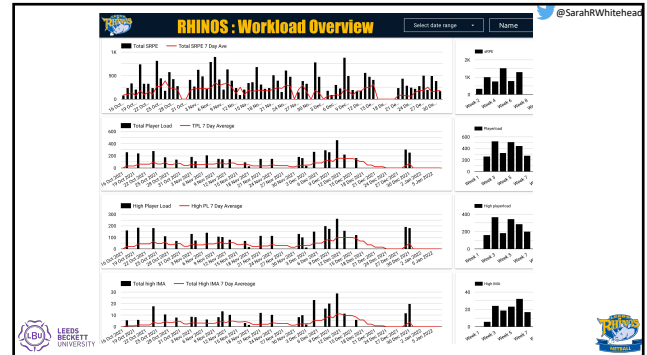
27



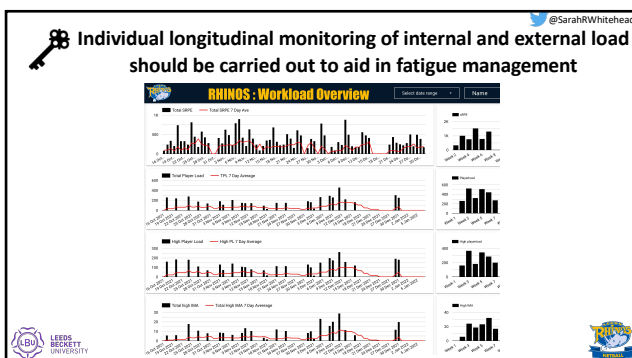
28



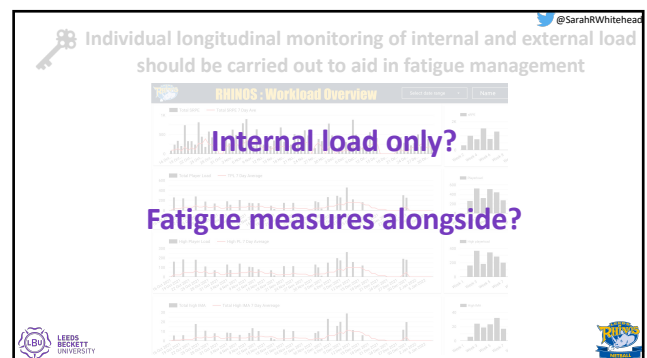
29



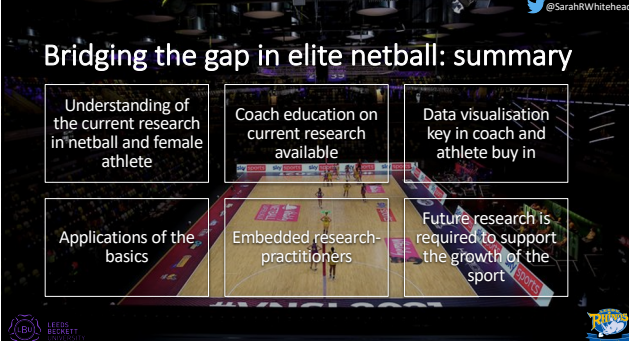
30



31



32



Bridging the gap in elite netball: summary

- Understanding of the current research in netball and female athlete
- Coach education on current research available
- Data visualisation key in coach and athlete buy in
- Applications of the basics
- Embedded research-practitioners
- Future research is required to support the growth of the sport

LEEDS BECKETT UNIVERSITY

33



The future of athlete preparation in netball...

- Increase in professionalism of the sport
- More full time training programmes in the UK – increased time dedicated for athlete preparation
- As research increases at the elite level, more evidence informed practice
- Improved athlete monitoring to indicate state of fitness or fatigue

LEEDS BECKETT UNIVERSITY

34



Thank you for listening

Dr Sarah Whitehead
UKSCA Netball Virtual Conference; January 2022

UKSCA

LEEDS BECKETT UNIVERSITY

s.whitehead@leedsbeckett.ac.uk
@SarahRWhitehead

35