



FUNDamental Movement Skills

THINKING OF COACHING NETBALL NEXT SEASON?

Why not start early and attend a 2 week coaching workshop to get you prepared for the season.

This workshop is designed for coaches working with primary aged netballers.

The 2 week workshop will cover:

- How to coach *fundamental* skills such as: basic movements, jumping, running and catching. Skills that are essential to be grasped at an early age to best prepare the young athletes for sport.
- How to structure a netball training session aimed at Fun and Future Ferns
- Ideas for fun games and activities that demonstrate the skills and movement needed for netball.

Dates: Mon 13th Feb 2012 (part 1) Mon 20th Feb 2012 (part 2)

Venue: Netball North Harbour (Onewa Arena)

Time: 5.30pm – 8.00pm

Cost: \$60.00 total for both sessions

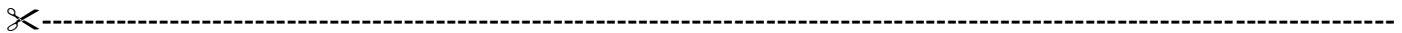
It is recommended that coaches have completed Taking off Into Netball Coaching (TOINC) before attending the workshop. TOINC is an online free module that takes approximately half an hour and can be accessed at www.mynetball.co.nz

REGISTRATIONS ARE ESSENTIAL

Courses limited to a minimum of 8 maximum of 20 participants.

For more details on Coach Development, visit: <http://www.netballnorth.co.nz/coaching.htm>

Any queries please contact rosie@netballnorth.co.nz or phone 09 481 0958



REGISTRATION FORM

Select Modules Attending:

*FUND*amental Movement Skills- Mon 13th and 20th Feb 2012- NNH

Name _____

Phone _____

Address _____

Email _____

Club/School _____

Payment Options: Please complete one of the following options

Cheque Made out and sent to Netball North

Internet banking Due / to ASB 12 3119 009 7288 00

Credit Card Visa **or** Mastercard (Circle one)

Name on Card: _____

Card Number: _____

Expiry Date: _____

Please return your registration form by Thursday 9th February 2012 to rosie@netballnorth.co.nz and Payment (registration & payment) to Netball North, PO Box 36-446, Northcote 0748, Auckland or fax 09-418-3381