

## **BEGINNER WORKSHOPS**

### **TAKING OFF INTO NETBALL COACHING (TOINC)**

Online module for beginner coaches. Log onto [www.mynetball.co.nz](http://www.mynetball.co.nz)

- Introducing basic coaching principles
- Explaining simple coaching ideas

### **MY LITTLE TEAM AND ME (MLT&M)**

For beginner/young coaches of Fun and Future Ferns with an accompanying resource.

### **MY TEAM AND ME (MT&M)**

For beginner/young coaches of Future Ferns, Intermediate, Secondary School and lower club teams with an accompanying resource.

## **DEVELOPING MODULES**

### **STARTING OUT IN COACHING**

- Understanding player development.
- Netball specific development- technical, tactical, rules.
- Performance enhancement for netball.
- Leadership and planning.

### **PLAYER CENTRED COACHING**

- Developing leadership in players
- Effective coaching techniques
- TGFU- Teaching Games For Understanding

**This module is a pre-requisite for all further modules**

## **DEVELOPING MODULES...**

### **ATTACK 1**

- Understanding learning styles
- Netball specific- technical & tactical
- Developing player's self awareness

### **PLANNING 1**

- Practice and game day planning
- Season planning
- Evaluation methods and modifications

### **TEAM BUILDING**

- Team building activities
- Establishing team values
- Developing a team vision

### **GAME ANALYSIS**

- Identifying and analysing tactical aspects of the game
- Developing team talks

### **DEFENCE 1**

- Phases of defence
- Exploring the stages of skill learning

### **FIT FOR THE SEASON**

- Basic principles of conditioning for netball
- Basic nutrition for netball

### **SELECTING**

- Establishing policies and procedures
- Developing processes for selecting

### **SKILL ANALYSIS**

- Biomechanics of netball movement
- Skill Correction
- Constraints led approach to coaching

### **COMMUNICATION AND MANAGING OTHERS**

- Tools and systems to assist the coach with communication
- People management in a team environment

### **MENTAL SKILLS 1**

- Develop an understanding of basic mental skills
- Identify ways of applying principles to benefit player performance and enjoyment

## ...DEVELOPING MODULES

### TOURNAMENT PLANNING

- Managing information, resources, equipment and budgets
- Organising daily schedules
- Bench management

### CIRCLE WORK

- Shooters working together in the goal circle to increase scoring opportunities
- Circle defence working together to create turnovers
- Defence of shot strategies

### SHOOTING

- Sequential steps involved in a successful shot
- Activities that will assist the development of shooters, including skill correction, shooting roles and movement.

### BALL SKILLS

- Assist player development with passing variety, pass selection, delivery and accuracy of passes
- Enhance a players ability to control the ball

### CENTRE PASS

- Understand game principles for centre pass attack and defence
- Implement tactical strategies
- Identify centre pass issues and counters

### THROUGH COURT

- Game principles for through court attack and defence
- Implement tactical strategies
- Identify through court issues and counters