



NETBALL
NORTHERN



NETBALL
NEW ZEALAND

Netball Northern Zone

2017 Netball NZ Community Coach Award Coaching Modules



The following is a booklet that will aid with your coach development for 2017.

The Netball Northern Zone Monthly Coaching Calendar is on our web site:
<http://www.mynetball.co.nz/zones/northern/community-netball/coach-development.html>

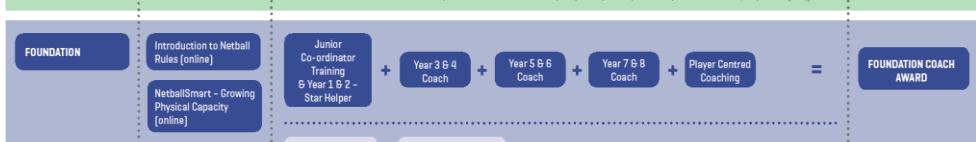
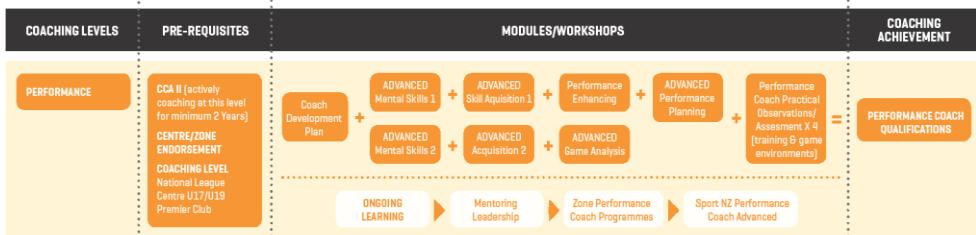
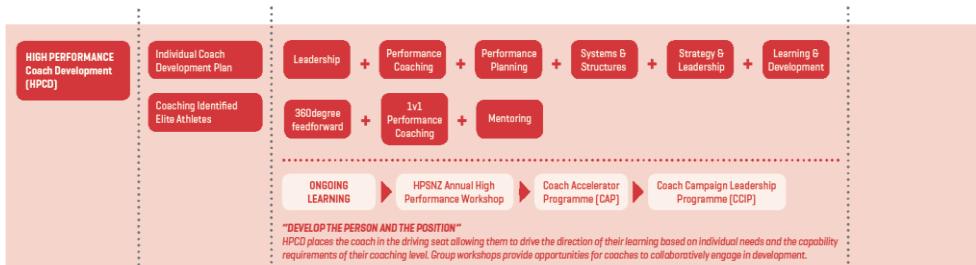
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"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."
William Arthur Ward

COACHING FRAMEWORK

One of Netball New Zealand's key objectives is to have world-leading performance pathways. Below is Netball New Zealand's Coaching Framework.

Our purpose is to empower the ongoing development of coaches through targeted programmes aligned to the Netball New Zealand player, coach and official pathways.



Community Coach Award Level 1 Modules

Player Centred Coaching (3 hours)

- Understand physical literacy and its relevancy to coaching netball.
- Understand how to develop a quality experience using player-centred principles
- Develop and apply the Teaching Games for Understanding Model (TGfU)

Building Effective Relationships(3hours)

- Understand the principles of 'Effective Leadership' and 'Communication'
- Understand and demonstrate the principles of VARK

Planning (Season & Session planning) (2hours)

- Understand and implement planning procedures necessary to plan for the season, a practice and game day.
- Understand and implement evaluation methods and required modifications.

Selecting (2.5 hours)

- Understand the purpose of a selection policy and prepare their own
- Identify player selection processes for their team, group, squad or club environment
- Develop a player profile

Skill Analysis (2.5 hours)

- Understand the basic principles and processes of biomechanics
- Analyze a variety of skill components and develop an activity to enhance performance

Team Culture (3hours)

- Understand the dynamics of group/team stages within a team.
- Develop an understanding of whom and what makes a team.

Attacking Fundamentals (2.5 hours)

- Review the fundamental ball and movement skills and have the ability to pass from the right and left side equally well.
- To explore the passing and catching elements.
- To explore the concept of attack and what skills are required to execute attacking play effectively.

Defence 1(2.5hours)

- Explain and demonstrate phases of defence
- Demonstrate an understanding of how to intercept a pass or create an intercept while marking one on one.
- Explain, demonstrate and reflect on how players learn and make decisions when on defence.

Shooting (3hours)

- Explain and demonstrate the sequential steps involved in netball goal shooting
- Implement activities that will assist the development of the shooters including skill correction.
- Understand the roles of the GA and GS
- Understand and coach the movement requirements for shooters, including creating general attacking options and rebounding.

Community Coach Award Level 2 Modules

Developing Physical Capacity (3 hours)

- Understand the philosophies and practices of NetballSmart.
- Demonstrate an understanding of the physical requirements for netball.
- Apply basic fitness and training principles for netball.

Game Analysis (2.5 hours)

- Identify a tactical aspect of the game and develop a tool to analyse it.
- Collate, summarise and reflect on information about the tactical aspect of the game.
- Develop and implement a team talk based on the information collected from analysis.

Mental Skills (3 hours)

- Understand and integrate into practice four basic mental skills. (Goal Setting, Imagery, Self-Talk and Relaxation)
- Reflect on the effectiveness of their attempts to integrate these four basic mental skills into their practice.

Planning Annual/Tournament (2.5 hours)

- Understand and demonstrate an ability manage all financial matters as it relates to his/her team.
- Manage information, resources, and equipment needed for an effective team environment.

Through Court (Attack/Defence) (2.5 hours)

- Understand the game principles that support the tactics for through court attack and defence.
- Implement tactical through court strategies for attack and defence.
- Identify through court issues and counters.

Centre Pass (2.5hours)

- Understand the game principles that support the tactics for centre pass attack and defence, taking into consideration the skills required.
- Implement tactical centre pass strategies on attack and defence.
- Identify centre pass issues and counters.

Circle Work (2.5hours)

- Understand the principles required for game plans involving circle attack and circle defence.
- Demonstrate knowledge of how the shooters can work together in the circle to increase scoring opportunities.
- Demonstrate knowledge of how the circle defence can work together to create turnovers.

To register contact details of Centre Coaching Co-ordinators

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Community Coach Award Level 1 Calendar

Player Centred Coaching – Pre-requisite

January - June		July-December	
North Harbour	14 Feb	Auckland	2 Aug
Waiuku	15 Feb	Netball North harbour	16 Aug
Papakura	22 Feb	Waitakere	13 Sep
Auckland	23 Feb	Auckland	19 Sep
Howick Pakuranga	22 Mar	Auckland	5 Nov
Whangarei	25 Mar		
Mangere Otahuhu	2 Apr		
Pukekohe	8 May		
Kerikeri	16 May		
Waitakere	8 Jun		

Planning

January – June		July- December	
North Harbour	16 Feb	Auckland	9 Aug
Mangere Otahuhu	18 Feb	Auckland	5 Nov
Auckland	1 Mar		
Papakura	11 Mar		
Whangarei	26 Mar		
Waiuku	29 Mar		
North Harbour	25 May		
Pukekohe	26 Jun		

Selecting

January – June		July – December	
Auckland	17 Jan	Kerikeri	2 Aug
Pukekohe	13 Feb	Mangonui	27 Aug
Mangere, Otahuhu	17 Feb	Rodney	28 Oct
Howick Pakuranga	22 Feb	Auckland	19 Nov
Waiuku	22 Feb		
Waitakere	23 Mar		
Whangarei	27 Mar		
Papakura	27 Mar		
Kaipara	11 May		

Skill Analysis

January - June	July – December
Papakura	23 Feb
Mangere Otahuhu	14 Mar
Auckland	22 Mar
North Harbour	28 Mar
Waiuku	29 Mar
Mangere Otahuhu	20 May
Pukekohe	29 May

Building Effective Relationships

January – June	July - December
North Harbour	23 Feb
Waiuku	8 Mar
Papakura	9 Mar
Mangere Otahuhu	15 Mar
Auckland	15 Mar
Whangarei	25 Mar
Pukekohe	15 May

Team Culture

January – June	July – December
Auckland	8 Mar
Papakura	11 Mar
Whangarei	26 Mar
North Harbour	6 Apr
Waiuku	11 Apr
Mangere Otahuhu	17 Jun
Pukekohe	19 Jun

Attacking Fundamentals (Attack/Ball Skills)

January – June	July – December
Mangere Otahuhu	18 Feb
North Harbour	28 Feb
Waiuku	1 Mar
Papakura	15 Mar
Waitakere	23 Mar
Howick Pakuranga	29 Mar
Pukekohe	3 Apr
Mangonui	24 May
Mangere Otahuhu	27 May
Kerikeri	30 May
Whangarei	15 June

Defence

January – June		July – December	
Mangere Otahuhu	18 Feb	Mangonui	26 Aug
Waitakere	9 Mar	Rodney	10 Sep
Waiuku	15 Mar	Auckland	25 Nov
Papakura	16 Mar		
Howick Pakuranga	5 Apr		
Pukekohe	10 Apr		
North Harbour	28 May		
Kaipara	25 Jun		
Kerikeri	27 June		
Whangarei	28 Jun		

Shooting

January – June		July – December	
Otara	23 Feb	Kaipara	30 Jul
Whangarei	11 Mar	Mangonui	27 Aug
Waitakere	16 Mar	Waitakere	23 Sep
Waiuku	23 Mar	North Harbour	22 Nov
Papakura	23 Mar	Auckland	3 Dec
Pukekohe	3 May		
North Harbour	28 May		
Kerikeri	6 June		

Community Coach Award Level 2 Modules

Developing Physical Capacity

January – June		July - December	
Auckland	1 Feb	Papakura	13 Sep
North Harbour	7 Feb	Waitakere	24 Sep
Rodney	13 Feb		
Waiuku	4 May		

Planning Annual Tournaments

January – June		June – December	
Auckland	16 Feb	Papakura	20 Sept
North Harbour	16 May	Rodney	28 Oct

Game Analysis

January – June		July - December	
North Harbour	17 Mar	Papakura	14 Sep
Auckland	12 Apr	Waitakere	17 Sep

Through Court

January – June		July - December	
North Harbour	13 Mar	Pukekohe	3 Jul
Auckland	29 Mar	Waiuku	13 Jul
		Waitakere	17 Sep
		Papakura	28 Sep

Mental Skills

January - June		July - December	
North Harbour	21 Feb	Waiuku	13 Aug
Auckland	13 Apr	Waitakere	16 Sep
		Papakura	19 Sep
		Auckland	19 Nov

Circle Work

January – June		July - December	
North Harbour	21 Mar	Waitakere	23 Sep
Mangonui	20 Jun	Papakura	26 Oct
		North Harbour	29 Nov
		Auckland	3 Dec

Centre Pass

January – June		July - December	
North Harbour	7 Mar	Waiuku	13 Aug
		Waitakere	16 Sep
		Papakura	17 Oct

YOUR RECORD OF ATTENDANCE

Community Coach Award Level 1 Modules

Module	Coach Developer	Date/signed off
Player Centred Coaching		
Planning		
Selecting		
Skill Analysis		
Building Effective Relationships		
Team Culture		
Attacking Fundamentals		
Defence 1		
Shooting		
Netball Smart Warm Up		

Community Coach Award Level 2 Modules

Module	Coach Developer	Date/signed off
Developing Physical Capacity		
Planning Annual Tournaments		
Game Analysis		
Through Court (Attack & Defence)		
Mental Skills		
Circle Work		
Centre Pass		

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