

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>

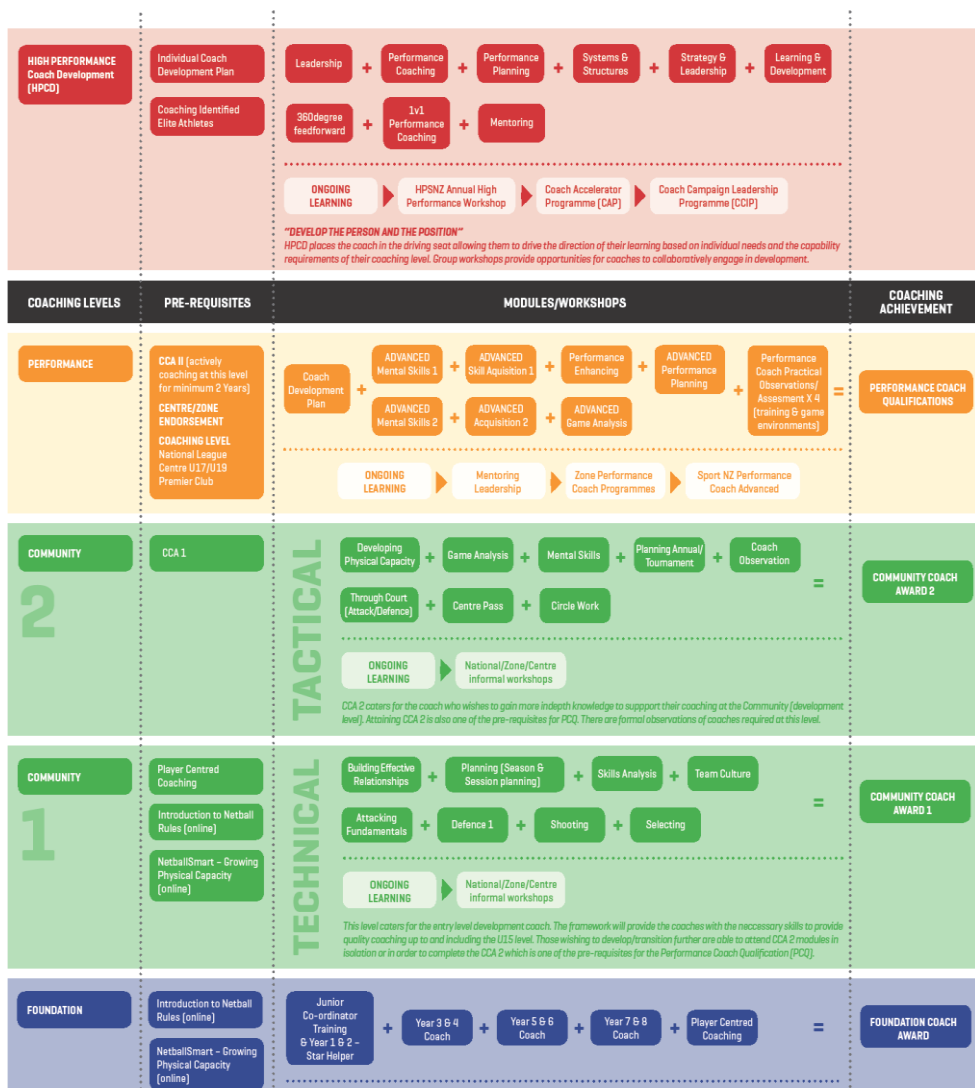
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"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."
William Arthur Ward

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 | Whangarei | 26 Jul |
| Mangere Otahuhu | 14 Mar | Auckland | 29 Aug |
| Auckland | 22 Mar | North Harbour | 12 Sep |
| North Harbour | 28 Mar | Auckland | 19 Nov |
| Waiuku | 29 Mar | | |
| Mangere Otahuhu | 20 May | | |
| Pukekohe | 29 May | | |

Building Effective Relationships

| January – June | | July - December | |
|-----------------|--------|-----------------|--------|
| North Harbour | 23 Feb | Auckland | 23 Aug |
| Waiuku | 8 Mar | North Harbour | 26 Sep |
| Papakura | 9 Mar | Auckland | 12 Nov |
| Mangere Otahuhu | 15 Mar | | |
| Auckland | 15 Mar | | |
| Whangarei | 25 Mar | | |
| Pukekohe | 15 May | | |

Team Culture

| January – June | | July – December | |
|-----------------|--------|-----------------|--------|
| Auckland | 8 Mar | Auckland | 23 Aug |
| Papakura | 11 Mar | North Harbour | 29 Aug |
| Whangarei | 26 Mar | Auckland | 11 Nov |
| 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 | Mangonui | 26 Aug |
| North Harbour | 28 Feb | Rodney | 10 Sep |
| Waiuku | 1 Mar | North Harbour | 12 Sep |
| Papakura | 15 Mar | Auckland | 25 Nov |
| 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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