

SCHOOL HOLIDAY COACHING PROGRAMMES



Why is it a good idea for Regions,
Centres and/or Clubs to run
Holiday programmes? What's in it for
people?

- Player Development
- Coach Development
- Fundraising benefits
- Promotion of our game
- Increased use of facilities and equipment
- Increased player involvement and enjoyment



When is the best time to run Holiday Programmes?

- School Holidays
- Easter
- Mid-term break
- Christmas Holidays (e.g. a Summer Camp over a few days or specific day camps held for specific age groups)



Where is the best place to hold a holiday programme?

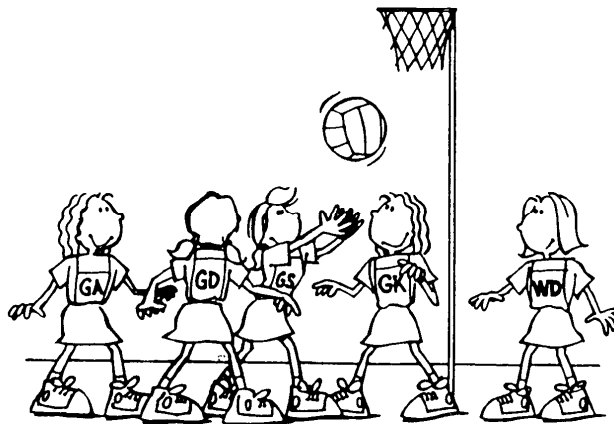
- School gymnasium or hall
- Community hall
- Y.M.C.A. or recreation Centres
- Region, Centre or Club courts

NB: A wet weather venue is essential



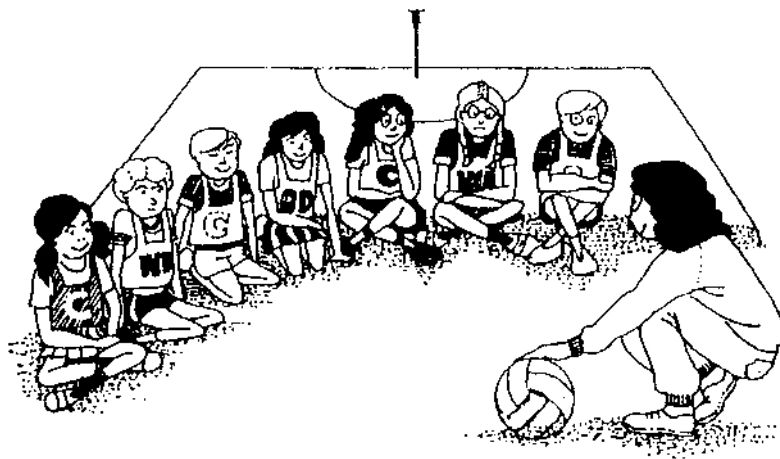
Who could coordinate these programmes?

- Region, Centre or Club coaching coordinators
- Senior coaches
- Senior players
- Tertiary students
- Representative coaches and/or players
- Teachers
- Parents



Who will do the coaching?

- Representative coaches and/or players
- Tertiary students (e.g. students completing a degree in sports coaching or PE)
- Club, secondary school players and coaches
- Invited personalities
- Coaches who have completed NNZ's Coach Development Framework modules



How could you advertise your holiday programme?

- Visit schools
- Put an article in your local newspaper
- Community notices—radio and flyers
- Send newsletters to clubs and schools
- Make announcements at your local courts
- Put up posters in your community
(e.g. supermarket or local dairy)
- Advertise on your Centre or Region's website



What could your programme include?

- Basic Skills sessions e.g. Movement, ball work and passing, attacking, defending
- Fitness
- Warm Ups and Cool Downs
- Umpiring workshops and/or a rules quiz
- Nutrition
- Mental Skills/Motivational Speakers
- Cross-training
- Specialist sessions: shooters, mid court and circle defence
- Game plans and game play
- Team building activities
- Injury prevention workshops
(www.netballsmart.co.nz or contact NNZ's netballsmart coordinator)
- Run a mini tournament



Ideas for timing and set-up of Programmes and funding options

- Run sessions that last up to 2 hours
- Have 2 netball-specific sessions per day
- Run programmes for 1—4 days
- Separate age/ability groups
- Overnight camps
- Have one age group in the morning and another in the afternoon
- Charge a minimal fee
- Obtain a grant
- Seek sponsorship from local business and/or council
- See if your coaching budget can assist (under Professional Development for coaches?)



What incentives could you provide?

- Certificates for players, coaches and umpires
- Stickers
- Gear bags/balls (donated by sponsors?)
- T-shirts
- 'Fair play' and 'player of the day' awards
- Whistles
- Badges
- Drink bottles
- Sweat bands
- Business vouchers (Coffee/McDonalds etc)



Checklist for planning



- Set your dates (3-6 months prior)
- Organise your venue (3-6 months prior)
- Prepare a budget and seek sponsorship (6-8 months prior)
- Draft a programme (6-8 weeks prior)
- Arrange coaching personnel (6-8 weeks prior)
- Organise awards and prizes (6-8 weeks prior)
- Advertise and promote your programme. Make sure you provide a cut-off date for registrations (4-6 weeks prior)
- Collect registrations and issue receipts
- Finalize coaching personnel, programme and equipment (3-4 weeks prior)
- Organise catering for volunteers/coaches etc
- Organise First Aid (provider or someone trained)

Checklist for on the day

Check that you have organised the following:

- Collection of keys for buildings/toilets/office space
- Equipment is at hand: balls, cones, hoops, skipping ropes, whistles, bibs, dots etc
- Lunch for volunteers/coaches is ready
- Awards, certificates/prizes are easily locatable and ready to go
- First aid is provided—ice, band aids and crepe bandages as a minimum. Ensure someone with first aid training is available at the venue during the day and players know where the first aid office is
- PA system is working
- You have your camera (to provide photos for any sponsors or to post on your website)
- Small gifts available to give to coaches/helpers



Sample Programme

3 day programme for Yr 7-8 players

Day One:

| | |
|---------|-----------------------------------|
| 10.00am | Register |
| 10.15am | Put into groups and Icebreakers |
| 10.45am | Footwork session |
| 12.00pm | Lunch Break |
| 12.45pm | Ball work (catching and throwing) |
| 2pm | Games (followed by cool down) |

Day Two:

| | |
|---------|--|
| 10.30am | Warm up activities/fitness circuits |
| 11.00am | Goal Shooting session (include feeding the shooters) |
| 12.00pm | Lunch |
| 12.45pm | Umpire quiz/rules session |
| 1.30pm | Games (followed by cool down) |

Sample Programme contd.

Day Three:

- 10.00am Group Aerobics
- 10.45am Attacking skills session
- 12.00pm Lunch
- 12.45pm Defending skills session
- 1.30pm drinks break before tournament
- 1.50pm Tournament Starts
- Games 5 mins each way and 4-5 games for each team (followed by cool down)
- 2.00pm Presentation of awards for:
Hardest worker, Most improved
Best defender, Best shooter
Fair play, plus an attendance award for everyone

(NB: ALL Coaches present all of the above awards to their groups)

Sample Budget for a 3-day programme



Income:

50 players x \$60/person

TOTAL Income: \$3000

Expenses:

Venue Hire 5 hrs @ \$40/hr \$600
(x 3 days)

Catering for coaches (rolls and a drink) \$200

Printing of Certificates \$50

Coach/helper gifts \$100

TOTAL Expenses: \$950

Excess income (profit) over expenses = \$2050

Other resources for coaching ideas and programme content:

- www.mynetball.co.nz
- www.netballcoachingtoolkit.co.nz
- www.holdingcourt.com.au
- Contact your nearest CoachForce coach

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