

Defence Clinics a success

Netball has been all about defence in New Zealand over the past four weeks, with two outstanding former Silver Fern players and coaches presenting Netball New Zealand CoachForce Defence Clinics for coaches around the country. The Clinics which were held in Hamilton, Auckland, Hastings, Christchurch, Dunedin and Wanganui attracted strong support, with a total of 372 people attending the six workshops.

Presented by current Silver Ferns assistant coach Wai Taumaunu and former Silver Ferns coach Yvonne Willering, the Defence Clinic focused on the Key Principles of One-on-One Defence (Wai) and Zone Defence (Yvonne). Both women were among the world's best defenders during their elite playing careers and are renowned coaches of the demanding art of defence.

It's an art worth mastering. To paraphrase the legendary American basketball coach John Wooden, "Good offence wins games; great defence wins championships."

Feedback from those attending the Defence Clinics was excellent and included these comments:

- "It was a fabulous course, I came away with some new ideas, which was great!"
- "Clinic content was excellent. Easy to understand, very good ideas that can relate to many age groups."
- "Very Informative, have used already. Great Stuff."
- "Wai and Yvonne are excellent presenters. They are great communicators with the coaches and they are also very good with the players."
- "Excellent presenters and of the finest caliber. This gave absolute credibility to the clinic."
- "Both presenters very informative and ran sessions professionally."
- "Yvonne and Wai are 2 of my favourites in the game. Both have their unique style of presenting. I found them both to be informative and knowledgeable."
- "Excellent presentation and the content was very useful. Using the drills and skills in training now."



NNZ CoachForce warmly thanks everyone who attended the Defence Clinics; the host regions (Auckland Waitakere, Waikato, Eastern, Western, Canterbury & Otago) that helped to organise them, all the demonstration players at each venue, and of course, Wai & Yvonne.



PRACTICE SESSION IDEAS—GOAL KEEP

Working on own to develop defence of the shot skills - variety

Moving round a player (chair can be used); use of 'outside' arm to gain possession of ball

With others - Throw ins and quick take off - use of variety of attacking skills including front cut to be available for return pass

With others - 4 defenders work together to defend goal third - 1 on 1, zone or space marking - working on communication between them, especially when GK goes out of the circle.



Smart Coaching

Managing Mistakes To The Players' Advantage!

By John Allpress the FA National Player Development Coach and Head Coach for the England Under 16 team

This is part 1 of an article by John Allpress which will feature in each CF Newsletter and contain some ideas of how you can use each part.

Learning new things can be like riding a roller-coaster for the learner - some days things seem easy, other days almost impossible. Things can vary depending on what you're doing, how you're feeling, whether you're growing and lots of other things too. Learners are taking risks - they are daring not to know. They are going out on a limb and exposing themselves to possible ridicule for not being able to perform at the same level as others.

Learning new things can be the best experience or the most scary thing you've ever done because if you're truly learning you don't really know what to do - so learners can be fragile or strong and this can easily change. There are so many factors involved that are constantly changing, developing and evolving but there is one constant - the learner. The individual who takes the learning path, teachers and coaches, players and team-mates, even husbands and wives, come and go but the person who looks back from the mirror every morning is always there. That's why ultimate responsibility for learning lays squarely with the player and not the coach.

Following are some suggestions/questions that you can ask or use with your players to promote discussion and to solve/prevent future problems:

Question 1 Do you have any fear of being ridiculed? If so, what for, by whom and how would you try and cope?

Question 2 How will you take responsibility for learning new things this season?

Question 3 What are some of the things you expect the coach to do to enable you to learn well and be able to cope with that responsibility?

MY TEAM & ME CoachForce Resource New Release

This book has been developed specifically for young or beginner coaches of Intermediate, Secondary School and lower club teams. It contains 12 complete sessions from Introduction to Conclusion which will assist coaches for an entire season - very little further preparation will be needed. Ideas are also included for wet days, times when all players cannot be present at training sessions plus a section to help cope with issues that may arise.

The NZ Coach Approach is used with modifications for different levels of ability although the emphasis is on Years 9 - 11 and social grade teams.

NNZ CoachForce has prepared a two-hour workshop to help Year 7/8 and Secondary School coaches how to make the best use of the My Team & Me resource. This workshop is designed to give coaches some foundation tools to use in coaching practice to assist players to learn and develop. Attendance at this workshop is compulsory for those wishing to obtain a copy of the My Team & Me resource.

Please contact your Regional CoachForce Personnel for further information about presenting this workshop in your area.



Check out the website at
www.mynetball.co.nz

In the 'My Quick Find' menu
Click on 'coach'
Click on 'coaching
modules & resources'

To find the following

- Organising School Holiday Programmes
- My Team & Me Workshops
- Team Selection Workbook
- CoachForce brochure for a quick run down of the available modules

SELECTION MODULE

During the Pre-ANZ Championship Tournament hosted by the Southern Steel in Queenstown, CoachForce held a Selection module for Otago and Southland coaches to attend.

These coaches had the pleasure of Leigh Gibbs' company during the module where she shared her experiences and knowledge.



Attending coaches completing their player performance profiles for the Selection module while watching one of the games at the tournament.



NZ SECONDARY SCHOOLS TEAM CAMP APPRENTICE COACH

CoachForce are very happy to announce that Kirsty Carline from the Southland Region has been appointed as the Apprentice coach to attend NZSS Camp in Christchurch April 12 - 16. NNZ received a high number of very strong applications for this position and accordingly have extended the opportunity to an additional applicant. Rebecca Carter from Waikato Region has accepted the offer of a self funded place at this camp.

Congratulations to these two coaches, and thank you to all those who took the time to apply for this role.

TGfU Game — Spaces

Purpose: To stop players from getting on the circle edge to feed.

Set up game as shown. Using basketball markings for middle circle if available.

4 v 4 -Attackers stand in a space by themselves leaving 1 space empty

Passer to pass into start. Pass the ball around keeping to the rules below

Rules: Attack can only pass to a moving player
can only move to an empty space
can use passer/post

(It should end up most players are moving at once)

1 point for 5 successful passes

Defence 1 point for every successful turnover

Coaching Points

- Communication
- Body Angles
- Phases of defence—1 on 1, 0.9 pressure on the ball, restrictive marking
- Intercepting
- Balancing the court with other defenders /interchange or marking a space one/one

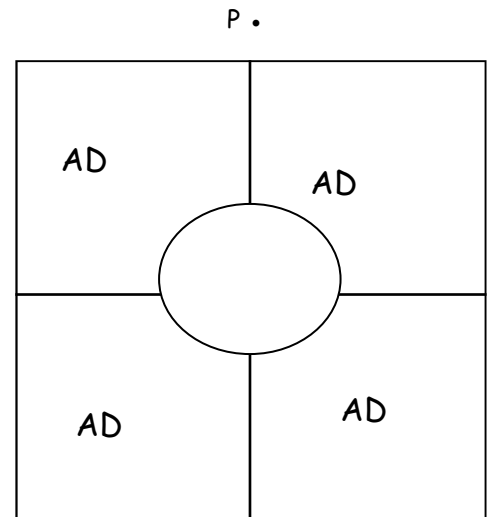
Modifications

Attackers can now receive a bonus point for taking a pass in the circle

Chest Passes only

Increase/decrease the size of the squares.

b. 5 v 5 (1 Attack and 1 defender in centre third) Move down to goal third and continue to work with defence in the unit to prevent middies from hitting circle edge and promote intercepts etc.



OVERSEAS COACHING POSITION

Wealden Netball Club are looking for a coach for the 2010/11 season to coach their Premier 2 squad. This position would involve coaching sessions on alternative Wednesday evenings and matches on Sundays during the season which runs from September to May. Additional senior coaching responsibilities are also available should they be required. We are based in Kent, SE England.

A little bit of information about the club...

Wealden is one of the top netball clubs in the UK with over 80 members who proudly represent the club at National, Regional and Local Levels. The club has gone from strength to strength since it's founding in 1988 and now runs 3 senior and 4 junior teams. Currently we have squads in The England Premier League, the London and

South East Regional League as well as several local leagues. With a large junior club we also have players representing U12, U14, U16 and U19 age groups in local and County leagues.

As well as being a club who strives on performance and development of our players across all age groups we are a very social club and regularly hold social and fundraising events such as quiz evenings, an end of season ball, presentation evenings and our annual summer fun day. A silver CAPS accredited club Wealden are very proud of their achievements. As well as having highly committed members we also have a vast number of umpires and coaches within the club and invaluable support from parents and volunteers.

For further information on this coaching position please email kelly@wealdennetball.co.uk.