



20 May 2010

Ever wanted the opportunity to observe a Silvers Fern's Training? Thanks to Ruth Aitken, coaches have the opportunity to observe a training session prior to the test matches played against Samoa, Jamaica and Australia. Details below;



NETBALL NEW ZEALAND
Pōitārahiri Aotearoa

COACH DEVELOPMENT OPPORTUNITY

BACKGROUND

- To provide an opportunity for a netball coach to observe a Silver Fern's team training.
- Successful applicants will be able to observe a team training using 'a fly on the wall' approach.
- Coaches must meet all expenses such as travel, meals and accommodation.

ELIGIBILITY CRITERIA

A maximum limit of 10 coaches will be accepted to attend per training

Coaches will be selected by a 'first in' basis

Applicants are asked to complete the following:

A. CONTACT DETAILS

NAME:
ADDRESS:

TELEPHONE:
(HM)
(WK)
FAX:
E-MAIL:

SIGNATURE :

DATE :

C. PLEASE SEND YOUR APPLICATION TO:

Noeline Scott,
57 Gormack St, Balclutha, 9230
TEL: 03 418 0199 / 027 418 0199
E-MAIL: noelines@netballnz.co.nz

APPLICATIONS MUST BE RECEIVED
BY: Friday 16 July

B. PLEASE INDICATE WHICH TRAINING YOU WISH TO ATTEND

Silver Ferns v Samoa, Wellington
Tuesday 3 Aug 4 – 6 pm
Venue: Te Rauparaha Arena
Porirua

Silver Ferns v Jamaica, Christchurch
Monday 16 Aug
9.30 – 11.30 am
Venue: Bishopdale Centre

Silver Ferns v Jamaica, Napier
Friday 20 August 9.30 – 11.30 am
Venue: Pettigrew Green Arena

Silver Ferns V Australia
Tuesday 31 Aug 10.30 – 12.30
Venue: Te Rauparaha Arena
Porirua (tbc)

Silver Ferns V Australia
Saturday 4 Sept 9.30 – 12.30
Venue: AUT (tbc)

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 2 of an article by John Allpress which has been featuring in CoachForce Newsletters and contains some ideas of how you can use each part.

Coaches and coaching are some of the many vehicles that support learning. Coaches are not there primarily to show or tell players what they know, they are there to create environments for learning that challenge the players, but also give them enjoyment, security and support. Coaches should also give players choice and ownership, allowing them to practice and experiment with the new techniques, skills or tactical ideas they present in their training activities.

In order to help the players learn effectively coaches should understand their players' learning needs and this includes the ability to judge when the players do not need their help, instruction or advice.

Practising, Experimenting and Competing

Every time a group of players begin new challenges three distinct learning groups seem to develop - those who sit where they should those who are forging ahead and those who are striving to catch up. These groups are fluid and will probably change when the group moves onto a new technique, skill or tactical challenge. We learn football through our different modes of play - practising, experimenting and competing - and these require different mind sets.

QUESTIONS

1. Are you being given enjoyment, security and support? If not, what are you going to do about it?
2. What will help you to be in the group that is striving ahead?
3. Identify a skill that you can practise on your own to improve for the sake of the team.
What will make you a better player and ultimately a greater asset to your team?





DA R'YDHM & DA RULZ

A Jamaican experience for coaches and umpires

Register Now

Only 26 places left

Keynote Speaker—Jackie Barron
Hugely experienced former Manager of
The Silver Ferns and The Black Ferns

Other Speakers include—
Te Aroha Keenan, Dawn Jones,
Gary Hermansen, Dianne McTigue
& Leigh Gibbs

Programme Includes
Da R'ydhm down da Court
Every 'mickle, mek a muckle'
(Jamaican saying for 'Every little bit counts')
Teaching Games for Understanding
Da Rulz from da Test Match

Da R'ydhm of Life
Wash Drills

For more information and registration details go to
www.mynetball.co.nz OR Contact Marcia at Netball NZ
PO Box 99710, Newmarket, Auckland
Phone (09) 623 3200 Fax (09) 623 5777





DA R'YDHM & DA RULZ

A Jamaican experience for coaches and umpires

Saturday 21 ~ Sunday 22 August 2010
Napier

AVAILABLE TO:
COACHES: Level 2/3 who are currently coaching and those who have completed 5 or more modules
UMPIRES: NZ A & B, Panels - ANZC, NZ and Regional

COST: \$200 Registration fee
(includes most meals and test ticket)



A ticket will be provided to watch the Silver Ferns take on the flamboyant
Sunshine Girls all the way from Jamaica!

Silver Ferns V Jamaica
Saturday 21 August 2010
Napier





NZ SECONDARY SCHOOLS TEAM TRIALS CAMP APPRENTICE COACH

Kirsty Carline from the Southland Region was appointed the Apprentice coach to attend the NZ Secondary Schools Trial Camp in Christchurch last month. Kirsty tells us how she found the camp.

Thanks very much for the opportunity to be the Apprentice Coach for the NZSS team. It was a wonderful opportunity to see how an elite team operates from the players to the team management. The team building activities were lots of fun and I have used them with my SGHS Senior A team already. The girls loved them. The drills and TGFU have been invaluable as well and have been incorporated into my coaching sessions.

Being able to coach the girls in trial teams was another highlight. Coaching girls of this caliber was rewarding and a real pleasure to do. The girls were highly skilled and driven to perform well.

I also enjoyed listening to the various speakers and working along side - Greg Thompson (fitness), Tim Lythe (Players Association), Peter Sanford (Sports Psychologist), Daniel Healy and Aimee Burns (Nutrition). I learnt lots of new and up to date information.

A big thank you to Adrienne Morrin (Coach) and Helene Wilson (Assistant Coach) for making me feel so welcome and letting me watch and learn so much from them. They have selected a great team and I am sure they will perform well in Adelaide (International Schoolgirls Netball Challenge). Thank you too, to Sue Harris (CoachForce) and Clare Kissick for looking after me so well.



Trialists awaiting their opportunity to impress the selectors

"Thank you to CoachForce for providing this opportunity for coaches; I would recommend this for any coaches as you will learn so much"



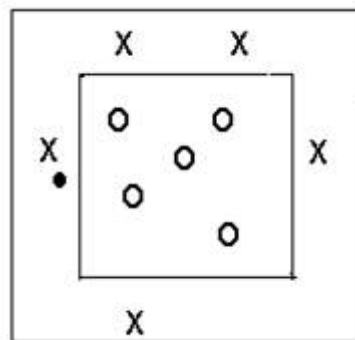
Kirsty Carline (Centre) busy at work, with her trial team

Adrienne Morrin (left) and Helene Wilson (right) making the tough decisions

Change of Direction/ Change of Pace

In, Out, Square Ball

2 equal teams. In about a half of a third. One team starts inside a square (defenders). The other team starts outside the square with the ball (attackers). Any one attacking player at a time drives into the square, executes a change of direction or change of pace, drives back out of the square anywhere to receive a pass. Defenders may only move out of the square to try and intercept the pass, but can make it hard for the attacker to drive out of the square to receive the pass. 1 point scored for each successful intercept and 1 point for 5 passes received by the attackers. The defending team can then become the attacking team.



Netball Tasman High Performance Academy

Ani-marie Waitai, Netball CoachForce Officer for Sport Tasman, tells us about the Netball Tasman High Performance Academy.

The High Performance Academy (HPA) involves 12 players from Nelson, Motueka and Marlborough. For the past 12 weeks the players have had a training session every Thursday morning from 6:15am-7:15am and these sessions have varied between netball specific and fitness. The aim of the HPA is to increase basic netball skills, introduce the importance of training at a higher intensity, goal setting and planning, the mental side of the game, improving player fitness and the need to have an individual training regime.

Running alongside the Players Academy is The High Performance Coaches Group (HPCG) which involves 5 coaches from Nelson, Marlborough, Golden Bay and Motueka. The overall aim of the HPCG is to up-skill elite coaches in the Tasman Region and to ensure that Netball Tasman is pro-active in maintaining and developing elite coaches for coaching positions in the future. All of these coaches have been involved in taking the players for a netball specific session at some stage throughout the 12 weeks.

Thank you to the following coaches

Cherie Chamberlain (Golden Bay) Nic Kelly (Motueka)
 Priyani de Silva-Currie (Nelson) Robyn Leonard (Nelson)
 Monica McKone (Marlborough)



Cherie Chamberlain, Golden Bay, taking the Players group for a session.

PRACTICE SESSION IDEAS—CENTRE

A centre can work alone to develop a good aerobic base by running, swimming, cycling etc.

They can develop their passing - aiming for accuracy by hitting a spot

on the wall by using all the different passes and practicing passing using a fake pass.

Ideally work with GS/GA to develop good communication for feeding.

