

**COACHFORCE WISH TO CONGRATULATE THE NEW
NZ SECONDARY SCHOOLS COACHES
Helene Wilson—Coach & Natalie Avellino—Assistant Coach**



Helene has been Assistant Coach of NZSS Team for the past two years and within this time New Zealand has won back to back titles at the Trans Tasman Secondary Schools Netball Challenge.

Helene is excited about coaching the NZSS team and has her sights set on claiming a third successive victory at the Trans-Tasman Secondary Schools Netball Challenge to be held in New Zealand in May next year.

"It is a fantastic level of Netball to coach," Helene says, "It may be the first time that many of these players have played at a National level, so they are all so passionate and committed to representing their country with pride. It is also great to be able to play a part in the development of these players, many of whom will undoubtedly progress through to the NZU21 Squad and Silver Ferns over the next few years."

Natalie Avellino has been appointed Assistant Coach to the NZSS Team and will bring a wealth of both playing and coaching knowledge having represented Australia in the past. Natalie has also been a guest presenter in the NZ Talent Development programme and has coached the Southland Senior Netball Team.



WE PROFILE HELENE WILSON (photographed right) BELOW:

City/Town you currently live in:	Epsom, Auckland
Where are you from originally:	Torbay, North Shore
School team you coach:	Westlake Girls High School
Rep team(s) you've coached previously and currently:	Netball North U21, Netball North Harbour U17, All Schools rep system NSW U16, U19, NZ Secondary Schools
Number of years coaching:	Started coaching when I was in form 5 at school and haven't stopped since...guess the number of years...
What do you enjoy most about coaching netball?	Working with people and watching them grow in aspects of life.
Who has influenced you the most with your coaching and why?	My husband who is also a coach - keeps me grounded and challenges me with coaching decisions.
Briefly describe the best or most exciting coaching experience you've had to date:	1. Coaching the NZSS team with Adrienne & winning the Trans Tasman Challenge two years in a row. 2. Taking on Westlake Girls High School team in 2009 and qualifying for NZSS for the first time in the schools history.
Name 3 things you couldn't live without:	My family; A challenge; Chocolate
If you could get a ticket to ANY international event (sporting, entertaining or cultural) in the world, what would it be?	To many choices! Love watching any sport - Am wanting to get Finals tickets to the Rugby world cup 2011 as it will be the third world cup in a row I have attended - hopefully this time the All Blacks will be playing in it!
Something interesting/funny/strange which you are happy to share:	My most memorable Netball playing moment was being GD against Catherine Cox in Aussie - I only came up to her shoulder at the time and my 3 foot guard couldn't even reach the ball! So I resorted to 'kiwi ingenuity' to rattle her...resulting in Catherine being warned by the umpire!

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

While there is no substitute for practising to get better at things, experimenting and competing also have a major role in the process. As coaches, our understanding of where these different modes of play sit within learning is vital if the players are to be supported effectively.

Research has shown that it takes around 10,000 hours of practice and experimenting to get really good at something complicated. When practising the aim should be precision, efficiency and reliability and such repetition leads to smooth, effortless, automated expertise.

However simply practising can also make players rigid and predictable. So after practising for a bit players need to try something different. They need to mess around with the techniques, skills and tactics and see what happens. A simple example may be to try out new techniques and skills with the weaker foot or see what happens when you cross the ball into the penalty area earlier or later than the coach has suggested. Players need to experiment with the new skills and concepts they have practised. Practice gives players the foundation for experimenting. Experimenting develops flexibility and the ability to be unpredictable and the perception to see the tiny differences in an opponent's body position or a team-mate's movement that cannot be seen by the coach from the side-lines.

Experimenting helps develop creativity, innovation and inventiveness - hallmarks of the best and most effective footballers. But experimentation can lead to things sometimes going wrong and mistakes being made. When young players compete in matches they are not the finished article. They should always strive to win but never be afraid to push the barriers and experiment even during matches. In order for this to happen the coaches need to be mentally strong and to understand their temporary place in the evolution of the developing player - in other words the coaches should endeavour to put the learning needs of the players first and model learning and all the behaviour that goes with it. Send out a message that you don't like experimenting and the players will stop doing it and their learning will probably be hindered as a result.

QUESTIONS

1. When have you experienced 'experimenting' this season? How did you find it?
2. Have you learnt any new skills/tactics this year? Have you tried to use any in a game?
3. For any new skills/tactics that you have not yet used in a game, what do you think you need to do in order to develop the confidence?



- ☆ Do you want to improve your shooting accuracy?
- ☆ Do you want to learn new tricks in the goal circle?
- ☆ Is it your dream to shoot for NZ?

Get your shots "Up and In"!

Up and In is a comprehensive resource for shooters aged between 12-16 years. It covers all aspects of the shooting game including:

- Technique
- Movement
- Set plays
- Goal-setting
- Shooting with confidence.



Practical guides such as a training diary lift-out and 18 daily goal-shooting guides are also included in the package which makes it a great coaching resource too!

The Up and In e-book is a 50 page electronic book; available now. Download it now by visiting:

<http://www.upandin.com.au>

PRACTICE SESSION IDEAS— WING DEFENCE



Any activities where the player works on aspects of 1 on 1 defence, especially restrictive marking will be an asset to WD's.

Practise receiving a pass in the centre third and feeding into GS. This is a pass WD's love to do but rarely practise enough to do it with a high success rate.

Aerobic fitness training - running, swimming, cycling etc.

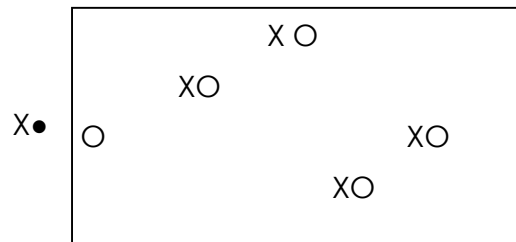
Skill—Turning Movements to get Free

2 equal teams in a third, each team aims to score by getting the ball over their side line.

One team starts with a throw in on a side line and passes the ball to each other until they can touch the ball down over the other side line or there is a turnover.

If the ball is turned over, the other team continues passing until they can touch the ball down over their sideline.

A touch down is worth 1 point.



DESIGN A TRAINING ACTIVITY COMPETITION

Coaching Toolkit

Have you visited NNZ's Coaching Toolkit website?

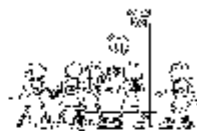
Fisher & Paykel
www.fisherandpaykel.co.nz

This site offers FREE practice ideas and activities with animations and diagrams for coaches from all netball communities.

Print them up—they're ready to go

Is there an activity that you have done at training that's gone really well and you want to share it with other coaches?

Do you have something to contribute to this website?



Would you like to win

\$100 worth of equipment or coaching resources from Pasgaard Sports Distributors Ltd

OR

A netball ball/merchandise autographed by our current Silver Ferns squad?

OR

A complete NetballSmart package?

For entry details, terms & conditions go to the mynetball.co.nz website

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become character, for it becomes your destiny.

Following the NZAGC the 2010 Emerging Talent Selectors have released the following comments with regard to the technical and tactical aspects of the game

NZAGC: Under 21 & Under 19	
WORKING	NEEDS WORK
<p>On Attack</p> <p>Shooters being prepared to shoot from long range Resetting on the circle edge by the middies Timing of passes and use of triangles on the circle Conditioning Shooters coming out of the circle and using good movement variety</p>	<p>On Attack</p> <p>Looking long and passing accurately over the 'mess' GA's standing too wide on through court play GA's front cutting the defence so they are not running behind them when entering the circle Defence bringing the ball through the court especially with a mid court zone set up Shooters rebounding Feeding the shooters – letting the pass go quicker Shooters not judging the distance well that they need to go away from the post and getting further out than they need to</p>
<p>On Defence</p> <p>Zone defence being used effectively Lean when defending the shot – good distance and ability to hold the lean Defence movement around the shooters and not packing back Circle edge defence by the middies – repositioning and having a go at the interception around the circle edge</p>	<p>On Defence</p> <p>Front marking – being able to stay angled for longer rather than getting flat GD, GK stopping the goal line cuts When shooters are taking a goal line throw in the defence are positioning too far away from the attackers or too close to the circle edge to be a threat Boxing out and rebounding Circle defence being able to cover their opponent as well as being aware and going for the ball outside the circle More variety of defence of the shot and assessing the shooters weaknesses 1 on 1 defence – sustained and without umpire involvement</p>

NZAGC Under 17	
WORKING	NEEDS WORK
<p>On Attack</p> <p>Using triangles around the circle Court balance on through court attack Middies hitting the circle edge – timing and positioning Mobile tall goal shooters who are showing good variety of getting free options Warm up and cool down routines Improving conditioning Attacking rebounds</p>	<p>On Attack</p> <p>Unnecessary swinging the ball across the attacking circle when a pass into the shooter would be a better option When taking the penalty pass, stepping forward on to 1 leg (stalking) Letting the ball go sooner especially on through court attack Shooters stepping forward when shooting Greater involvement by WD and GD when bring the ball down the court on attack so that WA and GA are not drawn up so high Positioning of WD and GD on the attacking transverse line on to be a better straight line option to the passer in the goal 3rd</p>
<p>On Defence</p> <p>Defence movement around the attackers in the goal circle – timing and use of off hand Circle defence sighting and coming out of the circle for the interception Rebounding Contesting throughout court</p>	<p>On Defence</p> <p>Punishing the shooter when they step forward on the shot Phases of defence – Using all phases as well as sustaining them Take rebounds and intercepts with two hands. Lots of casual one hand takes Defensive position under post & timing of rebound Deliberate holding and pushing off in circle</p>