



October 2010

SECONDARY SCHOOL NETBALL TOURNAMENT RESULTS




WINNER:
Mt Albert
Grammar School
COACH—
Paula Smith

2nd: Auckland Girls' Grammar
School
COACH—Janelle Nee

3rd: St Kentigern College
COACH—Andrea Leleni

4th: Epsom Girls' Grammar
School




WINNER:
TCS Tu Toa
COACH—Yvette
McCausland-Durie

2nd: Wellington Girls' College
COACH—Carolyn Kirkpatrick

3rd: Palmerston North Girls' High
School
COACH—Marie Gordon

4th: Sacred Heart College
COACH—Jodi Hikuroa



WINNER: Craighead Diocesan
COACH—Barry Tucker

2nd: Rangiora High School
COACH—Donna Blazey

3rd: Rangi Ruru Girls' School
COACH—Brenda Rowberry

4th: Columba College
COACH—Janine Southby

NZSS TOURNAMENT RESULTS, New Plymouth, October 2010

- 1st - Mt Albert Grammar
- 2nd - Auckland Girls Grammar
- 3rd - Epsom Girls Grammar
- 4th - Tu Toa
- 5th - Wellington Girls College
- 6th - Columba College
- 7th - Rangi Ruru Girls School
- 8th - Sacred Heart Girls College
- 9th - Rangiora High School
- 10th - Saint Kentigerns College
- 11th - Palmerston North Girls
- 12th - Craighead Diocesan School

Tournament Team

- Auckland Girls Grammar School—Phoenix Karaka
- Craighead Diocesan School—Alice Eddington
- Epsom Girls Grammar School—Aleesha Coulter
- Mt Albert Grammar School—Tera-Maria Amani, Erikana Pedersen, Rebekah Roache
- Rangi Ruru Girls School—Sophia Fenwick
- Rangiora High School—Gemma Hazeldine
- Sacred Heart Girls College—Amiria Te Nana
- Tu Toa—Brooke Leaver
- Wellington Girls College—Emma Weenink



LION FOUNDATION NETBALL CHAMPS



WINNERS:

Mainland Foundation Canterbury

(Pictured left)

Coach— Tania Hoffman; Asst Coach—Rachel Parkin

2nd: Auckland/Waitakere

Co-Coach—Kiri Wills & Natalie Milicich

3rd: Ascot Park Hotel Southland

Co-Coach—Jo Cunningham & Reinga Te Huia

4th: Pak n' Save Wellington

Coach—Gail Parata; Asst Coach—Sue Bentley

NNZ is very pleased to announce the appointment of Lindsay Murdoch to the Lower North Island CoachForce position following the retirement of Ivy Topping. Lindsay has been in a CoachForce role with the Netball Wellington Region for the last 2 years and brings with her experience and knowledge of the role.

PRACTICE SESSION IDEAS— WING ATTACK



Cone work for agility.

Developing a wide range of attacking skills.

Working with GS/GA for feeding.

Working with GA for options at the centre pass - 1st and 2nd phase options.

Drives over the line for centre passes - reacting to Umpire's whistle or before it.

Passing to hit small marks on the wall at varying heights and angles and using a variety of passes.

WA's need a strong aerobic base so should develop this during the early/pre season time and then maintain it once the season starts.

Skill— One on One Defence

Coaching Points to consider

- Full cover of attacking player/cutting off the drive.
- Partial Cover - to con that attacker is still available
- Tracking attacker - when defence is pulled either wide or long
- Communication - at all times
- Side Marking-coming around the player
- Back, Back and Up

Emphasis on Body Angles/footwork

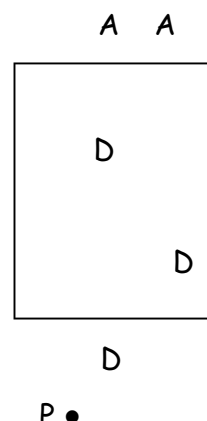
In groups of 6

- 1 Passer 2 Attackers and 3 Defenders
- Attackers to drive into square and complete 5 passes to each other , you may use passer (who can move around outside) again. 1 Point

Defenders 1 Point each time you create a turnover . Bonus point for variety in a defence movement. (first to 10)

Modifications

Attacking players come in from different sides



'Silver Fern Sessions'

Thanks to Ruth Aitken and Waimarama Taumanu, CoachForce has been able to provide coaches from around NZ the opportunity to observe a Silver Ferns training session prior to the New World Netball Series test matches played against Samoa and Jamaica as well as the Holden Netball Test matches played against Australia in New Zealand.

Coaches who have attended have really appreciated the opportunity to watch our elite players during a training session.



Nice to see that girls at this level are still being taught the same sort of things we are teaching our girls. It was also good to see the interaction between the girls and the coaches. Very beneficial session to watch.
Thanks, Denise (Canterbury)

This was a great opportunity for coaches to see the best players in New Zealand still being taught the basic skills of netball. It was awesome that Ruth came and welcomed us all to the training, and explained what they were going to work on, in preparation for the up-coming test. The training session was friendly and open and it was also good to see the variety of coaching styles in action.

Thank you for the opportunity, would love to do it again sometime. Ani and Janine (Tasman)

Really informative and reaffirming as a coach to see such high caliber players working on the same drills that we do with our high school players. Excellent team vibe shows through in their team dynamics on court. Awesome session, thanks for the opportunity, learnt heaps. Janelle (Nth Otago)

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

Guy Claxton (Professor of Learning Sciences at Bristol University) says "learning is what we do when we don't know what to do," and if we don't know what to do, sometimes we'll get it wrong and mistakes will happen. The big question is how can players and coaches use this to their advantage?

Firstly players need to know whether they are expected to practice or experiment. Practising is aimed at precision, efficiency and reliability. Experimenting, at pushing the limits of our practice so that we can see what may happen if we try it a new way or that, if a coach and players get their wires crossed and one thinks it practice and the other experimenting, chaos and a breakdown in communication will occur.

Secondly coaches need to clarify the learning objectives for the players - i.e. what is this activity or drill all about? And also build in benefits for all those taking part. Understanding how players learn is central to the whole process - some learning is almost instantaneous but some takes time to mature and become fluid and natural. Players who take more time to learn are not bad learners, they may simply need more time - fast learning is not necessarily the best learning.

After setting up a new learning activity the coaches first task should be to conduct a needs analysis - who really needs my help? Or am I just being self indulgent and showing the players what I know?

Listening to the players is a vital skill and one that coaches need to develop. Also, asking the right questions in the right way and at the right time. Instructions should be clear and precise and directed at those players who need them. Players who do not need help should be given the time and opportunity to practice or experiment without interruption. Coaches must understand that when players are learning something new there will be mistakes and that not every mistake requires intervention or correction.

How do Mistakes Help Learning?

We might not like our players making mistakes but they do happen even when the players are experienced and know a lot about what they are doing. The fact that we talk about learning through trial and error suggests that the error part is not going to be eradicated, unless at the expense of practice, experimentation and learning.

There is also our recognition that in order to win games there is often the need to take risks and try out the new things from the training field. This may mean attempting more difficult techniques, applying new skills or experimenting with new strategies or tactics i.e. taking the training into the game.

There are risks involved in this process and risks would not be risks if there were not a significant likelihood of things going wrong - of making mistakes. All players, including those who are evolving, should put effort into avoiding mistakes, but not at the expense of attempting to accomplish their various learning challenges - i.e. experimenting to learn and consolidate new things.

If as coaches we encourage our players to take the actions that are required to learn new things we have to recognise that there will be errors. The question is how do we as Coaches respond to our players making such errors?

Highlighting Mistakes

Learning new things is a high-risk business for the players. It means daring not to know and it may mean facing up to the fact that you may not yet be as competent as others within your group or team. Therefore the player must see the relevance of the new technique, skill or tactic, otherwise they may perceive the risk of daring not to know as too great and not bother to try and just stay within the boundaries of what they can already do instead. So motive to learn is high on the agenda.

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During this transitional state players could be fragile and only highlighting their mistakes may not be the best way to encourage them to practice and experiment with new things. Players need to be given the licence by the coach to experiment and try out the new and exciting things thus pushing out the boundaries of what they currently know or can do - moving on into the unknown. Highlighting mistakes may send out the message that not being able to do something is a personal flaw so players may not want to risk being seen as incompetent or inadequate within their group and again not try. Players and coaches need to recognise that not knowing how to do something yet is fine. This shift takes us away from a 'culture of denial' into one of gaining learning from our mistakes.

QUESTIONS

Do you understand the difference between 'Practice' and 'Experiment' Can you explain a time in recent trainings when you have done each?

Do you enjoy doing 'risky' things? How do you feel when you are successful? When they don't quite come off?

How does the coach, other players make you feel when you make errors at training sessions?

Netball New Zealand has announced the NZU21 and Emerging Talent Accelerant Squads for 2010/2011. The Squads were announced at the Lion Foundation Netball Champs in Auckland Waitakere 2010.

NZU21 SQUAD

Auckland/Waitakere - Kayla Cullen, Storm Purvis, Sulu Tone-Fitzpatrick & Portia Woodman
 Canterbury - Ellen Halpenny, Sophia Fenwick, Nicola Mackle & Jo Trip
 Counties/Manukau - Kirsten Hurley
 Otago - Gina Crampton, Shannon Francois & Te Paea Selby-Rickett
 Southland - Kendall McMinn, Julianna Nauopu & Stacey Peeters
 Wellington - Emma Weenink
 Western - Jodi Beaumont & Amber Bellringer

EMERGING TALENT ACCELERANT SQUAD

Auckland/Waitakere - Tera-Marie Amani, Jess Bourke, Tuaine Keenan & Erikana Pederson
 Western - Whitney Cassidy & Brooke Leaver

CoachForce & Netball New Zealand will be offering a development opportunity for TWO coaches to attend the NZ U21 Camp, which will be held in Christchurch from 18th - 21st January 2011.

Applications to: Sue Harris; sueh@netballnz.co.nz; Closing date Wednesday 3rd November 2010.
 For application forms contact your Regional office.

Young Coach

Kellee Candy, 11 years, loves her Netball. So much in fact that not only does she play for the Waikanae Diamonds at the Kapiti Netball Centre, Wellington, she also coaches the Waikanae Keas, year 4 players, with her friend Caitlyn, as well as umpiring. Kellee's favourite coach is Yvette McCausland-Durie. She enjoys coaching as it makes kids happy and she loves the reward of seeing their smiles after the games. Kellee has a few favourite Silver Ferns: Casey Williams, Temepara George and Irene van Dyk, she also has the court covered herself playing GD, WD and back up Shooter for her team. The Kapiti Netball Centre had the pleasure of a special visitor during the season - Cushla Litchwark.



Left—Kellee and her team

Right— (Left to right)
 Mia, Caitlyn, Cushla, Laura,
 Catherine & Kellee

