

ISSUE: 15

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Starting Out in Coaching Launched!

In the past month Facilitators have been trained around the country in preparation for facilitating the Starting Out in Coaching Workshops. The feedback from these people has been encouraging with general agreement the new direction is exciting. There are still one or two areas to be trained but when completed approximately 125 Facilitators will have been prepared to deliver the Starting Out in Coaching workshops.



Cathy Roa (Kapi Mana) and Neil Hargeaves (Wellington Centre) deep in conversation at the facilitator training in Wellington region.



At the Western Region training Facilitators enjoyed the Game Day Board Game and all the "Coachable moments" it contained



Coaching Mantra

Can you change to this.....
I know
You (the players) don't know
I will help you find out!

From
I Know
You don't know
I will tell you.

Try the questioning and feedback method and see the results!



Stop Press: Ivy and Dianne are off to Samoa on Sunday for a week of coaching. All the news on that next month.

QUOTE OF THE MONTH

The spirit, the will to win and the will to excel are the things that endure. These qualities are so much more important than the events that occur

Vince Lombardi



A – Z OF TEAM MANAGEMENT WORKSHOPS

We have been very lucky to obtain the services of Sheryl (Ducky) Wells to take workshops in every region. Although these are primarily designed for new managers, it is an opportunity that no manager or coach should miss.

Topics covered include Roles, Manager's bag, Planning the day and scenarios with plenty of discussion interspersed with many of the amusing anecdotes that Sheryl has about past Silver Fern experiences.

Registration is essential; cost is \$10.00. Be in quick!!

Tuesday 10 April	Christchurch	Tuesday 24 April	Waikato
Wednesday 11 April	Nelson	Thursday, April 26	Invercargill
Monday April 16	Wanganui	Friday, April 27	Dunedin
Tuesday, April 17	Wellington	Monday 30 April	Auckland
Wednesday 18 April	Napier	Tuesday 1 May	Papakura
Monday 23 April	North Harbour	Wednesday 2 May	Tauranga

Registration Form available from regional offices

Level 2

Level 2 Workshops are still attracting large numbers with some having to be turned away at one recent one.

Coaches attending are challenged with adopting some new coaching tools, particularly for many the use of Teaching Games for Understanding. However all leave the workshop determined to try the new methods of coaching they have learnt.

Some coaches are extremely creative with the games they are inventing and with Billy Goats Gruff setting the scene for Game Plans we have had some involving Fishing and tugboats, Fish and Chip shops, Mouse traps, Willy Wonka Chocolate Factory themes to name just some.

CoachForce cajoled the coaches into turning over their property for use in this newsletter so some will be reproduced in the months ahead. (thanks coaches).

Hugh Biss gave coaches some ideas for speed and agility sessions with their players while Kelly Herbert entertained coaches with discussion on the rule. Whoever thought that could be fun??

The Police Pipe Band provided entertainment, and a challenge for presenters, with their whole weekend of practice on the parade ground out the front of the Police College!

A reminder to coaches sending in their assignments and Practical Session plans – allow time for them to be sent to Auckland to NNZ then out to the marker and then processed and returned. Assignments will take approximately three weeks in quieter times while Practical plans can be processed faster providing the marker is at home.



Far Left:
Moana Solia and Erica Campbell of Wellington.
Left: Damian Edwards of Wellington found plenty to "write about", just might not be any use in his day job as a speech writer!!



Making the most of Time

STOPPAGES IN PLAY.

Stoppages in play can be of immense value if used intelligently and if the coach has prepared for them.

They provide opportunities to remind players of the Game Plan, make tactical adjustments and they give a chance to regroup make substitutions or disrupt the tempo of the game.

If the coach is prepared for game breaks or stoppages precise succinct information should be given as it is in a limited time. Players should be well aware of the routines expected during a stoppage and act on changes quickly and efficiently.

QUARTER AND HALF TIME BREAKS.

These breaks are critical for refocusing the team or making significant changes in tactics or positional changes as a result of the coaches game analysis. It is important that the opponents point of view is considered, the coach should try to anticipate and pre-empt changes that may be made by them.

Again half time bench routines should be well rehearsed by the team. All information should be communicated in an ordered manner and the team should clearly understand what tactical changes are being made. Sharing of information should be calm and considered. Combination changes and tactical changes should all have been covered in trainings. Stay calm and focused as changes are clearly communicated, decisiveness and familiar routines transfer confidence to your players, especially in tense competitive situations.

SUBSTITUTIONS.

Substitutions are a critical element of bench coaching. making them may appear simple but if not done efficiently countless problems can arise. Good communication ensures players understand the starting team combinations in relation to the team game plan.

The role of the substitution should be valued and the manner in which they will be used clearly explained. A coach's knowledge of her players and their capabilities is crucial to successful substituting.

It is an experienced skill it involves intuition and is often delicately balanced. The coach, team, individual players and those substituting and being substituted are all part of a process that needs courage and confidence to achieve the desired results. It is all part of the team preparation covering all eventualities.

POST GAME DEBRIEFS OR MEETINGS.

The procedures for meeting following the completion of games need to be established as part of the team routines. There is a need to identify content and appropriate ways of communicating it with players and team during this time.

Brief honest and positive feedback is a must. Defuse crucial areas of confusion; a win or a loss should be equally treated.

A comprehensive post match analysis should follow at a prescribed later time.

“Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.”

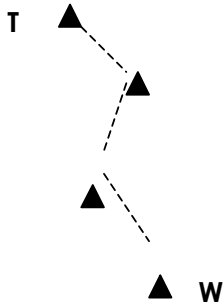
~ [Jamie Paolinetti quotes](#) (American Schroeder Iron Pro Cycling)

Passing: Variety & Release Time

PURPOSE OF SESSION

- Reading the space, movement and the opposition
- Practice of variation of pass with accuracy
- Vary timing of the release of the pass
- Pass execution especially when challenged

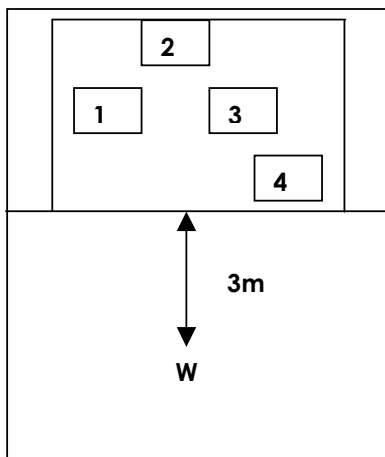
1.



In 2's

1. Worker runs to right and left, receiving a variety of passes at each side, change angles etc. Repeat 2 x
2. Worker zig zags away from then toward passer receiving pass at every change of direction. Change over. Complete 2 sets

2.



TARGET BALL

1. W stand with their back to the wall. On call, W turns, choose pass to square.
2. Change release time in 1,2, 2,5 seconds
3. 1= straight
2= Jump pass
3= Lob
4= Bounce
4. Add movement by the worker before they receive pass from partner.
5. Add defence on worker
6. Best of 20 passes at targets.

3. Order ball:4 v 4

- Must complete sequence of passes under pressure of team defence. Use 4 types of passes as stated in target ball this would change the release time based on the execution.

Happy Coaching!!

If you need any assistance please contact

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