

MAY 2008

So You're the Coach?

Recently I read a very good article aimed at businesses telling them what their customers want them to understand about what makes them buy from a particular business. I have taken the same points and translated them into what players want the coach to understand.

1. They like to feel important. Give them a role to play, ask them how they think they could do things, differently. (Player Centred Coaching)

2. Don't judge them by how they look. Everyone learns differently. If they look confused they may need to be given the information in another way.



3. They like to be remembered. Ask them how the party went last Saturday night. Wish them a happy birthday—you have the date of birth on the player profile form filled out at start of season

4. Add ons at the last minute can turn them off . Stick to the plan! If you said training would last one hour then that's the deal.

5. Quality is often more important than price. Everyone enjoys a bargain but some things are worth paying more for. Plan quality activities and demand quality effort.

6. Make things easy for them. If time is precious, for coach or player, then have one training a week that is high quality and allow them to train alone one other night of the week.

If transport is a problem arrange a buddy to pick them up.



7. Time is money.

Time is worth a lot to people these days so use it efficiently. Be punctual starting training. Be reasonable with your requests of their time.

8. Make returns easy. If they are not sure about something let them ask questions, be prepared to repeat yourself.

Make the experience with your team memorable so they want to return next season.

9. Your values matter. Given a choice between two clubs they will join the one that best matches their values. As coach let them know what yours are and if they are in agreement they will choose you over another. They will enjoy the experience.

10. Stay in touch. Chat while waiting for training to start. Ask about their families. Send emails or texts with feedback from the game. Send them a Christmas card. Feedback, feedback, feedback.

11. Let them know you are here to stay. If the going gets tough you will still be there for the team.



12. Pick up their verbal and non verbal cues.

Do they really mean what they are saying or are they trying to tell you something?

What does "that look" mean to you? People communicate in different ways. Look out for them, hear them.

13 Be honest with them.

They don't expect you to give them praise if they have not played a good game but they do expect you to give them some useful feedback.

Treat the players like your customers and see how it feels!

"Four short words sum up what has lifted most successful individuals above the crowd: a little bit more. They did all that was expected of them and a little bit more." A. Lou Vickery - Writer

Apprentice Coaches

Netball New Zealand's Apprentice Coach scheme continues this year and Regions are reminded to register their Apprentices with Netball New Zealand.

This is an excellent development opportunity for coaches wanting to take the step up to see what is required of them.

The Apprentice Coaches are attached to regions' teams at the National Championships and a programme is organized for them with a different topic each day.

It is pleasing to see many of the apprentices from previous years now coaching the top teams.

To find out more contact your regional office.

Appointments Season!!

Congratulations to all the following:

Silver Ferns Assistant Coach—Waimarama Taumauunu National Selection Panel for Silver Ferns and NZA Squad and teams: Ruth Aitken (Convenor) Te Aroha Keenan (NZA Coach), Robyn Broughton, Adrienne Hayes, Leigh Gibbs
The National Emerging Talent Selectors are: NZU21 Coach Yvette McAusland Durie, NZ Secondary School Coach Kiri Wills, NZ SS Assistant Coach Adrienne Morrin, NZU21 Assistant Coach Janine Southby.

Leigh and Adrienne Hayes will also be involved in the selection of emerging talent while Yvette will assist with the selection of the Silver Ferns and NZA as required.

Manager NZU21: Chris Tennant

Manager NZA: Debra Hamilton



We wish our New Zealand Secondary School Team Coach Kiri Wills and Assistant Coach Adrienne Morrin a successful tournament in Adelaide next week. Full details are on the Netball New Zealand website.



Wanting to finish Level 2 or 3?

There is no reason why you can't finish the Level 2 or 3 Coaching Award.

CoachForce are still assessing coaches for these awards and recently updated the assessment criteria for this.

If you have the practical assessment left to complete why not contact your nearest CoachForce person now to get the details.

Time is running out but there is still a chance for you to complete what you have started.

The practical assessment is an opportunity to have someone observe you in action and provide feedback. An action plan for your future development will be provided following the assessment.

Under the new Coach Development Framework there will be opportunities for similar types of practical assessments while doing the Modules. Details of this will be available later this year.

Opportunities

Netball Section of Hong Kong Cricket Club is interested in hearing from any netball coaches who may be relocating to Hong Kong over the summer as they are looking at extending their coaching team.

Contact Denise Callow denise.callow@linklater.com

Alpha Netball Club in England is also looking for a club coach

Contact theresa.brooks@ilag.org.uk if you would like to head over there for the summer.

They would like someone who is a Level 2 coach or above.

If you know of anyone currently in these countries who might be interested please pass the details on to them.

Tessa joins CoachForce team

Tessa Molloy of Dunedin has been appointed as the full time CoachForce Coach covering the Otago and Southland regions. She will begin her role in June

There are now four full time CoachForce staff including Tessa and they are managed by Leigh Gibbs, former Assistant Coach of the Silver Ferns.

Molloy has a degree in Human Movement studies and experience with high performance in triathlons, a sport in which she has excelled at both in New Zealand and internationally.

Leigh Gibbs, Netball New Zealand's Coaching Development Manager believes that Molloy has what it takes to ensure the future development of Netball Coaching in the Southland /Otago Region.

We are excited to have someone of Tessa's capability as she offers an energetic and enlightened approach with her human movement studies and triathlon experience," Gibbs comments.

"We feel that Tessa's skill set will complement CoachForce and she will be able to work with the strengths of the many experienced coaches already in the Southland and Otago Regions.

Molloy is thrilled to take up the role with the CoachForce programme.

"I am looking forward to working within a professional organisation and giving the coaches in Southland and Otago as much support and opportunities as I can to further develop participation and interest in netball," she says.



Watties Volunteer Coach of the Year Award

Ok, obviously you can't nominate yourself for this award so please make sure your

Club puts forward someone!!

Check who is coaching your school teams and what their coaching has involved in the past twelve months.

If it seems outstanding to you then it could well appear the same to the judges!

There are hundreds of volunteer netball coaches around New Zealand so let's ensure we have some of them nominated.

Nominations open on 3 June and can be made at www.watties.co.nz or by picking up an entry form from your local sports club or Stirling Sports store.

Aside from getting recognition for the great job they do, there are great prizes to be won – for coaches and nominators:

All nominators go in the draw for one of 30 \$100 Stirling Sports vouchers!

All nominated coaches could win up to \$3,000 towards coaching development or equipment!

register at coach@watties.co.nz to receive an email reminder when nominations open.

So spread the word, and encourage your members to nominate their volunteer coach!

"When someone I have worked with while volunteering succeeds, I feel like I've succeeded also" (from Volunteers The Heart of Sport)

Stepping Up

Coaches of Under 19, 21 and NZ Championship teams participated in the Stepping Up workshop held in Christchurch in April.

Twenty coaches spent the weekend together in workshops designed to assist them in getting the best out of their teams.

CHAOS Training, Advantage Attack, Walking the Line, were some of the topics which coaches enjoyed.

Many commented on the presence of Silver Ferns Coach Ruth Aitken and former Assistant Coach Leigh Gibbs and appreciated the opportunity to talk with them and hear some of their coaching ideas.

Pat Barwick, Cate Sexton and Sharon Kearney's panel workshop was also well received with coaches recognizing there is much to learn from other sports and other members of a Management team when involved with a team.

During CoachForce's Ivy Topping's workshop on Planning coaches had the opportunity to see how others were planning for their season and gain valuable support from people who had "been there before".



At the end of Stepping Up the coaches felt they had a good network of coaches around the country whom they could discuss their coaching with in the future.

Great Privilege and Honour

Two developing coaches, Karen Sagaga and Sian Clancy were chosen to be Observer Coaches at the New Zealand Secondary Schools (NZSS) Trials Camp at Palmerston North in April.

They worked alongside CoachForce's Ivy Topping observing training sessions, selection process, taking statistics and generally being immersed in the camp.

Both coaches found the experience very worthwhile for extending their knowledge of running a camp, working with elite players at this level and developing their own ideas on the selecting of a NZSS Team.

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talent NZ has to offer" says Karen
Karen and Sian felt it was a great privilege and were grateful to Kiri Wills, NZSS Coach and Adrienne Morrin, NZSS Assistant Coach, for allowing them to be present during so many sessions.



"Being selected to attend the camp as an observer was a great privilege and honour and has given me all the confidence in the world to strive for higher honours in coaching" says Sian.

R.A.T.S

The annual Coaches and Umpires Development Seminar Race Against Time—RATS—is to be held in Palmerston North October 17-19.

The weekend is open to all Level 2 and 3 coaches, plus Centre and Regional representative coaches. There is a limit of 50 coaches so start planning for it now.

Ask your administrators if they will fund your attendance at it as it is an excellent development opportunity.

Check with your Region or Centre for more details or contact lvyt@netballnz.co.nz.

Coach Development Modules Popular

Netball New Zealand's CoachForce have had a busy few months facilitating the new modules for coaches.

Understanding the Player is available online on NNZ website and coaches are ensuring they have completed that before attending the Player Centred Coaching module.

Coaches are learning that it is ok to ask players questions after some initial concern that is might be seen as lacking confidence.

At the Player Centred Coaching module coaches learn more about this and how to be an effective questioner, especially when using Teaching Games for Understanding (TGfU) approach.

Some coaches are seeing themselves as coaches for the first time as they work through the different styles of coaching and which category they currently fit into. There is much laughter as role playing helps them understand the differences.

Most leave the workshop determined to work on their coaching style and allow players more opportunities for problem solving.

Planning, Skill Analysis, Attack and Team Building are also being delivered around the country as the modules are piloted.

A review of these will take place at the beginning of June.

The next group of modules will be ready to be delivered at the end of the year and include Defence, Communication and Management, Game Analysis, Mental Skills and Mentoring.

CoachForce check on Australian methods

Dianne McTigue recently visited Melbourne to meet with Netball Australia's Coaching Participation Manager, Carol Bayer, and to observe some coaching workshops.

Dianne was delighted that Carol was able to spend several hours with her explaining Netball Australia's Coach Accreditation scheme and where it is heading as they have also recently undergone major changes.

The two Coach Development Frameworks appear to moving along similar pathways.

Dianne attended two different levels of coach workshops and was particularly interested in the method of delivery by the presenters. Netball New Zealand is planning to train facilitators to deliver some of their modules and so this was a chance to get ideas for how to train the facilitators and what methods of delivery could be used in future workshops.

"The presenters made me feel very welcome and didn't miss opportunities to remark on the differences between the two countries playing styles. It is good to compare technical aspects we are coaching as well," says Dianne

Are you planning a programme for 5-7 years? (8-10 year olds also enjoyed this)

A good idea when planning sessions for younger children is to have a theme.

This one went down very well at a recent holiday programme. Some Mum's told me they had to do it when they got home

Warm Up:

Late for School – a fun activity where children copy the coaches' actions.

Coach tells the story and leads the actions. Exaggerate the actions so everyone is getting a good stretch

"You are asleep (lie on floor) and suddenly wake up and are late for school

(Everything you do is running on the spot but in a hurry.)

Brush your teeth, wash your face, put your clothes on – only a top-run downstairs, run back up (you forgot to put your skirt on) back down stairs, sit down, eat breakfast, pick up your bag, open front door, shut door, run down the street, jump over a fence, look both ways, cross the road etc

Finally arrive at school slowing down, panting and puffing then suddenly stop at the school gates.

They are closed. It is – school holidays/Saturday!

SO

Let's go to the beach!

The rest of the activities at the session will have names appropriate to the beach e.g. Seal Clap, Fish Net, Splash and so on.

Don't forget to go through the reverse at the end of the session—Getting Ready for Bed!

Player of the Day a Problem? Here is a Solution!

Many coaches say they dislike having to select a Player of the Day, especially in younger teams.

One way around this is to decide on the reason for the award each game i.e. "today the WD did exactly as we had practiced and so she receives the award"

Another idea is to have some certificates prepared with the Club logo on and at the end of the match fill in the reason for the award e.g. Great Defending or Awesome Intercept. With these more than one could be given out each week.

It is OK though to be the BEST PLAYER on the day!!

Another way to acknowledge players achievements is to keep a record of which skills they are doing well and mark them off on a certificate for them as they achieve them. They can be achieved either while at training or from match play

Parents as Coaches



When facilitating coach development workshops around the country CoachForce are often asked for tips on "how to handle coaching your own daughter".

If you have been a "parent coach" in this situation and have some ideas you would like to share please send them to the editor, diannem@netballnz.co.nz, and they will be included in the next CoachForce newsletter

Are you Co-Coaching?

As the season is a few weeks old for some coaches the issue of Co-coaching has become a burden for them.

When setting out to co-coach it is important that both coaches get together and discuss openly how they see their roles.

There are no set rules on how to be a co-coach. It depends on the two people involved and what their strengths are.

If you are co-coaching and not enjoying it then insist on sitting down with the other coach and working through your roles.

If you are not sure what solutions there are you may wish to bring in a third person to work through the options with you

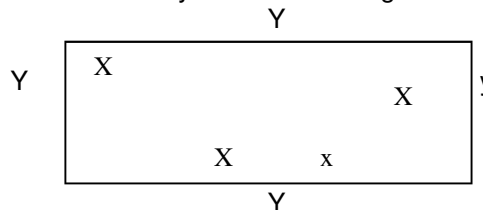
Getting Free in a confined space

2 or 3 teams of 4 players

One third of the court.

One team starts inside the third. They are defending.

Another team spread around the outside of the third, one on each side. They are the attacking team.



Coach tosses a loose ball anywhere in the third. The "outside" team move inside the third and pick up the ball. (Defending team can't start defending until that first ball has been picked up by attacking team.) From that position all team members have to receive a pass in a straight line to gain 1 point. If the defending team prevent them passing in a straight line or intercept the ball= 1 point.

If 2 teams playing:


- after point is scored they swap places

If 3 teams playing

-after point is scored the defending team move out of play and the attacking team become defending team. The third team, which did not participate in the first part, is now attacking.

First team to 10 points.

Things not to tell the players but hope they will figure out:

-  The straight line can be in any direction, even diagonal
- They can throw to each player more than once if required to get someone else into place. i.e. ball may go in both directions along the line

Questions you could ask:

- What did you have to do to beat the defence to the line?
- What could the defence do to make it hard for the attacking team to keep a straight line?

Modifications:

- Increase the playing area.
- Option of straight or square



Sandy's Pearls

(Sandra Edge is a former world class Centre in the Silver Ferns)

Feeding the circle relies on 3 things:

- Receiver to look at the position of the defender and pass the ball as defence is still moving in the opposite direction. It is too late for the pass once the attack is in position
- When on the circle edge use footwork to advantage and help the shooter create the space
- Look away from the circle as it makes the defence relax