



NETBALL NEW ZEALAND
Pōitāwhiri Aotearoa



15 December 2010



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Pōitāwhiri Aotearoa

COACHFORCE



ATTACK

Presented by

BELINDA COLLING and LYN GUNSON

Covering key principles for inside and outside goal circle attack

7 Clinics Nationwide, February early March

- Auckland—Netball Auckland Waitakere
- Blenheim—Netball Tasman
- Gore—Netball Southland
- Hutt Valley— Netball Wellington
- Napier—Eastern Netball
- New Plymouth—Western Netball
- Tauranga—Netball Bay of Plenty

Cost \$35.00



Keep an eye on the NNZ website at mynetball.co.nz
or your Region's website for dates and booking information.

COMING UP IN 2011 WITH COACHFORCE

- January
NZ U21 Training Camp
Apprentice Coach Programme
- February—early March
Attack Clinics
- February—
New Modules released
 - My Little Team & Me
 - Ball Skills
 - Centre Pass
 - Circle Work
 - Through Court
 - Shooting
- September—October
NPC Apprentice Coach Programme
- November 19—20
Coach Umpire Development Seminar— Christchurch



NZU21 Training Camp, Christchurch, January 2011 Apprentice Coach

NNZ CoachForce would like to congratulate **Marianne Delaney** (Wellington) and **Trish O'Brien Wilcox** (Auckland) who were recently appointed as Apprentice Coach's for the NZU21 Camp in Christchurch from 18th – 21st January 2011. Our selection panel was very impressed with the high number of exceptional applications that were received from our netball community - the level of interest and the high caliber of coaches who applied made the selection process incredibly difficult. We would like to take this opportunity to thank all those who took the time to apply, and also to again thank Janine Southby (NZU21 Head Coach) for providing this opportunity to our coaches.

Open Sessions

We are very fortunate that Janine Southby (Head Coach NZU21 Team) has opened some of her team's training sessions for coaches to observe, during the NZU21 team's camp in Christchurch. Content of these training sessions will be varied, but please note they will have a training focus, rather than being match play.

There is no need to register your interest in coming to these sessions, but can you please ensure you arrive **at least 15 minutes prior** to each start time, to avoid any disruption to Janine and the team. Lateness may result in you not being able to attend.

It goes without saying that observing coaches will be watching from a distance and will be asked to retain this distance, again to avoid any disruptions. If time allows Janine may be available to answer any questions you might have at the end of each session.

All sessions will be held at Pioneer Sports and Leisure Centre, 75 Lyttleton Street, Spreydon, Christchurch

Open sessions are as follows:

Tues 18 Jan 3-5pm

Wed 19 Jan 2.30-4pm

Thu 20 Jan 10.30-12pm

for details/enquiries please contact Sue Harris, sueh@netballnz.co.nz, phone 021 760 258

Netball New Zealand recently said farewell to Ivy Topping from the CoachForce Team. Ivy has been a huge part of Netball throughout New Zealand for many, many years. We asked her to detail just what she has accomplished over those years.

My Life in Netball – Ivy Topping

I was dropped from my class team in Year 8, (1956) – I am over it! Luckily the footwork rules were changed shortly after and my stepping problems were over – I was on my way! I went on to play for School A and PE College A in England and from Year 11 at school onwards I have coached every year (often 2 – 4 teams). Teaching and coaching school teams in Sudbury, Suffolk for 2 years; there was no club netball but a group of locals started up a Summer League and I played and coached 'Housewives'!



Ivy (above, centre), with Leigh Gibbs (left) and Dame Lois Muir (right), at her surprise farewell presentation after the Silver Ferns v Jamaica Test in Napier.

This was during the Coach, Umpire Development Seminar held in Napier on the same weekend, one of the many projects of which Ivy organised.

1969; travelled to NZ, straight to Waitara High School where I taught and coached for 20 years+, mixed success over the years but the School A team was promoted to Taranaki Premier Netball in 1991 and TYSONS was formed (I made the decision to open the school team up so we could maintain premier status and Tyson's Garage became our sponsor). By this time I was under the guidance of Betty Carrick (one of the original Bendon Netball Coordinators) and my enthusiasm for coaching sky rocketed.

During the years 1969 – 1992 I coached various WHS teams, Taranaki age groups, Waikato Senior A, Taranaki Senior A and finally the first 3 years of the Western Flyers (the first franchise teams). By this time I was working for NNZ as a SmokeFree Netball Development Officer under NNZ Coaching Director – Lois Muir. I was overcome when she gave me a teddy bear to 'look after me' while I coached Waikato until I found out she gave everyone a teddy bear for any old reason and I was not that special after all! Being restructured out in 2001 was devastating but the good wishes I received from around NZ helped me to get over it and I spent a few years working for Netball Taranaki.



Apprentice Coaches, (above) hard at work during this year's NPC at Auckland/Waitakere.

Another project that Ivy organised for attending coaches. A great experience for coaches to learn from the elite coaches from NZ as well as share in some of Ivy's wisdom and enthusiasm for the game of Netball.

I was 'rescued' from there with the reintroduction of NNZ's support for coaches in 2004. I sincerely believe that the development of the NNZ CoachForce group under the leadership of Leigh Gibbs has been the best single thing that has happened in netball in NZ. I stayed a year beyond retirement time and even then it was a hard decision to reach but however youthful you feel (and look!) the time has to come and my grandkids deserve a lot more of my time.

During all this time, apart from when I did 3 years with the Western Flyers, I have coached Tysons. We won the Taranaki Premier 1 Competition in 2008 and 2010 recently so I will stick with them for a few more years!

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However all the pleasure I gained from playing and from coaching does not compete with the pleasure I have gained from seeing other coaches achieve success far beyond what I achieved (I even hassled Ruth Aitken for a couple of years to complete her Level 3 Award!). This is why I enjoyed my NNZ CF role so much – encouraging coaches to reach for that next step, apply for positions beyond their previous expectations, even just to grow in confidence with who they are coaching – a great feeling!

My farewells from NNZ, regions and Centres have really humbled me and on a couple of occasions I was left speechless (Some of you will not believe it, but true I assure you!) mainly because of the people present. When it comes down to it, it is always the people who make any job and I have been so fortunate to have worked under Lois, Leigh and alongside Dianne McTigue, Adrienne Morrin, Robyn Broughton, Sue Harris and Noeline Scott. Long may the NNZ Coach Force Group remain and hopefully grow in number so individual coaches can receive even more support. I wish all you coaches out there a great Christmas and all the very best for your coaching aspirations from now on.

Maori Sports Awards 2010

Congratulations to Adrienne Morrin (NNZ Secondary Schools Coach) who was a finalist in the Maori Sports Award– Maori Coach of the Year. Adrienne said it was “a privilege to be part of the awards”. She was named alongside some exceptional talent this year including the Coach of the Year winner Stephen Kearney – Rugby League.



PRACTICE SESSION IDEAS— GOAL DEFENCE

Intercepting drills where they learn to make judgements about which passes they can/cannot intercept.

Aerobic training – running, swimming, cycling etc.

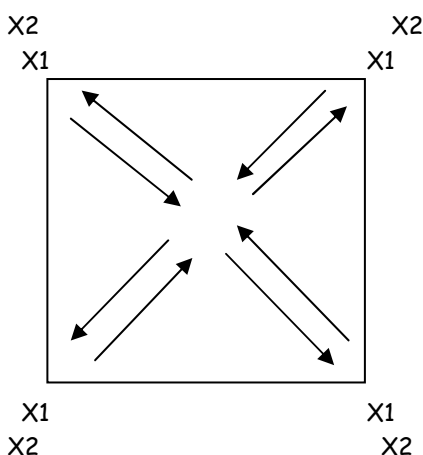
Restrictive marking drills and all phases of 1 on 1 defence;

- zero phase— The readiness and preparation of the defender on the attacker
- 1st phase—marking opponent closely to contest or restrict their opponent from receiving a pass
- 2nd phase—marking over the ball at 0.9M or dropping into space to limit passing options
- 3rd phase—working to restrict or dictate that attacking player's next movement



Congratulations to Netball Coach Valetta Wipiri, Hamilton, who won the SPARC Lifetime Volunteer Award for Waikato 2010. To see why Valetta loves coaching netball and why she is devoted to the people she coaches, go to the following link:

<http://www.sparc.org.nz/en-nz/About-SPARC/Video-and-Interviews/>



WARM UP —

Sport Specific Exercise, 'Star Relay'

In 2's or 3's at each corner of the centre third. All 4 Player numbered 1 run in a star formation – into the centre circle, out to next corner, in, out to next corner and so on until back at their own corner.

Meanwhile other members of each team perform one of the following – crunches, press ups, medicine ball passing, passing against the wall etc.

When Player 1 returns, Player 2 starts the Star run and Players 1 and 3 perform the passing or exercise tasks.

Coach Development Framework

NNZ's Coach Development Framework which replaced the previous NNZ Coach Accreditation programme now has a 'Coach Accreditation Pathway' attached to it. Please refer to the pathway diagram below.

Beginning Coaches have the resources of My Little Team and Me (for coaches of Primary School teams), My Team & Me (for coaches of Secondary School and lower club teams) and the 'Starting out in Coaching' module to support them with their Coaching. The 'Community Coach Award' will be awarded to coaches who have attended the five modules as listed on the diagram. As coaches move towards the 'Performance Coach Award' they will have the assistance of mentoring from NNZ CoachForce or NNZ approved personnel. The further advanced modules for the 'Performance Coach' will be released late 2011 early 2012. NNZ is committed to having Coaches in NZ engage in ongoing development and the delivery of quality coaching.

For any enquiries contact your nearest CoachForce personnel.



COACH ACCREDITATION PATHWAY

