

NZage group
NETBALL CHAMPIONSHIPS
NZU21
NETBALL CHAMPIONSHIPS

Congratulations to the successful teams at
The NZ Age Group Championships
held recently in Nelson

GRAND FINAL RESULT:

Otago 60 —
Canterbury 59

Otago
Coach—Lauren Piebenga
Manager—Paula Kay-Rogers

Canterbury
Coach—Rachel Parkin
Assistant Coach—Andrea Cousins
Manager—Kathy Donnison



Tournament Team Players

Auckland Waitakere — Kelly Griffin

Canterbury — Ellen Halpenny, Gemma Hazeldine, Joanna Trip, Jane Watson

Otago — Gina Crampton, Te Paea Selby-Rickett, Kate Shearer

Waikato — Elsa Brown, Elias Shadrock, Alix Stevens

Western — Jodi Beaumont

NZU19
NETBALL CHAMPIONSHIPS

GRAND FINAL RESULT:
Auckland Waitakere 29 —
Wellington 24

Auckland Waitakere
Coach—Barbara Brewer
Manager—Kaylee Dawson

Wellington
Coach—Sue Bentley
Assistant Coach—Sharon Gold
Manager—Kelly Newbold



Tournament Team Players

Auckland Waitakere — Tera-Maria Amani, Jessica Bourke, Erikana Pederson, Geneva Tavita

Christchurch — Elizabeth Hayman

Wellington — Laura-Meg McGlone, Olivia Dunn, Nicola Mackle, Emma Weenink



Congratulations to the successful teams at
The NZ U17 Netball Championships
held recently in Hamilton

GRAND FINAL RESULT:
Wellington 29 –
Counties Manukau 27

Wellington
Coach – Wai Taumaunu
Assistant Coach – David Marquis
Manager – Margaret Perry

Counties Manukau
Coach – Delwyn Sanders
Manager – Kathryn Garner



Tournament Team Players

Auckland Netball Centre – Shekynah Clarke

Counties Manukau – Chanelle Campbell, Stephanie Collins, Elizabeth Ene, Ashley Fennessy, Nicole Jensen, Olivia van Diepen

Hamilton City – Waimara Anderson-Springer, Nikki Crombie, Jess Shed, Shiray Tane, Dawn Wakeli de Bruin,

North - Aisha Bower, Temalisi Fakahokotau, Eteta Tangimetua

North Harbour – Brooke Adams

South Canterbury – Kate McFarlane

Wellington – Maggie Bone, Alexandra Dunn, Crystal Lawrence, Sharnii Lintern, Emma Mayo, Victoria Miller

Skill – Passing & Catching; Ball Control Activities

Progressively these get more difficult

- Hot Potato – The ball is quickly passed from hand to hand in front of the body.
- Hot Potato Challenge – As above but now the coach will call out a number e.g.: 1 = hot potato at eye level, 2 = hot potato at hip level, 3 = hot potato at knee level.
- Body Circle – The ball is circled around the waist – change direction.
- Body Circle Challenge – Coach to call out the body part to be circled e.g. head, ankles, hips, knees, and waist.
- Figure 8's – The players stand with legs apart and create a figure 8 by taking the ball around a leg, through the middle and around the other leg. Change direction.
- Figure 8 Challenger – Players all line up on a line and then while walking continue to make figure 8's around their legs. Increase the tempo to jogging.
- Turn and Catch – Ball is thrown into the air and the player turns 180°, and then catches the ball after they have turned. Then try turning 360°.
- Stand Up – Player sits on the ground and tosses the ball into the air. Without using hands the player must stand up to catch the ball.
- Pretty Clever – The ball is held behind the head, dropped and then caught behind their back. Once they have mastered this, add in that they toss the ball up over their head and then catch it behind their back.
- The Ultimate – The ball is thrown over the players head, and then they bend to put their hands between the legs at knee/ankle height to catch the ball behind them. Timing is critical.

2011 Emerging Talent Selectors Observations

Over the course of the NZAGC and the National U17 tournaments while observing individual player performances, the National selectors noticed the following aspects of play:

NZ Age Group Championships



WHAT'S WORKING

Shooting accuracy improved on 2010
 Using triangles around the attacking circle
 Speed of play on attack, but at times can be a little too fast
 Using a variety of defensive strategies e.g. zone, 1 on 1 marking
 While the 1 on 1 defensive marking has improved this needs to continue to be developed
 Bench players warming up before the end of the quarter

WHAT NEEDS WORK

Looking into the circle on attack
 Taking high ball strongly and at it's height
 Passing around 0.9m defence
 Passing accuracy – placement and feeding
 Shooters going ball side to receive the pass
 Footwork – stalking and stepping on when passing
 Defence bring the ball down the court on attack
 Circle defence sighting and going for the intercept when ball is close to the goal circle
 Movement around the attacker by in circle defence
 Increased awareness of how to create turnover opportunities rather than reacting to the attacker
 Communication between defence on who is going for what and working in the defence unit
 Use of the bench – planning ahead to get players on court as well as resting key players for the key games

NZ U17 Championships



WHAT'S WORKING

Defence bring the ball through court on attack
 Mid court players linking well with the defence end
 Using triangles around the attacking goal circle
 Speed of ball
 Some use of deception
 Bench players warming up before the end of the quarter

WHAT NEEDS WORK

Shooting technique
 Landing balanced, turning and pivoting away from the defence to gain an advantage
 Increased movement by shooters and not relying on holding
 Increased length on attack
 Meeting the ball hard, 'actively catching' the ball and displacing the defence when taking the ball
 GA entry into the circle – not running in behind the defence
 Shooters going ball side to receive the pass
 Placement and quality of the pass around the goal circle
 Body angles on defence in order to see the player they are marking and the play through court
 Circle defence sighting and going for the intercept when ball is close to the goal circle
 Unit defence – working together
 WD/C covering the circle edge – increase purpose and effectiveness when defending close to the circle
 Bench players warming up before the end of the quarter

POSITIONAL INFORMATION – Centre



Physical

Height is not a priority although a very short centre does have problems to overcome such as the opposition centre using 0.9metre marking at the centre pass. A good aerobic level of fitness, speed and agility are essential.

Mental

Centres are closely involved in the game at all stages so need good work ethic, concentration and be a positive influence on all players.

Skills

Able to execute a variety of passes and in particular lob, bounce and fake passes to feed the shooters along with the WA.

What will set one Centre to stand higher than another would be their ability to be as strong on defence as on attack.

Tactical

Passing the ball at the Centre pass safely to another team member who is allowed into the Centre third. This can be to a pattern or code or just by reading where and how players are positioned and rationalising who will be available and where.

Act as a link between defending and attacking players.

Play a major role in balancing the court by keeping wide as the ball comes down the court and driving into the middle only if or when needed.

COACHING TIPS

“It takes 20 years to become an overnight success.
Successful coaches have by a combination of experience,
skill, education and practice,
developed ways and means of getting the best out
of themselves and their athletes.”

Here are 51–75 of 101 Coaching Tips to help you achieve your coaching goals.



www.sportscoachingbrain.com

51. Be innovative. Be creative. Dare to be different.
52. Try not to over-coach. You don't need to talk ALL the time.
53. Never lose confidence in yourself. You can do it!
54. Encourage your athlete to have ownership of the program.
55. Maintain good appearance, look like a professional.
56. Technology is your ally not your enemy. Use it wisely.
57. When the going gets tough, the tough get going. Mental toughness is still a key component of successful competition.
58. Adopt the D.R.A.M.A. approach " Do, Record, Analyse, Modify, Act"
59. Confront problems calmly by talking directly with the athlete – don't rely on rumour, relayed messages or other second hand methods of communication. If a message **can be** misinterpreted it **already has been**.
60. Empathise not sympathise.
61. Keep the reasons you coach at the forefront of your mind and your goals close to your heart.
62. Desire: keep the dream alive, everyday. Motivation is a lifestyle not a one off event.
63. What makes a great coach? Great athletes!
64. Be firm and fair.
65. Build your program around the five "E's": **Equity, Excellence, Empathy and Empowerment**.
66. Share a joke, not sarcasm, just a funny joke, when appropriate.
67. Field questions and throw back answers. Challenge athletes to discover the answers for themselves and to learn lessons.
68. Observe, ponder, respond, be an observer of human behaviour.
69. Share experiences willingly.
70. Establish open and effective communication with all stakeholders, parents, athletes, administrators, officials and important others.
71. When in doubt, pause and check it out. Don't be afraid to say "I don't know".
72. Employ actions that minimise risk. The primary responsibility of all coaches is the **safety** of their athletes.
73. Encourage your athlete recovering from injury by involving them in the program in some capacity. Everyone is needed and everyone belongs.
74. Subscribe to this Blog!
75. Be aware of and carry out your legal responsibilities.