

**Congratulations to the successful teams  
at The Lion Foundation Netball Champs  
held recently in Porirua, Wellington**

**DIVISION 1  
FINAL RESULT:  
Canterbury 63 —  
Otago 59**

**Canterbury**

Coach—Tania Hoffman  
Assistant Coach—Helen Bryant  
Manager—Clare Kissick

**Otago**

Coach—Deb Tasi-Cordtz  
Assistant Coach—Lauren Piebenga  
Manager—Clare Malthus



Canterbury Coaches  
Helen Bryant (left) and  
Tania Hoffman

**LION FOUNDATION  
NETBALL CHAMPS**

**DIVISION 2  
1st — Trust Waikato**

Coach—Karen Henrikson  
Manager—Karina Goldsmith

**Tournament Team Players**

**Auckland Waitakere —**

Portia Woodman

**Bay of Plenty — Arahī Wall**

**Canterbury — Anna Galvan**

Charlotte Kight

Maree Bowden

Sophia Fenwick

**Otago — Shannon Francois**

Te Paea Selby-Rickitt

Louise Thayer

**Waikato — Keshia Grant**

**ALSO ANNOUNCED AT THE CONCLUSION OF THE LFNC WERE THE  
FOLLOWING SQUADS FOR 2011-2012**

**National Accelerant Squad**

**Auckland Waitakere —** Portia Woodman

**Canterbury —** Ellen Halpenny

**North—**Jess Moulds

**Otago —** Shannon Francois

**Wellington—**Daya Pritchard

**Western—**Amber Bellringer

**Waikato —** Jess Tuki

**NZ U21 Squad**

**Auckland Waitakere—**Tera-Maria Amani,

Jess Bourke, Erikana Pederson

**Canterbury—**Sophia Fenwick, Gemma Hazeldine

**Counties Manukau—**Kirsten Hurley

**Otago—**Stacey Peeters, Storm Purvis,

Te Paea Selby-Rickitt

**Wellington—**Nicola Mackie, Emma Weenink

**Western—**Sheridan Bignall

**Emerging Talent Accelerant Squad**

**Bay of Plenty—**Sam Sinclair

**Canterbury—**Elizabeth Hayman, Sarah Hayman

**Counties Manukau—**Nadia Loveday

**Wellington—**Laura McClone

**Western—**Brooke Leaver, Greer Patterson.

This squad is a group of players selected by the National Selectors who have the potential in the next two to three years to compete for a place in the Silver Ferns



National Accelerant Squad members — left to right.  
Ellen Halpenny, Shannon Francois, Amber Bellringer,  
Portia Woodman, Jess Moulds and Jess Tuki.. Absent  
Daya Pritchard

The NZU21 and Emerging Talent squad players will be in contention for the NZU21 Team to compete in the World Youth Championships to be held in Glasgow, England in 2013.



## 2011 LION FOUNDATION APPRENTICE COACH PROGRAMME

NNZ's Apprentice Coach Programme was held again this year in conjunction with the LFNC, and once again it proved to be a most valuable and rewarding experience for those involved.

Apprentice Coaches from **Wellington** (Helen Markham), **Bay of Plenty** (Megan Lacy), **Otago** (Marie Holden), **Eastern** (Annemarie Kupa-Petera), **Canterbury** (Lisa Armstrong), **Counties Manukau** (Vicki Morgan), **North** (Kelly Cameron), **Southland** (Shan Jensen-Loach), **Auckland/Waitakere** (Lina Luta) and **Western** (Leanne Matuku) all took part in the programme which provided them with a 'fly on the wall' experience. These Apprentice Coaches spent time linked with their LFNC teams and were exposed to selections, trainings and round robin games, the programme culminated in Wellington during finals week.

We were exceptionally lucky to have a wide range of awesome presenters available to us for the finals week who delivered information on:

### Working with the Media

Alex Spence - NNZ Media and Communications Manager

### The importance of covering the basics

Sandra Edge – CoachForce Manager Netball Wellington and Former Silver Fern

### Netball New Zealand's High Performance Programme

Gaylene Eyre – NNZ National Player Development Manager

### Opposition Analysis

Leigh Gibbs – Current Canterbury Tactix Coach, former Silver Fern Head & Assistant Coach and Player

Adrienne Morrin – Current NZU21 Assistant Coach, current Counties Manukau LMC Head Coach, former Auckland Diamonds Assistant Coach and current NNZ CoachForce Manager

### Coaching in a High Performance Environment

Janine Southby – Current NZU21 Head Coach, Current Steel Co-Coach, former Rebels Coach and former Young Internationals player

### Working with your Manager

Lady Sheryl Wells – Former Silver Ferns Manager, former Auckland Waitakere U21 manager and current President of Netball New Zealand

As mentioned this was a very successful programme, and would not have been possible without the help of all the Regions and Head Coaches involved. So to those people we say a very big 'thank you'. Here are a few comments from some of the Apprentice Coaches involved in this year's programme:

- "Thank you to all our guest speakers. Enjoyed and leant heaps from all the sessions. Will take this experience with me and apply it to my coaching"
- "Thoroughly enjoyed the week here. Have leant a lot not just from the guest speakers but from the other Apprentice Coaches"
- "I have learnt so much, not only with the coaches but also from older, experienced players"



APPRENTICE COACH  
PROGRAMME PRESENTERS

PHOTO TOP – left  
Sheryl Lady Wells

PHOTO RIGHT – standing  
Sandra Edge



APPRENTICE COACHES—PHOTO ABOVE  
From front left – right: Kelly Cameron,  
Megan Lacy, Helen Markham  
From back left – right: Marie Holden,  
Annemarie Kupa-Petera, Shan Jensen-Loach,  
Vicki Morgan

Adrienne Morrin NNZ U21 Assistant Coach and NNZ CoachForce Manager, was awarded a Prime Ministers Scholarship from SPARC this year.  
Adrienne reports on her trip to Australia.

This Scholarship allowed me to travel to Australia to spend four days with Skill Acquisition Specialist Damian Farrow. Damian has worked with a wide range of sub-elite and elite level AIS programs and National Sporting Organisations including Cricket Australia, AFL, Tennis Australia, Netball Australia and Australian Rugby Union. His research interests centre on understanding the factors critical to developing sport expertise, with a particular interest in the role of perceptual-cognitive skill and practice methodology.

The purpose of my visit was to gain a better understanding of:

How the various elements of skill acquisition can be integrated into the high performance programme of Netball New Zealand.

How to best affect/ influence change and growth of a player through improved skill acquisition methods - to enhance the transition into an elite environment such as ANZ Championship and NNZ Teams for developing elite players.

What methods have been researched that I can use to ensure sustained learning in a player, getting it to stick, particularly under game pressure?

What methods could I use to measure progress?

There are many aspects of skill acquisition that I need to explore and practise further in my coaching in relation to the questions above, however the main aspect of my discussions with Damian that quickly interested me was the critical distinction between **performance or learning trainings**. Was I as a coach just affecting performance (short term improvement that isn't retained) or alternatively using approaches which would more likely lead to skill learning? Did I have a complete understanding of the player's ability and how they learnt? Were they novices or experts at a particular skill?

From a team sport perspective, while there will always be player's who are naturally more talented than others, coaches can still improve their players ability to improve their skills read play and hence make better decisions. Using the various tools of Skill Acquisition widely and effectively in reference to a particular player should result in permanent change in that player's ability and be able to be sustained under pressure.

In discussions with Damian it reinforced that our coaches at grass roots were still one of the biggest influences on the style of player we are coaching at national level, and that our player centred philosophy in netball has us heading in the right direction when enhancing a players learning. Damian stated "research suggests that players who come through a problem solving, game based environment are more flexible learners".

In the near future CoachForce will be writing an Advanced Module on Skill Acquisition. In the meantime while NNZ have some skill acquisition tools such as questioning and feedback weaved throughout their current modules if you are interested in the subject read and explore as much as you can from books and the internet.

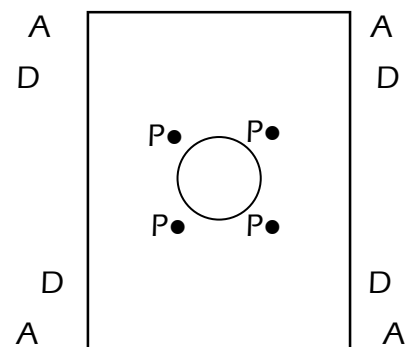
## Tactic – Defence of the Centre Pass

Set up in 3's as shown with 1 ball between 3; 1 attacker, 1 defender and 1 passer

The passers each stand near the centre circle. 1 attacker and 1 defender are in the goal third with the defender on the inside of the attacker (closer to the middle of the court). The aim of each D is to force their A high and wide to receive a pass, never letting her move to the inside to receive a closer pass.

The idea of this is to try and make the attacking player receive the ball high and wide as it makes the following passes to the goal circle more difficult.

After 3 – 4 turns, rotate positions in 3's.



## POSITIONAL INFORMATION – GOAL SHOOT

### Physical

Ideally tall! Uses explosive movement for getting free and jumping, flexible, strong core strength.

### Mental

Confident, good concentration, resilience, good work ethic, ability to train alone.

### Skills

Shooting action – consistent, avoids umpire involvement, does not allow defence interference (e.g. has a high shot). Work on what the player has to start with and improve on it – each shooter does not have to have an identical shot.

Variety – as shooters become more confident – encourage lay-ups, jump shots, falling out of court shots etc.

Getting Free – variety – use of space behind, side and in front – change of direction, change of pace, roll, half roll, drive and drop, straight drive and others.

Passing and catching – always accurate – a team works hard to get the ball to GS – if she loses possession before even putting up a shot – it can be demoralising for the team.

### Tactical

Quick decisions - as to when/if to go out of circle; when/if to shoot or pass to receive back or pass to set up a triangle.



## 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 76–101 of 101 Coaching Tips to help you achieve your coaching goals.

76. Efficient coaches take responsibility for their own effectiveness.
77. Self-reflection is your constant companion: be your own best critic but strive to be objective rather than self destructive.
78. Recognise the contribution of others, players, parents, officials, assistants, facility maintenance staff, everyone enjoys being appreciated.
79. Recognise, publicise, and reward. Praise in public, criticise in private.
80. Lead from the front and support from the rear.
81. The coach is the creator of positive experiences.
82. Proper prior planning prevents pitifully poor performance.
83. Praise and positive reinforcement are tools for the coach.
84. Think about what you say before you say it. Then watch for reactions to your words before saying anything else.
85. Body language replaces many words: Its not what you say but how you say it.
86. A nod is as good as a wink.
87. Coaching is a two-way process: The athlete *feels* but can't *see*, the coach *sees* but can't *feel*.
88. Get to know something personal about your athletes. They are people who have chosen to play sport: not just sportspeople.
89. Holistically challenge your athlete mental skills can be developed just like physical skills.
90. Athletes listen when the coach listens to them.
91. Know when to say **no**.
92. Demonstrate, explain, demonstrate again, practice and give constructive feedback.
93. Concentrate on the performance not the outcome.
94. Process goals (how to achieve) should predominate over outcome goals (what to achieve).
95. Facilitate motivation by allowing athletes to fulfill their goals in some way at every session.
96. Coach your athletes to distinguish between attainable and unobtainable but to never stop dreaming of what's possible.
97. Buy a video and refine your filming and reviewing skills.
98. Sports officials give your athletes the best opportunity to achieve the best result – work alongside them. Welcome them into your program and invite them to provide input.
99. To coach well you'll need to know the **current** interpretation of your sports rules and regulations.
100. The coach has a great opportunity to easily expand their social circle, you'll never be lonely.
101. Last year's programs produce last year's results. Resist the temptation to coach by routine and habit.