



Coach Development Framework

MODULES EXPLAINED

TOINC - Taking Off Into Netball Coaching

This module must be completed by 'new' or inexperienced coaches, before any others are started. It is a self directed, inter-active learning module and takes approximately 40 minutes to complete and looks at various aspects of being a coach. A link to this module is available at the bottom of the home page of Netball New Zealand's MyNetball website: www.mynetball.co.nz. Coaches are asked to print the on-line certificate of completion and place this in their Coaching Toolkit for future reference.

SOIC - Starting Out In Coaching

This module works through the Coaching Toolkit resource folder. It provides opportunities for coaches to share ideas and learn more about running training sessions during the season, structuring warm-ups, skill sessions, tactical components and also introduces TGfU ideas. Participants work together to familiarise themselves with their Toolkit resource, and facilitate TGfU activities from the toolkit that are relevant to their coaching communities.

PCC - Player Centred Coaching

Pre-requisites for this module are TOINC and SOIC. Please note: Coaches who have 5+ years of experience or who have completed their L2 or 3 in the previous NNZ Accreditation system are exempt from this pre-requisite requirement. They are however, encouraged to attend the PCC module regardless of their experience.

This module explores TGfU in more detail than the previous SOIC module. Participants also look at leadership styles and effective use of questioning as they design and coach a TGfU activity with the rest of the group.

This module is the pre-requisite for all other modules.

Where to next?

After completing TOINC, SOIC and PCC modules, coaches can choose which modules they wish to do, and in which order they would like to do them. Some modules have pre requisites other than PCC, e.g. Attack 1 must be done before Attack 2. In all cases the maximum number of participants per module is 15 due to the nature of the group-work.

Current NNZ Level 2/3 Coaches and/or coaches with 5+ years coaching experience

Coaches who have attended and successfully gained NNZ Level 2 and 3 Accreditation have covered the following modules:

- ❖ Taking off into Netball Coaching
- ❖ Starting Out In Coaching
- ❖ Team building
- ❖ Fit for the season
- ❖ Attack 1

- ❖ Defence 1
- ❖ Planning 1
- ❖ Skill Analysis 1
- ❖ Selecting
- ❖ Game Analysis 1
- ❖ Communicating and Managing Others

Reminder: It is recommended all coaches attend the Player Centred Coaching Module.
 NB: There are parts of other modules which Level 3 coaches will have covered but not significant enough to consider them as having been completed

Coaches may apply to NNZ CoachForce or NNZ Talent Development Manager for Recognition of Prior Learning (RPL) in regard to completion of the above modules.

OVERVIEW OF CONTENT OF OTHER MODULES

Attack 1

Understanding learning styles
 Netball specific — technical & tactical
 Developing player's self awareness

Planning 1

Practice and game day planning
 Season planning
 Evaluation methods and modifications

Game Analysis 1

Identifying and analyzing tactical aspects of the game
 Developing team talks

Defence 1

Phases of defence
 Exploring the stages of skill learning

Mental Skills 1

Develop an understanding of basic Mental skills
 Identify ways of applying principles to benefit player performance &

Selecting

Establishing policies & procedures
 Developing processes for selecting

Skill Analysis 1

Biomechanics of netball movement
 Skill correction
 Constraints led approach to coaching

Tournament Planning

Managing information, resources, equipment and budgets
 Organising daily schedules
 Bench management

Communicating & Managing Others

Tools and systems to assist the coach with communication
 People management in a team environment

Fit For The Season

Basic principles of conditioning for Netball
 Basic nutrition for netball
NB: Current 1st Aid Certificate recommended

Team Building

Team building activities
 Establishing team values
 Developing a team vision

REPRESENTATIVE TEAM COACH APPOINTMENTS

NNZ recommends the following modules should be completed by coaches applying for representative coaching positions:

Module	Yr 7 & 8/ Dev Prog.	U15 Rep	U17 Rep	U19 Rep	U21Rep	Open Rep
PCC	√	√	√	√	√	√
Selecting 1	√	√	√	√	√	√
Attack 1	√	√	√	√	√	√
Defence 1	√	√	√	√	√	√
Game Analysis		√	√	√	√	√
Skill Analysis			√	√	√	√
Planning 1	√	√	√	√	√	√
Communicating & Managing & Others	√	√	√	√	√	√
Team Building	√	√	√	√	√	√
Tournament Planning			√	√	√	√
Mental Skills		√	√	√	√	√
Fit for the Season	√	√	√	√	√	√
Enhancing Performance				√	√	√
Game Analysis 2					√	√
Skill Analysis 2						√

NB: NNZ would recommend the completion of the above modules OR suggest that coaches applying for rep positions should be working towards completing these modules.