



June 2011

NNZ COMMUNITY COACH AWARD

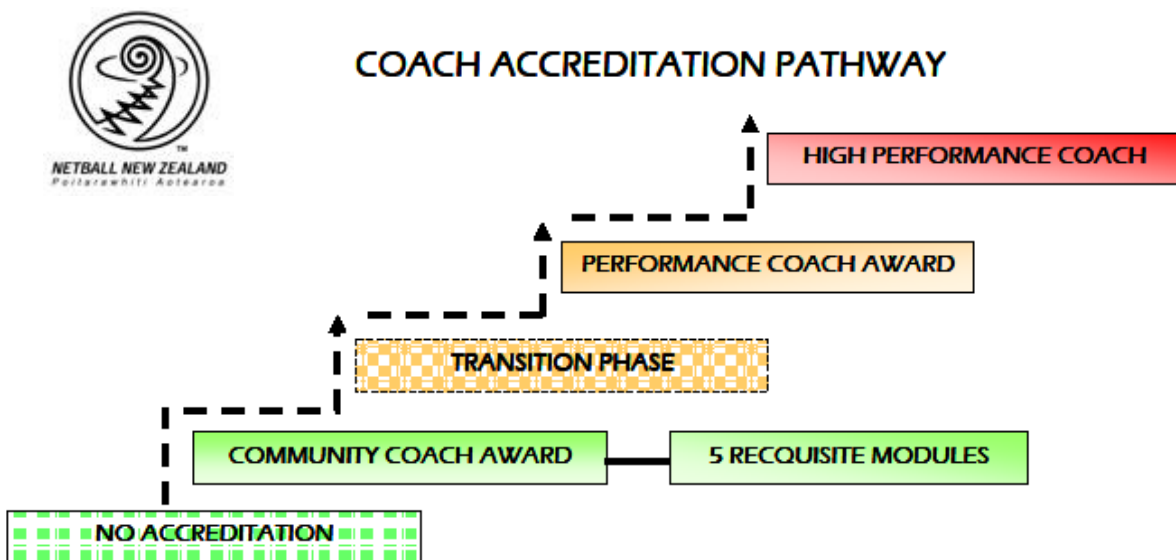
Marama Lynch from Christchurch is the first coach in NZ to apply for The NNZ Community Coach Award. Marama has coached the Lincoln High school A Team for the past nine years, and has also been involved with the Technical Netball Club in Christchurch as both a player and coach for the last 10 years. Marama completed her NNZ Level 2 accreditation in 2007, and has now moved into Netball New Zealand's new accreditation pathway.



Marama Lynch,
NNZ Community Coach

COACHFORCE EXTENDS THEIR
CONGRATULATIONS TO MARAMA

For further details go to www.mynetball.co.nz click on the 'Coach' tab then the 'Coach development and framework' tab.



POSITIONAL INFORMATION – Goal Keep

Physical

Ideally tall! Explosive and fast to go for intercepts. Good elevation for rebounds.

Mental

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

Skills

Defence in the Circle – this entails the full 3 phases of defence – close 1 on 1 marking, defence of the shot, screening out, rebounding, giving a good outlet pass and backing up after the pass. GK's also need to have good time with an explosive take off to attack the ball being passed to anyone outside the circle, anywhere in the goal third.

Tactical

Communication with GD and also C and WD in order to prevent the ball reaching the circle/circle edge. This starts when the ball is in the far goal third and it takes a lot of practise to realise where the most likely passes are going. Goal Keepers should communicate with her GD when they intend to leave the circle so that GD can interchange with them if needed.



SILVER FERN'S & NZ Under 21 TRAINING SESSIONS

A large number of coaches across the country took up the opportunity to observe the Silver Ferns and NZ U21 teams during training in their lead up to The New World Netball Series. Both teams toured the country prior to the New World Netball Series where the NZ U21 Team played the curtain raiser against Australia 21U prior to the test matches.

CoachForce wish to extend our thanks to thank Ruth Aiken and Janine Southby for making these sessions available.

The feedback was fantastic and we hope to offer this opportunity during October when the Silver Fern's verse England in NZ..

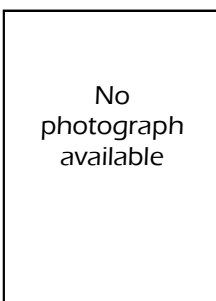


Winnie Hauraki (Auckland) and Rachelle Semmens (Palmerston North) were accepted to attend the NZSS Camp in Auckland in May this year



WINNIE HAURAKI

"This program was very worthwhile, further raising my awareness regarding a high performance environment – manipulating scenarios to provide intensity in drills & training environment. This was an absolutely invaluable opportunity for all coaches particularly community coaches & regional coaches who strive to challenge themselves which then rolls out to their players"



No photograph available

RACHELLE SEMMENS

"It was great being able to work with a mentor like Leigh Gibbs her knowledge was invaluable. I hope Netball NZ will continue this programme as it has deepened my desire to become a High Level Coach. Thanks to Helene, Nat, Claire and Jenny for allowing me to come into their sessions and thanks to Leigh for her support over the weekend. And thank you Netball NZ for providing a weekend like this."

Thanks too from NNZ to Helene and Natalie and their team management for providing this opportunity for our coaches.

Skill – Getting Past 2 Defenders; TGfU–2 In 2 Out

2 equal teams, one team defending and one team attacking, set up as shown around 2 areas approximately 6m x 6m

A1 starts with the ball outside area 1, two defenders in each area

A2 and A3 may start anywhere outside their own area

A1 passes to A2 who must receive in area 1

A2 passes to A3 who must receive in area 2

A3 passes out to A4

A2 and A3 leave their respective areas as soon as they have passed the ball. The ball then goes back the opposite way – from A4 to A3 in area 2 and A2 in area 1 until an error or turn-over is made. The total number of passes is counted

Rotate attackers, defenders and passers until all have had a turn in each position

Who are the best players at beating two defenders?

MODIFICATIONS

Relax the order as long as someone gets free in each square alternately (requires greater communication).

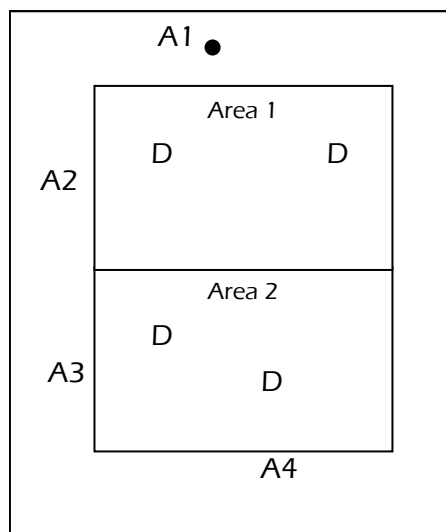
Pass in order A1 – A2 – A3 - A4 but players can get free in any square.

QUESTIONS

What skills enable you to get free against two defenders?

What can you do on defence to make it harder for the attackers to receive a pass?

When in a game may you have to beat 2 defenders?



COACHFORCE WORKING OVERSEAS

Sue Harris (NNZ CoachForce, Upper South Island) recently spent some time in Rarotonga working. Sue provides up with an insight to her trip.

I was very fortunate to be asked to visit Rarotonga in early June, to work with Cook Islands Netball and provide facilitator training to enable coaches to deliver Netball New Zealand's My Little Team & Me (MLT&M), My Team & Me (MT&M) workshops, and Starting Out in Coaching (SOIC) module. Eight coaches took part in this programme over a very busy 5 ½ day period, and all received their certificates to facilitate the above-mentioned workshops and module. The hope is that these newly trained facilitators will be able to travel to the outer islands and deliver these to other Cook Island coaches, as well as to those living in Rarotonga.

While we all worked extremely hard during the week, there were plenty of laughs, excellent debates and animated discussions, and new relationships formed; as is always the case when a group of coaches come together.

It was an extremely rewarding week for me personally. Once again I was lucky to experience the wonderfully friendliness of the Cook Islands people, and of course sample some of the local fare. I made some new friends and rekindled relationships from previous visits and once again found myself learning new things from working alongside other coaches. The only downside for me during the week was that I had to replace my 10+ year old pair of jandals for some new ones that didn't slip. Somehow it doesn't seem right to be buying jandals in June, or having a blister between my toes from wearing them!

My thanks go to Briar Martindale (NNZ Pacific Partnership & Oceania Manager) for inviting me to deliver this training and her tireless work in this area, and Leigh Gibbs (NNZ Community Netball Manager) for letting me go in what is a very busy time for us in NNZ CoachForce. Thanks too to Dianne McTigue (NNZ Umpire Development Manager) for the continuous entertainment while we were away.



THE GROUP OF COACHES SUE WORKED WITH; HARD AT WORK



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 themselves and their athletes.”

Here are 26–50 of 101 Coaching Tips to help you achieve your coaching goals.

- 26 Give an ounce of information and a ton of practice.
- 27 Communicate – clearly, concisely, calmly, constructively, consistently and cleverly.
- 28 Seek out a critical friend. They are your greatest asset.
- 29 Help develop your sport not just your current athletes.
- 30 Mix with successful people. Success breeds success.
- 31 Delegate, delegate, delegate, give athletes, assistants, parents and officials responsibility for aspects of your (their) program.
- 32 Enthusiasm, encouragement, energy = Excellence.
- 33 Look for things to improve in yourself.
- 34 Have fun. Life is short.
- 35 It is easy to coach athletes when they are performing well. Do you have the ability to help athletes (and yourself) deal with the tough times.
- 36 Focus on the long term even when trying to achieve in the short term.
- 37 Contribute to the development of other coaches. You may learn from teaching and students are often the best teachers of all.
- 38 Listen to your athletes.
- 39 Develop peripheral vision – in your mind.
- 40 Present information at coaching courses and workshops. Be willing to share.
- 41 Treat athletes like customers – coaching is the ultimate in client service.
- 42 Read journals from alternative industries and seek out principles that you can apply to sporting situations.
- 43 Be flexible in your methods and approach.
- 44 Embrace the principle “For the love of it, not the money in it!”
- 45 Athletes develop confidence through competence. Nothing develops confidence like a thorough preparation.
- 46 Constantly challenge yourself and your athletes.
- 47 Create a safe, stimulating, interesting training environment where athletes enjoy coming to train.
- 48 In preparing athletes: leave nothing to chance, nothing untested: don't rely on luck: make your own!
- 49 Do your homework. Know the strengths and weakness of your athletes, yourself, your opposition. Know the standards, what are the world records, national records, state records, regional records, and club records, what are your goals?
- 50 Look to help each athlete achieve their best, no matter what that level is. Not all athletes want to be the world champion.



www.sportscoachingbrain.com

NZage group
NETBALL CHAMPIONSHIPS

Netball Tasman are hosting the 2011 Age Group Champs from Monday 18th to Thursday 21st July, at Saxton Stadium

CoachForce wish all those participating the very best, especially the coaches, assistant coaches and team management who are working hard to ensure they have provided all the knowledge and skills they can for their players

Go the
Silver Ferns

2011 World Netball Championships

sky sport

Sky Sport will be bringing you LIVE coverage of the 2011 World Netball Championships in Singapore. Be sure to catch the replay on PRIME which will play within 1.5 hours of the LIVE game.

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