

LOIS MUIR CHALLENGE

The Lois Muir Challenge culminated with a Finals Weekend during April, Hosted by Netball North.

Congratulations to the Auckland/Waitakere Team who won the Lois Muir Challenge Cup for the 2011 Netball Season, with an exciting extra time win in the final game of the tournament against Western



Coach:

TeAroha Keenan

Assistant Coaches:

Paula Smith

Barbara Brewerr

Lisa Dullabh

Manager:

Rebecca Siebert

Primary Care:

Sharon Choie

Team:

Aleesha Coulter

Kelly Griffin

Charlene Halapua

Amy Harte

Tuaine Keenan

Amy Latu

Darrell Leota

Bailey Mes

Leigh-Moana Manihera

Kayla Mcalister

Jaime McCafferty

Mei Ling Refiti

Rebecca Robinson

Portia Woodman



The winning Auckland Waitakere Team

OTHER PLACINGS

2nd Western

3rd Bay of Plenty

4th Otago

5th Cook Strait

6th Waikato

7th Canterbury

8th Southland

9th North

10th Counties Manukau

Coach

Assistant Coach

Coach

Apprentice Coach

Coach

Assistant Coach

Apprentice Coach

Coach

Assistant Coach

Coach

Assistant Coach

Coach

Assistant Coach

Coach

Assistant Coach

Coach

Assistant Coach

Coach

Assistant Coach

Nicole Dryden

John Atkins

Carol Holt

Megan Lacy

Georgina Salter

Noeline Scott

Kate Mihaere

Barbara Webster

Ann Hay

Philamena Beale

Delwyn Spedding

Sue Harris

Rachel Stead

Natalie Avellino

Reinga Te Huia

Marcia Hardcastle

Sandra Hawkin

Adrienne Morrin

Tania Heap

SILVER FERN'S & NZ Under 21 TRAINING SESSIONS

CoachForce are pleased to announce that there will once again be sessions available for coaches to observe the Silver Fern and NZ Under 21 teams during training this year. Both teams tour the country prior to the New World Netball Series where the NZ U21 Team will play the curtain raiser against Australia 21U prior to the test matches.

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

Details below

PLEASE NOTE:

It would be appreciated if coaches could only select one session to attend

Further sessions will be available during October in conjunction with the Silver Fern's vs. England Test Series.



COACH DEVELOPMENT OPPORTUNITY



BACKGROUND

- To provide an opportunity for coaches to observe the Silver Fern's team training
- Coaches must meet all expenses such as travel, meals and accommodation

ELIGIBILITY CRITERIA

- A maximum limit of 20 coaches will be accepted to attend per training
- Coaches will be selected by a 'first in' basis
- Applicants are asked to complete the following

A. CONTACT DETAILS (Please print clearly)

NAME:

ADDRESS:

TELEPHONE

Home:

Cell:

E-MAIL:

SIGNATURE:

DATE:

PLEASE FORWARD YOUR APPLICATION TO:
Application forms can also be downloaded from mynetball.co.nz

Noeline Scott
Address: 57 Gormack St, Balclutha, 9230
Telephone: 03 418 0199 027 418 0199
Email: noelines@netballnz.co.nz

CLOSING DATE FOR APPLICATIONS:
Monday 23rd May 2011

B. PLEASE INDICATE WHICH TRAINING SESSION YOU WISH TO ATTEND (Please Select 1 Session by Ticking Box)

NZ U21 vs. Australia 21U

Session details:
Saturday 4th June, 12:30 – 2:30 pm
Walter Nash Stadium
Lower Hutt

Silver Ferns vs. Australia

Session details:
Saturday 4th June, 4:00 – 6:30 pm
Walter Nash Stadium
Lower Hutt

NZ U21 vs. Australia 21U

Session details:
Sunday 5th June, 11:00 am – 1:00 pm
Walter Nash Stadium
Lower Hutt

Silver Ferns vs. Australia

Session details:
Wednesday 8th June, 10:00 am – 12:00 pm
Arena Manawatu (Arena 3)
Palmerston North

NZ U21 vs. Australia 21U

Session details:
Wednesday 8th June, 5:00 pm – 7:00 pm
Arena Manawatu
Palmerston North

Silver Ferns vs. Australia

Session details:
Saturday 11th June, 10:00 am – 12:00 pm
AUT Sport & Fitness Centre
North Cote

NZ U21 vs. Australia 21U

Session details:
Saturday 11th June, 9:00 am – 11:00 am
Mount Albert Grammar School (TBC)
Auckland

POSITIONAL INFORMATION – Goal Attack

Physical

Ideally tall but shorter players can use their greater speed and agility to be successful in this position. Good aerobic fitness.

Mental

Hard work ethic to work equally hard on attack as on defence, confident and mentally tough.

Skills

An accurate shooter, a subtle, accurate feeder (e.g. fake passing), ability to get free in a small space with a variety of attacking moves.

Tactical

Ability to make good decisions about when, where and how to enter the circle, work with GS to create safe feeding options for the feeders, work with WA to provide a 1st or 2nd phase option for the centre pass.



Skill – Footwork; TGfU Pivot Tag

	<p>No. of Players: Teams of 3 or 4</p> <p>Area: 1/3 of the netball court</p> <p>Equipment: Bibs or Bands</p> <p>Players are divided into 3 or 4 teams and each team is assigned a colour e.g. red, blue and yellow.</p> <p>Coach calls a colour e.g. red and that team becomes the taggers.</p> <p>When a player has been tagged, they must pivot 360° on their right foot and then swap and pivot 360° on their left foot before they are free.</p> <p>The tagging team aim to tag all players before they can pivot out.</p> <p>Coach can change the tagging team at anytime.</p>
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NNZ COACHFORCE NEW MODULES RELEASED

At the beginning of the year CoachForce released five new developing coaches modules, please see below.

While CoachForce have been facilitating these modules around the country, check your Region's website for upcoming modules.

BALL SKILLS

Assist player development with passing variety, pass selection, delivery and accuracy of passes.
Enhance a players ability to control the ball.

THROUGH COURT

Game principles for through court attack & defence.
Implement tactical strategies.
Identify through court issues & counters.

SHOOTING

Sequential steps involved in a successful shot.
Activities that will assist the development of shooters, including skill correction, shooting roles & movement.

CENTRE PASS

Understand game principles for centre pass attack & defence.
Implement tactical strategies.
Identify centre pass issues & counters.

CIRCLE WORK

Shooters working together in the goal circle to increase scoring opportunities
Circle defence working together to create turnovers.
Defence of shot strategies.

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 25 of 101 Coaching Tips to help you achieve your coaching goals.

1. Plan.
2. Develop communication skills and never stop trying to improve them.
3. Learn to effectively utilise the Internet and email.
4. Never stop learning. Learning is for life.
5. Be open-minded. Never say, never.
6. What you may lack in knowledge, make up for with enthusiasm, desire and passion.
7. Be a role model for your athletes.
8. Accept constructive criticism as a positive. Learn from mistakes, take steps to improve from the experience and move on.
9. Allocate time every day for personal health and fitness.
10. Keep a detailed diary and record work actually done by athletes not just what was planned to be done.
11. Embrace effective change.
12. Use sports science wisely. The art of coaching drives the science of performance.
13. Seek out information – don't wait for the "secret to success" to fall into your lap.
14. Coach with your heart but don't forget the basics. Secure adequate training facilities, keep good records, observe O.H. and S principles, and maintain a commitment to safety and equity. Having the "nuts and bolts" organised allows you to focus on what you do best – working with athletes.
15. Believe in your athletes – they believe in you.
16. Steal ideas from others sports (and improve on them).
17. Strive to make yourself redundant – develop coach independent athletes.
18. Listen with your eyes and watch with your ears.
19. Attitude + application + ability = achievement.
20. Coach the person not the athlete. Coach the person not the performance.
21. Develop a network and support structure. Be a resource manager.
22. Best, better, brilliant – there's always room for improvement.
23. What you believe will happen, will happen. What the mind can conceive it will achieve.
24. Persistence pays – never give up.
25. Learn basic business skills. Understand the basics of insurance. Be familiar with legal liability. Understand the basics of taxation and the tax system.



COACHFORCE ATTACK CLINICS

During February and March this year CoachForce hosted seven nationwide clinics focusing on the key principles for inside and outside goal circle attack. These clinics provided a fantastic opportunity not only for the observing coaches but also for the players who put their hand up to demonstrate the activities and have the chance to work with such great coaches.

A special thanks to Leigh and Belinda for facilitating the clinics, for those who attended the clinics they will be pleased to know that Belinda, Charlie and their family welcomed a healthy baby girl, Marley.

If the feedback is anything to go by it was a fantastic experience.

"Both presenters were passionate, humorous and detailed in their explanations with good emphasis on basic skills performed at the highest level and the importance of hard work."

"Was expecting rocket science! Once again though it was a relief to know there is none. Having said that some very clear messages came out that players and those attending really took on board that they could relate to with the intent of improving attacking skills. Excellent progression."