

**PLAN ➤ PREPARE ➤ PERFORM**

Saturday 24<sup>th</sup> November 2018 Sports & Rugby Institute Palmerston North  
Attendees split into 2 groups MATAU and NGAKAU with access to all sessions

8:30-9:00am	<p><u>Check in and Registrations:</u> <b>Netball Central Zone Staff</b> will be on hand to welcome you to the Sports &amp; Rugby Institute (SRI) Please check in at the registration table in the SRI Foyer</p>
9:00-9:15am	<p><u>Welcome, Introductions and Overview:</u> Provided by <b>Vai Tuita'alili</b> - Events Manager, <b>Fran Scholey</b> – CEO and <b>Tash Rowlands</b> - Coach Lead (Netball Central Zone) SRI Conference Room</p>
9:15-9:45am	<p><u>2018 Review &amp; Reflection</u> <b>Tania Karauria</b> - National Coaching Manager, Netball New Zealand Tania will provide a forum for coaches to review and reflect on the challenges and successes of the 2018 season and identify the areas of development that will provide the most value and gain in 2019 SRI Conference Room</p>
10:00-11:00am and 11:15-12:15pm	<p><u>Exploring Game Design - Understanding Games</u> <b>Dr Dennis Slade</b> – Senior Lecturer Massey University, Author of Transforming Play, NZ representative TGfU Int. Advisory Board Dennis' practical session will explore three progressions of game design to enhance player's understanding of games. Players will have opportunities to change game structures to achieve success and consider how they can manipulate rules to reflect their tactical approaches. Insights will be provided on how this may change aspects of the coaching process. Massey University Activity Centre and Teaching Gym</p> <p><u>Developing Team Culture &amp; Leadership in Youth Sport</u> <b>Lana McCarthy</b> – Assistant Lecturer in Physical Education, Massey University, Netball Central Zone Performance Coach Lana's workshop will include an overview of her recent PhD study investigating Team Culture &amp; Leadership within the Silver Ferns from 1960-2015, followed by her insights and perspective on developing team culture with a high school netball team. Interactive group discussions will encourage coaches to think, discuss, and share their thoughts on specific scenarios and issues they may face in the 2019 season. SRI Syndicate Room</p>
12:15-12:45pm	<p>LUNCH BREAK: full lunch, hot drinks and beverages available outside the SRI Conference Room</p>

12:45-1:45pm	<p><u>Performing Under Pressure: A Primer for Coaches</u>  <b>Professor Emeritus Gary Hermansson ONZM</b> – Director Hermansson-Webb Associates Ltd, Legend of Sport – Sport Manawatu  Gary's session will explore how the mind and body function under pressure, with consideration to both players and coaches. The aim is to develop understanding and provide strategies for enhancing performance.  SRI Conference Room</p>
2:00-3:00pm and 3:15-4:15pm	<p><u>Taking the drill to the game: It's not just about How to Coach, but What to Coach</u>  <b>Yvonne Willering ONZM</b> – Former Silver Ferns Player and Head Coach, Member of the International Coaching Advisory Board  Yvonne's workshop will help coaches explore "What type of player are you?" This will provide understanding for coaches as to how players behave and react at training sessions and in the team environment, and why.  Massey University Activity Centre and Teaching Gym</p>
	<p><u>Preparing for the Season – How to Build Resilient Players in the Pre-Season</u>  <b>Lee Spence</b> - NetballSmart Development Officer Netball Central Zone  Lee's interactive session will focus on the planning of a pre-season programme and how to best utilise this period to build physically resilient and capable netballers who can cope with the demands of the game and the season to come.  SRI Green Room</p>
4:30-5:00pm	<p><u>Bringing it Together for 2019</u>  <b>Tania Karauria</b> National Coaching Manager, Netball New Zealand  Using the knowledge gained from today's workshops and activities Tania will help coaches bring their learnings together to formulate a plan for 2019. Coaches will be encouraged to network and build connections across Central Zone and utilize the following few months to finalize their preparations for next year.  SRI Conference Room</p>
5:00-5:30pm	<p><u>Feedback and Farewells</u>  <b>Vai Tuita'alili</b> Events Manager Netball Central Zone  <b>Tash Rowlands</b> Zone Coach Lead Netball Central Zone  Participants share feedback and comments on the 2018 forum and provide recommendations for 2019  SRI Conference Room</p>

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[www.sporty.co.nz/viewform/76297](http://www.sporty.co.nz/viewform/76297)



QUERIES TO: TASH ROWLANDS  
COACH LEAD NETBALL CENTRAL  
021 244 6125

[coachdevelopment@netballcentral.co.nz](mailto:coachdevelopment@netballcentral.co.nz)