



Netball Central

Poitarawhiti Ngakau

COACH SUPPORT

1 July – 31 December 2018



Photo credit: Andy Radka, Above Ground Level Photography @abovegroundlevelphoto

“A Coach will impact more young people in a year than the average person does in a lifetime”

Billy Graham

Are you a Netball Coach looking for new ideas?
Want to provide a better experience for your players?
Seeking informal opportunities to grow your coaching?

Whether you're a first timer or an expert there is targeted and relevant coaching support available to you across Netball Central Zone in 2018.



The role of a sports Coach can be a challenging but very rewarding one. Coaches play a key role in supporting the development of athletes and the desire to motivate individuals to be engaged in sport for life.

Coaches are influential people who are passionate about sport and passionate about supporting others. The majority of sports coaches in New Zealand are unpaid volunteers who give their time and energy to help others.

THANK YOU FOR TAKING ON THE ROLE OF COACH!

ENJOY THE JOURNEY & PASS ON THE PASSION!



NETBALL
NEW ZEALAND

We live this game.

NETBALL CENTRAL ZONE

Netball Central Zone was established in 2012 and encompasses the Taranaki, Whanganui, Manawatu, Hawkes Bay and Wellington regions. The Zone is made up of 13 Netball Centres who oversee the management and administration of netball competition and programmes from foundation, through community, to performance level.

The Zone works alongside our Centres and Netball New Zealand to ensure appropriate courses and development opportunities are provided to netball coaches at all levels. This booklet outlines the coach development and support co-ordinated and managed by Netball Central Zone, in collaboration with our 13 Netball Centres.

Many of our Centres also provide their own coach development opportunities. For more information contact your local Netball Centre.



Netball Central

Poitarawhiti Ngakau

ASB Sports Centre
72 Kemp Street
Kilbirnie

WELLINGTON

(04) 387 6005

www.netballcentral.co.nz

CENTRES IN NETBALL CENTRAL ZONE

HORIZONS REGION



Materoa Matamua
Netball Horowhenua

Levin

06 364 8636

admin@netballhorowhenua.org.nz



Whitney Henderson

Netball Manawatu

Palmerston North

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Rangitikei Netball Centre

Marton

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Netball Taihape

Taihape

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WELLINGTON REGION



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Kapi Mana Netball Centre
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04 974 5673
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TARANAKI REGION



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06 759 0930 extn 734
ndo@netballtaranaki.org.nz

HAWKES BAY REGION



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Dannevirke
06 374 5278
philamenabeale@yahoo.co.nz



Denise Aiolupotea
Hawkes Bay Netball
Hastings
06 650 2896
development@hbnetball.co.nz

NETBALL CENTRAL ZONE ANNUAL COACHING CONFERENCE

Netball Central Zone host a one-day Coaching Conference each year that provides the opportunity for coaches to engage with a variety of industry experts while adding to their coaching repertoire. The day consists of a number of workshops that are facilitated by experts from various areas of the sports and netball industries.

In 2017 the Great Coaches, Great Athletes Conference included many of New Zealand sporting greats including guest speaker Mark Sorenson, Waimarama Taumaunu MBE, Yvette McCausland Durie and Irene Van Dyk. Workshops were a mixture of theory and practical sessions that catered for Community and Performance level coaches.



**Netball Central Zone 2017 Coach Conference
Guest Speaker Mark Sorenson**

The 2018 NCZ Coaching Conference will be held at the Sports & Rugby Institute, Massey University, Palmerston North on **Saturday 24th November**. Block out this date in your calendars - another great opportunity for coaches at all levels. Netball Central Zone is pleased to announce our first facilitators in 2018:



Tania Karauria
National Manager
Coach Development
Netball New Zealand



Dr Dennis Slade
Senior Lecturer Massey University
Author of Transforming Play



**Professor Emeritus
Gary Hermansson ONZM**
Member of the NZ Olympic Order
Legend of Sport – Sport Manawatu



Lana McCarthy
Assistant Lecturer in Physical
Education Massey University
Master of Sport & Exercise

Further information and registrations will be available in September.

FILL YOUR KETE! COACHING WORKSHOPS



FILL YOUR KETE coaching workshops are provided by Netball Central Zone for Coaches to gain new knowledge, ideas and skills to add to their Coaching kete, basket or toolkit.

These workshops are informal opportunities for Coaches to:

- build confidence and self-awareness
- gain knowledge in a specific topic area
- collaborate and share experiences
- have fun and enjoy learning something new

FILL YOUR KETE Coaching workshops are available to Coaches at all levels. Workshops are 2 hours in duration with a maximum charge of \$20 and no formal assessment.

In 2017, these informal workshops included sessions led by former Silver Ferns Leana De Bruin and Jodi Brown MNZM and current Silver Ferns Performance Analyst Dr Bobby Willcox.



2018 FILL YOUR KETE! WORKSHOPS:

NETBALL WELLINGTON CENTRE

Waimarama Taumaunu MBE

Sunday 1st July

Dynamic Defence: space marking and creating intercepts

Register at: <https://www.sporty.co.nz/viewform/75710>

NETBALL TARANAKI

Pelesa Semu

Wednesday 8th August

Shooting fundamentals and player profiles for GS and GA

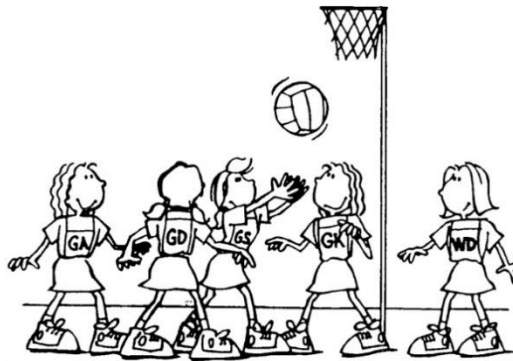
Registrations coming soon



Photo credit: Andy Radka Above Ground Level Photography @abovegroundlevelphoto



MY TEAM & ME COACHING WORKSHOP



The My Team & Me coaching workshop is targeted to youth and beginner coaches of intermediate, secondary school and club teams. The course provides foundation tools for coaches to use in practice to support the development of their players.

Coaches receive a 46-page resource which contains 12 complete training sessions with Warm Up, Skill Development, Tactical Development and Warm Down activities.

MY TEAM & ME WORKSHOPS 2018:

KAPI MANA	Monday	2 July	4pm
KAPITI	Monday	23 July	4pm
RANGITIKEI	Sunday	12 August	10am

To register visit: <https://www.sporty.co.nz/viewform/71040>



NETBALL
NEW ZEALAND

COACH DEVELOPMENT FRAMEWORK

The NNZ Coach Development Framework has been designed to develop coaches at all levels of the game. It provides a vision and structure for improving knowledge and delivery of Netball coaching in NZ. The aim is to produce confident coaches who provide quality learning experiences to their athletes and teams.

The NNZ Coach Development Framework has four coaching communities:

- Foundation
- Community
- Performance
- High Performance

Accreditation is optional; however, Netball New Zealand and Netball Central Zone encourage Centres to appoint only accredited coaches to representative positions.

Modules include formal and informal education, theory and practical learning activities. Workshops cater to a wide range of learning styles and are aligned to the stages of player development.



COMMUNITY COACH AWARD LEVEL 1

To obtain the Community Coach Level 1 Award:

1: Complete 3 online modules: Introduction to Netball Rules, NetballSmart Growing Physical Capacity and Player Centred Coaching at:

<https://netballnz.brackenlearning.com/> use join code **ccapr18**

2: Attend 9 workshops:

Attacking Fundamentals

Defence

Player Centred Coaching

Shooting

Team Culture

Building Effective Relationships

Planning – Season & Session

Selecting

Skill Analysis

Once you have completed the 2 online modules and 9 workshops please contact your local Netball Centre who will receive your Award.

COMMUNITY COACH LEVEL 1 TOPICS COVERED:

Attacking Fundamentals: fundamental ball skills, catching and passing, attacking strategies and techniques.

Building Effective Relationships: communication, learning styles, people and conflict management.

Defence: skill learning, man to man defence, open and closed marking, intercepting, 3foot mark, restrictive defence.

Planning – Season & Session: weekly and game day planning, seasonal planning, evaluation methods.

Player Centred Coaching: teaching games for understanding, learner centred coaching, effective questioning, coaching reflection.

Selecting: selection policies and processes, skill and talent identification, selection and trial scenarios.

Shooting: shooting technique, GS & GA roles and responsibilities, shooter movement.

Skill Analysis: analysis of skills and body movement, skill modification.

Team Culture: values, goal setting, team dynamics, how to build a positive team culture.

COMMUNITY COACH AWARD LEVEL 2

To obtain the Community Coach Level 2 Award:

1: Attend 7 workshops:

Centre Pass

Developing Physical Capacity

Mental Skills

Through Court

Circle Work

Game Analysis

Planning Annual Tournaments

2: Complete a Coach Observation

Once you have attended the 7 workshops please contact your local Netball Centre who will co-ordinate your Coach Observation in collaboration with Netball Central Zone. When your Coach Observation is completed your local Centre will receive your Award.

COMMUNITY COACH LEVEL 2 TOPICS COVERED:

Centre Pass: centre pass attack and defence, skill development and game principles in relation to the centre pass.

Circle Work: circle work attack and defence, skill development and game principles in relation to circle work.

Developing Physical Capacity: NetballSmart philosophy, SMART preparation, SMART training, SMART warm up, cool down & recovery, SMART movement, SMART injury management.

Game Analysis: tactical analysis, game plans, team talks. Workshops will be held at the same time as local games where coaches will have the opportunity to analyse and evaluate their observations.

Mental Skills: goal setting, imagery, visualisation, feedback & self-talk, mindfulness.

Planning Annual Tournaments: preparation, logistics, budgeting, bench management, running sheets.

Through Court: through court attack and defence, skill development and game principles in relation to through court attack and defence.

2018 NNZ COMMUNITY COACH WORKSHOPS

The following pages outline the Netball New Zealand **Community Coach (CCA)** workshops available from 1 July to 31 December 2018 across Netball Central Zone. With the exception of Player Centred Coaching (3 hours) all workshops are 2.5 hours in duration. Any changes to the following schedule will be notified in due course.

Registration forms and payment information is available at:

Horizons Region: www.sporty.co.nz/viewform/75713

Wellington Region: www.sporty.co.nz/viewform/75712

Taranaki Region: coming soon

Hawkes Bay Region: coming soon

NNZ CCA WORKSHOPS LISTED BY REGION

HORIZONS REGION

MANAWATU

Attacking Fundamentals	Sunday	12	August	10am
Shooting	Sunday	16	September	10am
Through Court	Thursday	27	September	6pm
Mental Skills	Friday	23	November	6pm

TAIHAPE

Planning	Saturday	8	September	10am
Defence	Saturday	8	September	1pm

WHANGANUI

TBC

WELLINGTON REGION

HUTT VALLEY

Planning Annual Tournaments	Tuesday	16	October	6:30pm
Attacking Fundamentals	Tuesday	6	November	6:30pm
Skill Analysis	Tuesday	13	November	6:30pm

KAPI MANA

Selecting	Wednesday	24	October	6:30pm
Team Culture	Wednesday	7	November	6:30pm
Developing Physical Capacity	Wednesday	21	November	6:30pm

KAPITI

Building Effective Relationships	Thursday	18	October	6:30pm
Mental Skills	Thursday	1	November	6:30pm
Centre Pass	Thursday	15	November	6:30pm

WAIRARAPA

Skill Analysis	Wednesday	19	September	6pm
Planning	Wednesday	3	October	6pm
Through Court	Wednesday	17	October	6pm
Player Centred Coaching	Wednesday	31	October	6pm
Mental Skills	Wednesday	14	November	6pm

WELLINGTON

Through Court	Saturday	15	September	TBC
Game Analysis	Sunday	16	September	TBC
Mental Skills	Monday	24	September	6:30pm
Shooting	Monday	1	October	6:30pm
Player Centred Coaching	Monday	8	October	6:30pm
Planning	Monday	15	October	6:30pm
Developing Physical Capacity	Monday	29	October	6:30pm
Circle Work	Monday	5	November	6:30pm
Defence	Monday	12	November	6:30pm
Attacking Fundamentals	Monday	19	November	6:30pm

TARANAKI REGION

NEW PLYMOUTH

Player Centred Coaching	Monday	3	September	6pm
Building Effective Relationships	Monday	10	September	6pm
Planning	Monday	17	September	6pm
Team Culture	Monday	24	September	6pm
Skill Analysis	Monday	1	October	6pm
Defence	Monday	8	October	6pm
Shooting	Monday	15	October	6pm
Attacking Fundamentals	Monday	22	October	6pm
Selecting	Monday	29	October	6pm
Circle Work	Monday	5	November	6pm
Centre Pass	Monday	12	November	6pm
Through Court	Monday	19	November	6pm
Mental Skills	Monday	26	November	6pm
Planning Annual Tournaments	Monday	3	December	6pm
Game Analysis	Monday	10	December	6pm

STRATFORD

Player Centred Coaching	Wednesday	5	September	6pm
Building Effective Relationships	Wednesday	12	September	6pm
Planning	Wednesday	19	September	6pm
Team Culture	Wednesday	26	September	6pm
Skill Analysis	Wednesday	3	October	6pm
Defence	Wednesday	10	October	6pm
Shooting	Wednesday	17	October	6pm
Attacking Fundamentals	Wednesday	24	October	6pm
Selecting	Wednesday	31	October	6pm
Circle Work	Wednesday	7	November	6pm
Centre Pass	Wednesday	14	November	6pm
Through Court	Wednesday	21	November	6pm
Mental Skills	Wednesday	28	November	6pm
Planning Annual Tournaments	Wednesday	5	December	6pm
Game Analysis	Wednesday	12	December	6pm

HAWKES BAY REGION

HAWKES BAY

Skill Analysis	Saturday	3	November	10am
Shooting	Saturday	3	November	1pm
Developing Physical Capacity	Sunday	4	November	10am



SPORT NEW ZEALAND

Sport New Zealand (Sport NZ) is the national governing body for Sport & Recreation in New Zealand. The Sport NZ website has a variety of useful information, tools and resources for coaches including access to New Zealand Coach online magazine and Get Started in Coaching and Safety Net introductory online modules.

Visit their website www.sportnz.org.nz:

“Sport New Zealand is proud to be the guardian of our country’s world-leading sporting system, from grassroots through to elite sport.”

Sport New Zealand’s outcomes and priorities:

- more young people engaging in more sport and recreation
- more adults engaging in more sport and recreation and
- more winners on the world stage.

Source: <https://www.sportnz.org.nz>



REGIONAL SPORTS TRUSTS

REGIONAL SPORTS TRUSTS (RSTs) provide support, information and advice to sports coaches. RSTs have knowledgeable and experienced staff who can provide support to coaches at all levels. Within Netball Central Zone there are 5 RSTs who provide a range of learning opportunities to support and develop coaches. For more information please contact your local Regional Sports Trust:

Sport Hawke's Bay

Pettigrew-Green Arena 480 Gloucester Street Taradale Napier

www.sporthb.net.nz

active@sporthb.net.nz

06 845 9333

Sport Manawatu

56 - 62 Queen Street Palmerston North

www.sportmanawatu.org.nz

website@sportmanawatu.org.nz

06 357 5349

Sport Whanganui

40 Maria Place Extension Whanganui

www.sportwhanganui.co.nz

info@sportwhanganui.co.nz

06 349 2300

Sport Taranaki

No. 2 Field, Yarrow Stadium Maratahu New Plymouth

www.sporttaranaki.org.nz

info@sporttaranaki.org.nz

06 759 0930

Sport Wellington

Level 1, 223 Thorndon Quay Thorndon Wellington

www.sportwellington.org.nz

info@sportwellington.org.nz

04 380 2070

RECORD OF LEARNING

For coaches wanting to complete the Community Coach Level 1 & 2 Awards use this page to keep track of the modules and workshops you've completed

COMMUNITY COACH AWARD LEVEL 1

Online Module	Date Completed
Introduction to Netball Rules	
NetballSmart – Growing Physical Capacity	
Player Centred Coaching	
Workshop	Date Attended
Attacking Fundamentals	
Building Effective Relationships	
Defence	
Planning – Season & Session	
Player Centred Coaching	
Selecting	
Shooting	
Skill Analysis	
Team Culture	

COMMUNITY COACH AWARD LEVEL 2

Workshop	Date Attended
Centre Pass	
Circle Work	
Developing Physical Capacity	
Game Analysis	
Mental Skills	
Planning Annual Tournaments	
Through Court	
	Date Completed
Coach Observation	