



Netball Central

Poitarawhiti Ngakau

COACH SUPPORT

1 January – 30 June 2018



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

*“COACHING IS TAKING
PLAYERS WHERE THEY CAN'T
TAKE THEMSELVES”*

Bill McCartney, AFL coach

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's
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 provide their own coach development opportunities. For more information please 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

06 350 2963

ndo@netballmanawatu.org.nz



Keita Quader

Rangitikei Netball Centre

Marton

06 327 8229

rangitikeinetball@gmail.com



Sharlene Sincock

Netball Taihape

Taihape

027 434 3989

sharlene.sincock@nzdf.mil.nz



Walter Edmonds

Netball Whanganui

Whanganui

06 281 3625

ndo@netballwhanganui.co.nz

WELLINGTON REGION



Kirsten Behl
Netball Hutt Valley
Lower Hutt
04 567 5971
admin@netballhuttvalley.co.nz



Lee Adamason
Kapi Mana Netball Centre
Porirua
04 237 6252
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Carmell Wagg
Coastlands Netball Kapiti
Paraparaumu
04 902 4632
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Sandy Biel
Netball Wairarapa
Masterton
06 377 3734
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Maria Hegarty
Netball Wellington Centre
Hataitai Wellington
04 974 5673
ndo@netballwellington.co.nz

TARANAKI REGION



Ann Rodgers
Netball Taranaki
New Plymouth
06 759 0930 extn 734
ndo@netballtaranaki.org.nz

HAWKES BAY REGION



Tina Todd
Dannevirke Netball Centre
Dannevirke
06 374 5278



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

NETBALL CENTRAL ZONE



Tash Rowlands
Coach Development Officer
04 387 6031
021 244 6125
coachdevelopment@netballcentral.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 a number of New Zealand sporting greats including guest speaker Mark Sorenson, Waimarama Taumanu 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.

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. Further info and registrations will be available mid-2018.



Mark Sorenson Guest Speaker 2017 Coach Conference

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:

HAWKES BAY NETBALL CENTRE

Charissa Barham

Waimarama Taumanu MBE

Saturday 24th March 1pm

Sunday 25th March 12pm

NETBALL MANAWATU

Sandra Edge

Sunday 25th March

Following the Centre Pass Community Coach workshop

NETBALL WAIRARAPA

Sandra Edge

Sunday 15th April

During coverage of the Commonwealth Games Netball Final

NETBALL HUTT VALLEY

Waimarama Taumanu MBE

Change of Date TBA

NETBALL WELLINGTON CENTRE

Yvonne Willering ONZM

Saturday 24th February

Waimarama Taumanu MBE

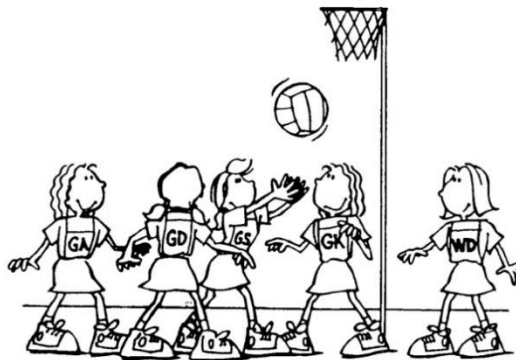
Sunday 1st July

Further sessions and registration forms will be available in February.



Photo credits: 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 45+ page resource which contains 12 complete training sessions with Warm Up, Skill Development, Tactical Development and Warm Down activities.

MY TEAM & ME WORKSHOPS 2018:

TAIHAPE	Wednesday	4 April	6pm
DANNEVIRKE	Sunday	22 April	Time TBA
WAIRARAPA	Thursday	3 May	6pm
WAIRARAPA	Tuesday	29 May	6pm

Additional My Team & Me workshops are expected to be confirmed in February when registrations will also be available. These workshops are also provided by a number of Centres within Netball Central Zone. Please contact your local Netball Centre for more information.



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 2 online modules:

Introduction to Netball Rules and NetballSmart Growing Physical Capacity:

<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 January to 30 June 2018 across Netball Central Zone. With the exception of Player Centred Coaching (3 hours) all workshops are 2.5 hours in duration.

Workshops for the period 1 July to 31 December 2018 will be available in April. Any changes to the following schedule will be notified in due course. Online registration forms and payment information will be available by the end of January.

NNZ CCA WORKSHOPS LISTED BY REGION

HORIZONS REGION

HOROWHENUA

Selecting	Sunday	18	March	10am
Centre Pass	Saturday	21	April	9am
Skill Analysis	Thursday	17	May	6pm
Through Court	Sunday	27	May	10am

MANAWATU

Player Centred Coaching	Sunday	4	March	10am
Planning	Sunday	4	March	1:30pm
Centre Pass	Sunday	25	March	10am
Game Analysis	Tuesday	3	April	6pm
Developing Physical Capacity	Thursday	24	May	6pm

WHANGANUI

Attacking Fundamentals	Sunday	25	February	9:30am
Shooting	Sunday	11	March	9:30am
Planning	Friday	6	April	6pm
Defence	Sunday	29	April	9:30am
Building Effective Relationships	Sunday	20	May	9:30am

WELLINGTON REGION

HUTT VALLEY

Selecting	Sunday	11	February	10am
Planning	Saturday	3	March	10am
Circle Work	Saturday	3	March	1pm
Game Analysis	Monday	12	March	6:30pm
Developing Physical Capacity	Monday	19	March	6:30pm
Team Culture	Tuesday	22	May	6:30pm

KAPI MANA

Skill Analysis	Sunday	8	April	10am
Shooting	Sunday	8	April	1pm
Through Court	Thursday	12	April	6:30pm
Player Centred Coaching	Tuesday	1	May	6pm
Game Analysis	Sunday	13	May	1:30pm
Attacking Fundamentals	Tuesday	15	May	6:30pm

KAPITI

Planning	Thursday	15	February	6:30pm
Defence	Tuesday	20	February	6:30pm
Team Culture	Thursday	15	March	6:30pm
Player Centred Coaching	Tuesday	20	March	6pm
Circle Work	Thursday	5	April	6:30pm
Mental Skills	Thursday	10	May	6:30pm

WELLINGTON

Player Centred Coaching	Thursday	22	February	6pm
Developing Physical Capacity	Monday	26	February	6:30pm
Mental Skills	Monday	5	March	6:30pm
Defence	Saturday	10	March	10am
Attacking Fundamentals	Saturday	10	March	1pm
Shooting	Sunday	11	March	10am
Centre Pass	Sunday	11	March	1pm
Team Culture	Monday	26	March	6:30pm
Building Effective Relationships	Monday	9	April	6:30pm
Planning Annual Tournaments	Monday	21	May	6:30pm
Skill Analysis	Monday	28	May	6:30pm

WAIRARAPA

Selecting	Wednesday	7	February	6:30pm
CARTERTON Game Analysis	Wednesday	28	February	6:30pm
Shooting	Saturday	17	March	10am
Defence	Saturday	17	March	1pm
Attacking Fundamentals	Wednesday	11	April	6:30pm

TARANAKI REGION

STRATFORD

Planning	Monday	22	January	6pm
Selecting	Monday	29	January	6pm
Team Culture	Monday	5	February	6pm
Building Effective Relationships	Monday	12	February	6pm
Skill Analysis	Monday	19	February	6pm
Attacking Fundamentals	Monday	26	February	6pm
Shooting	Monday	5	March	6pm
Defence	Monday	12	March	6pm
Player Centred Coaching	Monday	19	March	6pm
Through Court	Monday	26	March	6pm

NEW PLYMOUTH

Planning	Tuesday	23	January	6pm
Selecting	Tuesday	30	January	6pm
Team Culture	Tuesday	6	February	6pm
Building Effective Relationships	Tuesday	13	February	6pm
Skill Analysis	Tuesday	20	February	6pm
Attacking Fundamentals	Tuesday	27	February	6pm
Shooting	Tuesday	6	March	6pm
Defence	Tuesday	13	March	6pm
Player Centred Coaching	Tuesday	20	March	6pm
Through Court	Tuesday	27	March	6pm

HAWERA

Planning	Wednesday	24	January	6pm
Selecting	Wednesday	31	January	6pm
Team Culture	Wednesday	7	February	6pm
Building Effective Relationships	Wednesday	14	February	6pm
Skill Analysis	Wednesday	21	February	6pm
Attacking Fundamentals	Wednesday	28	February	6pm
Shooting	Wednesday	7	March	6pm
Defence	Wednesday	14	March	6pm
Player Centred Coaching	Wednesday	21	March	6pm
Through Court	Wednesday	28	March	6pm

TARANAKI – VENUE TBA

Centre Pass	Monday	9	April	6pm
Mental Skills	Wednesday	11	April	6pm
Circle Work	Monday	16	April	6pm
Developing Physical Capacity	Wednesday	18	April	6pm
Game Analysis	Monday	23	April	6pm

HAWKES BAY REGION

HAWKES BAY

Player Centred Coaching	Friday	23	March	6pm
Team Culture	Saturday	24	March	10am
Planning	Sunday	25	March	9am

NNZ CCA WORKSHOPS LISTED BY TITLE

LEVEL 1

ATTACKING FUNDAMENTALS

Whanganui	Sunday	25	February	9:30am
Stratford	Monday	26	February	6pm
New Plymouth	Tuesday	27	February	6pm
Hawera	Wednesday	28	February	6pm
Wellington	Saturday	10	March	1pm
Wairarapa	Wednesday	11	April	6:30pm
Kapi Mana	Tuesday	15	May	6:30pm

BUILDING EFFECTIVE RELATIONSHIPS

Stratford	Monday	12	February	6pm
New Plymouth	Tuesday	13	February	6pm
Hawera	Wednesday	14	February	6pm
Wellington	Monday	9	April	6:30pm
Whanganui	Sunday	20	May	9:30am

DEFENCE

Kapiti	Tuesday	20	February	6:30pm
Wellington	Saturday	10	March	10am
Stratford	Monday	12	March	6pm
New Plymouth	Tuesday	13	March	6pm
Hawera	Wednesday	14	March	6pm
Wairarapa	Saturday	17	March	1pm
Whanganui	Sunday	29	April	9:30am

PLANNING

Stratford	Monday	22	January	6pm
New Plymouth	Tuesday	23	January	6pm
Hawera	Wednesday	24	January	6pm
Kapiti	Thursday	15	February	6:30pm
Hutt Valley	Saturday	3	March	10am
Manawatu	Sunday	4	March	1:30pm
Hawkes Bay	Sunday	25	March	9am
Whanganui	Friday	6	April	6pm

PLAYER CENTRED COACHING

Wellington	Thursday	22	February	6pm
Manawatu	Sunday	4	March	10am
Stratford	Monday	19	March	6pm
New Plymouth	Tuesday	20	March	6pm
Kapiti	Tuesday	20	March	6pm
Hawera	Wednesday	21	March	6pm
Hawkes Bay	Friday	23	March	6pm
Kapi Mana	Tuesday	1	May	6pm

SELECTING

Stratford	Monday	29	January	6pm
New Plymouth	Tuesday	30	January	6pm
Hawera	Wednesday	31	January	6pm
Wairarapa	Wednesday	7	February	6:30pm
Hutt Valley	Sunday	11	February	10am
Horowhenua	Sunday	18	March	10am

SHOOTING

Stratford	Monday	5	March	6pm
New Plymouth	Tuesday	6	March	6pm
Hawera	Wednesday	7	March	6pm
Whanganui	Sunday	11	March	9:30am
Wellington	Sunday	11	March	10am
Wairarapa	Saturday	17	March	10am
Kapi Mana	Sunday	8	April	1pm

SKILL ANALYSIS

Stratford	Monday	19	February	6pm
New Plymouth	Tuesday	20	February	6pm
Hawera	Wednesday	21	February	6pm
Kapi Mana	Sunday	8	April	10am
Horowhenua	Thursday	17	May	6:30pm
Wellington	Monday	28	May	6:30pm

TEAM CULTURE

Stratford	Monday	5	February	6pm
New Plymouth	Tuesday	6	February	6pm
Hawera	Wednesday	7	February	6pm
Kapiti	Thursday	15	March	6:30pm
Hawkes Bay	Saturday	24	March	10am
Wellington	Monday	26	March	6:30pm
Hutt Valley	Tuesday	22	May	6:30pm

LEVEL 2

CENTRE PASS

Wellington	Sunday	11	March	1pm
Manawatu	Sunday	25	March	10am
Taranaki Venue TBA	Monday	9	April	6pm
Horowhenua	Saturday	21	April	9am

CIRCLE WORK

Hutt Valley	Saturday	3	March	1pm
Kapiti	Thursday	5	April	6:30pm
Taranaki Venue TBA	Monday	16	April	6pm

DEVELOPING PHYSICAL CAPACITY

Wellington	Monday	26	February	6:30pm
Hutt Valley	Monday	19	March	6:30pm
Taranaki Venue TBA	Wednesday	18	April	6pm
Manawatu	Thursday	24	May	6pm

GAME ANALYSIS

Wairarapa - Carterton	Wednesday	28	February	6:30pm
Hutt Valley	Monday	12	March	6:30pm
Manawatu	Tuesday	3	April	6pm
Taranaki Venue TBA	Monday	23	April	6pm
Kapi Mana	Sunday	13	May	1:30pm

MENTAL SKILLS

Wellington	Monday	5	March	6:30pm
Taranaki Venue TBA	Wednesday	11	April	6pm
Kapiti	Thursday	10	May	6:30pm

PLANNING ANNUAL TOURNAMENTS

Wellington	Monday	21	May	6:30pm
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THROUGH COURT

Stratford	Monday	26	March	6pm
New Plymouth	Tuesday	27	March	6pm
Hawera	Wednesday	28	March	6pm
Kapi Mana	Thursday	12	April	6:30pm
Horowhenua	Sunday	27	May	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	
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	