



NEWTON JAGUARS NETBALL CLUB

COACHES HANDBOOK - 2020

BETTER COACHES MAKE BETTER PLAYERS



NJNC COACHES HANDBOOK 2020

CONTENTS

	Page no
Front cover	1
Contents	2
CLUB INFORMATION	
Club Information	3
Vision Statement	3
Club Management – Committee	4 - 5
Management of the Club – Non Management	6 - 7
Management of the Club – Playing Operations of the Club	7
COACH OPERATIONAL INFORMATION	
Coaching Staff and accreditation	8
Coaching Roles and Responsibilities	9
Coach Expectations	9
Coaching Responsibilities	10
Player Selection and Movement Policy	11 - 13
Court Time	14
Player Performance	14
Player Performance Indicators	15
Medical Conditions and Clearances	16
Disciplinary Action	16
Complaints & Grievances	16
NJNC Expectation and Codes of Conduct	17 - 18
Player Development – Juniors	19 - 20
Player Development – Intermediates and Seniors	20
Coaching Resources	20
Think About Your Coaching	21 - 22
Skill Development – Progression	23
Skill Development – Game Situations	23
Overview of a Coaching Session	24
SKILL AREAS	
Skill Areas	25
Development Levels and Skill Development	26 - 27
Specific Skill Development	28 - 32



NJNC COACHES HANDBOOK 2020

CLUB INFORMATION

Welcome to the Newton Jaguars Netball Club.

In winter, our club participates in the State Premier Netball League competition and the Adelaide Metropolitan Netball competitions, both of which are conducted at Netball SA Priceline Stadium the home of South Australian netball and the Adelaide Thunderbirds. We also compete in the SA District Netball Association Competition over summer at Golden Grove.

We have teams from Premier League down to GO level. We also participate in the Net Set Go program.

It is our aim to promote the game of netball, educate, train and coach players in all facets of netball and to provide the ability to participate in a safe, inclusive and also competitive environment.

Over the history of the club, we have developed a proud reputation as a family-oriented club that provides the opportunity for players of all abilities to play netball at the highest level. As a State Premier League Netball Club we have a responsibility:

- To maintain a team of committed, high performing players in State Premier League and Reserves;
- To maintain, identify and develop talented junior and senior players within the club;
- To actively develop its players and coaching staff through its development programs.

Our principles are:

- To provide and maintain quality support to its players, coaches, umpires, Sponsors and supporters;
- To promote the fair treatment of and appropriate behaviour by all involved with the club;
- To develop and maintain a culture of quality by:
 - Regular planning and review;
 - Visible CLUB structure and policies;
 - Continual evaluation of our strategies against our primary goals.

This booklet has been produced for teams to provide a guideline of the Club's direction and policies. It is not a substitution for the Club Constitution or Club Policies.

These documents are available from our website www.newtonjaguars.com.au under The Club-Organisational Docs.

The document remains the property of Newton Jaguars Netball Club Inc.

VISION STATEMENT

Newton Jaguars Netball Club becomes the Premier Netball League club of choice for future player's coaches and officials from grass roots to elite Netball.

Our goals to help us achieve this are:

Target: To be recognised as the leading example of excellence in all facets of netball club performance.

MISSION: NJNC is committed to excellence in the provision of a service to the netball community, inclusive of all, providing players, coaches and officials an opportunity of a pathway to the elite level.

VALUES: Social responsibility, equity, accountability, excellence; ethical; contribution.

LINKS: Newton Jaguars are cognisant of, and contributes to, the Netball SA Strategic Plan.



NJNC COACHES HANDBOOK 2020

CLUB INFORMATION CLUB MANAGEMENT

MANAGEMENT COMMITTEE

In accordance with the CLUB constitution the management of the CLUB is vested in the Management Committee, comprising of a President and 8-9 people elected at the Annual General Meeting. The President and Secretary are 2 year appointments with nominations on alternate years, while Committee Members are a 1 year appointment.

COMMITTEE STRUCTURE

Club President	Event & Fundraising Coordinator
Club Secretary	Premier League Team Manager
Club Treasurer	Coaching Director
Vice President	Match Committee Representative
Sponsorship Coordinator	2 x General Members

CLUB PRESIDENT

- Executive Committee Member;
- Responsible for the strategic management of the club;
- Manages the club's 5 year plan and ensure that it is reviewed annually by the first meeting of each new committee;
- Reviews the duty statements of all positions annually (by 31st December);
- Reviews the By-Laws annually by the first meeting of the new Management Committee;
- Chairs meetings of the Management Committee.

VICE PRESIDENT

Executive member of the Management Committee elected by the Management Committee to chair meetings in the absence of the President.

CLUB SECRETARY

- Executive Committee Member;
- Responsible for all club official communication both within the club and with outside bodies and maintains a record of all communication which shall be presented to meetings of the Management Committee;
- Maintains club records
 - Member contact details
 - Player games played
 - Member seasons with the club
 - Best Player votes
 - A mailing list of potential new players
 - A list of trial nominees
- Produces documentation for the use of trial officials;
- Record the minutes of Management Committee meeting;
- Provide a copy of the minutes to members of the Management Committee prior to each meeting;
- Prepare an agenda for Management Committee Meetings on advice from members;
- Review and update of Club policies, procedure and position descriptions of club officials.

CLUB TREASURER

- Executive Committee Member;
 - Responsible for the good financial management of the club;
 - Records all financial transactions of the club using the club's copy of the MYOB application;
 - Responsible for the evaluation of season player fees for approval by the Management Committee;
 - Overall responsibility for the collection of player fees;
 - Deposits all monies collected to the bank as soon as possible after receipt;
 - Pays all liabilities of club promptly using the club's cheque account;
 - Provide a written financial report to Management Committee meetings, including bank reconciliation;
- Prepares an annual financial report including Balance Sheet and Profit and Loss Statement in time for it to be audited and presented by the Treasurer at the Annual General Meeting of the club.



NJNC COACHES HANDBOOK 2020

CLUB INFORMATION

CLUB MANAGEMENT

PREMIER LEAGUE REPRESENTATIVE (COACH OR TEAM MANAGER)

- Responsible for providing a communication channel between The Management Committee and the Premier League teams and facilitating the efficient operation of those teams;
- Coordinate the purchase of match and training apparel, being cognisant of the requirements of the Premier League Competition Rules and Commercial Guidelines, the sponsorship arrangements with the club apparel supplier and player contracts;
- Coordinate with the Sponsorship Coordinator regarding the placement of sponsor logos on clothing and equipment in accordance with the NSA PL Commercial Guidelines;
- Provide a written report on Premier League matters to the Management Committee meetings prior to each meeting.

COACHING DIRECTOR (Member of Match Committee)

- Responsible to the President/Management Committee;
- Responsible for the administrative matters associated with the club's coaches;
- In conjunction with the Junior and Senior Coordinators, manage the development pathways of club coaches allowing each to reach their potential;
- Manage the appointment process for coaches including interviews for 'one' coach, providing appointment recommendations to the Management Committee for approval;
- Ensure that coaches are members of the NSA Coaches and Umpires Association;
- Provide a written report to Management Committee meetings prior to each meeting.

MATCH COMMITTEE REPRESENTATIVE

- Generally, the Match Committee Chair;
- Liaison between Match Committee and Management Committee;
- Provide Match Committee Report in relation to current position and any issues relating to association or teams, including disciplinary actions;
- Provides Match Committee reports for Management Committee in relation to any grievances;
- Reports to Match Committee as per Management instructions/requests.

SPONSORSHIP COORDINATOR

- Obtain sponsorships to at least cover the expenditure required by the Premier League squad budget;
- Determine the content of sponsorship packages for the approval of the Management Committee;
- Provide the Secretary with contact details of sponsors;
- Maintain communication with sponsors throughout the season;
- Initiate functions in support of sponsorships;
- Ensure that any contracted obligations to sponsors are fulfilled;
- Provide a written report to Management Committee meetings prior to each meeting.

EVENT & FUNDRAISING COORDINATOR

- Manage the club social and fundraising calendar;
- submit a programme of the social and fundraising events to the Management Committee for approval soon after the AGM;
- Manage the annual presentation function.

CLUB INFORMATION

OTHER CLUB ROLES & COMMITTEES (Non-Management)

CLUB HEAD COACH (PREMIER LEAGUE)

- Reports to the President;
- Responsible for the development and delivery of the Premier League program;
- Responsible for appointment of Premier League coaching panel;
- Responsible for appointment of support staff;



NJNC COACHES HANDBOOK 2020

- Oversee rehabilitation of injured players;
- Manage the club Buddy Scheme. (PL squad players assigned buddy teams from among the junior grades);
- Conduct regular weekly training sessions;
- Coach teams on competition nights;
- Conduct end of season assessment and development requirements of players within their team;
- Provide a written report to Management Committee meetings prior to each meeting.

COMMUNICATIONS OFFICER

- Responsible to the Secretary;
- Responsible for the communication of club, NSA updates and information via email and the club social media channels (Instagram and Facebook);
- Focus on promoting NJNC in the community and working with other sub committees (sponsorship, fundraising).

JUNIOR AND SENIOR GRADE COORDINATORS

- Report to the Match Committee and Coaching Director;
- Responsible for the management of teams in the AMND competitions Junior (GO to Juniors), Seniors (Inters to AMND League);
- Administration of trials and, in conjunction with the coaches, player movements within those grades;
- Responds to queries regarding player placement;
- In conjunction with the Coaching Director and Head Coaches, initiate and manage the development pathways for players to reach their potential;
- Encourage club players to trial for SAPSASA, Academy and State Teams, including dissemination of any materials in respect to trials etc;
- Initial first contact to player (parent) grievances if not resolved between coach and player (parent);
- Assist, encourage and support coaches in their development;
- Provide a report to Match Committee prior to each meeting.

MATCH COMMITTEE

Match Committee is responsible for the organisation and operation of netball programs at NJNC. This includes but is not limited to:

- Administration of Trials and completion of affiliation documentation;
- Selection of Players;
- Coach and Player Development – including mentoring program, buddy program, skills development days, Junior Academy;
- Responding to Grievances as per Complaint and Grievance Policy;
- Reporting to the Management Committee after each meeting.

The committee is made up of the following: Coaching Director; Junior and Senior Coordinators; Head Coaches (Primary 1, Sub Junior 1, Junior 1, Inter 1 and AMND League); Premier League Representative; Player Registrations Officer and General Member x 1.



NJNC COACHES HANDBOOK 2020

CLUB INFORMATION

OTHER CLUB ROLES & COMMITTEES (Non-Management) cont.

REGISTRATIONS COORDINATOR

- Reports to Club Secretary;
- Responsible for setting up season registrations via My Netball;
- Responsible for ensuring Player details are correct;
- Communicates and assists players (parents) with registration process;
- Provides Registrations list prior to Trials and other Club activities that require registration (e.g.) NSG, Skills Clinics) to appropriate coordinators;
- Liaise with coordinators after trials to input teams via My-Netball;
- Updates My-Netball with player movement and fill ins during the season.

UMPIRE COORDINATOR

- Reports to the Secretary;
- Responsible for rostering club umpires for teams in the AMND competition, which are not assigned by NSA. This includes replacement of umpires unable to fulfil their responsibilities and advice to the umpires of their rostered games;
- Maintains a record of games umpired for each umpire to allow the calculation of payments due.

UMPIRING DIRECTOR

- Reports to the Secretary;
- Responsible for recruitment and development of Newton Jaguars' umpires in order to meet the umpiring requirements of the club;
- Institutes development pathways and mentoring programmes to allow all umpires to reach their potential;
- Ensures that coaches are members of the NSA Coaches and Umpires Association.

PLAYING OPERATIONS OF THE CLUB

The Newton Jaguars Netball Club enters teams in several competitions in AMND (winter) and SA District (summer) competitions. The Clubs primary focus is as a Premier League Club and supporting the NSA Premier Netball League competition. It does this through its playing operations, in identifying, recruiting and developing talented athletes to achieve their full potential.

Winter seasons in both the Premier League and AMND competitions must take precedence over summer competition requirements.

The roles and responsibilities of key personnel are provided for your information.

Definitions:

- NSA Premier Netball League - relates to all matters pertaining to the SANA premier netball competition in South Australia and comprises of players that will represent the CLUB in either NSA Premier Netball League or NSA Premier League Reserves teams;
- Senior Players - all Intermediate aged players and above;
- Junior Players - all GO, Primary, Sub-Junior and Junior aged players;
- Net Set Go – 8 week non-competitive program for 5 to 8 year olds.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION NJNC COACHING STAFF & ACCREDITATION

At Newton Jaguars Netball Club, we are proud of our coaches. The time and energy given to our players is appreciated and we believe that we foster a positive learning environment for all levels of player.

Premier League & Reserves – 2 head coaches and 2 assistant coaches

AMND Seniors - Head Coach (AMND) and team coaches (A & B grade)

AMND Juniors – Head Coaches (Inter 1, Junior 1, Sub Junior 1, Primary 1) and team coaches (including GO coach)

NSG – Coordinator plus assistants.

Depending on level of coach, there is an expectation to have a minimum standard of accreditation (see table). All coaches at minimum must have Foundation accreditation via Netball Australia.

Coaches are provided with in-house learning and mentoring opportunities throughout the season and are highly **encouraged** to continue their development via the courses offered by NSA and Netball Australia

Specific details on the role of each level of coach is details in the table below.

MINIMUM COACHING ACCREDITATION – WINTER 2020

Accreditation	Foundation	Development	Intermediate	Advance	Elite	High Performance
Junior Team Coach (GO to Junior)						
Head Coach (Primary to Junior)						
Team Coach (Intermediate & Seniors)						
Head Coach (Intermediate & AMND)						
Premier League Assistant Coach (Res & League)						
Premier League Coach						
Junior & Senior Coordinator						
Coaching Director (To be ratified)						

KEY:

@ MINIMUM	DESIRABLE
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NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION

NJNC COACHES ROLES & RESPONSIBILITIES - OVERVIEW

Team Coaches	<p>Team coaches are responsibility for a team within an age group.</p> <p>Their role is to work with and develop players in accordance with the NJNC Coaching Guidelines and Code of Conduct.</p> <p>All team coaches are required to foster a positive, learning environment with focus on skill development and team work. They should understand the developmental aspects of the age group and identify specific skill needs within the group.</p> <p>Team Coaches report to the Head Coach for their age group.</p>
Head Coach (Team 1) <ul style="list-style-type: none"> • Primary & GO • Sub Junior • Junior • Inter • AMND 	<p>The Head Coach has two roles.</p> <p>Coach of Team 1 (highest grading) in their age group and in a supportive role to the Team Coaches for the whole age group.</p> <p>In addition to the roles & responsibilities of Team Coaches, Head Coaches work with the Age Group Coordinator in developing programs and players to maximise their potential.</p> <p>Head Coaches form part of the NJNC Match Committee and are required to attend meetings throughout the Winter Season (normally every 2 months).</p> <p>Head Coaches report to the Coordinator for their age group (Junior or Senior)</p>
Specialist Coach	<p>A Specialist coach may have specialist skills or be a willing assistant for Skills Clinics, Development Days or Training Sessions.</p> <p>They may support a group of players – e.g. Shooters and focus on developing and improving a technique OR they may work with a team to assist the team coaches in working through skills sets and court plays (but not limited to this).</p> <p>Specialist Coach reports to the Age Group Coordinator OR Coaching Director</p>
Assistant Coach	<p>Will work with a team coach in a supportive role during games and training sessions. May take on Team Coach duties during absence.</p>

COACH EXPECTATIONS

EXPECTATION OF ALL COACHES

The successful coach invests time prior to trainings, developing programmes aimed at the perceived need and developmental stage of their team. Coaches are required to:

- a) Comply with all applicable Club policies, procedures, codes of conduct and guidelines;
- b) Be punctual to all scheduled games and trainings;
- c) Be reasonable in the demands on the player's time, energy and enthusiasm. Remember that they have other interests;
- d) Teach players that the rules of the game are mutual agreements which no one should evade or break;
- e) Ensure that equipment and facilities meet safety standards and are appropriate to the ability of players;
- f) Be aware of injury prevention and maintenance;
- g) Follow the advice of a physician when determining when an injured player is ready to recommence training or competition;
- h) Make a personal commitment to keep informed on sound coaching principles and principles of growth and development of younger players.
- i) Continue to upgrade coaching knowledge and maintain coaching qualifications;
- j) Support and commit to the Coaching Policy and playing philosophies of the Club;
- k) Develop and encourage open lines of communication between players, coaches and officials



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION COACHES RESPONSIBILITIES

ORGANISATION RESPONSIBILITIES

Coaches are also expected to:

- Communicate regularly and respectfully with the team – via email and the Heja app (or other app agreed to);
- Outline expectations of the team (team values);
- Appoint a Team Manager (see TM role & responsibilities) to organise and manage the team;
- Be punctual to ALL training & games. Training is expected to occur every week unless advised otherwise by the club or Extreme Weather/Hot Weather policy enforced;
- Achieve accreditation requirements of NSA and NJNC, and follow the NA Coaching Pathways.

COACHES ARE RESPONSIBLE TO:

- Treat each player fairly and without prejudice and support the inclusion of all players into the team environment;
- Provide a positive environment for players including risk management;
- Have knowledge of Mandatory reporting and vulnerable persons (child protection) requirements and obligations;
- Be mindful not to use foul language, physically or verbally abuse players. Coaches should also be aware not to use physical contact with players;
- Where necessary seek assistance of other coaches, and increase and develop the skills of your players' - resources are also available in the coaches' area of the website;
- Player Performance Assessments – Promptly submit assessments for all players when required. Remember that the assessments are used to evaluate player development and progress;
- Player Movement – Refer to the Player Movement Document for details but the first few points to consider are
 - Discuss with the Junior/Senior Coordinator;
 - Players are only to be dropped due to attitude and performance;
 - Attempt to correct with remedial coaching;
 - Discuss your concerns with player/parent;
- Fill in Players – If players cannot be sourced from within the club, ensure that the player's name, address, date of birth and phone numbers are forwarded to the Secretary on the day of the game.



COACH OPERATIONAL INFORMATION PLAYER SELECTION & MOVEMENT POLICY

Full policy available on club website

PLAYER SELECTION AND MOVEMENT (TRIALS)

A selection panel is nominated and in place to assess players at Player Trials. The focus is to select teams that have appropriate skill and positional balance and to ensure the team is capable of being competitive in the division they will be nominated in.

Selectors consider the following:

Execution of basic skills: Footwork (stepping), throwing (shoulder passes) and positioning (getting in front of their opponent/making space).

Execution of the skills of their position: e.g. if shooting - the accuracy of goals, when defending - the accuracy of 3 feet distance.

Ability compared to other players: Do they execute these skills and aptitudes at a higher level compared to the other players? Aptitudes include:

- Competitiveness – pressure placed on opposition
- Decision Making – e.g. through passing
- ‘Coachability’ – following and executing instructions
- Athleticism

Selectors will select on merit and according to the quality of the athlete. They may refer to player evaluation information collected from the previous season’s Coach.

Fitness testing may be carried out in nominated grades to assist with selection.

Selectors aim is to select teams but may opt to nominate squad selection in the first instance to allow for further assessment of players during Pre-Season.

Final team selections will be made in consultation with coaches, coaching director/coordinator.

All players have the right to learn and develop in their netball. If a player/parent has a concern regarding their team placement they should discuss with the appropriate age group co-ordinator (and/or with junior co-ordinator). If resolution is not made it should be referred to the Match Committee after the player/parent has been referred to the **COMPLAINT/GREIVANCE POLICY** for further process.

REQUEST TO TRIAL ABOVE AGE GROUP

Any player who requests to Trial above their age group should be given the opportunity to trial in the requested age group team, however they will be required also to trial in the age group that they would trial in. The selection decision will be made as per the process, the main consideration being what is considered best for the development of the player.

PLAYER MOVEMENT – HIGHER AGE GROUPS

Players may be moved into a higher age group when warranted. Reasons a player may be moved into a higher age group may include:

1. No team within a player’s age group (e.g. GO players moving to Primary) – players are provided with opportunity to play in an applicable graded team as decided by the match committee; in the age group above;
2. Players required to fill teams in a higher age group – in the event numbers are too high in their respective age group but too low in the higher age group. Capabilities and development of the player are to be considered whilst making this decision.
3. Talented player (see below).



COACH OPERATIONAL INFORMATION PLAYER SELECTION & MOVEMENT POLICY Cont.

TALENTED PLAYER MOVEMENT

Refers to any player who is considered by their age group selection panel to be of an outstanding ability to be able to play in the Division 1 of the age group above. The selection panel should discuss said player with the next age group selection panel. An invitation by the next age group selection panel may be extended for that player to trial at the next higher age group. NOTE: This process is not limited to the selection trials, but may occur during the season.

Where a player is invited to trial for a higher age group, they will only be selected for that higher age group where they warrant selection in the Division 1 team, otherwise they will play (or continue to play) for Division 1 of their own age group.

PLAYER MOVEMENT REQUEST

All requests from parents who wish to have their daughter considered to play above their age, or to be regraded, are to be tabled through the match committee first. NJNC allows all players the right to trial in a higher age group and will be treated on an individual basis if the request does not conform under the standard policy. If a resolution is not received then they are to be handled in line with the COMPLAINT and GREIVANCE POLICY and referred to Management Committee.

PLAYER MOVEMENT (PRE & IN SEASON)

Provision of Player movement will be overseen by the Coaching Director /Coaching Coordinator in conjunction with the Team Coaches and Parents.

Permanent Player Movement

Players will be assessed during the season as to their development and their progression through the netball pathway. Coaches need to identify such talent and in discussion with the officials nominate to promote the athlete to a team that will benefit the player, considering all facets, including physical ability and maturity to compete at that level.

In the circumstances where players are not competing at the level they are playing due to incorrect assessment of ability, then consideration should be given to moving the player to allow them to play at a satisfactory level for their ability.

These player movements need to be made in conjunction with the head coach and coaching Coordinator and in consultation with parents. All options should be considered before making a final decision.

Temporary Player Movement

Player vacancies to be filled in higher grades due to injury, sickness or availability need to be filled on a temporary basis. As a rule, Players should be replaced with a player from a grade below and where possible replacing the player position required with the same position, e.g. GS with GS. Consideration should be always given to rewarding the player in the lower grade and provide the opportunity to view the player moving to a higher level.

In some cases, it may not be possible to replace a player from a lower grade. In these cases a fill in player can be recruited from outside of the Club (note: this player cannot have played for another club in same association). These player movements need to be made in conjunction with the division coaches, the head coach and possibly the coaching Coordinator.

All player movements must be advised to the Player Registrar – playerregistrations@newtonjaguars.com.au prior to the player playing in that team.

See flow chart in Team Handbook for instructions.

PLAYER MOVEMENT

The primary consideration re player movement, should be the athletes welfare and the opportunity to progress their development.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION PLAYER SELECTION & MOVEMENT POLICY Cont.

Please refer to the Player Selection and Movement Policy for further details (above)

PLAYERS ARE ONLY TO BE DROPPED DUE TO PERFORMANCE OR DISCIPLINARY REASONS

Movement between AMND teams during the season shall be based only on performance and attitude. A player shall not be dropped out of a team simply to provide experience for a player in a lower team or to reduce match day team size. With respect to performance, a pattern of successive poor performances is required to justify the dropping of a player.

Any movement of a player is to be done in consultation with the player, their parent, the division head coach and the relevant age group coordinator. However, coaches should attempt to follow this procedure:

ATTEMPT TO CORRECT WITH REMEDIAL COACHING

In the first instance, if a player who has been selected in your team after the trial process is not performing, the expectation is that you, as the coach, will attempt to address and correct the player's deficiencies.

DISCUSS YOUR CONCERNS WITH PLAYER / PARENTS

Before there is any talk of dropping the player, you must discuss the perceived deficiency or deficiencies with the player, and if needed for younger players the parents, and indicate what steps can be taken to rectify the problem.

DISCUSS WITH THE JUNIOR/SENIOR COORDINATOR

If you are unable to resolve the problem by coaching methods, the next step is to discuss the situation with the appropriate age group coordinator and/or chair of match committee. The major responsibility of these two members of the Management Committee is to oversee player placement to ensure that players are in the correct teams. The Coordinator will coordinate the movement of the players with the coaches of the relative teams.

PLAYERS ARE TO BE PROMOTED ON MERIT

- When deciding which player is to be promoted, in most cases it is to be on merit. That is to say that the player promoted will be the best player in the playing position for which the replacement is required.
- The higher team has priority for the use of players. The higher coach has the final say over which player will be promoted. The expectation in the majority of cases, is that players with like playing positions will be involved.
- Fill-ins from the team below before using players from outside the club.
- Under normal circumstances, a player from the team below should be considered to cover short term vacancies. This should preferably be coordinated with the Coordinator if time permits.

OUT OF TRIAL PLACEMENT

*If a position is available in a team in a particular grade, a player seeking a position outside of the trial process may be offered that position, provided that she is considered, by a selection panel appointed by the match committee as appropriate, to be a **substantially better player** in her position than a player already placed in that position in that team or the team below. **No player will be displaced from a team to accommodate the new player.***

Simplistically, that means for a new player to be considered **there must be a vacancy** and she should start at the bottom and work her way up. In practice however, a preliminary evaluation can be made of where the player fits into the scheme of things. But then, in the interest of being seen to be doing the right thing, the new player should be played in scratch matches

If a player or parent has a concern with the process, they may make a formal complaint as per the **Complaint and Grievance Policy**.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION COURT TIME

MINOR ROUNDS:

Excepting for PREMIER LEAGUE, RESERVES, AMND, A GRADE, INTER 1, JUNIOR 1.

Club policy requires that all players are to have approximately, equal court time during the season (Minor Rounds Only).

- In applying this policy, the club and its coaches also have the responsibility to develop a winning mentality and on occasions it may be necessary for coaches to adjust predetermined court time to meet this objective.
- The success of any CLUB or team is partly dependant on the versatility of its players. All players in their early development years deserve the opportunity to experience and appreciate the different skills required to play all positions on the court.
- At GO, Primary and lower Sub Junior level the necessity for shared court time and the need for young players to learn the various court skills is to take precedence over winning. As a minimum, players at GO and Primary level and, where appropriate, players at Sub Junior level should be given the opportunity to learn and play in each area of the court, i.e. GS/GA, WD/C/WA, GD/GK.

FINALS:

It is Club policy that:

- Except for Premier League, Reserves, A Grade, Inter 1 and Junior 1 teams, all players are to play a minimum of 1 quarter per game;
- Except for Sub Junior 1, all Sub Junior and Primary players are to have equal court time (as is most practical).

PLAYER PERFORMANCE

Each player in each team from Primary to Premier League is to be assessed at least once during the winter season.

Coaches will be provided with a template to complete about mid-way through the training season (not playing season) and asked to complete for each player in line with the indicators (see next page).

Players should be assessed based on their playing age and expected skill development for that age.

Coordinators collate the performance assessments and identify any particular team or player development needs.

Selectors may use the performance assessments to help them to get an understanding of a player's ability and attitude.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION PLAYER PERFORMANCE INDICATORS

5 = Exceptional, 4 = Excellent, 3 = Good, 2 = Marginal, 1 = Minimal

<p>Movement Ability: 5 – Outstanding physical ability to accelerate, change direction, recover, great balance, coordination and agility 4 – Excellent agility and change of direction and is well balanced and able to recover 3 – Good physical ability and recovery 2 – Able to change direction but does not have agility or balance to work in small areas 1 – Reacts slowly when change of direction is required</p>	<p>Catching: 5 – Outstanding catching under pressure, able to catch difficult balls in one and two hands and moves ball quickly into passing position 4 – Sometimes fumbles difficult passes but is in control 3 – Occasionally fumbles balls but generally in control and maintains ball 2 – Fumbles when pass is on extension or under pressure 1 – Regularly fumbles pass</p>
<p>Throwing: 5 – Outstanding peripheral vision and depth perception executing with accuracy over all distances. Varies timing and makes excellent decisions. Can use non-dominant hand. 4 – Accurate and an excellent decision maker, occasionally makes an error under pressure. Can use non dominant hand for short passing options. 3 – Demonstrates correct technique and accurate execution. Rarely makes fundamental errors 2 – Sound technique with most passes but sometimes makes poor decisions 1 – Technique problems and makes poor decisions</p>	<p>Attacking Ability: 5 – Great vision and space awareness and reads play consistently well, uses full variety of attacking moves to either gain possession of the ball or create space for team 4 – Smart reader of the play with excellent vision and space awareness, uses full variety of attacking moves to gain possession of the ball 3 – Good vision and space awareness although occasionally crowds the area, uses a variety of attacking skills 2 – At times lacks vision and awareness and relies on basic attacking skills 1 – Limited attacking skills and lacks space awareness</p>
<p>Defending Ability: 5 – Reads play consistently well and positions to intercept or force turnovers 4 – Smart reader of the play and can cover multiple moves 3 – Good physical ability and recovery and can cover multiple moves 2 – Takes eyes off the ball or allows opponent easy access to ball and cannot cover multiple work moves 1 – Chases opponent and beaten on preliminary moves</p>	<p>Positional: 5 – Able to execute all skills and strategies required for the position at an exceptional standard 4 - Executes skills and strategies required for the position 3 – Executes skills required for the position, lacking in some strategic understanding 2 – Good grasp of basic skills required for the position but lacks strategic understanding 1 – Basic positional skills are still being developed and lacks strategic understanding</p>
<p>Team Strategies: 5 – Able to execute all strategies at an exceptional standard 4 – Able to execute all strategies 3 – Appears to understand strategies although at times not always executed 2 – Lacks some strategic understanding 1 – Does not appear to understand strategies</p>	<p>Attitude/Training/Commitment: 5 – Outstanding work ethic, extremely coachable and desires to improve. Plays best against the best and always competitive. 4 – Plays and trains at a high level of mental and physical intensity. Always remains competitive. 3 – Prepares well and desires to improve. 2 – Works hard in games but could improve at training. Can reduce level of competitiveness when confidence is down. 1 – Has natural ability but does not prepare at training which reflects in match work ethic. Not competitive.</p>
<p>Netball Smarts /Decision Making: 5 – Outstanding decision maker who chooses correct option with or without the ball. Has a great understanding of the game 4 – Excellent decision maker with or without the ball 3 – Understands the game and normally chooses correct option 2 – Occasionally makes decision making errors 1 – Not a smart player</p>	<p>Leadership and Self Discipline: 5 – Leads through example at games and trainings. Gives positive feedback, is a good role model and stays in control. 4 – Only occasionally below exceptional standard 3 – Can positively influence groups of players 2 – Lacks in leadership or self-discipline at times 1 – Transgresses self-discipline, does not lead, negative influence</p>



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION MEDICAL CONDITIONS AND CLEARANCES

The medical condition of all players is of prime concern to the Club and therefore Club policy requires that:

- All coaches inquire as to the medical condition of their players
- All players have a responsibility to declare any medical condition to their coach.
- A parent or guardian of a junior player (under 18) with a known medical condition is expected to be in attendance at training & during matches.
- A player returning from injury or illness that required medical attention is to provide the coach with a written clearance to resume training or playing. Such clearance is to be provided by either the player's doctor, physiotherapist or parent / guardian.

Included in all player and umpire registration fees is a SANA insurance levy.

DISCIPLINARY ACTION

Whilst players are expected to be cooperative at all times disciplinary action is sometimes necessary. This may occur when a player:

- refuses to abide by a coach's decision;
- shows poor or unacceptable behaviour or generally uncooperative;
- is repeatedly late to training and/or matches with or without notification;
- fails to attend training on numerous occasions with or without notification.

Disciplinary action may include:

- removal from court;
- omission from the starting team for a match or whole match;
- demotion to a team in a lower grade;
- cancellation of membership.

Coaches shall warn a player when a behaviour is seen to be inappropriate. In some circumstances, action may be taken without warning if a serious breach occurs. Coaches must refer all disciplinary matters to the **Match Committee**.

COMPLAINTS & GRIEVANCES

See NJNC Expectations & Codes of Conduct below

PLAYER (PARENT)

At times a player or parents may face conflict with a coach or another player, or club member, and feel that they have a genuine grievance. Most problems may be resolved informally, quickly and easily through communication between the two parties.

Players must fully support their coach and abide by any decision made by their coach. Many decisions must be made throughout a season and these are not always popular to all players. Players should remember that the coach must make decisions for the good of the team and not just for the individual

Should communication with the parties fail to produce a satisfactory resolution, then the member may formally advise the club following the procedure outlined in the **Complaint and Grievance Policy**.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION NJNC EXPECTATIONS & CODES OF CONDUCT

NOTE: Full codes of conduct can be found on the Policies page of the club website.

PLAYERS

EXPECTATIONS:

Players are expected to:

- Attend all training sessions and games on time with a positive, supportive and respectful attitude to all involved;
- All players are expected to be responsible to ensure they attend all activities prepared (appropriate clothing, water, medication);
- Try their best every time they train and play.

CODE OF CONDUCT:

- **Encourage teammates to participate but do not force.** Children and adults play netball for their own enjoyment.
- **Never ridicule or scold a teammate for making a mistake or losing a game.** Professional sportspeople make mistakes.
- **Support all players in your team.** Positive comments from a variety of sources can be very motivational. Netball is a team game.
- **Applaud all Team performances, regardless of win or loss.** Be a positive role model.
- **Respect an umpiring decision and encourage teammates to do the same.** Have you ever umpired a match? Even professional umpires make mistakes.
- **Actively support the efforts of all officials, coaches, managers and volunteers.** They give up their own time and do their best to assist in the development and enjoyment of players within the guidelines set by the club.
- **Treat opponents, their officials and supporters with respect.** Be a positive role model.

PARENTS & SUPPORTERS

EXPECTATIONS:

- Ensure their player is attending required training and games on time.
- Positively and respectfully support the team by completing required duties (eg scoring).
- Actively support the club's social and fundraising activities.

CODE OF CONDUCT:

- Remember that children play sport for **their enjoyment not yours.**
- Encourage players to participate, do not force them.
- Never ridicule or scold a player for making a mistake or losing a game. Positive comments are motivational.
- Remember that players learn best by example. Applaud all good performance, regardless of the results.
- Encourage all players to always participate according to the rules.
- Respect officials' decisions and teach children to do the same.
- Condemn the use of violence in any form, be it spectators, coaches, officials or players.
- Do not use foul language or harass players, coaches or officials.
- Show appreciation of volunteer coaches, officials and administrators. Without them there would be no game.
- Actively support decisions made by the coach.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION NJNC EXPECTATIONS & CODES OF CONDUCT

COACHES

EXPECTATIONS: please see Coaches Expectations and Responsibilities

CODE OF CONDUCT:

- **Never ridicule or yell at the players for making mistakes or losing a competition.** Member players are playing for enjoyment and friendship and that winning is only part of it.
- **Be generous with your praise when it is deserved and set a good example.** Players need a coach they can respect and trust.
- **Develop team respect** for the ability of opponents as well as for the judgement of officials and opposing Coaches.
- **Observe and respect the rules of Netball**
- **Never argue with an official.** If you disagree with a ruling, have your captain approach the official during the break or after the competition.
- **Control your temper.** Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in sport.
- **Be a Good sport.** Applaud all good plays whether your Team or the opposition. Always shake hands with your opponent after the game.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION PLAYER DEVELOPMENT NJNC - JUNIORS

The success of any Club or team is partly dependant on the versatility of its players. All players in their early development years deserve the opportunity to experience and appreciate the different skills required to play all positions on the court.

Club policy therefore requires that as a minimum, players at GO, Primary and lower Sub Junior levels are given the opportunity to learn and play in each area of the court.

Junior Player Development is a collaboration between the club, Junior Coordinator, Head Coaches (Junior 1, Sub Junior 1 and Primary 1) and all team coaches.

Junior opportunities include:

SKILLS CLINIC

NJNC has been active in providing external skills clinics open to both members and non-members. Aimed at players 15&U (to GO) provide a day session focused on skill development through specific skill sessions and game play. They occur during January and July holidays.

DEVELOPMENT SESSIONS (WINTER SEASON)

Initiative during the winter season to provide specific skill development to winter registered players. This is in addition to normal training sessions and utilizes the experience of Premier League players.

BUDDY NIGHTS (WINTER SEASON)

- Buddy night dates are set once PL and Reserve season has been released.
- Under the direction of PL Coach negotiate 2 -3 dates, during the season, for Premier League and Reserve players to attend a Buddy Night with all AMND teams (GO, Primaries, Sub Juniors, Juniors and Inter Players).
- PL and Reserve players are assigned to a team (up to 2 buddies per team), to assist with and run a training session. A coach and Buddy list is dispensed and Coaches are required to liaise with the Buddy in regards to the focus of their individual training session.
- Evaluations of these sessions are discussed after every winter season, to see how we can improve to get maximum benefit for all participants, including coaches, players and buddies.

JUNIOR ACADEMY

- Junior Academy is held during the summer season.
- The academy is open to club players identified as emerging talent, including our regionally aligned Academy players and players who have nominated to play for the coming season.
- Sessions will be run under the guidance of a Premier League coach, with the assistance of our Premier League and Reserves coaching panel & players.
- Newton Jaguars Club Coaches are also encouraged to attend to assist with these Player Development sessions and seek mentoring from our club senior coaches.
- Each year further evaluation of the player development sessions will be conducted, and their importance and monitoring the standard of our players and coaches at Newton Jaguars Netball Club.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION PLAYER DEVELOPMENT NJNC - JUNIORS

JUNIOR DEVELOPMENT & PATHWAYS

	AGE	DESCRIPTION	CLUB DEVELOPMENT	OTHER OPPORTUNITIES
NSG	5 to 7	8 week program	NJNC Clinics	
GO	9&U	Competitive*	Development Days NJNC Clinics	
PRIMARY	11&U	Competitive	Development Days NJNC Clinics	SAPSASA** U12 State SA Nunga Netball
SUB JUNIOR	13&U	Competitive	Junior Academy*** Pre Season/Development Days NJNC Clinics	
JUNIOR	15&U	Competitive	Junior Academy Pre Season/Development Days NJNC Clinics	Mellor Olsson Academy**** U15 State SA Nunga Netball
INTERMEDIATE	17&U	Competitive	Junior Academy Pre Season/Development Days NJNC Clinics	Mellor Olsson Academy U17 State Team SA Nunga Netball

PLAYER DEVELOPMENT NJNC – INTERMEDIATES & SENIORS

Intermediate 1 team will have opportunities to train with the PL squad during the season.

Identified players will be given training partner opportunities to train with the PL squad on a weekly basis.

COACHING RESOURCES

Foundation Coaching Book
 Development Coaching Book
 Learning Programs via Netball Australia (My Netball)
 Netball Australia – KNEE Program - <https://knee.netball.com.au/>
 NJNC Resources (Skill Clinic Sessions, Development Sessions and Court Plays)
YouTube/Facebook
 Netball Australia - <https://www.youtube.com/user/NetballAustralia/featured>
 NetFit Neball - https://www.youtube.com/channel/UC_eTdspLsXPBW3Qq-Y5MHng
 Netty Heads - <https://www.youtube.com/channel/UCnjkURGI6OPvjAsS7QzJCw>
 Energy Netball - <https://www.facebook.com/energy.netball/> and <https://energynetball.com.au/>
 Netball Coaching Resources - <https://www.facebook.com/groups/318055528832653/>

Subscriptions (optional)

TheNetballCoach - <https://netfitnetball.com.au/>

NetFit Netball - <https://netfitnetball.com.au/>



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION THINK ABOUT YOUR COACHING

COACHING POINTS

- Team success is also very reliant on the versatility of its players;
- A certain level must be achieved by each playing level to guarantee the best future for our club and most importantly for the players;
- As coaches, we must work within the framework of the skill level of the players within our team.

This can be signified by the following:

- Junior 1 and Intermediate 1 etc. will be different from Junior 4 and Intermediate 4

The players that you coach will display individual differences, including:

- Different rates of maturity and growth, both physical and mental;
- These differences will affect the coordination, strength and perceptual abilities.

The expected development of your players and

- The expectation of each age grade and level of player within each age grade;
- What is an acceptable outcome for each grade?;
- Movement of players through the age levels;
- Entry points for players to our club.

COMMITMENT

Commit some of your coaching time to the proper planning of each session. Allow for a period of warm up and cool down within the time allowed to the session.

HARMONY - Harmony leads to enjoyment and you should present activities which are skill oriented and fun to perform.

INFORM - Children need information if they are to improve. Performance feedback must be positive and informative. Taking notes on training is one way to make sure correct assessments are made.

SESSION PLAN - Arrange the layout of your session so that all players are clearly in view as they work at their activities.

DEMONSTRATION - Never underestimate the power of the demonstration. During the demonstration make sure you highlight the main points and perform the skill many times.

RESPECT - Respect the needs of your players. Try not to impose your needs on those who may not wish to accept them. Children play sport for their own reasons and the smart coach respects and understands their needs.

EFFORT - Encourage your players to work hard over short periods of time and to make an effort to practice their skills regularly away from normal training sessions.

NEW KNOWLEDGE - Update your coaching knowledge regularly through coaching courses, organised activities and publications.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION THINK ABOUT YOUR COACHING Cont.

TIPS FOR SUCCESSFUL COACHING

- Listen to and learn about each individual player. Remember they all have different personalities and individual needs;
- Prepare a one season training program (assistance may be gained from the Coaching Director);
- Always prepare each training session well before the scheduled time of the session;
- Set clear and achievable goals and objectives for each player, each session and for the season;
- Always aim to develop a sound knowledge of the skill involved with netball;
- Always aim to instruct your athletes in the correct techniques for netball;
- Develop basic full court strategies, both in attack and in defence (assistance may be gained from the Coaching Director);
- Develop strategies to assist your athletes in all aspects of the game e.g. base line throw-in - both attack and defence, side line throw-in - from all thirds, penalty pass responsibility, etc;
- Develop an attitude of fair play and sportsman like behaviour at all times;
- Represent Newton Jaguars Netball Club with pride and professionalism at all times;
- Refer any concerns to the appropriate authority within the club;
- Request assistance from the Coaching Director when the need arises.



NJNC COACHES HANDBOOK 2020

COACH OPERATIONAL INFORMATION SKILL DEVELOPMENT - PROGRESSION

PROGRESSION OF SKILLS

Remember the simple 7 Step progression of skills:

1. Explanation and Demonstration;
2. Basic movement without equipment;
3. Basic movement with equipment;
4. Add a ball and thrower;
5. Add an opponent;
6. Dynamic drill;
7. Court application.

ALL skills should start with the basics and conclude with a game simulation. Skills are meant to be used in a game situation as this gives meaning to the skill.

When conducting a skill practice for developing players, try teaching a movement first and then add a ball. When a skill has been learnt use a ball as often as possible.

Remember to always provide positive feedback. Keep your comments short but positive and descriptive.

IMPROVING SKILLS

- Observe **how the skill is being performed – what is the body doing? What is the ball doing?**
- Detection of the errors – **remember the basics**
- Correction of errors – **use positive and constructive words and be descriptive**

SKILL DEVELOPMENT – GAME SITUATIONS

GAME SITUATIONS

All age groups should have game situations as part of their training sessions. This can be a competitive, formal training game or an informal simulated game.

The method of incorporating game situations can vary:

- Formal training games;
- Informal games with changes called by the coach e.g. no lobs into the goal circle or no passes received above head height;
- Game Sense activities;
- Modified games for underage players;
- The use of different sports to develop netball skills in a fun way e.g. volleyball can assist with team work and hand eye coordination or basketball can assist with passing skills;
- Full Court.



COACH OPERATIONAL INFORMATION OVERVIEW OF A COACHING SESSION

COACHING SESSION

- **Warm up** – activities that aim to prepare the body for activity and to reduce the risk of injury – KNEE PROGRAM
- **Skills development** – plan the skill/skills that your session will cover. Demonstrate – Break Down-Practice
- **Game situation** – competitive or simulation
- **Cool Down** – a slowing of physical activity. This is also a good time for a brief discussion of the session

**** Refer to the specific age group in this handbook for further details**

WARM UP AND COOL DOWN

The warm up and cool down should be performed carefully and last about 20 minutes or more. Some athletes will require longer fully warming up or cooling down, these athletes may have had previous injuries or other conditions that requires longer work on their muscles.

It is NJNC policy that all warm ups include exercises from the Netball Australia KNEE Program.

WARM UP

All club coaches must use **Netball Australia's Knee Program** - <https://knee.netball.com.au/> as part of their warm up. This program is designed to minimise the risk of serious knee injuries to players.

Follow this with some form of interval work which involves repeated short bursts of high intensity work, interspersed with recovery time. This could mean doing some high intensity drills in small groups or in a team.

The warm up is a vital part of all training sessions and should be included from sub primary age and continued through all age groups. The warm up prepares the body for the following training activities and reduces the likelihood of injury by:

- Increasing the blood flow and oxygen to the muscles
- Increases the body temperature
- Helping with the psychological preparation for the session

STRUCTURE OF THE WARM UP

The structure must follow the Netball Australia Knee Program, designed to warm up knee specific muscle groups in preparation for training and games.

- General warm up using the NA Knee Program
- Ball passing skill
- Short ball passing drill

STRETCHING

Usually select about 10 – 15 exercises that work on every body part. They should be performed slowly with no bounce or pain involved. Remember to get your player to breathe while they are doing their stretches. Never let the knees lock or do deep knee bends, they can harm the knee areas

RESOURCE – see *Netball Australia Cool Down and Stretches Document*



NJNC COACHES HANDBOOK 2020

SKILL AREAS

SKILLS CAN BE DIVIDED INTO THREE MAJOR TYPES:

Body movement skills - Ball skill - Perceptual skills

BODY MOVEMENT SKILLS

Body movement skills involve all skills associated with the action of the body movement. They may include:

- Sprinting
- Stopping
- Dodging
- Changing direction
- Balance
- Passing
- Lunge, pivot and reverse pivot
- Hold and create space
- Jumping and landing
- Landing on one foot before the other
- Landing on two feet at once
- Combining some of the above skills when attacking and defending
- Any other skills or movement that enhances the game of netball

BALL SKILLS

Ball skills are the basics of catching and throwing and shooting

- Chest pass
- Bounce pass
- Shoulder pass
- Lob pass
- Overhead pass
- Shooting

PERCEPTUAL SKILLS

- Body awareness
- Spatial awareness
- Awareness of others on court
- Peripheral vision
- Timing

Body awareness: means being able to throw what 'feels right' and what 'feels wrong' is a movement or skill. Ask the player questions like: how did that pass feel. was the pass too soft or too hard? Could it have been placed better? For a goalie - How did the shot feel? Did your knees bend sufficiently? Did your fingers flick on the release?

Spatial awareness: means having an awareness of the space on the court. Concentrate on the player changing direction, leading to the ball and keeping balance on the court. Balance on the court means that the players are not mostly on one side or mostly up one end of the court.

Awareness of others means making the players aware of the position of the other players on the court, the space available to go into and the distance involved.

Peripheral Vision Having good peripheral vision means that you have the ability to see the whole picture of the marginal areas just outside of your direct line of sight. As adults we can look straight ahead but still see what is happening to either side of us. Conduct drills that work on seeing a space or a movement without looking directly at the space or person available.

Timing is a case of judgement. Work on moving at the correct time and at the correct speed.

All of the perceptual skills relate to the correct selection, timing and direction of a pass as well as an awareness of who to pass to and where to lead after release of the pass.

GAME SITUATION

As indicated earlier, skills and drills should progress into game situations. Games can be formal or modified in some way to suit the outcomes of the training session.



NJNC COACHES HANDBOOK 2020

SKILL AREAS DEVELOPMENT LEVELS AND SKILL DEVELOPMENT

GO (9&U)

The main points to teach are:

- Basics of skills should be developed
- Try to develop a basic understanding of use of space e.g. staying on their own side to the court or letting someone closer to the ball have the space to lead
- Spend time focusing on an effective, e.g. sharp change of direction and leading to the ball
- Focus on player coming in front and not dropping back behind their opponent
- Break defending of the shot down to basics so that it can easily be developed upon at the next age group e.g. stand in front of goalie at a distance of 0.9m but do not defend, turn on release of ball and go for the rebounds
- Develop a good understanding of the warm up and cool down
- All players are given the opportunity to learn and play in the three basic areas of the court activity i.e. GS/GA, WA/C/WD, GD/GK
- Focus on the enjoyment of the sport
- Focus on communications between the player and the coach
- **Provide positive encouragement at all times**
- Emphasise the need for tall players to come in front and not rely on their height
- At all times demand commitment to the ball e.g. Attack – drive hard onto the ball/ Defence – once decision has been made to attempt intercept commit fully.

PRIMARY (11&U)

The main points to teach are:

- A large focus should be on developing the basics of catching, passing and footwork e.g. no stepping
- Continue work on the dodge and leading to the ball
- Continue work on players coming in front and not dropping back behind their opponent
- Emphasise the need for tall players to come in front and not rely on their height
- Continue to develop a basic understanding of use of space e.g. staying on their own side of the court or letting someone closer to the ball have the space to lead
- Always defend in front of the opponent
- Defend man to man and always face the ball
- All players are given the opportunity to learn and play in the three basic areas of the court activity e.g. GS/GA, WA/C/WD. GD/GK
- The understanding of the warm up and cool down should be emphasised
- Focus on the enjoyment of the sport
- Focus on the communication between the player and the coach
- Provide positive encouragement at all times
- Develop basics of bounce and lob pass



NJNC COACHES HANDBOOK 2020

SKILL AREAS DEVELOPMENT LEVELS AND SKILL DEVELOPMENT

SUB JUNIOR (13&U)

The main points to teach are:

- Basic attacking and defending skills
- Remember all are attackers and all are defenders at different stages during a game
- This is a major developmental phase of all skill development
- Landing on correct foot and balance
- Extending ball skills – with more movement, onto ball, off of ball
- Always defend in front of the opponent
- Defend man to man and always face the ball
- Pressure the pass with hands over the ball
- Introduce the blocking of the player
- Teaching of the basics of reading off the ball/player – that is a follow on from the basic use of space
- Learning which way to turn, pivot left or right
- Focus on communication between the player and the coach
- Provide positive encouragement at all times
- Enjoyment of the sport should still be a main objective

JUNIOR (15&U)

The main points to teach are:

- The main preparation area for future in senior ranks
- Starting to specialise in positions ready for intermediates and seniors
- Learning the front cut
- Develop the knowledge of the block
- Introduce two player defence of the ball and when to use it
- Teach the different break down of the circle defence e.g. high and low or side and side
- Introduce when to defend from behind or from the side

INTERMEDIATE (17&U)

The main points to teach are:

- Ball skills should be developing to a high standard
- Need awareness of 'what is going wrong' and 'how does it feel'
- Basic ability to put psychological basics into practice which should be achieved by the player before moving into seniors
- Work on the zone defence and how to break a zone defence
- An awareness of channels in attack and in defence
- How to shut down channels and open up other options

SENIORS (18+)

The main points to teach are:

- Coming into seniors, players need to specialise in positions and be developed in certain areas
- They must also have the ability to cover another position if needed
- Proper knowledge of the front cut
- Basics of the roll
- Reading off should be second nature by the time the player moves into position
- All aspects of defence should have been covered in previous age levels
- The ability to understand and work set plays should be second nature



SKILL AREAS SPECIFIC SKILL DEVELOPMENT

CATCHING

- Movement should be towards the ball
- Head up and watch the ball
- Hands outstretched to meet the ball in front of the body
- Fingers spread ball shaped with thumbs behind the ball
- Relax the hands slightly on receipt of the ball, this will take up some of the power from the pass
- Pull the ball firmly back towards your body

CHEST PASS

- Have two hands behind the ball
- Fingers spread well
- Thumbs behind the ball
- Wrists flexed
- The ball should be held off the palms of the hand but not controlled by the fingers
- The body should be well balanced
- Hold the ball near the chest with elbows bent close to the body
- The ball is first brought towards the chest and then released with a pushing action
- Wrists and fingers direct the ball to the receiver
- Weight is transferred onto the front foot
- On release, fingers should be pointing in the direction of the pass

BOUNCE PASS

- This may be done with one hand or two, preference should be given to skills for one hand pass
- Take the ball back at hip height
- Bend knees and lunge forward onto the leading or front foot
- Push the ball forward while keeping the hands low
- The ball should not go higher than the knees of the receiver
- The ball should be released from approximately hip height
- The ball must make contact with the ground past the feet of the defending player
- 'one-handed pass' – step forward and transfer weight onto the opposite foot to the throwing arm
- 'two-handed pass' – either foot can be used at the leading foot

SHOULDER PASS

- the ball is positioned slightly above shoulder height
- fingers well spread behind the ball
- release is strong, stepping forward with the foot opposite to the throwing arm
- follow through action along the path of the release

LOB PASS

- the body is side on to the receiver
- the ball is held in one hand above shoulder height
- lift ball to above head height to be released
- elbow slightly bent
- fingers and thumb behind the ball
- the other hand may be used to steady if you are using only one hand to pass
- weight is transferred onto the opposite foot to the following arm
- the throwing arm moves up and strongly forward towards the receiver
- wrists and fingers direct the ball
- release in a high arc from head height into the space
- the arm stays extended during the light follow through action



SKILL AREAS SPECIFIC SKILL DEVELOPMENT

SHOOTING

- remember to be balanced
- hold the ball lightly with the fingers of the dominant hand behind the ball
- the ball rests on the fingers not on the palm of the hand or finger tips
- the other hand steadies the ball
- the feet should be a comfortable distance and about shoulder width apart
- the position should feel balanced with the ball held steady
- entire body should be aligned with the post
- eyes should be concentrating on the goal ring, towards the front edge
- aim is above the goal ring
- the arms should be fully extended above the head
- as the movement starts, the knees and arm should bend and the drive is initiated from the feet up through the knees, body, arm wrist and into the fingers
- the steadying hand drops away as the ball is released
- the action should be upwards and the ball released at the height of the shooting action with follow through from the wrist and fingers

BALANCE

- balance is achieved through correct distributions of the player's weight
- keep the centre of weight over the base of support – knees bent, hips low and feet comfortable and evenly placed
- head should be up and the back helps with control of the upper body
- the head must be up to assist vision as well as balance

TOSS UPS

- players stand facing each other 0.9m apart
- distribute weight evenly over both feet (balance position or one foot slightly in front of the other foot)
- arms by your side
- bend knees slightly
- upper body leaning slightly forward
- take the ball with both hands and pull it sharply into the body
- always respond quickly to the whistle

ONE FOOT LANDING

- increase the length of the stride of the landing foot slightly
- flex the knees, hips and ankles to absorb the landing forces
- use the second foot in a breaking motion if needed
- keep the head up and the body straight.

TWO FOOT LANDING

- keep the head up and body straight
- try to keep the weight over the base of support
- flex the knees and ankles on landing to absorb the landing forces

DODGING

- have players moving slightly on the spot
- feet shoulder width apart and the weight on the balls of the feet
- knees should be flexed (bent slightly) and the body fairly straight with the head up
- the first movement is a quick upper body movement with a slight extension of the leg but keeping the weight balance over the feet (shift the body weight slightly so that the weight is always over the base of support, or in other words in between their feet) 2-3 steps push off transfer weight to the driving leg
- the second movement is the recovery and drive in the opposite direction
- forward lunging movements and sideways sprinting can be initiated from the edge



SKILL AREAS SPECIFIC SKILL DEVELOPMENT

PIVOTING – INSIDE/OUTSIDE

- pivoting requires the weight to be controlled over the pivot foot
- flexing the knees and keeping the hips low increases mobility and the speed of the actual pivot
- the head should be up and the body straight
- turn the body away from the defender
- the pivot can be initiated from a standing position or from a landing position after jumping or leaping

REVERSE PIVOT- ROLL

- the reverse pivot is usually started from a stationary position
- this move is harder because the movement requires a pivot of 360 degrees behind the defending player
- flexing the knees and keeping the hips low increases mobility and the speed of the actual pivot
- the head should be up and the body straight
- the turn is made as close to the defender as possible turning the head around quickly as the ball is delivered on completion of the roll

CHANGING DIRECTION

- this can be started from a running or stationary position
- if running, the pace should be medium to fast, a sudden swerve of the body is started by strong push from the grounded foot towards the direction you wish to go
- keep the head up and eyes on the ball
- when changing direction from a stationary position flex the knees and keep the hips low to give stability
- push hard in the desired direction smoothly and quickly

JUMPING

- when jumping the body weight should be even over the base of support (the feet)
- use a strong upward swing of the arms as the legs straighten (this adds to momentum of the jump)
- keep eyes on the ball
- on landing flex the feet, ankle, knee and hips to absorb the landing forces
- feet should be shoulder width apart on landing

FRONT CUT

- after passing the ball, move off to the same side as the pass
- try to use a fake to get the defender moving in the opposite direction first
- quickly accelerate into the space
- players have a few options – pure speed or fake wide and then cut
- take the ball at full stride as the player moves in front of the defender
- this restricts the defender's ability to take the ball
- as a receiver, the attacker must convince the defender to move along the side of them
- take two or three longer running strides
- stop and push off with the outside foot to the defender and cut in front of the defender's body.

SCREENING

- this works between two players
- one must sacrifice their ability to get the ball so as to create a space for a second player
- screening is done by holding or blocking the space of the defender
- this holds the desired space behind or to the side
- the attack moves behind the team mate into the free space
- this must be done quickly and it only works for a short period of time



SKILL AREAS SPECIFIC SKILL DEVELOPMENT

HOLDING SPACE

- the player uses their body to protect a space
- stand with feet shoulder width apart
- position close to the defender and protect the space behind or to the side
- if the defender changes position the attack must also reposition
- keep feet apart
- hold body straight up and firm
- knees slightly bent and arm by the side
- hold space until the ball has been released

ON ONE DEFENCE

Starting position can be in front (all junior age grades) side or back :

front – stand on the ball of the feet, heels off the ground slightly with knees slightly flexed

- feet shoulder width apart
- weight evenly over base of support (feet)
- cover half of the body of the attacker, never stand directly in front
- position the head so that the player can see the incoming ball and the attacker behind them (peripheral vision)

side – stand to the side of the attacker

- force the player away from the ball
- stand on the ball of the feet, heels off the ground slightly with knees slightly flexed
- feet shoulder width apart
- weight evenly over base of support (feet)

back – stand behind the attacker

- this should be taught in case the defender gets caught behind
- stand on the balls of the feet, heels off the ground slightly with knees slightly flexed
- feet shoulder width apart
- weight evenly over base of support (feet)
- make sure that no contact is made
- movement is used to come around to attempt an intercept – step, bring back foot forward and across.

DOUBLE DEFENCE

- this is sometimes called a two in one situation
- the two defenders must work together
- communication is vital
- the aim is to pressure the player and to limit the space available for that player
- all defensive points are appropriate for double defence

DEFENCE OF THE SHOT

- the defender can either lean or jump
- always defend at 0.9m from the grounded foot and extend the body with the arm extended over the ball
- the lean can be from the front and back or side in certain circumstances
- one hand achieves greater extension; two hands provide greater pressure
- balance on one foot allows greater extension over the ball
- with the jump, a deflection of the shot can be achieved - weight must be kept low to start; a powerful movement to the ball is timed to intercept the ball at the point of release



NJNC COACHES HANDBOOK 2020

SKILL AREAS SPECIFIC SKILL DEVELOPMENT

REBOUNDING

- always work to establish a good rebounding position while the shot is being taken
- prevent the other shooter from gaining a better rebound position by working the feet quickly and gaining a strong position
- aim to keep the shooter behind the defending player and create a clear passage to the rebounding ball
- do not move too close under the ring
- elevation to the ball must be strong
- try to take the ball at the height of your movement
- one hand take allows for maximum extension to the ball however two hands are preferable
- develop a snatching movement to bring the ball in quickly to your body
- remember to absorb the landing forces – flex the ankles, knees and hips

SPRINTING ACTION

- the first three to four strides are the most important in netball
- you must be quick off the mark
- extend hard with the leading leg and take a short, quick step first
- push off hard with the back foot
- pump hard with the arms
- arms should not cross over the front of the body when sprinting
- trying to keep limits and body pointing in the direction you wish to move – hands, arms, shoulders, etc

STRAIGHT LEAD

- timing is very important in this lead
- a strong explosive move is required
- move either directly forward to the ball or at an angle
- if leading to the right, extend forward to the ball and land on the right foot and vice versa

CREATE SPACE

- a clearing move – moving in an arc off the ball to allow another player to take the space
- if a player moves too soon they may need to make the next move away from the ball to create space for a team mate
- coaches should design drills that allow their players to experience this skill and use it in game situation

READING THE PLAY

- this skill is vital for coaches and players
- it takes concentration
- coaches should design drills that allow their players to experience this skill and use it in a game situation

MENTAL REHEARSAL

One of the best ways to reduce the effect of external distractions such as the crowd or an umpire's call is by using mental rehearsal. Mental rehearsal is a way of mentally simulating as many of the aspects of the game as you can see. Many goalies may benefit from mental rehearsal of the action of shooting, ie how the ball feels when it leaves their fingers etc.

All aspects relating to the psychological aspects of the game should be researched before implementing a program with your athletes.

Coaches are recommended to read books on mental training for athletes and coach.