



KU-RING-GAI NETBALL ASSOCIATION
CLUB CLINIC PROGRAM

NEW TO NETBALL COACHING

Why Do Children Play Sport?

Children play sport for;



Planning Training Sessions

Each training session that you plan should have a theme or session goals. Examples of themes you could use include;

- Take-off and running
- Balance and jumping
- Space Awareness
- Shadowing
- Recovery and hands over ball
- Passing and catching
- Pivoting and landing
- Dodging and straight leads
- Footwork
- Goal shooting



Session Structure and Time Allocation

Training experiences should be fun, interesting, varied and not physically demanding. The structure for a one hour training session is as follows;

1. **Group Organisation** (5 mins). Get the group together and discuss what will be covered in the session. Gather information about any injuries and settle the group ready for action.
2. **Warm Up** (10 mins). This is important to prepare the mind and body for physical activity. The warm up should include an aerobic activity for about 5 minutes (activities which make the kids huff and puff), followed by dynamic stretches for approximately 5 minutes. Avoid static stretching (stationary stretches) in the warm up.
3. **Skill Development** (25 mins). This is where new skills are introduced and existing skills are practised and progressed. Different basic techniques need to be covered in this section during the season - passing and catching, movement, footwork, attacking and defending.
4. **Modified Game** (15 mins). Games are a fun way to practise skills. It gives those skills more of a purpose.
5. **Cool Down** (5 mins). Consists of gentle aerobic activity (e.g. walking, jogging), stretching, and a review of what was covered during the session.
6. **Evaluation**. Spend time after your session to evaluate what went well and what you need to change for the next session.

When planning your training session, you should also list down all equipment required, to ensure that you remember to take it all with you.

Make sure you keep a record of all training sessions - you can pull them out at a later stage or season and re-use them if they were successful!

Hints for Planning Training Sessions;

- Make sure you include variety
- Over-plan rather than under-plan
- Avoid elimination games
- Avoid punishing with physical activity
- Provide plenty of opportunity for practice
- Plan progressions, group sizes and group organisation in your proforma

SEE KNA COACHING WEBSITE FOR A SAMPLE COACHING SESSION TEMPLATE

Date: 2 May 2011 **Team:** West Pymble 9s **Goal of Session:** Passing, Catching and Footwork

<p><u>Equipment:</u></p> <ul style="list-style-type: none"> • 4 balls • 6 cones/ dots • whistle • 1 set bibs 	<p><u>Skill Development:</u> (25 mins)</p> <p>Organisation: Height shortest to tallest</p> <p>1. <u>Pairs Shoulder Passing and Catching</u> Players stand approximately 3m apart, practise shoulder passing.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • Keep eyes on ball. • Make sure hands in butterfly to catch • Snatch the ball into body. • Make sure stepping forward on opposite foot to throwing hand. • Ensure follow through is pointing in direction of travel. • Try to aim for partner's chest. <p>Extend the Drill:</p> <ul style="list-style-type: none"> • Time how many passes you can do without dropping the ball in 30 seconds • Increase the distance apart slightly <p>Make the Drill Easier:</p> <ul style="list-style-type: none"> • Complete with no ball - role play movement only • Make the throwing distance shorter <p>Organisation: Birthday month order</p> <p>2. <u>Captain Ball</u> Work in groups of 4 or 5. Use cones/dots to mark out positions for thrower and last receiver. Demonstrate how to play captain ball. Do not race against each other first time through, just concentrate on technique.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • Remember to concentrate on passing and catching technique. That is still our focus. <p>Extend the Drill:</p> <ul style="list-style-type: none"> • Have teams race against each other. Look out for drop in technique when this pressure is added.
<p><u>Group Organisation:</u> (5 mins)</p> <ul style="list-style-type: none"> • Check correct attire • Check for any current injuries • Set out expectations for session 	
<p><u>Warm Up:</u> (10 mins)</p> <p>1. <u>1, 2, 3 Octopus</u> Players line up along transverse line. One player is the octopus, and stands in the centre third. When they call out '1,2,3 Octopus', all players must try and run to the other end of the third without being tagged by the octopus. If they are, they must sit on the spot cross-legged. They can help tag players by reaching out their arms like tentacles. The winner is the last player/s left untagged.</p> <p>2. <u>Dynamic Stretching</u> Players line up along goal line. Work some dynamic stretches as they move from goal line to transverse line.</p> <ul style="list-style-type: none"> • jog • side step • high knees • butt flicks • 1,2,3, together jump • pitter patter sprint 	

<p><u>Skill Development: (continued)</u></p> <p>Organisation: House number lowest to highest</p> <p>3. <u>Corner Spry</u> Work in groups of at least 4. Demonstrate corner spry and have players work through entire group.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> Remember to concentrate on passing and catching technique. That is still our focus. <p>Extend the Drill:</p> <ul style="list-style-type: none"> Have teams race against each other. Look out for drop in technique when this pressure is added. <p>4. <u>Court Landings</u> Spread out in one third. Players jog around using up all the space. When whistle blows, they land in a 2 foot stop and remain balanced. Coach says 'go' again, and keep repeating drill until everyone is comfortable with their landings.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> Land with feet shoulder width apart and knees bent. Should be a 'quiet' landing. <p>Extend the Drill:</p> <ul style="list-style-type: none"> Add pivot once landed. On whistle players do 2 foot landing, then pivot full circle and push off and jog again. <p>Coaching Points:</p> <ul style="list-style-type: none"> Choose one grounded foot. Turn on ball of foot (squishing spiders). Use other foot to provide direction. <p>Organisation: Alphabetical order, surname.</p> <p>5. <u>Group Practice</u> One Thrower, rest in line 3m away. Run up, catch, 2 foot landing, shoulder pass back. Change throwers regularly.</p> <p>Extend the Drill:</p> <ul style="list-style-type: none"> Add pivot once landed. They turn and throw back to their own line. 	<p><u>Modified Game: (15 mins)</u></p> <p>Organisation: Alphabetical order, first name</p> <p>1. <u>End to End</u> Split into 2 teams. One team wears bibs. They use one side of court each to pass the ball from one end to the other (use two thirds only if less than 5 players in a team. One person only can shoot for a goal. Pass the ball back to the beginning and repeat. First team to score 3 goals wins that round. Swap shooters and repeat game.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> Remember to concentrate on passing, catching and landing technique. That is still our focus. <p>Organisation: Height tallest to shortest without speaking</p> <p>2. <u>Corner Spry v Laps</u> Split into 2 teams. One team batters, one fielders. Play in goal third. Batter steps up, throws the ball into the goal third. Fielding team chases ball, then sets up corner spry formation around person who picked up the ball. They complete corner spry forward and back down line then call out 'stop' when get to end. Meanwhile, batter is running laps up and back to transverse line, counting their runs scored until they hear 'stop'. Next batter has a go. Continue through all batters, then swap teams over. Winning team is one with most runs scored after innings.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> Remember to concentrate on passing and catching skills. That is still our focus.
	<p><u>Cool Down (5 mins)</u></p> <p>Jog up and down to transverse line x 4 Static stretching.</p>
<p><u>Evaluation:</u> Was it fun? Did the players enjoy themselves? What can be done to improve the session? Did everyone participate enough?</p>	

Safety Considerations

Before beginning any training session, ensure the safety of all participants has been considered;

- The playing surface should be level and free from obstructions (e.g. sticks, puddles, a great number of slippery leaves).
- There should be adequate lighting.
- Spectators (as well as younger brothers and sisters) should be kept well away from the playing area.
- Check that all equipment is in good condition.
- Suitable footwear is important. School shoes or Dunlop volleys are not appropriate for netball.
- Ensure the correct size of equipment is used (e.g size 4 balls for 9 years and younger).
- Avoid intense activity in excessively hot and humid conditions.
- Monitor players (especially younger players) for heat illness.
- Encourage use of sunscreen and hats if on sideline. Soft visors are allowed to be worn when playing. Coaches should set a good example and wear a hat when coaching.
- Encourage players to drink before playing and also replenish fluids regularly during training and games.



Group Organisation

Get your team into a routine to assist with organisation. Helpful hints for effective organisation include;

- Establish set up and put away routines and rules for equipment.
- Develop a set warm-up and cool-down for game day so players can take greater responsibility themselves.
- Use a signal for attention. Best one to use is a whistle.
- Ask questions of your group. In this way you can encourage them to pay greater attention and include them in their learning.
- Give praise and compliments to all players.
- Limit instructions and return to physical activity quickly.

Ideas for setting up groups;

- Height from shortest to tallest
- Height from tallest to shortest
- Alphabetical, first name
- Alphabetical, surname
- Alphabetical, middle name
- House number
- Birthday date
- Birthday month
- House number even v odd (2 groups)
- Stand on one leg - left v right (2 groups)
- Matching animal sounds with eyes closed
- Coloured jelly beans from a bag
- Do any of the above whilst not talking
- Do any of the above in reverse order

Demonstrations

A picture paints a thousand words. Things to remember when demonstrating;

- Make sure all players can see.
- Ensure there are few distractions - e.g. looking into sun, traffic.
- Semi circle is good, or a line facing coach. Players can be standing or sitting.
- Only talk about key points - keep talking minimal.
- Show the whole skill as it should look. You can then break it down to different components. Ensure the last visual you give them before going off to practice is again the whole skill as it should look.
- Explain why you do things and when you will use the skill in a game. Don't just teach the technique.
- Follow up with plenty of opportunity for practice.
- Re-demonstrate later if necessary to fix common errors.

Providing Feedback

Consider timing, relevance and amount of feedback you give players.

- Try to give feedback immediately at training. The players are therefore more likely to link it to what has just been performed.
- Make sure the feedback is relevant and specific to what is being performed. Remember what the goal of the actual activity or drill is. If it is correct landing that you are concentrating on, then focus on that aspect for your feedback, especially with younger players. There may be a lot going wrong with technique with new players, but giving them too much to think about will not produce improvements.
- Avoid too much general comment (e.g. 'good work Amy' or 'well done Jess'). Feedback should be more specific so the players know exactly what was good about their performance and they can repeat it again. For example, 'That was a beautiful soft landing you did then Maddie', or 'Your follow through on that pass was perfect Annie, and look how straight it went!'
- Keep feedback focused on only one thing at a time. Allow the players to digest that first and try to make any changes required, rather than have to try and improve 2 or 3 things at once.
- Make feedback positive. Remember the feedback sandwich - say something positive (bread), followed by something they can work on (filling), then finish with something positive again (bread).

Child Protection

Child Protection involves the policies put into practice to protect a child from harm.

- Use positive reinforcement and acceptable language when talking about or to a child.
- Remain calm and non-confrontational.
- Ensure children are comfortable with any physical contact, e.g. a high five, handshake, a pat on the back.
- Avoid situations where an adult is left alone with a child.
- Be familiar with established processes within the club for child protection disclosures or allegations. Each club has a Member Protection Information Officer to assist you with these areas.
- Coach children to be 'good sports'.



Motivating Children

It is best to encourage children to value the intrinsic rewards they gain from participation in sport, rather than any external (extrinsic) rewards. Intrinsic rewards include enjoyment, learning new skills, playing in a team with their friends, improving in their skills. Extrinsic rewards include trophies and awards.

Points about motivation:

- Motivating players leads to an increase in their self confidence and self esteem.
- A motivated player will enjoy themselves more and will want to come to training.
- Recognise achievement of your players in a range of aspects such as positive social behaviours, a great attendance record, care shown for the equipment, assistance they give to the coach, manager and other players.
- Set realistic goals as motivation. Make sure they are challenging, but not impossible so the players feel a sense of achievement when they have attained the goal.
- Provide leadership opportunities for players. They will develop a greater sense of responsibility for their own level of play and consider the wellbeing of the team as a whole.
- Be consistent with your praise and expectations.
- Provide challenges regularly. Many players are motivated greatly by the challenge to achieve a set task.
- Be organised. Players will be more motivated when they are kept continually busy.
- Avoid punishment or negative motivation. Try to highlight the behaviours you like to see, rather than point out those you don't like to see.

Game Day

Set expectations for Game Day early on in the season. Set up a structure where you feel comfortable as a coach. Ideas may include;

- What time do you want all of your players to arrive and be ready to start the warm up? I always like to start my warm up in earnest 20 minutes before the game begins. In that way you can usually do your court jogs at the 3/4 time break of the game before, and then do some stretching and small-area ball skills until the courts become free for your game.
- Set clear guidelines regarding behaviour at the intervals. I think the best thing to insist upon is to have all players immediately go to the sideline to get their drink bottles, and come straight back to your huddle in the middle of the court. Do not allow players to chat to their parents at breaks. They need to be hearing instructions from only one person during the game, and that is you!
- Have any reserves sit or stand near you during the game so that you can point out different things to them, and also be able to sub them on quickly in the case of injury or illness.
- Have a clear policy of team rotations and make sure all players and their families know about it at the start of the season. I encourage all coaches to continue to rotate their players throughout positions until they leave cadets. No one should be such a specialist that they play one position all their lives! This is especially relevant to the child who is extremely tall for their age. Don't just play them at one end of the court - make sure they too develop all the skill everyone else does - eventually everyone else catches up in height and it is not fair to them if you have never allowed them to develop the same full game skills.

Points to remember when coaching children

- Coaches need to promote cooperation, teamwork and fair play during activities.
- Focus on skill development and individual improvement, not winning.
- Reinforce the contribution of all players to the group
- Provide a supportive environment and show sensitivity to individual differences.



QUICK CHECKLIST FOR GOOD COACHING

1. Plan

- Have a purpose
- Plan for maximum activity
- Prepare enough equipment before beginning the session
- Ensure activities are age appropriate
- Create a positive environment
- Ensure the court and equipment are safe

2. Demonstrate

- Be concise
- Highlight key points
- Be sure all participants can see
- Repeat several times

3. Practice

- Progress from simple to complex
- Allow time for repetition
- Provide opportunity to practise in a game situation
- Provide a variety of activities

4. Observe

- Position yourself so that you can see all participants

5. Coach/ Feedback

- Be positive and supportive
- Be specific
- Emphasise key points
- Re-demonstrate skill if necessary