



Netball Central Zone

2017 Netball NZ Community Coach Award Coaching Modules



NNZ Coach Development Framework

Within Netball in New Zealand, there is a strong sense of national identity which binds us and creates unity. We are the most popular women's sport in New Zealand. We are small, culturally diverse and resilient.

The NNZ Coach Development Framework has been designed for developing coaches at all levels of the game and celebrates our uniqueness. It provides a vision and structure for improving the knowledge and delivery of Netball coaching with the overall goal of developing more quality and confident coaches.

The approach is based on the following key principles:

- Designed specifically for Netball in New Zealand
 - reflective of New Zealand's unique cultural and sporting environment
- Aligned
 - with Sport New Zealand coaching communities in conjunction with the New Zealand Coaching Strategy
- Player centred
 - based on the needs of the players, aligned to their stage of development and to the NNZ Player Development Guidelines
- Applicable and practical
 - encourages 'on the job' learning experiences
- Flexible
 - provides coaches with more choices and a higher degree of ownership in selecting and following their own development pathways
- Lifelong learning
 - promotes continued personal development and self-responsibility for learning

The NNZ Coach Development Framework encompasses four coaching communities:

- Foundation
- Community
- Performance

Within each community there is a wide range of coach development opportunities allowing for a coaches development to be a combination of formal, informal and 'on the job' learning. The workshops and modules cater for a wide range of learning styles and are reflective of the stages of player development.

This booklet provides information on the "Community" modules and where and when they will be run in 2017.

Please contact your Centre representative (as per the back page of this booklet) for more information in the first instance.

The following is a breakdown of the CCA modules

CCA1 Modules

PLAYER CENTRED COACHING (3 hours) – Pre requisite for all Modules **

This module consists of mental preparation, leadership and, effective coaching. The module explores TGfU (Teaching Games for Understanding) in more detail and participants also look at leadership styles and effective use of questioning as they design and coach a TGfU activity with the support of the facilitator and the rest of the group.

PLANNING (2 hours)

This module covers practice and game day planning, season planning, and evaluation methods and modifications.

SELECTING (2.5 hours)

This module builds on establishing policies and procedures and developing processes for electing that can be well utilised in preparation for trials.

SKILL ANALYSIS (2.5 hours)

This module works through the biomechanics of netball movement and skill correction focusing on a constraints led approach to coaching.

COMMUNICATION & MANAGING OTHERS (2.5 hours) **

This module focuses on tools and systems to assist the coach with communication and how best to people manage within a team environment.

TEAM BUILDING (2.5 hours) **

This module focuses on developing a team vision, establishing and re-establishing team values, and team building activities that can be utilised throughout the season.

BALL SKILLS (2.5 hours)

This module covers coaching points for a variety of passes and develops an understanding of which pass could be best in various situations.

ATTACK (2.5 hours) **

This module focuses on understanding learning styles and developing player self awareness along with netball-specific technical and tactical ideas.

DEFENCE 1 (2.5 hours)

This module covers phases of defence and exploring the stages of skill learning.

SHOOTING (3 hours)

This module details the sequential steps involved in a successful shot. Learn activities that will assist the development of shooters including skill correction, shooting roles and movement.

CCA2 Modules**FIT FOR THE SEASON (2.5 hours)**

This module covers the basic principles of conditioning for netball as well as basic nutrition for netball. A current first aid certificate is useful but not essential.

PLANNING ANNUAL TOURNAMENTS

This module will be introduced in 2017

GAME ANALYSIS (2.5 hours)

This module identifies and analyses tactical aspects of the game of netball and how best to use these when developing team talks.

THROUGH COURT (2.5 hours)

This module covers game principles for through court attack & defence. Learn how to implement tactical strategies and identify through court issues & counters.

MENTAL SKILLS (approx. 3 hours)

This module allows attendees to develop an understanding of basic mental skills and identify ways of applying principles to benefit player performance and enjoyment.

CIRCLE WORK (2.5 hours)

This module provides insight into how to get shooters working together in the goal circle to

increase scoring opportunities and circle defence working together to create turnovers. Attendees cover defence of shot strategies.

CENTRE PASS (2.5 hours)

This module runs teaches attendees how to understand game principles for through court attack & defence. Learn how to implement tactical strategies and identify through court issues & counters.

TOURNAMENT PLANNING (2.5 hours)

This module provides coaches with the tools and systems to understand the preparation to attend tournaments or go on tour. It also highlights event planning and budgets

**** Denotes modules that are being refreshed in 2017**

CCA1 Modules

Player Centred Coaching

January - May

Manawatu	28 January 2017
Wellington	3 February 2017
Horowhenua	11 February 2017
Wairarapa	13 February 2017
Wanganui	25 February 2017
Taranaki	3 March 2017
Hawkes Bay	10 March 2017
Kapi Mana	14 March 2017
Hutt Valley	29 March 2017

August - November

Taranaki	2 August 2017
Wellington	7 August 2017
Manawatu	11 August 2017
Kapiti	16 August 2017
Hutt Valley	24 August 2017
Wanganui	25 August 2017
Hawkes Bay	25 August 2017

Planning

January - May

Manawatu	29 January 2017
Wellington	4 February 2017
Wanganui	25 February 2017
Taranaki	4 March 2017
Kapi Mana	17 March 2017
Hutt Valley	8 April 2017
Hawkes Bay	21 May 2017

August - November

Kapi Mana	22 October 2017
Kapiti	26 October 2017
Wellington	30 October 2017
Hutt Valley	15 November 2017

Selecting

January - May

Manawatu	28 January 2017
Wellington	4 February 2017
Horowhenua	11 February 2017
Hutt Valley	22 February 2017
Kapiti	23 February 2017
Taranaki	25 March 2017

August - November

Wanganui	5 September 2017
Hawkes Bay	18 October 2017
Wellington	30 October 2017

Skill Analysis

Taranaki	4 March 2017
Hawkes Bay	12 March 2017
Kapi Mana	22 March 2017
Hutt Valley	8 April 2017

August - November

Manawatu	23 August 2017
Wellington	4 September 2017

Communicating & Managing Others

January - May

Wellington	16 February 2017
Wairarapa	19 February 2017
Manawatu	26 February 2017

August - November

Kapiti	24 September 2017
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Kapiti	27 February 2017
Taranaki	5 March 2017
Hawkes Bay	21 May 2017

Team Building

January - May

Manawatu	26 February 2017
Taranaki	5 March 2017
Hawkes Bay	12 March 2017
Kapi Mana	30 March 2017

August - November

Wellington	25 September 2017
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Ball Skills

January - May

Wellington	5 February 2017
Horowhenua	12 February 2017
Wanganui	7 March 2017
Hutt Valley	11 April 2017
Taranaki	29 April 2017

August - November

Manawatu	17 August 2017
Kapiti	24 September 2017
Hawkes Bay	27 September 2017

Attack

January - May

Wairarapa	18 February 2017
Kapiti	6 March 2017
Wanganui	25 March 2017
Manawatu	9 April 2017
Hawkes Bay	29 April 2017

August - November

Taranaki	23 September 2017
Hutt Valley	5 November 2017

Defence

January - May

Wairarapa	19 February 2017
Kapiti	23 March 2017
Wanganui	26 March 2017
Manawatu	9 April 2017
Hawkes Bay	29 April 2017

August - November

Taranaki	23 September 2017
Hutt Valley	5 November 2017

Shooting

January - May

Wellington	5 February 2017
Horowhenua	12 February 2017
Wairarapa	18 February 2017
Manawatu	21 March 2017
Kapi Mana	19 April 2017
Taranaki	29 April 2017
Hawkes Bay	7 May 2017

August - November

Hutt Valley	4 October 2017
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CCA2 Modules

Fit for the Season

January - May

Manawatu	29 January 2017
Wellington	20 February 2017
Taranaki	25 March 2017
Kapiti	1 April 2017

August - November

Hutt Valley	1 September 2017
Hawkes Bay	12 November 2017

Planning Annual Tournaments

January - May

Taranaki	25 January 2017
Wellington	26 January 2017
Manawatu	8 February 2017

August - November

Wanganui	6 August 2017
Kapi Mana	22 October 2017
Hawkes Bay	11 November 2017

Game Analysis

January - May

Wanganui	15 January 2017
Hutt Valley	9 March 2017
Wellington	27 March 2017
Taranaki	30 April 2017

August - November

Manawatu	20 September 2017
Hawkes Bay	12 November 2017
Kapiti	16 November 2017

Through Court

January - May

Hutt Valley	23 March 2017
Kapiti	2 April 2017
Hawkes Bay	23 April 2017
Taranaki	30 April 2017

August - November

Manawatu	16 September 2017
Wellington	18 October 2017

Mental Skills

January - May

Wanganui	15 January 2017
Kapiti	2 April 2017
Wellington	13 March 2017

August - November

Taranaki	7 September 2017
Hutt Valley	13 September 2017
Manawatu	16 September 2017
Hawkes Bay	17 September 2017

Circle Work

January - May

Wairarapa	19 March 2017
Hutt Valley	5 April 2017
Hawkes Bay	7 May 2017
Kapi Mana	17 May 2017

August - November

Wanganui	6 August 2017
Taranaki	24 September 2017
Wellington	27 November 2017

Centre Pass

January - May

Wairarapa	19 March 2017
Kapiti	1 April 2017
Kapi Mana	26 April 2017
Horowhenua	29 April 2017
Manawatu	9 May 2017

August - November

Hawkes Bay	17 September 2017
Taranaki	24 September 2017
Manawatu	19 October 2017
Wellington	9 November 2017

2017 Informal's

January - June

Wellington	03 May 2017
Manawatu	28 May 2017
Taranaki	21 May 2017
Hawkes Bay	14 May 2017

June - December

Wellington	TBC
Manawatu	TBC
Taranaki	TBC
Hawkes Bay	TBC

Netball Central Zone Annual Coaching Conference

Wellington	28 October 2017
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YOUR RECORD

Keep your own record of what you have attended

CCA1 Modules

Module	Date Attended
Player Centred Coaching	
Planning	
Selecting	
Skill Analysis	
Communicating and Managing Others	
Team Building	
Ball Skills	
Attack	
Defence	
Shooting	

CCA2 Modules

Module	Date Attended
Fit for the Season	
Planning Annual Tournaments	
Game Analysis	
Through Court	
Mental Skills	
Circle Work	
Centre Pass	

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