



# COACHING TIPS

## FOR EDUCATING AND MOTIVATING

to refer please

Coaching Junior athletes can be challenging, yet very rewarding:

### Your Goals For The Season Should Include:

- Developing specific motor skills required to play netball as the priority
- Providing opportunities to practise wholesome competition, with the emphasis on participation
- Utilising the game as a means of practising skills previously taught, under competition conditions
- Educating the whole person, by providing opportunities to develop self time management, self confidence, personal success, social interaction, and effective communication.

### To Ensure That Your Time With The Team Is A Positive Experience, Try Implementing Some Of These Tips, Successfully Tried By Many Junior Coaches

#### **SET YOUR COACHING GOALS FOR THE SEASON FROM DAY 1**

Discuss your philosophy with your players, so that they understand, and if necessary, write your goals in a parent's newsletter. By doing this, parents will also accept, understand and support your actions throughout the season

#### **IMPLEMENT TEAM DISCIPLINE POLICY STRONGLY**

Establish team policy through consultation with team members as a whole. If team members decide what discipline and expectations are required, individuals are more likely to adhere to guidelines. Peer pressure is critical at this stage of development.

#### **BE A GOOD ROLE MODEL FOR YOUR PLAYERS**

Be on time, well organised, supportive of umpires and administrators, and at all times, be fair, honest, trustworthy and enthusiastic.

#### **ALLOW PLAYERS TO PLAY MANY POSITIONS THROUGHOUT THE SEASON**

Experiment with your athletes, and let them challenge their own abilities, by trying new positions. You may un-earth a natural talent in another position, and this may enhance participation and motivation.

#### **KEEP TRAINING SESSIONS ACTIVE**




Ensure the players are busy, which will reduce discipline problems, and provide them with a positive, fulfilling environment in which to learn.

#### **BE A FRIEND, PSYCHOLOGIST AND CONFIDANTE**

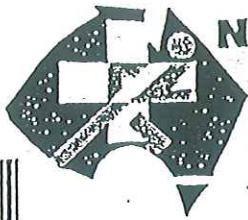
Be alert for any problems that may arise in the athlete's life. Watch for signs such as lack of motivation, behavioural changes etc. Deal with each issue on merit, displaying compassion and patience. At this age, the players can experience many traumas, and you may be the person they wish to turn to.

#### **ENCOURAGE PARENT SUPPORT**

Parent support is vital, so encourage them to be involved, by delegating various necessary tasks, and recognise their input. Maintain control, by listening to Mentors, other coaches you trust, outside the team environment.

**SYMBOLS USED IN THE KIT:**  Nos players required  Nos balls required  Coaching tips  
F= Feeder, W= Worker, A= Attacker, D= Defender, R= Receiver

| Error  | Correction  |
|--|---|
| <b><i>General Footwork Skills</i></b>            |   |
| 1. Your first take-off step is backwards.        | 1. Use your arms to drive yourself forward.   |
| 2. Not enough speed on take-off.                 | 2. Bounce quickly a few times on the spot before you drop your weight down and take off.  |
| 3. Not enough elevation on your jump.            | 3. Separate the running movement by pausing momentarily before take-off. Use a deeper knee bend at take-off.                              |
| 4. Your upper body sways when you run.           | 4. Accentuate arm movement. Hold a stick or relay baton as you practice your running to help see just what your arms and hands are doing. |
| 5. You lose balance when executing the sidestep. | 5. Keep your body moving over the base created by the feet. As the outside foot reaches to extend the base, realign the upper body.       |
| <b><i>Landing</i></b>                            |   |
| 1. Your body jerks when landing.                 | 1. Use a deep knee bend to cushion the impact.  |
| 2. You overbalance when landing.                 | 2. Widen your base and bend your knees.   |
| 3. You twist when landing.                       | 3. Jump slightly before you land; it allows you time to realign your body before impact.  |
| <b><i>Pivoting</i></b>                           |   |
| 1. You lose balance as you turn.                 | 1. Keep your body upright and weight down.  |
| 2. Your landed foot lifts.                       | 2. Keep your knees bent and weight down.  |
| <b><i>Stepping On</i></b>                        |   |
| 1. You lose balance as you step on.              | 1. Check your stride length; you are most likely overstriding.  |
| 2. Your landed foot drags.                       | 2. Keep well balanced and weight down on feet.  |
| 3. Your landed foot re-grounds.                  | 3. Speed up the release of the ball.  |



*Safer Sport*

# POLICY STATEMENT

## INITIAL MANAGEMENT OF SOFT TISSUE INJURIES

For the first 48-72 hours:

**R** - Rest

**I** - Ice

20-30 minutes every 2 hours

**C** - Compression with a non-adhesive, elastic bandage

**E** - Elevate

**R** - Refer and Record

### AND NO 'HARM' factors

**H** - Heat      such as sauna, spa, hot water bottle, hot shower, hot liniment rubs etc. increases bleeding

**A** - Alcohol      increases swelling

**R** - Running      or exercising too soon can make the injury worse

**M** - Massage      or the use of heat rubs in the first 48-72 hours increases swelling and bleeding



## *Skipping and Netball*

There are many skipping activities that can develop netball skills, agility, team work and are fun to do. Here are just a few.

1. Individual Skipping - Hopping
  - Boxing Step
  - Running
  - Heel to toe
  - Jumps
  - Double jumps
  - Combination of the above

Rope jumping develops leg strength, and is suitable for plyometrics training to build leg muscle endurance, and is a good cardiovascular work out.

2. 1 player turning the rope and a partner jumping with her catching a ball thrown to her by a 3rd player.
3. 1 large rope - player in middle catching ball thrown from 4th player.
4. As above player catches from 4th player, spins around and passes at the other side to the 5th player.
5. As above - player in middle trying to intercept pass between player 4 and 5.
6. 2 players in the large rope jumping, passing to each other chest, lob, bounce etc.
7. 3 players in the large rope - Player in middle tries to intercept the pass.
8. 2 - 3 large ropes in a row - players in middle pass the ball to each other.
9. 2 - 3 large ropes in a row - 2 players in each rope pass a ball to each other - then coach calls "change" - each ball must be passed to another rope's pair.
10. 1 large rope - Players run through and receive a pass from a thrower on the other side.
11. Try above with 2 ropes.
12. The jump rope for heart booklet can give you further details.