

# Tips for Good Coaching | Seven Steps of Skill Progression

## - by Netball Australia

### 1. Explanation and Demonstration

Explain "when" and "why" you use the skill so that a player has a clear picture of where it fits into the game. Use key "cue" words such as "outside leg".

eg. "We would use a bounce pass into the shooters when we are trying to get around the defence player" - demonstrate the correct technique of a bounce pass into the shooter.

### 2. Basic Movement / No Equipment

Player should be allowed to practice the skill without any equipment used at this stage.

Individual feedback should be given to each player regarding the execution of the skill. (fault detection and correction - remember constructive criticism).

Corrections should be made where there are errors that do affect the outcome of the skill. Identify the main problems first; do not try to correct too much at one time.

Players should be given time to practice the skill once feedback has been given.

Ensure you observe their next attempt. Comment on their performance.

Remember that all team members are individuals and at times need individual attention.

### 3. Basic Movement with Equipment

The player should practice the skill with appropriate equipment, eg, the use of markers for teaching the change of direction.

Feedback should be the same as noted in step 2.

### 4. Add a Ball

After players have been given adequate time to practice the skill individually or in groups, the ball should be introduced.

The ball can be introduced as a stationary object held by another player or coach. The ball should then be introduced in the "on the move" situations, as the skill requires.

Continue feedback.

### 5. Add an Opponent

Once the player is able to successfully perform the skill with the ball, an opponent should be introduced.

You may decide to remove the ball from the skill performance in the initial stages whilst the player is developing body awareness.

Continue feedback.

### 6. Dynamic Drill

Players should be given the opportunity to develop the skill in a dynamic drill situation so as to incorporate skills of timing and decision making

This could involve the use of more players and other skills, which are within the capabilities of the players. This step may involve a couple of stages and will require plenty of feedback regarding the skill being taught and other relevant skills/movements required.

### 7. Court Application

The skill should be incorporated into a court situation.

This does not necessarily have to involve the whole court or the entire team. The application to the game may involve 1/3 or area of the court where the specific skill is executed.

Players could be asked to apply the skill to the court in their designated areas.

# Coaching Checklist

## 1. Plan

- Have a purpose.
- Plan for maximum activity.
- Prepare ample equipment.

## 2. Demonstrate

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

## 3. Practice

- Progress from simple to complex.
- Allow time for repetition.
- Opportunity to practice in game situation.

## 4. Observe

- Position so you can see all players.

## 5. Coach/Feedback

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

## Things for Coaches to Remember

### Training Sessions

Ensure that all training sessions are organised - equipment, courts, players, drills etc.

Try to explain to players why a particular drill is being practiced - relate it to the game.

Try to pay individual attention to each player to ensure that they understand the concept that is being taught.

Let players know who they are playing on the weekend so they can prepare themselves

Know the time and court that the team is playing on the weekend.

Remind the team where they will meet and warm up.

### Game Day

Have a smiling face - if the kids see that you are happy then they will be too!

Have a game plan organised for the game that allows each child equal time on court (see below for example - for modified teams rotate this weekly from attacking to centre court to defence)

Encourage players to drink water through out the game especially on hot days.

Before game

Warm players up and give bibs out.

Talk to individual players about their positions and responsibilities of that position.

Check player's nails, sock level and jewellery (before the umpire does so that the game will not be held up - nails should not be above fingers and socks need to cover the ankle bone - no jewellery).

During game

Encourage players, emphasising any well-executed play.

Watch for injured players and rotate them when necessary.

After game

Congratulate players on a well played game (doesn't matter about the score).

Collect bibs and any balls that you may have brought.

Check that the reports have been written for web (usually done by Manager).

Well done ! One Saturday game over.