



Glenhaven Netball Club Incorporated • INC9879371

All correspondence c/ - PO BOX 601 ROUND CONER NSW 2158

Sunday, 2 December 2012

Welcome to Coaching

Thank you for volunteering to coach this year for **Glenhaven Netball Club**. We look forward to a fun, rewarding and successful season.

Glenhaven is excited to welcome you into our coaching team and are keen to assist you in any way that we can.

The coach's primary responsibilities are to:

- ✓ ensure the players' performance continually improves.
- ✓ use their skills as teacher, communicator, motivator, organiser and manager to achieve the above goal.
- ✓ ensure that players train and play in a safe environment.
- ✓ comply with the coaches Code of Behaviour.
- ✓ behave in a manner that recognises that a coach is a mentor and role model to players both on and off the court.
- ✓ develop a clear set of team rules and goals that are consistent with club guidelines. e.g. equal time on court, attendance at training. Adhere consistently with these team rules.
- ✓ look at self-development in coaching methods to keep up with current rule changes and team strategies.
- ✓ work towards enabling players to coach themselves. Encourage players to think for themselves and take responsibility for aspects of their training. We want them to develop into self-motivated players.
- ✓ ensure all equipment is safe – balls pumped up, court is dry, leaves not slippery etc.

A copy of the Coach Code of Behaviour is attached to our website. Coaching page.

The Saturday competition begins on Saturday 6th April 2013.

A copy of the Season Calendar is attached to our website. Home page.

Please ensure that you have completed a BHSNA Registration Form if you are a non player (players will have filled one in, even if playing for another club, so you don't have to) and everyone must do a Volunteer/ Student Declaration Form before beginning your season training.

PLEASE BRING COMPLETED TO OUR COACHES MEETING OR GALA DAY.

Both forms are linked in DOWNLOADS on our website.

www.glenhavennetball.com.au



Following are some helpful hints for 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 & hear
- 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

At the end of your sessions do a quick self reflect; Did I talk to everyone? Did I favour anyone? Did I give them all a positive to take away from the session?

If you encounter any problems at all during the season or have any questions, please do not hesitate to contact me.

Kind regards,

Jenny Way

GLENHAVEN NETBALL CLUB

Executive Committee - Coaching Coordinator

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