



Palmyra Rebels Netball Club

(Abbrev: "PRNC" or "the Club")

2024 Coaching Information Handbook

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Coaches should focus on skill development and individual improvement, rather than winning as the outcome

All participants deserve time and attention, not just the most talented

Coaches should be dedicated and passionate and make netball fun for participants of all ages

1 PRNC Coaching Coordinator

Janay Johnson has been with PRNC going on 22 years and during that time dhas played, umpire and coached for PRNC and FNA. Janay is also a PRNC executive committee and life member and has won a myriad of awards, too long to list here!!



2 Expectations

Coaches at all levels of Netball play a crucial role in ensuring netball is a positive and enjoyable experience for all participants. We want our coaches to have the appropriate skills and knowledge to create fun, enjoyable and rewarding environments in which participants will want to stay in the game longer.

Therefore we want to build our coaches and have them accredited and have our apprentice coaches confident to be able to coach themselves. This doesn't happen overnight so we are looking at a 2-3 year plan of strong coaches mentoring the younger coaches so we end up with good quality coaches but more importantly coaches that are knowledgeable about netball.

3 Resources

Throughout the season to help with training and development there will be links to various resources ie; training templates and drills. We also encourage coaches to film any new drills they have and post them on the PRNC Coaches 2024 Facebook Page for all to access.

Coaching Resources are also readily available online on Netball WA and Netball Australia websites – links below:

<https://netball.com.au/coaching-resources>

<https://wa.netball.com.au/coaching-resources>

4 Communication

As a source of communication between Coaches we have set up a Facebook page titled 'PRNC Coaches 2024' this will be used to post updates, training, reaching out to other coaches for help with fill ins etc. We will also post templates of training plans and videos for referencing etc., and we are more than happy for coaches to post drills you find/use that might be helpful for other coaches to use as well.

5 Training

- Have a set plan for every session
- Make sure each activity has a purpose and you demonstrate and highlight key points
- Allow players time for repetition and include time to practice in a game situation
- Observe players carefully from a good vantage point and provide positive feedback being supportive and concise

Consider if the activity:

- Involves all participants most of the time
- Is motivating and fun
- Is safe
- Is age appropriate
- Has basic techniques, skills, and tactics for beginner participants to learn
- Allows adequate time for practice and observing participants performance
- Ensures that the session provides variety

6 Courses

Netball WA offers a range of courses and education workshops <https://wa.netball.com.au/coach> to assist coaches in their skill development and their ability and knowledge to continually move through the Netball WA Coach Pathway.

7 PRNC & Netball WA Website – Courses & Accreditations

Refer to the PRNC website for various courses on offer - <https://www.prnc.com.au/coaching/> or Netball WA website for coaching accreditation including foundation and development details - <https://wa.netball.com.au/coach-accreditation>

8 Contact

If you have any questions regarding coaching, please contact Janay Johnson, PRNC Co-Coaching Coordinator, by email coaching@prnc.com.au

Janay – 0429 475 030

9 Skills Development Framework

The Netball Skills Development Framework (formerly the National Core Curriculum of Netball Skills) has been developed as a guide for coaches of NetSetGO! through to elite levels. The purpose is to provide a national consistency in standard and appropriate skill development and progression across our pathway. The Netball Skills Development Framework outlines the appropriate sequence of skills to teach players across five learning stages – Foundation, Development, Intermediate, Advanced and Elite – each one representing a progressive increase in skill and complexity for the developing player.

Whilst the framework provides a suggested age range most appropriate for each of the five stages (i.e. in terms of a player's physical and mental development), coaches need to consider the experience and training history of their players and team when teaching skills and game strategies. With variations in development, players of the same age may be at different stages on the skills development pathway. It is important that players develop the skills appropriate to their stage of development as it can be difficult to develop these skills at a later stage.

Coaches should ensure they have a logical progression in their training program, so players develop sound technique in the skills relevant to the needs of the player. Players should achieve competence at one level before moving on to the next, thus they do not miss steps in the process. Along with the technical skills players should also develop their decision making and spatial awareness so they are aware of their position on court and the position of other players around them.

QUALITY COACHING AND ACCREDITATION

Quality coaching is an essential element in creating a positive experience for players in netball. Coaches need to develop, implement and provide a coaching program to support the development of the player both individually and in the team environment. Coaches need to make their sessions fun and engaging so that their players are eager to return.

When coaches plan and provide sessions based on a good understanding of how players learn and how skills are best developed, players have the best chance of:

- Becoming competent in skills and strategies
- Building a good knowledge of the rules etiquette and traditions of the sport
- Being enthusiastic about life-time sport

Coaches have a major influence on the holistic development of players in netball by educating them in the physical/technical skills and strategies within the rules of netball, sporting behaviours and lifestyle/social skills.

Netball Australia's six-tier Coach Accreditation Framework provides coaches with training and development to successfully teach and coach the skills and strategies in the *Netball Skills Development Framework*. The latest provision of online and blended learning (online and face to face) courses makes it easier for coaches than ever before to access, learn and develop the skills and competencies to coach effectively from grassroots through to high performance levels.

Whilst the Netball Skill Development Framework provides the "what to coach" the Netball Australia Coaching Blueprint, Coach Approach and free online Coaching our Way resource provides valuable information and videos on "how to coach": <https://netball.com.au/coaching/netball-coaching-blueprint/> For more information about how to access *Netball Australia's Coach Accreditation courses*, refer to the following link on the Netball Australia website: <https://netball.com.au/coaching/>

	Foundation Net Set Go	Development 11-13 Years	Intermediate 14-15 years	Advanced 16-17 years	Elite 17 years & over
Movement Skills	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> • Balance • Jump/leap/hop and landing (1 foot / 2 feet) • Pivot – outside turn • Sprint • Side step • Take off and sprint <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> • Sprint, decelerate and stop • Jump off right and left foot and both feet simultaneously • Land and balance on right or left foot and both feet 	<ul style="list-style-type: none"> • Working a number of combinations (directional footwork) • Sprint and change direction • Change of pace 	<ul style="list-style-type: none"> • Pivot - inside turn • Application of footwork related to specific skill: <ul style="list-style-type: none"> – Speed of footwork – Recovery footwork 	<ul style="list-style-type: none"> • Shuffle / slip step • Turn in the air 	<ul style="list-style-type: none"> • Turning from a sprint movement • Deceleration and safe landing after sprint • Application of all movement skills in court setting
Ball Skills	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> • Catch • Chest pass • Shoulder pass <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> • Bounce Pass • Lob 	<ul style="list-style-type: none"> • Application of Lob • Overhead pass 	<ul style="list-style-type: none"> • Introduce one hand control • Fake pass 	<ul style="list-style-type: none"> • Introduce use of ball on either side of body • Timing on release of pass • Variety of options under pressure • Step around pass • Hook ball into catch 	<ul style="list-style-type: none"> • Catch high and low balls one handed • Release from any point of catch • Advanced use of ball on either side of body
Attacking Skills	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> • Straight lead • Single dodge 	<ul style="list-style-type: none"> • Double Dodge • Split/Re-offer 	<ul style="list-style-type: none"> • Half roll, full roll • Front cut • Lunge to catch 	<ul style="list-style-type: none"> • Drive, stop and lunge back 	<ul style="list-style-type: none"> • Position & Feeding • Feeding shooters in the circle

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	<ul style="list-style-type: none"> Change of direction <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Lead, pivot & pass <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> Two leads 	<ul style="list-style-type: none"> Combine into simple movements on court Lead and drop Clear and drive Introduce Hold Double Play – give and go 	<ul style="list-style-type: none"> Application of the Hold Spatial Awareness Creating space <ul style="list-style-type: none"> Recognising space Moving into space Repositioning <ul style="list-style-type: none"> in a crowded situation after delivery Reading the Play Vision Body cues Timing of leads Attacking against 1 on 1 or double defence Using triangles/swing 	<ul style="list-style-type: none"> Feeders hitting the circle edge Basic Screens 	<ul style="list-style-type: none"> On and off the circle Relationships within Attack unit Read game to apply screens Resetting Outlet pass strategy From Stoppages From Turnovers Attack against area defence strategy and off-line
Defending Skills & Strategies	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Shadow movement Shadow defence <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Hands over the ball <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> Recovery to 0.9 metre (three feet) Defence of shot (lean) 	<ul style="list-style-type: none"> Defensive footwork One on one - defending from the front to dictate One on one - defending from the side Repositioning – front and side <p>3 Phases of Defence</p> <ol style="list-style-type: none"> First ball pressure to a contest Application of interception Hands over ball (recovery to dictate pass type or direction) 	<ul style="list-style-type: none"> One on one – defending from behind Extend 3 phases of defence with focus on dictating or denying the space Double defence Defence of the shot – inside hang, double jump by one defender Strategies for rebounding 	<ul style="list-style-type: none"> Extend one on one defence of the player to explore: <ul style="list-style-type: none"> Positioning Reading the play Timing Interception/transition Switching Sagging Two on one Back and up using 2-foot take-off to intercept Split circle Work together – in/out of circle Positional choice for defence of shot 	<ul style="list-style-type: none"> Defence on and off the circle (WD/C) Relationship of defensive unit - relevant roles Area Defence – including box, diamond and triangle Off-line (off the line of the ball) Defence of the shot: <ul style="list-style-type: none"> against the shuffle shot

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		<ul style="list-style-type: none"> Dictating or denying the space Defence of the shot (two hands, jump) and deny space to contest a rebound 			
Shooting Skills & Strategies	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> Basic shooting action <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> Rebounding 	<ul style="list-style-type: none"> Basic shooting action increasing distance from post Rebounding Introduce working together in and out of circle Shooter rotation 	<ul style="list-style-type: none"> Shooting Technique – correct and accurate Step forward/back/side Shooter hold Shooter rotation extension Shooter to shooter passes <ul style="list-style-type: none"> from the shooting position from the feeding position from a holding and moving shooting circle including with a tall shooter 	<ul style="list-style-type: none"> Shooting Technique - variation on timing and release Shooter to shooter passes <ul style="list-style-type: none"> Application of working together Splitting the circle Closed circle Basic screens including toe to toe e.g. 'Ridgy Didge' 	<ul style="list-style-type: none"> Types of movement to shot – jump, shuffle, fake, falling out of court and layup shot Circle entry and exit Shooters working together (space awareness, vision and balance in the circle) Awareness of space between WA and C Understanding of attack unit Set ups for stoppages in and out of circle Inside and outside links between GS, GA
Strategies	<p>SET (7-8 Years)</p> <ul style="list-style-type: none"> Basic centre pass attack options WA/GA sides & swap Basic centre pass defence options GD/WD inside of GA/WD 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> Narrow (one behind other) Wide Back e.g. GD, WD Centre pass defence options: <ul style="list-style-type: none"> 1 on 1 Throw in options: 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> 1 off the line 2 off the line Centre pass defence options: <ul style="list-style-type: none"> 2 on 1 Through/long court transition 	<ul style="list-style-type: none"> Centre pass attack options: <ul style="list-style-type: none"> Screens overload Centre pass defence options: <ul style="list-style-type: none"> wall forcing attack wide Shooter throw-ins – attack and defence strategies 	<ul style="list-style-type: none"> Reading play to apply appropriate strategies <ul style="list-style-type: none"> Penalty pass/shot and free pass <ul style="list-style-type: none"> pass options defence strategies

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	<ul style="list-style-type: none"> Defending C with hands over 	<ul style="list-style-type: none"> Narrow Wide Back (except goal line) 		<ul style="list-style-type: none"> Outlet pass from intercept or rebound 	

NOTE: Players enter the sport at different stages of development hence the suggested skills for [Netball Skills Development Framework: Updated Sept 2018](#) each level/age group area guide for coaches to ensure sequential skill progression.