



**QNC COACHES & MANAGERS  
MEETING 2020**

# AGENDA

- Important Dates
- Things to do
- Role of the Coach
  - Training sessions
  - Resources
  - Managing Parents
- Role of the Manager
- Things to know
- Umpiring

# Important Dates

- MWNA Welcome to Coaching Course – Saturday 21<sup>st</sup> March 9.00 – 11.00am
- Uniform Day - Saturday 21<sup>st</sup> March
- Grading Day - Sunday 29<sup>th</sup> March
  - 10 Years 8.30am. First game 9.00am
  - 11 Years 1.30pm. First game 2.00pm
  - Fast & furious.
  - Display your best and **not** treat the day as a trial of positions.
- Peninsula Gala Day – Saturday 4<sup>th</sup> April
  - 10/11 years. First game 9.00am
- Game One – Saturday 2<sup>nd</sup> May

# Things To Do

- Set training day & time. Let me know.  
Venue Curl Curl Netball Courts.
- Communicate to team:
  - Grading Day (compulsory).
  - Peninsula Gala Day (optional) Register - email Club Secretary
- Player Photos
  - 10 Years & new players to the Club.
- WWCC

# Role of a Coach

- Plan & deliver a training session once per week
- Teaching skills & rules of netball
- Engaging all players, developing good team & club spirit
- Exercising duty of care at games & training
- Managing players (and parents) expectations



# • Training Plans

- Buy yourself a notebook! Take 5 minutes to reflect & make notes after training & games.
- Take 30 minutes each week to plan
  - A well-planned session which moves quickly from one activity to the other adds to the satisfaction of the players, commands respect and improves performance. Plus, focused, enthused players are seldom injured and almost never present discipline problems.
- Start with asking “What needs work?”
- Don’t try & fix everything at once
- 1-2 skills per week
- 10 – 15 Years train 60 – 90 minutes
  - 1/3 Warm up & fitness
  - 1/3 Skills
  - 1/3 Match Play



## TRAINING SESSION PLAN

Date \_\_\_\_\_

**Absent:**  
**Injuries:**

**Areas to  
concentrate on:**

**Warmup  
activities:**

**Drills and skills  
session:**

**Team strategies,  
court work and  
match play session:**

**Warm down  
activities:**

**Message for team:**

**Evaluation of session  
and comments:**

- Resources

- The Netball Coach subscription

- Netball Website that provides a skills and drills video resource and session plans that are age appropriate.

- Social Media & other Websites

- Netball Australia
- Facebook
- Sportsplan
- Netfit
- MWNA
- Netball NSW
- Instagram (ASNC)
- Nettyheads
- Youtube
- QNC Website



- Other resources:
  - MyNetball – online learning
    - Community Coaching General Principles
    - Netball Australia Coaching Accreditation



# **REMINDERS FROM YOUR CHILD:**

- ① I'm a **KID**
- ① It's Just a **GAME**
- ① My Coach is a **VOLUNTEER**
- ① The Umpires are **HUMANS**
- ① **NO** College Scholarships will be Handed Out Today



**THANK YOU and HAVE FUN!**

# • Managing Parents

- Most parents are great!
- You can avoid most parent issues with clear expectations and communication.
- Meet with parents at the beginning of the season. Provide information & communicate expectations of both players & parents.
- Keep records
  - Attendance
  - Game rotation

# Role of a Manager

- Liaison between Club, Players, Parents and Coach
- Collect scoresheets, check opposing team photos, stand with other manager & score
- Captain Roster:
  - Coin toss
  - Fruit for half time
  - Parent to collect score sheet & make sure girls are signed on
  - score
  - Return score sheet (if won)

- Organise volunteers to fulfil team duties e.g canteen, umpiring
- Encourage & co-ordinate players/parents to be involved in club activities & gala days
- In conjunction with Team Coach co-ordinate training day & time with team & provide details to Coaching Convenor.

**THAT LOOK YOU GIVE YOUR COACH**



**WHEN SHE ASKS YOU TO PLAY CENTRE.**

# Things to Know

## 1. Game Timeslots

- Game timeslots have changed for 2020.
  - NSG 8 & 9 Years – 7.45am or 8.45am
  - 10 Years – 9.00am
  - 11 Years – 10.20am or 11.40am
  - 12 years – 10.20am or 11.40am
  - 13 years – 9.00am or 10.20am
  - 14 years – 1.00pm
  - 15 years – 10.20am or 11.40am
  - Cadets ( 16-18 years) – 1.00pm, 2.20pm or 3.40pm
  - Seniors – 2.20pm & 3.40pm with weekly rotation



## 2. Photobooks & Player ID's

- Players must be sighted so no unidentified or higher grade players take the court – especially around finals.
- If a team cannot provide phot cards to be checked with 1 minute of game play, the match is automatically forfeited
- Photocopies of books are in the control room.



### 3. Wet Weather

- If raining, MWNA website/facebook post cancelled notifications:
  - 7.00am for early timeslots
  - 8.50am for 10.20am | 11.40am | 1.00pm
  - 1.15pm for Seniors
- If game is cancelled, the following week is played as 2 x half games.
- Nettas do not play make-up rounds

## 4. Scoresheets

- All players must sign alongside their name before they take the court
- Must have min 5 registered players on the court
- Max 2 borrowed players from lower grades
- If team fails to sign sheet, lose 2 competition points
- If 1 player fails to sign, it is taken she did not play
- Borrowed players must be indicated on scoresheet and their registered grade
- Winning team return score sheet to control centre after game
- Holiday rounds have different requirements

## 5. Forfeits

- If your team forfeits, let Club Secretary, Alice Hurley know by email, text or phone as early as possible – before 6pm Friday night.
- If your opposition team forfeits, your team manager will be notified.

## 6. Borrowing Players

- Be aware of the Playing Up Guidelines (MWNA website)
  - No player can play in a lower grade than registered
  - Borrowed players can only play 1 game per time slot i.e cannot play half a game for another team.
  - Half games are considered whole games.
  - Players can only be borrowed twice. If a player has been borrowed 3 times for a higher grade, that player automatically becomes registered for the lowest team she has played for (in the higher grade).
  - You can never borrowa Netta's player ever!!

- Work together with other teams
- If you're borrowing a player from a lower age or grade:
  - You MUST ask permission from their coach and obtain photo card
  - You MUST indicate on score sheet their registered grade & team
  - Each coach MUST keep a record of number of games their player is borrowed

- QNC Website



# Umpiring – Gill Anderson

