



**QNC COACHES & MANAGERS
MEETING 2021**

AGENDA

- Important Dates
- Things to do
- Role of the Coach
- Role of the Manager
- Kit bags
- Things to know
- Umpiring

Important Dates

- MWNA Coach Education Workshops
 - NSG Coaches | Sat 6th 9am – 12pm
 - Junior (U18) Coaches | Sat 6th 1pm – 4pm
 - 10 – 13 Yrs Coaches | Sat 13th 9am – 12pm
 - 14+ Yrs Coaches | Sat 13th 1pm – 4pm

- Uniform Day – Sunday 14th March
- Grading Day - Sunday 21st March
 - **COMPULSORY FOR ALL 10 & 11 TEAMS**
 - 10 Years 8.30am. First game 9.00am
 - 11 Years 1.00pm. First game 1.30pm
- Peninsula Gala Day – Sunday 28th March
 - 10/11 years. First game 9.00am
- Game One – Saturday 17th April

Things To Do

- Set training day & time. Let me know.
Venue Curl Curl Netball Courts.
- 10 & 11 Years – start training ASAP
- Set up a system for Team communications

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 game. Identify things to work on.
- Take time to plan your training session
 - 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 “What needs work?” – refer to game notes
- Don’t try & fix everything at once - 1-2 skills per week
- NSG – train 60 minutes
- 10 – 15 Years train 60 – 90 minutes
 - 1/3 Warm up & fitness
 - 1/3 Skills
 - 1/3 Match Play

• Resources

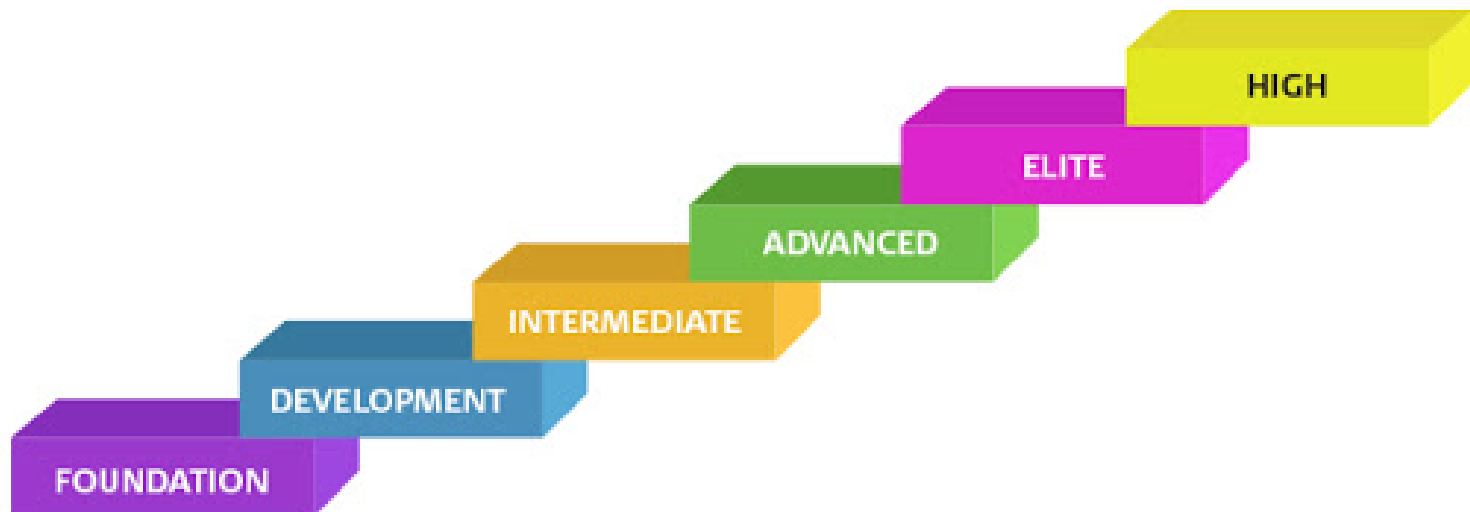
• The Netball Coach subscription

- Netball Website that provides a skills and drills video resource and session plans that are age appropriate for 10 Yrs + .

• Social Media & other Websites

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

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



• 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
 - Parent to collect score sheet & make sure girls are signed on
 - score
 - Return score sheet (if won)

- Organise volunteers to fulfil team/club duties
- 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.

Things to Know

1. Game Timeslots

- Playing times in 2021 have been DRAFTED and will depend on Covid-19
- Currently planning for following game timeslots:
 - NSG 8 & 9 Years – 7.45am or 8.45am
 - 10 Years – 9.10am
 - 11 Years – 12.10pm
 - 12 years – 10.40am
 - 13 years – 10.40 (F grade 9.10am)
 - 14 years – 1.30pm
 - 15 years – 11.50am
 - Cadets (16-18 years) – 1.30pm, 2.50pm or 4.10pm
 - Seniors – 2.50pm & 4.10pm alternating

2. Kit Bags

- 10 & 11 Years – available now
- All others please collect from Kate Mooney – 0434 319 625
18A Soldiers Ave, Freshwater
Saturday 6th March
8.00am – 12.00pm
4.00pm – 6.00pm

3. Photobooks & Player ID's

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

4. Wet Weather

- If raining, MWNA website/facebook post cancelled notifications
- If game is cancelled, the following week is played as 2 x half games.
- Nettas do not play make-up rounds

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. Scoresheets (Jnrs – Snrs)

- 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

7. Borrowing Players

- Be aware of the Playing Up Guidelines (Mwana website)
 - No player can play in a lower grade than registered
 - Players are likely to be able to play 1 game per day.
 - Half games are considered whole games.
 - Players can only be borrowed twice.
 - You can never borrow a 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

Umpiring

