



TNC MEMO

: COACHES

Welcome to 2022 at the Tanunda Netball Club.

The Tanunda Netball Club Management Committee would like to provide all coaches with a formal set of guidelines, or expectations for coaches, so that we can work together to meet the needs of our players.

Valued Volunteers

We certainly acknowledge and appreciate the fact that you have volunteered your services – ***Thank you.*** We are grateful for the time you give to our Club, and this guide is designed to be a positive and supportive measure, developed to help you with your tasks over the season.

Our Goal – 2022

We aim to improve the lines of communication in 2022 and through this, we hope to inspire and encourage an even higher standard of coaching. As a Club, we are open to suggestions at any time, and we are here to support you if problems or issues arise.

Communication

- Please allocate time during your training sessions to distribute and share information with players

Throughout the season we will supply you with the latest information on coaching and umpiring courses, representative team information for players and obligations /requirements from BLGNA (Barossa Light & Gawler Netball Association). Some of this will be for your own interest, and some will be for you to pass onto your players.

As a Club we will also distribute this information to players via email, social media and newsletters. Often we find verbal communication at a training session is the most effective way to share such information – we thank you in advance for passing this important information onto our players.

Trainings

To maintain consistency across the Club, we recommend including the following during a training session:

- Warm up – fitness and agility work
- Netball specific skills development (i.e. footwork, passing, catching, goal shooting)
- Teamwork
- Match practice
- Warm down

As each team is different, we anticipate the amount spent on each of these areas will vary. At the beginning of the season it is often relevant to focus on fitness. During the season the focus may shift to the improvement of skills through specific drills to benefit your team's performance. The coach's handbook provides space to write down areas of strengths and weaknesses which may help guide your focus at trainings and provide valuable feedback for your players. We encourage you to chat with other coaches and develop and share plans for trainings to strengthen and support your approach. It is important we consider the needs and development of our players and we encourage coaches to keep this in mind when planning training sessions.

Code of Behaviour and Expectations

Tanunda Netball Club has a Code of Behaviour for members of the Club. A copy is included in your coach's handbook, which we ask you to read.

To provide clear guidelines for your players during the season, we suggest sharing some common expectations with them. Adopting a shared approach will enable TNC to develop and improve consistency in these areas over time:

- Be punctual – start on time. Players generally expect to finish on time so make some specific rules about starting on time.
- Be organised – get all necessary equipment out before training. Ask players to help if they arrive early.
- Have a whistle (or two) – use to signal the end of drills and for umpiring.
- You are in charge. Don't let players tell you what to do. Listen, yes, but ultimately you decide.
- Stay warm. Once your team has warmed up, keep discussions for the end of training. When players cool down mid-way through training it can contribute to injury and less focus for subsequent activities.
- Allow time each training for administration (sharing information, going through team and Club roster/duties obligations for each week).
- Encourage "sportsmanship" whether it is at training or during a game, encourage players to **be positive** to each other and the opposition.
- **Respect** the umpire – don't argue, accept the decisions, get on with the game. If a player is being penalised repeatedly query at an interval (in the correct manner) – don't argue during the game. We ask coaches to lead by example and discourage negative attitudes towards umpires. Keep a rule book on hand and refer to it if needed to (correctly) query an umpire. Encourage players to avoid 'glaring' at umpires. It generally only makes the umpire more aware of the player and other mistakes committed by that player.
- Mentally prepare players for a task – a big game, even a not so big game. Set goals. Work on team spirit and being positive.

Duties for match days

There is a checklist included in your coach's handbook, please have a read through this and chat to the Committee if you have any questions or concerns. Also included is helpful information to share with your players, such as playing times and court allocations.

Players and families are expected to fulfil a number of duties throughout the season. We appreciate you sharing this information with players and reminding players each week.

Duties may include:

- Scoring & timing – for your game
- Umpiring
- Canteen

PLEASE make sure that players and parents/caregivers are aware of their duties – every little bit helps the club.

Coaching qualifications

Tanunda Netball Club follows the Netball Australia Coach Accreditation pathways.

We encourage all of our coaches to seek out qualifications to assist with development and needs of both coaches & players.

Course Name	Duration	Target Audience
Foundation Coach Course	Online Foundation Course	Club coaches
Development Coach Course	Online Development Course and 4.5-hour face to face course.	Club, Association & Regional Coaches
Intermediate Coach Course	7 face to face course	Representative, Talent Identification and State League level.
Advanced Coach Course	29 hours face to face course and assignment work	Representative, Talent Identification and State League level.
Elite Coach Course	As required	SSN assistant, underage state, state league (top level) and potential high performance coaches
High Performance Coach Course	As required	Top level State League, State/Territory, ANL or SSN coaches

All courses within the National Coach Accreditation Framework are part of the National Coaching Accreditation Scheme (NCAS) as administered by the Australian Sports Commission (ASC).

Pre-requisites for the courses:

Course Name	Pre-requisites
Foundation	<ul style="list-style-type: none">• There are no pre-requisites for the online Foundation Coaching Course (which integrates the ASC Community Coach General Principles)
Development	<ul style="list-style-type: none">• Foundation Coach Accreditation or Recognition of Current Competency• Current Rules of Netball Theory Exam pass (70% or above)
Intermediate	<ul style="list-style-type: none">• Development Coach Accreditation or Recognition of Current Competency
Advanced	<ul style="list-style-type: none">• Intermediate Coach Accreditation or Recognition of Current Competency• Coaches must have had at least one (1) year/season coaching experience after completion of an Intermediate Coach Accreditation and 2 years coaching at a minimum level of representative 15/U• Two session plans assessed as competent by a mentor, using the seven-step progression

Please remember...

You are a very important member of our Club, and your team.

You teach, guide and direct – you make the vital decisions; you are responsible for your group of players. Be aware of their needs. Be fair, considerate and honest with your team.

We would like you to encourage improvement in individuals and teams.

- Nurture your team's needs – aim to develop the skills of individuals and teamwork.
- Provide a safe environment for training and matches.

Your aim ultimately is to improve the skill and performance level of your team over the season.

Winning is great but we know it's not everything.

Work Hard.

Play Fair.

Have Fun.

Yours in Netball,
Tanunda Netball Club.