

STNA Coaches Corner

www.stna.asn.au for results, ladders & information

March 2022

Message from the STNA Coaching Convenor

Welcome to season 2022.

A big welcome to new and returning coaches. The focus this year will again be on accreditation and building on your development throughout the season.

A number of courses will be made available through Netball Tas and will be promoted by your own club coaching delegates as dates become known.

As we move into the new season, we welcome Kellie Williams to the role of the new Netball Manager. Kellie will be supporting the coaching committee. A big thank you to John Fox who has now taken on a new role with Netball Victoria and we wish John well in his new role; we thank him for his dedication to the development of our coaches at STNA and the support provided to me as Coaching Convenor.

This year I will be providing a wealth of resources online and hard copies available outside the STNA office, including monthly editions of this newsletter. Please take a copy and keep with your netball kit as a way of building on your skill sets.

We will see **Round 15** as 'Coaches Round' acknowledging all our dedicated coaches from club and those who support our development and rep teams. Last year many clubs internally thanked their coaches and seen as a great appreciation.

Good luck to all coaches for the season ahead and as always, contact me or your club delegate if you need assistance or support throughout the season.

Carol-Anne Eaton

STNA Coaching Convenor

Hot Topics

- Coaching Courses
- STiNgAS
- STNA Rep Team trials
- Useful links
- Netball Drills

Coaching Courses

STNA encourage coach development at each level; with the most important of accreditations being the Foundation.

The [Foundation course](#) can be achieved online, with enrolment by the participant. This course supports learning the basics of skills of netball to be then passed on to our players.

The [Development course](#) is the next stage and is in two parts; first being the online component, followed by a face to face half day session, facilitated by an accredited presenter, generally at STNA, however some other Associations do run these sessions.

Coaches will be advised of any accredited facilitated courses coming up in advance to enrol and participate.

As you progress to the next level the following accredited courses can be achieved: [Intermediate](#), [Advanced](#), [Elite](#), [High Performance](#), all of which can be achieved with great mentors and club, association support.

Please contact your club Coaching Director/ Delegate for more information or contact me at:
stnacoachingconvenor@gmail.com

2022 STiNgAS News and Updates

13/u

Head coaches Karen Leonard and Marissa Brown will be providing experience and support to the youngest of our STiNgAs athletes. The team will compete in the 15a competition each Saturday as part of their development.

15/u

Head coach Jasmine Bennett
Jasmine is no stranger to coaching at representative level and we are excited to see Jasmine provide her valuable experience by stepping into this role to support our 15/u age group as part of this program. 15/u compete in the 21a competition (Wednesday nights)

17/u

Head Coach Ann-Marie Johnson
Ann-Marie has taken on this role and with her extensive experience will provide valuable support to this age group.

Assistant Coach Justin Maw & Apprentice coach Scarlett Malloy join the 17/u group as part of their coach development. This group will compete against the 2nd Grade women on Thursday nights.

Good luck to our 3 STiNgAs teams and their coaches this season.

STNA Rep Team Trials 2022

The STNA Representative Selections will be held for junior teams who will represent our Association in the 2022 State-wide Junior Carnivals. All STNA junior netball players are eligible to stand for selection.

Selections

When: Sunday 1st May 2022

Where: HN&SC Std 1 & 2

- 11&under born 2012 & 2011
- 12&under born 2010
- 13&under born 2009
- 14&under born 2008
- 15&under born 2007
- 17&under 2006 & 2005

STNA rep teams will participate in three carnivals as below:

Carnival	Date	Location
• NTNA Carnival	TBC	Launceston
• KNA Carnival	Oct	Kingston
• STNA Carnival	5 TH & 6 TH November	

To be eligible for selections players must complete this form and return it the STNA Office by no later than Monday 25th April 2022, or complete online registration via <https://www.stna.org.au/rep-teams> same date.

Please note there is a **\$20** levy per rep team player, to be paid prior to the first carnival.

STiNgAs Season Launch

All teams, coaches and their families attended the annual 'Jacket presentation'.

Glynis Devereaux opened with a welcome to all and spoke about the value of the STiNgAs program. Following on the jackets were presented by Geva Mentor and Sophie Garbin from the Collingwood Magpies SSN club. Thank you, ladies, for attending and giving much joy to the girls.

Each player is now all kitted up to play this season.... Good luck teams.

Thank you to Olive Tree for catering the event with such yummy food.



Netball Australia Codes of Behaviour

Each code can be found by clicking on the following links

- [GENERAL CODE OF BEHAVIOUR](#)
- [COACH CODE OF BEHAVIOUR](#)
- [JUNIOR PLAYER CODE OF BEHAVIOUR](#)
- [SENIOR PLAYER CODE OF BEHAVIOUR](#)
- [UMPIRE CODE OF BEHAVIOUR](#)
- [PARENT/ GUARDIAN CODE OF BEHAVIOUR](#)
- [SPECTATOR CODE OF BEHAVIOR](#)

STNA uphold the Netball Australia 'Codes of Behaviour' as part of supporting a safe and inclusive environment for its members. We have a ZERO Tolerance policy and poor conduct will not be tolerated with members or visitors to our venues, risking action by the STNA Netball Management Committee as per our policies.

Useful Links:

STNA WINTER ROSTER

<https://www.stna.org.au/winter-roster>

Southern Tasmanian Netball Assoc.

www.stna.asn.org.au

Southern Tasmanian Netball Assoc.

[Coaches Resources](#)

Netball Tasmania

<https://tas.netball.com.au/>

Play by the Rules

<https://www.playbytherules.net.au/>

Netball Australia – Latest News <https://netball.com.au/>



NETBALL DRILLS – Coaching the Basics

The 'Change It' Approach

As a coach, it is important that you cater for individual skills and abilities - which in a team sport can be quite difficult. Every player in your team should have the opportunity to take part in every activity. One way to do this is to follow the major concept behind the “**change it**” approach. Each time you plan an activity or drill, keep in mind how you can make that drill a bit easier and how you can make it a bit harder. In that way the same drill can meet the needs of all players. Ways that you can change a drill to vary the difficulty include;

- make the playing area larger or smaller
- alter distances between players or targets
- vary the number of players involved in teams
- change the rules - make it easier or harder to score points
- use different equipment - softer balls, shorter goals, smaller balls
- introduce time limits

Shoulder Pass

A shoulder pass is a one-handed pass used for speed and accuracy over longer distances. The pass should be aimed in front of the receiver to where they are running to. This is the pass that should be used by all players most of the time - thus is the focus when teaching passing to younger players. Coaching Points:

- Opposite foot to throwing arm forward.
- Feet shoulder width apart. Weight should be on back foot when begin the pass.
- Hold ball with 2 hands initially, then bring back behind shoulder with one arm.
- Fingers should be spread wide behind the ball.
- Transfer weight forward as you bring the throwing arm through. This provides the power to the pass.
- Follow through until throwing arm is extended and wrist and fingers also follow the pass.
- Your hips and shoulders rotate in the direction of the pass.
- Direct the pass into the space ahead of the receiver.

Chest Pass

This pass is used for quick, short and accurate passes. It is not as important as a shoulder pass when developing skills in young players. Coaching Points:

- Stand front-on with the ball in two hands at chest height, with elbows down (chicken wings in!)
- Spread fingers around the ball with thumbs behind.
- Step forward and transfer your weight to this foot as you release the ball.
- Flick the wrist and fingers as the ball comes out evenly from both hands.
- Always keep your head up and eyes looking forward.

Passing & Catching Drills

1. Pairs Passing & Catching. Have players stand in pairs approximately 3m apart. Have them throw up and down court, rather than across court. Partners shoulder pass/chest pass to each other concentrating on technique and ball placement. Extend this drill by adding challenges, e.g., how many passes can you do in 30 seconds without dropping the ball? You can also add a distance challenge - every time a pair completes 10 passes without dropping the ball, they take a step back. If they drop the ball, they take a step in. After a set amount of time, see which pair has been able to increase their distance the most.

2. Long Throw. Work in pairs, starting approximately 2 metres apart. A shoulder pass is thrown between the two players. If the ball is caught, they both step back. If the ball is dropped, they step forward. The winning pair is the one who has retreated the furthest. Work for a set amount of time or a set number of passes.

NETBALL DRILLS – Coaching the Basics

Safe Landings

A safe and effective landing technique will reduce the chance of ankle and knee injuries by reducing the forces experienced by the body. Coaching Points:

- Knee and toe should be facing the same direction
- Knee and hip should be controlled - they should not swing inward or outward
- Soft landing, with knees slightly bent.

Landing Drills

1. Cross Square. Work in groups of 4. Stand 2-3m apart in a square. One pair bounces the ball diagonally across the square and one pair chest passes. After 10 passes, pairs swap over their type of pass.

2. Bounce Pass. Throw and run. Bounce pass ball clockwise around square. After passing, run anticlockwise around square and back to start to get next pass.

Two Foot Landing Coaching Points:

- Land with feet shoulder width apart to give good base of support for better balance.
- Keep body upright. Bend at knees, hips and ankles to soften the impact. Shouldn't sound like elephants when they land.
- Keep body weight evenly placed above both feet. Pivot Players should be encouraged to pivot to the outside as that is the way their body is naturally heading. It also means that they will be turning away from their defender.

Coaching Points:

- Pivoting must always be done on the grounded foot.
- Bend knees slightly and put weight on grounded foot.
- Turn on the ball of the grounded foot while pushing off with the other foot. This other foot provides you with direction and balance.
- Turn your body to face down the court to your teams' goal post.
- While pivoting, keep the ball close to your body and get in a position ready to throw.
- Make sure you catch the ball cleanly before you begin pivoting.

Netball Australia – Knee Program

<https://knee.netball.com.au/>

For all your coaching resources there are a number of sites on line, or speak with your club Coaching Delegate/Directors for support...

Next Edition will focus on – Shooting/Defending/Zoning in netball...



Coaches can help create a positive sporting environment and reduce poor behavior by being good role models. To do this they can:

Encourage fair play

- Respect opponents, spectators and officials
- Thank the officials and opposition after the game – teach your players to do the same.

Uphold your club/association code of behaviours

For coaches of junior sport, it's also important to help kids enjoy sport

- Emphasise trying hard and having fun, not only winning. Use our Let Kids be Kids resources and videos to promote positive messages at junior sport.
- Never ridicule or yell at a child for making a mistake.
- Take a look at our [Guidelines for working with children](#) information sheet. This will help you with strategies to manage potential problem situations with young people.
- Communicate with parents - arrange a pre-season meeting to discuss expectations.
- Always greet and welcome parents.

Respect officials

- Accept decisions by officials – they are only human and can make mistakes.
- Deal with any issues in a controlled and professional manner after the game.
- Understand that yelling at officials, particularly verbal abuse, can have serious ramifications for your sport, not least on the harm it is doing to young players