



NETBALL NEW ZEALAND  
PŌHĀRAWHITI AOTEAROA

NETBALL NEW ZEALAND

COACH DEVELOPMENT FRAMEWORK OVERVIEW

COACHFORCE

NNZ Player  
Communities

Fun Fenns
Future Fenns
Junior
Sec School
Senior
High Perform

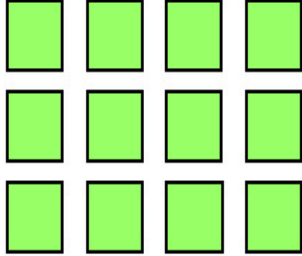
5-7 yrs
10 yrs & Under Up to yr 6
10-12 yrs Yr 7 & 8
13-18 yrs Yr 9-13
19 yrs + & Rep
Franchise & National Squad

TAKING OFF INTO NETBALL COACHING (Online Module)

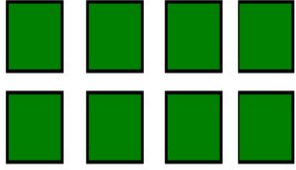
STARTING OUT IN COACHING

PLAYER CENTRED COACHING

Developing  
Modules



Advanced  
Modules



Carded Coach  
Programme  
NZ Academy of Sport

# Your NNZ CoachForce Contacts

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# COACHFORCE

## NNZ COACH DEVELOPMENT FRAMEWORK



NETBALL NEW ZEALAND  
Pōtarawhiti Aotearoa

# DEVELOPING MODULES

## TAKING OFF INTO NETBALL COACHING

On line module for beginner coaches, log onto [www.mynetball.co.nz](http://www.mynetball.co.nz)  
Introducing basic coaching principles  
Explaining simple coaching ideas

## STARTING OUT IN COACHING

Understanding player development  
Netball specific development—  
technical, tactical, rules  
Performance enhancement for netball  
Leadership & planning  
Understanding the coaching process

**Pre-Requisite**  
Taking off into Netball Coaching

## PLAYER CENTRED COACHING

Developing leadership in players  
Effective coaching techniques  
TGfU—Teaching Games for  
Understanding

**This module is the Pre-Requisite for  
all other modules**

## ATTACK 1

Understanding learning styles  
Netball specific — technical & tactical  
Developing player's self awareness

## PLANNING 1

Practice and game day planning  
Season planning  
Evaluation methods and modifications

## TEAM BUILDING

Team building activities  
Establishing team values  
Developing a team vision

## GAME ANALYSIS 1

Identifying and analyzing tactical aspects  
of the game  
Developing team talks

## DEFENCE 1

Phases of defence  
Exploring the stages of skill learning

## SELECTING

Establishing policies & procedures  
Developing processes for selecting

## SKILL ANALYSIS 1

Biomechanics of netball movement  
Skill correction  
Constraints led approach to coaching

## COMMUNICATION & MANAGING OTHERS

Tools and systems to assist the coach  
with communication  
People management in a team  
environment

## MENTAL SKILLS 1

Develop an understanding of basic  
mental skills  
Identify ways of applying principles to  
benefit player performance & enjoyment

## TOURNAMENT PLANNING

Managing information, resources,  
equipment and budgets  
Organising daily schedules  
Bench management

## FIT FOR THE SEASON

Basic principles of conditioning for  
netball  
Basic nutrition for netball

**Current 1st Aid  
Certificate recommended**