

NETBALL AUSTRALIA

A CHECKLIST FOR BEGINNER COACHES

It is important that all training sessions are planned. This will ensure that the young people enjoy the session and achieve the maximum benefits.

The activities chosen must be appropriate for the young people's ability and age. Coaches must ensure there is enough time for young people to practice and experiment with activities. Practice in small sided games is beneficial as it allows skills as well as technique to develop.

1 Create a positive environment

- Learn names quickly.
- Smile, praise and encourage.
- Be patient and supportive.

2. Set achievable goals

- Keep the player's maturation in mind.
- Make sessions challenging.
- Ensure skill development is progressive.

3 Vary your sessions

- Change format and activities regularly.
- Ensure equal opportunity for all players.
- Avoid elimination games where players sit out.
- Include non-competitive team work.
- Include supervised play with minimal guided instruction.
- Use different teaching/coaching methods (tabloids/cards).

4. Teach skills

- Plan skills for sessions and introduce easiest ones first.
- Teach one skill, or one part at a time.
- Regularly revise skills from previous weeks.

5 Demonstrate

- Remember 'a picture paints a thousand words'.
- If you can't demonstrate a skill, choose someone who can.
- Demonstrate what to do, not what not to do.
- Make sure all players can see the demonstration.



6 Involve all players

- Have ample equipment available.
- Use several small groups rather than one large one.
- Aim to have every player practicing the skill each 30 seconds at least.

7 Provide instant feedback

- Use lots of praise.
- Be supportive - shouting and criticising won't achieve anything.

8 Use your voice well

- Don't shout or talk too much.
- Try to have as much one-to-one as possible.