



**NETBALL NEW ZEALAND**  
Poitarawhiti Aotearoa

**COACHFORCE**

31st May 2009

**COACHFORCE**

**Coaches in NZ engage in ongoing development and the delivery of quality coaching**

**CONGRATULATIONS TO**

**Lois Muir** for her Lifetime Achievement Award, Lois has been honoured for her dedication, long-term service and excellence in the inaugural Sport and Recreation Sector Awards.

**Yvette McCausland-Durie** for being selected for the Coach Accelerator Programme, which is a new initiative designed to develop the skills of coaches to ensure they are capable of producing World class Champions

The selected coaches are: **Mike Hesson** (Cricket), **Steve Hansen** (Rugby), **Tom Willmot** (Snowboarding), **Dayle Cheatley** (Track Cycling) and **Yvette McCausland-Durie** (Netball),

The programme is funded by



and run by

**2009 TRANS-TASMAN SECONDARY SCHOOLS TOURNAMENT**

The New Zealand Secondary Schools Team will be taking on their Pacific Counterparts in the 2009 Trans-Tasman Secondary Schools Netball Tournament on the 5th—7th June.

The competition is based in New Zealand and Australia on alternate years, with five of the current Silver Ferns being previous members of the NZ Secondary Schools Team.

New Zealand Secondary Schools Coach Adrienne Morrin said this year's team is a really exciting group, the players having mainly been identified by their regions in the NZ Talent Development programme.

"The NZ Secondary Schools team is an important part of Netball New Zealand's High Performance programme, and is the starting point for many players who will eventually play their way into the Silver Ferns, this is just the start for many of these talented young players," Morrin said.

"Playing other Secondary Schools sides, especially their Australian counterparts is really exciting for these players and a great development opportunity for them," she said.

Games will be held at The AUT Sport and Fitness Centre, North Shore Campus, 90 Akoranga Drive, Northcote, and features the Australian & NZ Secondary School teams along with Aotearoa Maori, Pasifika and Indigenous School Sport Australia as well as a Netball North Invitation Team.

**FEATURE POSITION - WING DEFENCE**

**WD is not a position that many crave to play but a good WD can be the most valuable asset to a team.**

They have a huge variety of roles both on attack and on defence and work with many different groups on court – the defending third and through the two thirds on attack and defence.

Their greatest skill required is their 1

on 1 defensive work – pressure on the ball and restrictive marking.

They need good vision to recognize the long pass options into the goal circle and good decision-making to be wise enough to use the short options when they are the safer plays.

An important aspect of their play is the need for them to not give away penalties on the circle edge as this

takes away their ability to work to assist the GD and GK in the goal circle.



So although it may not be a glory position, it does allow a player to be involved in much of the game from defence outside the circle to attacking support play up on the transverse line.

# Teaching Games for Understanding - 'Hang on'

**Objective:** To maintain possession at all costs  
(even passing back if no other options available)

**Requirements**

- 2 Equal teams                      1 set of bibs
- 1 ball                                      1 Court

All players start in one goal third, one team on attack.

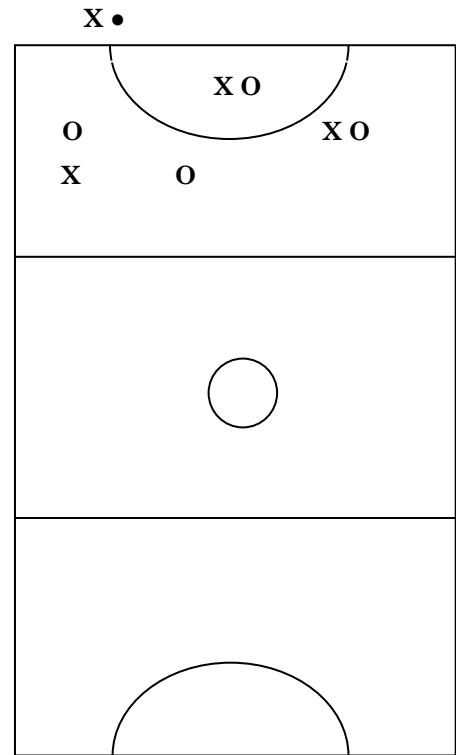
The aim is to get the ball through the court but must make 5 passes in each third and at least 2 back passes (triangles) into the goal third once they have moved into the centre third and again when they reach the end goal third.

This is repeated as they enter the goal circle (only 2 per team) – 2 triangles used before a shot can be taken.

If the ball is intercepted at any stage – the new attacking team begins in that particular third and moves to opposite end or either end if the turnover is in the centre third.

After a goal, the same team restarts but is now attacking in the opposite direction.

After a rebound, play continues with whichever team gains possession but either team will now be attacking towards the other end.



**NZ AGE GROUP CHAMPS**  
**Under 21 & Under 19    Auckland**  
**6th–9th July**  
**Under 17    Wellington**  
**14th–17th July**

Good luck to all coaches and support people who will be taking their teams to NZ Age Group and U17 Champs during July. Look out for the CoachForce Personnel who will be their to support all Coaches. Feel free to come and talk, scream, cry or laugh.

**Perry Foundation National Championships Apprentice Coach**

Over the last few years, Netball New Zealand has provided an exciting opportunity for coaches who are looking to make the step up in the future. Along with the support of their region and the Head Coach – they attend selection, trainings and the main tournament. If local funds allow – they may even attend some of the lead in tournaments as well. During the week of Perry Foundation, daily sessions are provided for them on such topics as 'Working with the media', 'Working with Administrators', 'Setting and Developing Game Plans' and 'Working with your Manager'. This is something for coaches at lower age group level to aim for if they are serious about making a step up in the future

Contact your Regional Manager for details.

## New CoachForce Personnel



The CoachForce team would like to introduce Noeline Scott, who will be taking care of the Otago and Southland Regions from her South Otago home in Balclutha.

Noeline brings to the role a great passion for netball as well as very good knowledge having been both a player and coach with involvement from grass roots through to representative level. After a break of five years to spend time with family, Noeline is returning to coaching age group level this year with the Otago U19 team.

By Introducing the new coaching strategies to both coaches and players, Noeline has noticed how the players have so much more fun and can see players increasing their understanding by being more involved in their learning. "I'm honoured to be joining Netball New Zealand CoachForce and I am really looking forward to working alongside the rest of the team to help continue to grow our sport and support our coaches." Noeline said.

## Sue Harris, CoachForce Upper South Island.

Talks to us about her coaching experience while touring Singapore with Mt Hutt College.

Thirteen players, nine parents, two coaches (Andrea Cousins and myself) and a trip to Singapore – what a great opportunity!

Mt Hutt College (Methven, Mid Canterbury) set off to Singapore for 10 days on April 18<sup>th</sup> 2009, with the intention of building on the school's netball programme, and providing an opportunity for their players to experience another style of play, and another culture. And what a great experience it was, for Andrea and I as coaches!

So, what might you think were some of the challenges for us as coaches? Well, the obvious one was the heat. We averaged 33 degrees and 90% humidity the entire time we were away. Making sure our players were well hydrated was a number one priority. Beating the heat meant training and playing at 6.30am, which of course meant a 5.45am start for those of us who need a little time to come-to in the mornings!

The second thing we had to deal with was the change in diet for our girls. For the most-part, they coped really well, but I think sometimes we forget that food is a comfort-thing for young people. Some of our players really struggled to try new foods and ended up mostly on a rice-diet! Thank Goodness McDonalds tastes the same world-over (I think). If we were to travel there again, I'd recommend that parents introduce Asian food at home a few weeks prior, and generally look to expose them to what they might expect over there, diet-wise.

We stayed at Singapore Sports High School, which is a fantastic facility. (Check it out at [www.sportschool.edu.sg](http://www.sportschool.edu.sg)) Our accommodation was dormitory-style, which brought another challenge sharing two showers with 10 girls! All meals

were developed with the school nutritionist, which (when they were eating it) was a big bonus for our players.

Luckily for us we were able to meet up with Dianne McTigue (former NNZ CoachForce) who is now working for Netball Singapore, and Robin Manihera (former NNZ Maori Development Coordinator) who now works at the Sports High School in their netball programme. It was great for us as coaches, to have familiar faces around, and to share (aka steal) ideas from each other during our stay. Robin in particular was a great help when we were sharing a training session with a visiting Thailand team – their coach spoke very little English, and his players spoke none. It made for very interesting times, and served to remind me why I should never demonstrate a netball skill again in my life!

One other adjustment that our girls had to make was to the population in Singapore. The population of Methven village is about 1200 people. In Singapore there are 4.5 million people living in an area about the size of Lake Taupo.

For some of them, being on a busy commuter train for the first time was quite over-whelming. But, by the end of our visit THEY were ushering US around the train stations.

On the whole, this was a fantastic trip. We laughed, we shopped, we played and our squad came home a little more appreciative of what they have in New Zealand. Quite possibly the best feedback we received was that the players would have liked more 'netball' in their programme which was an excellent response to show us that we achieved our main goal – which was to engage these players, to help them grow, and to encourage them to keep playing our game.

The Mt Hutt College Netball Team (Black), with the Singapore Sports High School team (Red). Robin Manihera (ex NNZ) is on the far-right in the front, Andrea Cousins (Co-Coach) is far left front and Sue Harris (Co-Coach) stuck herself up in the back row, because she says that she gets sick of being in the front row!





## World Youth Championships Cook Islands 2009



**The National Selectors have announced the NZU21 team to compete against 20 countries in the 2009 World Youth Championships to be held in the Cook Islands from 11-20 August.**

**Coach— Yvette McCausland-Durie**

**Assistant Coach—Janine Brown**

**Hannah Broederlow, Central Pulse; Alanah Cassidy, Western; Emily Close, Otago; Hayley Crofts, Southland; Kayla Cullen, Auckland/Waitakere; Paula Griffin, Central Pulse; Charlotte Kight, Canterbury Tactix; Camilla Lees, Central Pulse; Jess McCormack, Accelerant Group; Jess Moulds, Otago; Grace Rasmussen, Northern Mystics; Te Huinga Reo Selby-Rickit, Southern Steel**

**Reserves:**

**Jodi Beaumont, Western; Larrissa Harrison, Central Pulse; Emma Iversen, North  
Claire Kersten, Otago; Julianna Naupu, Southern Steel; Jaimee Power, Otago**



**TOINC (“Taking off into Netball coaching”)** is Netball NZ’s new on-line module, designed for beginner coaches. It is a suggested starting point when aligning with Netball NZ’s Coach Development Framework, and will replace the current Understanding the Players online module **when NNZ launches it’s ‘My Netball’ website.**

This module includes the following:

- Your role as a coach
- Principles of fair play
- Sport is for everyone – why people play
- How players learn – learning styles
- Developing skills and understanding
- Communicating effectively
- Planning for training and competition
- Elements of an effective coaching session
- An introduction to Player Centered Coaching

### ACC NetballSmart NETBALL FITNESS PLANS

**NetballSmart** is a free online programme that offers training and conditioning, nutritional advice and feature articles for players, coaches and umpires. To view the website and more in depth information please go to [www.netballsmart.co.nz](http://www.netballsmart.co.nz)

‘WE DIDN’T LOSE THE GAME; WE JUST RAN OUT OF TIME.’

VINCE LOMBARDI

## COACHFORCE

### YOUR LOCAL CONTACTS

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