



Canterbury Summer Camp Tradition Continues

Terrific to see a long standing event continue with such great support

Well here we are: After a lot of planning and, with a blink of an eye we're on the other side of another successful Canterbury netball summer camp. Our 124 keen players who attended this camp trained and played hard for three and a half days from the 16th-19th Jan. Players from the age of 13-15 years participated, travelling from all over New Zealand to attend.

Like most netball events, this camp couldn't have happened without the help of our wonderful group of volunteer coaches. We had sixteen coaches all up, fourteen from around the south island, one from Kapiti and one from South Australia. They were an awesome bunch to work with and did a tremendous job. Also we had our camp mother Sue Harris, CoachForce Canterbury/ Tasman, who was at the camp to assist the coaches and provide some feedback, last but definitely not least, our super - extraordinary camp manager Shelley Moynihan, who did an amazing job at looking after the injured and sick. Throughout the camp the players were involved in team building activities, speed, core strength activities all run by the University of Lincoln Recreation staff. Nutrition

and planning sessions were delivered by Megan Crockett. Specialist coaching sessions –which unfortunately were cut short due to bad weather. The list goes on. All in all the camp was a great success and albeit a poor days weather on Sunday, a well run event.

Amy McKay -

Canterbury Netball

Regional Development
Coordinator



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Feature position: Wing Attack

Although height in all positions is an asset, WA is where shorter players can thrive. Of greater importance is their speed and agility, quick reactions and an accurate feed into the shooters.

A common fault of WA's is that because they are usually fast and explosive – they use a sideways dodge/change of direction to excess and generally need to work more on getting depth to their game – using strong drives up the court to create space and zig-zag working back to receive a lifted pass.

Feeding is the skill that separates the great from the good WA's; they need to be very skillful at all passes and be able to pass to exactly where GS/GA want the ball.

Defending is a real asset for a WA who can defend to the team's game plan – 1 on 1, space or zone. Practices: cone work for agility, throwing to hit small marks on the wall at varying heights and angles and using a variety of passes, timing drives over the line for centre passes – reacting to Umpire's whistle or before it.



NetballSmart

Check out the latest feature article on pre season training continuing on from last issue on the ACC smart site

www.netballsmart.co.nz



Exclusive Interview

60 seconds with Helen Mahon-Stroud

CoachForce's Tess Molloy caught up with Helen Mahon-Stroud, to find out what motivates the Tactix coach and get a snap shot of how her team are shaping up for 2009.

TM: A quick background on yourself, what did you get up to before netball, netball experience, outside interests, anything crazy?

HMS: Born and bred Cantabrian, upbringing influenced by family and sport, track and field, netball, surf life saving, touch, rugby. Played netball for Hearts, Verdettes, North Shore Rovers, 10 years National Club League, Canterbury and North Harbour National Championships. Represented NZ Women's Rugby at Inaugural Women's World Rugby Cup, Cardiff, Wales 1991. Retired from netball and rugby to coach and enjoy leisurely pursuits such as the Coast to Coast and Gold Rush multi-sports events. These days, I balance family husband Stroudy and 3 great kids Ben (11), Georgia (8) and Lucy (6), and their sporting pursuits with semi-professional coaching in the ANZ Championship.



HMS in action with Tactix, and above competing in the Coast to Coast event

TM: Leading into the upcoming season with the Tactix, what are your most important training goals or focuses, and how do you implement these most effectively?

HM-S: Our off season training focus is on strength, speed and endurance. The team has endured the hard yards sessions on the sand dunes and hill intervals which provides great opportunity for establishing team unity. Our pre season training focus changes to speed and agility where we introduce ball work and technical aspects into the programme to ensure variety and interest. We maintain a speed and conditioning element throughout the programme and commence game play and basic tactical strategy just prior to pre competition tournaments. The tournaments provide opportunity for the team to form combinations and establish game strategy against ANZ Championship opposition. The last weeks leading up to the start of the ANZ Championship will focus on refining our game plans, physical and mental conditioning in preparation for the first of 14 rounds of highly competitive intensive netball.

TM: How are all the girls travelling at the moment? What are your expectations for season 2009, a few more experienced heads in the lineup this year?

HM-S: The Tactix are embracing the theme of individual programmes for players as we have a diverse range of players undergoing rehabilitation from injury, surgery and motherhood. We have a good mix of youth and experience with four new players in the Tactix Team for 2009. Our expectation is that we will be more competitive than last year, both on the court and off the court as a franchise, no doubt as other teams, we are all a year wiser having the inaugural ANZ Championship behind us.

TM: Any words of advice for coaches aspiring to reaching the elite level?

HM-S: I believe coaching is a progressive path. In my own experience having coached at secondary school, premier club and age group representative level to the elite athletes in the Tactix environment, every session has a lesson for a coach. Never lose sight of the importance of continued evaluation of your own performance as a coach as this allows you to identify areas for improvement. I also acknowledge as a coach I have certain strengths, but also have areas where my expertise is challenged. Therefore it is important to surround yourself with good people, the people that can offer their expertise and compliment the coaching philosophy of your programme and environment for the benefit of the athletes and team.

TM: Any funny netball stories, jokes or insight you wish to share with the coaching fraternity?

HM-S: Perhaps an insight. My personal philosophy centers on challenge. In everything I do I set a challenge for myself. "Every run is a race". Not necessarily to beat a time but perhaps a performance. To challenge myself to achieve and strive to improve. A leisurely run can be fulfilling as the challenge may be to enjoy and benefit from the training. Certainly at other times it may not be a leisurely pace. And, it's not only of physical benefit but mental. I try to run every morning of a competition game as it provides an opportunity for me to mentally prepare for the intensity of the day ahead. It gives me clarity, vision and believe it or not provides relaxation. In coaching, my challenge is to improve the athlete or the team performance through my own skill as a coach. Better athlete, better coach.

TM: Thanks for you time, good luck for the season !



NETBALL NEW ZEALAND
Pōtārahīti Aotearoa

Netball New Zealand Talent Development Update

The Netball New Zealand Emerging Talent Selectors have announced the 15 players selected to attend the New Zealand Secondary Schools (NZSS) Development and Trial Camp in March 2009.

From this camp a team of 12 will be selected to represent New Zealand at the International Secondary Schools Netball Competition held in Auckland in 2009. The NZSS team won the gold medal in the 2008 International Secondary Schools Netball Competition. NZSS Coach **Adrienne Morrin** is thrilled with the calibre of the selected players. "We have some very talented players at Secondary School level and NZSS is the first opportunity for them to take their first steps into the Netball New Zealand Development Pathway".

Name	Positions	School	Region
Shooters			
Carli Botes	GS / GA	Rangitoto College	North
Te Paea Selby Rickit	GS		Western
Sophia Fenwick	GS / GA	Rangi Ruru Girls' School	Canterbury
Kirby Heath	GA / GS	Marlborough Girls' College	Tasman
Harley Rose Smith	GA / GD	Trident HS	Bay of Plenty
Midcourt			
Natasha Hunkin	C / WA / WD	Auckland Girls' Grammar School	Auckland/ Waitakere
Anderley Gordon	WA / C / WD	Palmerston North GHS	Western
Sheridan Bignell	WA / C / WD	Tu Toa	Western
Stacey Martin	C / WA / WD	Mahurangi College	North
Portia Woodman	WD / C / WA	Mt Albert Grammar	Auckland / Waitakere
Jamie Johns	C / WD / WA	Massey High School	Auckland / Waitakere
Defence			
Sulu Tone-Fitzpatrick	GK / GD	St Cuthberts School	Auckland / Waitakere
Greer Patterson	GD / GK	New Plymouth GHS	Western
Emma Weenink	GK / GD	Wellington Girls' College	Wellington
Any Christophers	GK / GD	Otumoetai College	Bay of Plenty

Next opportunity only weeks away

The second round of the Netball New Zealand Talent Development commences on February 15 in Palmerston North. Yvonne Willering will again present the defence sessions with former Magic player and former NZ Secondary School Coach Kiri Wills taking over the shooting sessions. Added to the programme this time around is the Specialist mid-court sessions presented by Adrienne Morrin the current NZ Secondary School Coach. There is also a full morning of sport science sessions including Performance Nutrition, Time Management and a session on Dynamic Neuromuscular Control - to help players develop and progress their control and balance on one leg by Sharon Kearney Silver Fern Physiotherapist. Session dates are listed below and commence at 9.30am.

15 February - Wellington/Western and Eastern - Arena Manawatu Palmerston North

28 February - North/Auckland Waitakere and Counties Manukau - AUT Akoranga Drive Nth Shore

1 March - Otago and Southland - Bruce Edgar Centre Dunedin

8 March - Canterbury and Tasman - Stadium 2000 Blenheim

15 March - Bay of Plenty and Waikato - Mt Action Centre Mount Maunganui



Following is an activity for the Secondary School coaching community, continued from the previous newsletter.

Further information is available from www.coachingtoolkit.co.nz Senior level activities will be included in the next edition.

Secondary School : SKILLS

“Turn ball”

OBJECTIVE: To be able to turn in either direction and pass quickly
EQUIPMENT: 1 ball, bibs **No. OF PLAYERS:** 6 - 12 players divided into 2 teams
AREA: One 1/3 of the netball court

- Divide players into two teams (eg 5 on 5). In each attacking end there is one more attacking player than defence eg 3 attackers 2 defenders. Game starts with a toss up at the middle of the grid between 2 opposing players.
• The team that gains possession can either pass to a team member or if in their attacking end can pivot and attempt to score points by passing the ball between the cones. Attackers must pivot or turn fully before attempting to score. 2 points are scored if the ball passes between the middle two posts and 1 point if the ball passes between the outside set of points.
• The non scoring team restarts the game with a throw in where the points were scored. No points are scored if the ball is caught or stopped by the opposition. When possession changes the team pass the ball to their attacking end and attempt to score.
• Extension: Three passes must be made before the attempt for goal.

REACHING FOR THE STARS

‘DEVELOPING ELEVATION IN YOUNG PLAYERS’
Strength & Conditioning
Skill Development
Game Sense

2.5 hour session
\$20 per person
For Yr 7/ 8 coaches & Secondary School Coaches

- 5th March Lower Hutt
18th March Tasman
6th April Counties Manukau
6th April Dunedin
7th April Canterbury
26th April Eastern
27th April Wanganui
5th May Invercargill

Stay tuned to www.netballnz.co.nz to download registration form.

Stepping Up 2009



Aimed at Secondary School & u/17 representative coaches.

- Scenarios and simulations of tournament conditions.
21st-22nd March Christchurch
28th-29th March Rotorua
18th-19th April Palmerston North

Go to www.netballnz.co.nz to download a registration form. \$180 course fee.