



Coach

How to coach the

NSW
NettlyWay
friendship teamwork **fun** wellbeing
learning connections



netball
NEW SOUTH WALES

Acknowledgement

Netball NSW acknowledges and pays respect to the Traditional Custodians of the land, the Wangal people of the Dharug Nation, where Netball Central is based.

Netball NSW also acknowledges the various Traditional Custodians of the lands across the wide netball landscape in NSW. We pay respect to their culture, history and Elders, past, present and emerging. The Aboriginal lands and waters on which we build our courts, clubhouses, and facilities that are essential to our game are acknowledged as ancient and respected ground, and we acknowledge the significant and ongoing contribution of local Aboriginal communities throughout the Netball NSW community.



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Introduction

Thank you, thank you, thank you for agreeing to take on the super rewarding and fun role of a netball coach.

If this is your first time coaching, or you've had a little bit of experience and are looking for some new ideas, this is the guide for you.

This guide is designed to help you coach netball beginners, in a fun and engaging way.

The guide will help you understand how to coach The Netty Way, a netball coaching philosophy which encompasses research-proven reasons young participants love netball and why they continue to play.

By following this guide, you will progress to a confident coach in no time, and hopefully, what should be the number one goal of any coach will be achieved – your players will develop a love for the game, have a great time and come back for another season.





The NETTY WAY

What is the ...



The Netty Way coaching philosophy has been developed by Netball NSW using research, feedback from netball players and the experience of our team.

fun

Fun and enjoyment is the number one reason people play netball. **As the coach of a team, you are the Head Fun Facilitator.** Having fun at netball shouldn't be hard, and we have some tips on how to keep coming back to this, even when the season may not be going as you expect.

teamwork

Being part of a team is the second highest reason why people play netball. Netball is the ultimate team sport. No other sport requires every player to move the ball from one end of the court to another. **A coach should always be looking for ways to build on and improve teamwork and team spirit.**

friendship

Being with friends is the third highest reason most people choose netball. Research* has proven that being with friends and enjoyment is critical for keeping girls in particular returning to sport. Even if your team starts out the season not knowing each other, there are lots of ways to **create and form strong friendships during the netball season.**

connections

A connected team is an effective team. Most importantly, young people need to feel connected and included when participating in sport. **Research has proven that when girls and young women feel unsupported, they are more likely to drop out of sport.** When they feel valued, they try harder and perform better.

wellbeing

Netball provides so many benefits to players, both physically and mentally. As the coach of a team, you will naturally be addressing the physical well-being of your team. But did you know, you can play a role in boosting your team's mental well-being? **Netball provides lots of opportunities to improve a player's confidence and their self-awareness.** We show you how you can do this in this guide.

learning

Learning about netball and themselves is another important aspect of netball that impacts well-being. **It should be the goal of a coach to teach new skills and ensure the team and individual players have a sense of achievement.**

*"Keeping Girls in the Game, CoachMate <https://www.coachmate.sport/resources/keeping-girls-in-sport>



By incorporating all of these aspects into your training sessions, communications and game day, you will be coaching "The Netty Way".



Where do I start?

Our players will love having you on board and supporting them to have a fun and rewarding season.

We would recommend you take the below steps to get ready to start the season prepared and empowered to lead your team.

Step 1

There are three mandatory steps all Netball NSW volunteer coaches need to undertake:

1. **Register as the coach with Netball NSW in PlayHQ.** (the same membership platform used by participants). Your Club/Association should be able to send you a link. This is free for all volunteers
2. **Complete a Volunteer Working with Children Check** and pass your allocated number on to your Club <https://www.service.nsw.gov.au/transaction/apply-for-a-working-with-children-check>
3. **Complete the online safeguarding children and young people in sport induction course,** This is a free course and should take about an hour https://elearning.sportintegrity.gov.au/blocks/androgogic_catalogue/index.php?c1

Step 2

If you haven't already, have a quick chat with your Club or Association coaching coordinator (or a member of the executive if there isn't an appointed coaching coordinator) and discuss:

- How and when do I receive a kit/equipment bag?
- When do I find out who is in my team and receive a contact list?
- What is the best way to coordinate training nights?
- How do I secure a court for training nights?
- Does the Club have any particular requirements I should know about?
- When you have a contact list, organise a quick and informal face to face catch up at the local courts, giving everyone an opportunity to meet before you start training.



Think about how to ask for help from other parents in the team. You might like to ask for a team manager, or share the duties of this role by using the roster provided in this guide.



EMPOWERPLAY

Connecting with your team through EMPOWERPLAY

Did you know that Netball NSW has a program that you can run at your club designed to build confidence and self awareness in players? It is called EmpowerPlay and you can read all about it here. There are ways to incorporate aspects of this program into your day to day coaching.

The first thing we recommend is asking all your players (no matter their age) to take the personality test.

This test is the foundation of the program. The test allows players to understand who they are, and who their teammates are, as well as to celebrate and acknowledge their natural strengths, all which can contribute to a connected and effective team.

Your team will potentially include lions, golden retrievers, beavers and/or otters and all of these personality types bring different strengths to the team. They also all handle the highs and lows of sport differently and like to be communicated to differently.

Ensure you read about each personality type, understand their strengths and how to communicate with each.

Other tips on incorporating the EmpowerPlay themes, activities and messages are built into the session plans and you can find some tips on how to have the conversation about personality types, and how to run some of these activities later in this guide on page 17.

Your team will potentially include..
Lions, Golden Retrievers, Beavers or Otters



and all of these personality types bring strengths to the team.



Send the personality test to all players prior to your first training session and discuss everyone's strengths and differences at session 1. Coaches should also do the test and share their personality type.

(designed for players 9 and above and parental help will be needed to complete the test for young ones)



How do I coach the **NETTY WAY?**



How do I coach the Netty Way?

friendship

- Organise some team **social activities** during the season
- Encourage players to **get to know each other** - what are their personality types and interests? (eg during warm up, find out your partners favourite colour, pets names, do they support Swifts or GIANTS, favourite player, fun facts...)
- At the beginning of the season, **challenge them to partner up** with team mates they don't know well

connections

- **Learn names quickly** - it's ok to start the first few sessions with names tags. You could even add their personality animal to the tag
- **Encourage teammates to share what they value** about other teammates contributions to the team. Examples of how to do this are on page 18
- Reward positive contributions to the team **rather than on court performance**

fun

- **Learn what each player loves the most about netball** and try to incorporate this during the season
- Start and end each session with **fun activities** - allow your team to "play"
- **Create a Reward and Recognition program** for the season. Some ideas for this can be found on page 18

wellbeing

- **Unpack Your Kit Bag at the start of each session** - a great way to check in and build connections. Tips on how to do this are on page 19
- Ensure time on court and in training sessions is **shared equally**
- **When giving feedback, make it a positive sandwich** - one positive, something to work on, followed by another positive

learning

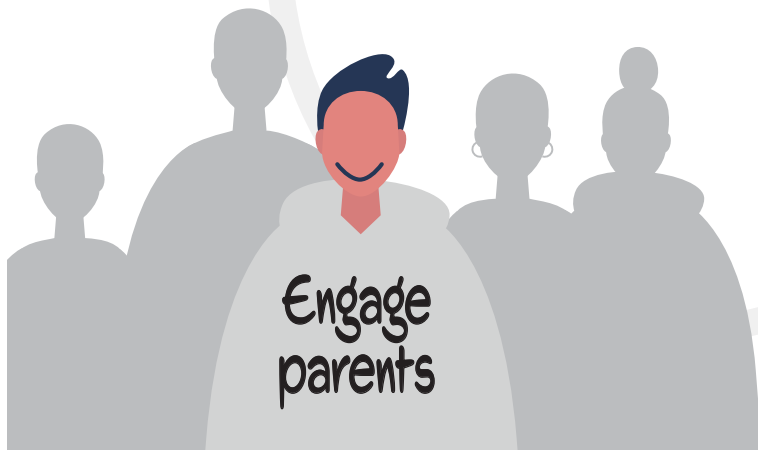
- **Set realistic goals** - set the team and individuals up for success. **Find a win in a loss no matter how hard**
- **Have session plans** and share why you are working on particular skills - explain what the objective is
- **Sessions should be fun**, engaging and involve everyone at all times

teamwork

- **Set team goals at the start of the season** that are achievable and celebrate every goal achieved
- **Remind players of their individual strengths** and how they contribute to team success
- **Create either a team mascot, theme, chant**, values for the season that players create and guide. Ideas on how to do this can be found on page 19



Focus on participation and enjoyment rather than results.



Engaging parents and creating a FUN team environment

Encouraging parents to be involved, either socially or at the courts, will further drive fun, friendships and connection.

Set the expectations of parents before training starts. Let them know you are coaching the Netty Way and tell them what this is. Share the Netty Way philosophy with them.

Find out how much other parents know about netball and help them to learn more if they need to. Ask them why they chose netball as a sport?

How can other parents help? Ask for a team manager who can determine who is scoring each week, who is bringing team snacks to each game and any other duties that are needed. Or, you can create a roster for this using the template provided.

Share the personality test with parents and encourage families to do them together. Let them know you are taking the time to learn about and understand their child's personalities.

Create a Whats App Chat to communicate quickly and efficiently with everyone. (something other than email or SMS)

Using the session plans provided, **allow time in training to encourage parent participation.** Encourage the players to teach parents new rules and skills they learn by factoring time at training for this. Not every parent will be able to participate of course, but should be included where possible.

When asking parents for help, consider things like:

- What time do you expect players to arrive and leave training?
- Do you require parents to stay at training? What are the club expectations? Consider player safety around the usage for bathroom facilities and where they meet parents.
- Where would you like parents to be courtside during games? What would you like to hear from them on the sidelines and what don't you want to hear?



Parents are your biggest allies and supporters. Bring them along for the journey



Everything you need
to coach the
NETTY WAY



Preparing for training session checklist

Before your first training session you should:

1. Book the court with your Club/Association. If you will be training after dark, who is responsible for turning lights on and off and do you know how to get hold of them if there is an issue?
2. **Have a kit/equipment bag that has:**
 - ✓ At least two netballs
 - ✓ Overhead bibs
 - ✓ Dots and cones
 - ✓ A whistle
 - ✓ First aid kit
 - ✓ Chalk
3. **Create a team communication channel** and inform everyone what time they need to be there, what to bring and when the session finishes.
4. Let parents know if you need help, or if you have factored time in for them to participate in training
5. **Download and learn the Netball Knee program** which is how every game and training session should start. This program has been developed by Netball Australia and is designed to strengthen key areas of players bodies and reduce incidences of ankle and knee injuries <https://knee.netball.com.au/junior/>
6. **Plan your sessions to maximise fun and development.** Use the session plans provided, or create your town using the guide. Check out the below resources (some of these require paid subscriptions):

The Netball Coach <https://thenetballcoach.com/>

Sportplan <https://www.sportplan.net/drills/Netball/index.jsp>

Netskills <https://netskills.com.au/>

Netfit <https://netfitnetball.com/>

Elevate Netball - <https://elevatenetball.com.au/>

YouTube - just search for netball training games or activities



Encourage all players to always wear proper netball shoes*, bring water and wear comfortable clothing to training. *this is a great video explaining why shoes are important <https://www.youtube.com/watch?v=HlWNzliGmbI>



Training session plans

This guide provides 8 example training sessions that you can run at any time during the season. There is also a blank template to create your own session. These can be found here. <https://nsw.netball.com.au/netty-way>

Be prepared for every training session. When delivering and creating a training session, please consider the below:

Create a positive environment

- Unpack Your Kit Bag (see page 19)
- Smile, praise and encourage
- Use what you know about your players personality types to be patient and supportive

Vary your sessions

- Change the format and activities often so players are engaged
- Ensure all players are participating and included at all times
- Avoid elimination games where players “ sit out”

Demonstrate

- Appeal to visual learners and use the players to demonstrate the correct skill execution
- Make sure all players can see the demonstration
- Praise them for completing the skill

Allow time for fun

- Encourage players to arrive a few minutes early to catch up and connect
- Include non-netball games or games chosen by the players
- Start and end with a fun warm up and warm down game

Provide instant feedback

- Use lots of purposeful praise (that was well done because you...)
- Ask questions to make players aware of areas to improve
- Make it a positive sandwich – one positive, something to work on, followed by another positive.

Be a great communicator

- Understand how each personality type likes to be communicated with
- Try not to have too many instructions
- Try to have as much one to one (discrete) coaching as possible



Remember all children learn in different ways. Be adaptable and use different techniques each session



Game Day Coaching Checklist

For gameday templates
<https://nsw.netball.com.au/netty-way>

- SET TEAM AND INDIVIDUAL GOALS FOR THE GAME
- POSITIONS ORGANISED
- DRINK BOTTLES IN CARRIER
- CONNECT WITH EACH PLAYER
- WARM UP THE TEAM
- CENTRE PASS TOSS
- PRE GAME TEAM CHAT AND CHANT
- SMILE DURING THE GAME
- POSITIVE COMMENTARY
- HIGH FIVES AT THE END OF EACH QUARTER
- LOUD TEAM CHANT BEFORE GOING BACK ON COURT
- THREE CHEERS WITH THE OPPOSITION AT THE END OF THE GAME
- THANK UMPIRES AND THE OTHER COACH AT THE END OF THE GAME



Find a win in every loss – you may not have won the game, but you did achieve your goal around turning the ball over in defence

Empowering Ideas and Resources

Tips on how to have the conversation about personality types

- Briefly discuss the traits of each of the four types.
- Using the 'Strength' words of each personality type. Discuss how they felt about being that animal - do they agree? If they don't agree, did they or someone else fill the questions out and did they answer the questions as to how they are now, not how they want to be?
- They don't need to be boxed in, this test is just an observation of how they responded to the questions right now. If they do the test in another year they could be different.
- The weakness list is just how other people might see them. They are not bad nor do they need to be changed.
- Some players might have equal scores - that is totally normal, especially in young people. They just have twice as many strengths. Ask them if they identify with one animal over the other, and/or ask their team mates which one they think they are.



Lions

Lions are our natural leaders and can guide and encourage the rest of the team. They are our most competitive team members, and might be upset when they lose or can't complete a task. They will know how to fix a problem but may be less inclined to listen to others solutions.



Golden Retrievers

Golden Retrievers are the most loyal supporters of teammates and will be the first to notice someone who is upset. They may stand back in team huddles and listen rather than contribute. They are less likely to go to the front of a drill and don't often like conflict.



Beavers

Beavers are your best strategists. They are perceptive, love attention to detail and love to solve problems. They love sticking to the rules and make great umpires! Beavers can often be hard on themselves and frustrated when they can't complete a task.



Otters

Otters are our "cheerleaders" and generally create the most joy in the team. They love netball because of the social and fun side, and will retreat or act out if you take that away from them. They can organise all the social aspects of the team and on the court, can remind everyone that netball is fun!

Team activities



Take the team and parents to watch a **GIANTS**

<https://giantsnetball.com.au/>

... or **Swifts** game

<https://nswswifts.com.au/>



If you live regionally, and can't get to a game, organise a watch party and encourage everyone to come together to watch a game and dress in their favourite team colours.



Warm and Fuzzies (sharing what we value about our team mates)

Ask each player to write on a separate piece of paper for each team member, what they love the most about the players. It could be their strengths, what they bring to the team and/or why they love being in a team with them - just something that the team mate will feel warm and fuzzy after reading it. Make sure they write the players name on the piece of paper. Collect them all, sort them and hand in an envelope to each player at any time during the season the team. This can be done at any time during the season and can also be done more than once.



Reward and recognition program for the season

Determine how you want to recognise players throughout the year. Ensure team awards are not just "taken in turn" to win and are not only linked to on court performance. Recognise players who displayed a Netty Way value, the team or Club values. You could have awards for games, training sessions, or for achieving goals.

Team activities (cont.)



Create either a team mascot, theme, chant, values for the season that players create and guide.

Players love to be involved in these types of activities. Themes set up your ways of working together in a fun way and can lead to the creation of chants, values, key words to use when you need something to remind them to have fun. Choose words, a colour, a category, a super hero, or anything that inspires, makes them smile and is easy to build upon all season.

Example:

A team (who was full of lions) needed reminding sometimes that netball is supposed to be fun. They chose the word pineapple as their word for the coach to say court side to remind them to smile. They created pictures of pineapples and wrote their values on these. They added pineapple to their team chant and made it a challenge for them to use it when talking to other teams and club members. Their parents started creating pineapple signs and they even found pineapple slides to wear to and from games together.



Unpack your kit bag

Unpacking your virtual kit bag is how we check in with the team at the beginning of each training session.

There are three steps:



Check in

Ask each player a hello/welcome question each session starting with how are you today and followed by things like: "what was the funniest thing that happened today?" or "What was the kindest thing you saw someone do today?"

Take a moment to be grateful

Ask the team to share something they are grateful for today or this week. This is a great opportunity to learn something that may be going on at home that you may not know. You can also encourage them to share what they are grateful for about each other:

Mindfulness

A great way to clam players minds before you start a session or game. It only takes a moment to get them to do a mindfulness activity together, and you will find they start with more focus and attention. You will find lots of mindful activities for kids online.

Further netball NSW information and links

Who is Netball NSW?



Netball NSW is the state governing body representing and promoting the sport of netball in NSW and is a member of Netball Australia. Our purpose is to lead and support the Netball community to grow and thrive.

The team you are coaching is registered to a Club, which is registered to an Association, which is registered to Netball NSW.

Netball NSW is also the owner of two teams that play in the national elite Suncorp Super Netball competition, the NSW Swifts and GIANTS Netball.

How can we watch and support the Swifts and/or GIANTS?



Both teams play their home games at Ken Rosewall Arena in Sydney Olympic Park. The season generally runs from April-August each year. Home games are a fantastic day out for your teams and families.

If you can't attend a match, follow the teams on socials or check them out on their websites.

Furthering your Coaching Knowledge:

There is a Foundation Coaching Manual that is available to be purchased via the Netball Learning Platform. This is a great resource to have as a new coach that has everything you need to know about netball, the break down of each skill with examples of drills and plenty of ideas for your sessions. Costs \$49 +postage. <https://netball.com.au/netball-learning>.

Whilst not required, Netball NSW recommends all coaches do the Foundation Coaching Course which is online and includes the Rules of Netball Exam. <https://nsw.netball.com.au/coaching-accreditation>.

The Course is the first step in the National Coaching Accreditation Framework and is an important step along the knowledge pathway for a coach. It is online and costs \$70.

Or, you could just do the Rules of Netball Exam on its own. The Netball Australia Rules of Netball Exam is an online course consisting of 100 multiple-choice questions. It is highly recommended that prior to commencing this exam you read a copy of the Rules of Netball. To pass the Rules of Netball Exam, you must score at least 70%. This course can be completed on Netball Australia's Netball Learning platform. More information can be found here - <https://nsw.netball.com.au/becoming-umpire>.



The goal of every coach is to instill a love for the game in every player.

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