



## Green Point Netball Club – Team Coach

Thank you for offering to coach a team this season. To assist you in your role as coach we have compiled the following list of roles and responsibilities. This list is not exhaustive, so if you have any other information that might make next year's coaches' job easier, please let us know!

### Pre Season

- Contact all players in the team & introduce yourself. Arrange a suitable time & day for training. Once a day & time for training has been confirmed, email [greenpointnetball@live.com.au](mailto:greenpointnetball@live.com.au) and advise
- Give team members and manager your contact details (including your email address and mobile phone number)
- Ensure you have completed a working with Children Check and email the number to [greenpointnetball@live.com.au](mailto:greenpointnetball@live.com.au)

### Game Time

- Ensure all players experience equal time on the court throughout the competition rounds. This is extremely important. All player must have their turn at sitting off, & the same player must not be off week after week, it is social club sport.
- NetSetGo players MUST be rotated to different positions each playing half.
- It is recommended that you keep a record of who has played in what positions for easy reference. An example document for recording this is attached

### At training

- Warm up and start with a fun game until all players arrive
- Stop bad behaviour before it starts, split up distracted or menacing children
- Use plenty of positive reinforcement
- Keep the drills short, especially with NetSetGo
- Use a favourite drill of theirs to get them more focused
- Do not repeat the same drills week after week – there must be some progression
- Use different drills to practise the same skill
- Keep the groups small so there is lots of ball handling
- For Under 10's - If other parents are available at training, get them involved if possible – they could be next year's coach in the making!
- Pull team together for a concluding chat – discuss things learnt at training and time and place of next game
- Remember the girls look up to you as coach, it important to make training fun, it will help them to learn.

**If you need help ask!**