Leeming Netball Club Inc.
PO Box 65 Bull Creek
WA 6149

Leeming Netball Club Coaches Handbook

Hi Coaches,

Thank you again for volunteering to support both the club and its players this season in your role as a coach. In this handbook document you will find information to assist you in being able to best understand what this role involves and how to develop your own coaching abilities. Read through the document to find information regarding the following topics:

1. Roles and Expectations
2. Coaching Development Pathway
3. Training Resources

Should you require any further information or support please reach out at your first convenience. If the matter is urgent, please call me as emails are only checked at intervals.

Kind regards,

Gemma Downie and Piper Marsh c/-
leemingnetballcoach@gmail.com
0402 083 865

Leeming Netball Club

Leeming Netball Club Inc.
PO Box 65 Bull Creek
WA 6149

1. Roles and Expectations of LNC Coaches

Equal Time on Court	One of the aims of the LNC is to create a fair and equal netball club, thereby ensuring our players' enjoyment of the sport. The following guidelines have been formulated to ensure we all work towards this common goal. **Court time** During the regular season all players are given equal amounts of time on and off the court. It is at the discretion of the coach which players are on the court at any one time. **Variations** Variations to equal court time can be applied to players who do not adhere to the rules, regularly miss training sessions, are late to the game, or generally do not behave in an appropriate manner at training or on game day. Any variations will be at the discretion of the coach. **Court time during finals** Junior U11 to U15 grades: players must be given a minimum of a quarter of a game for each game the team plays during the final's series. Court time for each player is at the discretion of the coach. U16, U18 & Seniors All players must be given a minimum of a quarter of each game during finals series. Court time for each player is at the discretion of the coach. *See **Coaching Policy** for further more information.*
Training Commitments	Coaches are required to run at least ONE training session per week to help support and nurture player development. Training should only be cancelled if absolutely necessary. If you as the coach are unavailable to coach during that week, seek the support of your teams parents or other coaches to ensure your players do not miss out on development opportunities. Coaches are more than welcome to reach out to other coaches and do joint training or scratch matches. Use '*LNC Coaches 2024*'

	group chat on WhatsApp or message coaches individually. A contact list of for all coaches will be distributed to you shortly. **Training Summary** • The coach is expected to attend training and games every week or to make alternative arrangements for their team if necessary. Please inform the Committee if you need to make alternative arrangements. • If you have any pre season commitments that may interfere with you coaching, please notify the Committee as soon as possible. • Players who do not attend training or games regularly or without notification, should not expect to get a full game on the following Saturday. • If non-attendance is due to representative commitments or genuine illness, then that player should still be given equal court time wherever possible. • All coaches are encouraged to attend a training clinic organised by our club or an accredited course through Fremantle Netball Association which the LNC will reimburse fees. • If you have never coached before, you are strongly urged to attend a coaching clinic, both for your own benefit and that of your team.
Game Day Commitments	Coaches are required to attend game day at the given time. These will be released leading up to the season and will most likely not change for the remainder of the season. It is important coaches are present early for a full warm up to minimise risk of player injuries. If for some reason you as a coach are unable to attend a game, please reach out to your team manager or a parent to step in. If no one is able to assist, please reach out to myself and we will make arrangements from there. **Player positions** Coaches of the teams in Net Set Go (U8-U10) are required to rotate their players through all the positions, throughout the season. No one child should be playing GS or GK every week. The emphasis at this age should be on learning skills, participation and sportsmanship. For all other grades, player positions are at the coach's discretion. For Net Set Go, it is recommended, particularly in the first couple of weeks, to play similar positions for their entire game time to prevent confusion and aid understanding of playing positions. This means players can play GS and GA or GA and WA or GD and GK. It

	is not advised to have a player playing GK one quarter and GA the next. **Fill in players** Registered players in a team are given first priority to participate in the game ahead of fill in players acquired from a lower graded team or permit player. A fill in player cannot take the court ahead of a member of the team. Should a team require a fill in player, they are to approach the coach of the team graded immediately below the team requiring a fill in player. Should the coach be unable to find a fill in player, they are to contact the LNC Coaches and Team Manager Coordinator.
Fairness & Respect	Each player has the right to be treated with both fairness and respect. If you are having any difficulty with any player or parent, please reach out to either myself or a committee member and we will support you to handle the situation, or step in when necessary. **Player assessment sheet** Coaches are required to fill out a player assessment sheet return to the Coaches and Team Managers Coordinator promptly at the end of the season. The sheet is designed to assist in grading and is a very important tool in the grading process. **Manager's gift** Coaches are required to ensure that a collection is made at the end of the season for the purchase of a small thank you gift and card for the team manager of the team.

Player Guidelines

The LNC wants to ensure all players are given every opportunity to reach their potential. These guidelines refer to all players. They are to ensure the smooth running of our teams.

Player Commitment

It is an expectation that each player will uphold the Player Code of Conduct and will

take seriously their commitment to train and play for the LNC.

Training

All players are expected to attend regular training sessions. If a player is unable to attend, it is expected that the player will personally contact the coach to advise. Failure to attend will result in reduced court time in the game following the missed session if the numbers of available players permit.

Matches & Court Time

All players are to be at the match in full uniform prepared to play at the coach's specified time. Several factors will be taken into consideration by the coach when assessing court time. They will include such things as your attendance at training, level of fitness, player injury, your behaviour and attitude towards the coach, players and officials.

If for any reason the team is short of players, the coach may seek substitute players from another team in a lower division. It can be very difficult to find substitute players, so if you are asked to fill in, please try to make yourself available.

From Grades Junior E to Seniors, wherever possible players will be played in the positions for which they nominate. However, during the season if a coach feels a player is better suited for another position the coach will discuss this with the player and (for junior players) their parents/guardian. If the player and or parents/guardian are dissatisfied with this situation they can refer the matter to the Coaches & Team Managers Coordinator. If this matter cannot be resolved, it will be forwarded to the LNC Committee who will discuss the matter with a view to finding a suitable resolution.

Leeming Netball Club Inc.
PO Box 65 Bull Creek
WA 6149

2. Coaching Development Pathway

Coaching is a fundamental aspect in all levels of netball, however coaching also takes time and development to learn and master. A good place to start your journey and to find general information on; accreditation, workshops and recourses for learning is at https://wa.netball.com.au/coach.

Coaching Accreditations

Link: https://wa.netball.com.au/coach-accreditation

Netball WA propose a six tier pathway for coach's accreditation, that caters to grass roots sport coaches through to professional coaches of internationally competing teams. Leeming Netball Club does not have a minimum accreditation for coaches, however strongly recommends undertaking learning and development opportunities to continually improve your skills as a coach.

In particular, the Club recommends all coaches seek to gain their Foundation coaching accreditation, and coaches of older or high level Juniors and Senior teams to also gain their Development coaching accreditations.

1. **Foundation**

The foundation level accreditation is designed for a newly beginning coach to gain understanding of the basics of coaching and how to deal with common situations you may face. This is great for Junior and Net Set Go coaches. This course outlines the basics on introductory coaching skills and techniques.

The course is offered through Netball Australia's e-learning system as a fully online module for $77, as of 2023. Please note the cost is subject to change at the discretion of Netball Australia.

2. Development

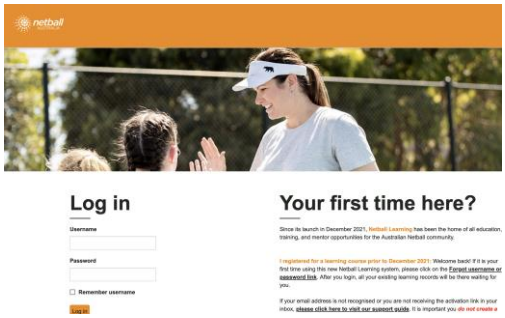
This stage is excellent for coaches with some prior experience, coaches of Senior or high level teams, and those who aim to further their current knowledge on coaching the sport. The development level accreditation focuses on how to structure training sessions for optimal results, correctly teach and maintain skills in drills with growing complexity, as well as identify how to transfer skills from training into game day situations.

The course is delivered in two stages; an online workshop component available through Netball Australia's e-learning platform blended with a face-to-face workshop facilitated by Fremantle Netball Association on one occasion each year. To be eligible to register for the Development coaching accreditation, you must already have successfully completed the Foundation coaching accreditation. The online component has a fee of $60 and the practical workshop incurs a $77 cost, accurate as of 2023. Please note the cost is subject to change at the discretion of Netball Australia.

The Club offers full or partial reimbursements for some coaching accreditation workshops at the approval of the committee. Please reach out when you are considering taking on new accreditations to discuss.

To access the courses, please follow the steps below:

1. *Login into netball learning / create an account*



2. *Search for and enrol into your chosen accreditation/certification*

Leeming Netball Club Inc.
PO Box 65 Bull Creek
WA 6149

3. Training Resources

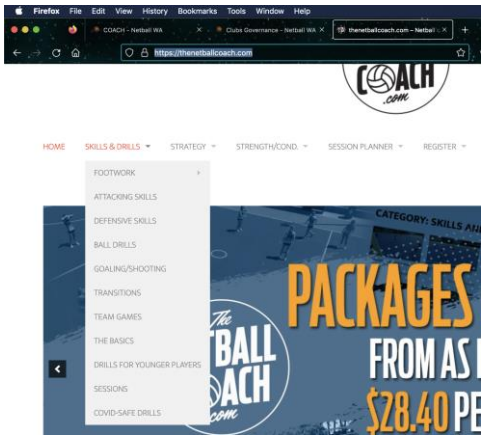
Training is a vitally important component of development of skills, teamwork and attitude as well as fitness. Netball involves many aspects which can be honed including ball work, footwork, attack, and defence drills. I have put together some basic training resources to help get you all started.

The club will also provide you with a ***NetballCoach*** login in which you can access an array of coaching resources and drills online.

I also have some contact information for some individuals within the club who've put their hand up to support coaches development and understanding this season should you need any further support please contact myself and I will help to connect you with the most appropriate of our coaching mentors if you would like further support.

Basic Resources:

1. Netball Australia: https://netball.com.au/coaching-resources
2. Basic Coaching Manual: *free resource*
3. Foundation Coaches Manual: https://netball.com.au/coaching-resources *approximately $49*
4. Netball Coach: https://thenetballcoach.com/



Leeming Netball Club Inc.
PO Box 65 Bull Creek
WA 6149

Equal Court Rotation Template:

Please see the template below for a guideline of how to equally rotate court time and positions between players. It is mandatory for all players in Net Set Go grades to play in all positions to develop well-rounded players and give developing young players the opportunity to discover where their preferred positions are. The emphasis at this age should be on learning skills, participation, and sportsmanship.

9 PLAYER NETTA ROTATION

NAME	WEEK 1				WEEK 2				WEEK 3				WEEK 4				WEEK 5			
1.	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS
2.	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1
3.	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK
4.	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C
5.	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD
6.	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD
7.	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA
8.	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA
9.	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2

NAME	WEEK 6				WEEK 7				WEEK 8				WEEK 9				WEEK 10			
1.	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2
2.	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS
3.	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1
4.	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK
5.	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C
6.	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD	GD	GD
7.	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA	OFF1	WD
8.	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA	GA	GA
9.	WA	WA	GA	GA	OFF1	WD	GD	GD	OFF2	C	GK	GK	WD	OFF1	GS	GS	C	OFF2	WA	WA

NAME	WEEK 11				WEEK 12				WEEK 13				WEEK 14				WEEK 15			
1.	OFF1	WD	GD	GD	OFF2	C	GK	GK	WA	WA	GA	GA	WD	OFF1	GS	GS	C	OFF2	WA	WA
2.	GA	GA	OFF1	WD	GD	GD	OFF2	C	C	OFF2	WA	WA	GK	GK	WD	OFF1	GS	GS	C	OFF2
3.	WA	WA	GA	GA	OFF1	WD	GD	GD	GS	GS	C	OFF2	OFF2	C	GK	GK	WD	OFF1	GS	GS
4.	C	OFF2	WA	WA	GA	GA	OFF1	WD	WD	OFF1	GS	GS	GD	GD	OFF2	C	GK	GK	WD	OFF1
5.	GS	GS	C	OFF2	WA	WA	GA	GA	GK	GK	WD	OFF1	OFF1	WD	GD	GD	OFF2	C	GK	GK
6.	WD	OFF1	GS	GS	C	OFF2	WA	WA	OFF2	C	GK	GK	GA	GA	OFF1	WD	GD	GD	OFF2	C
7.	GK	GK	WD	OFF1	GS	GS	C	OFF2	GD	GD	OFF2	C	WA	WA	GA	GA	OFF1	WD	GD	GD
8.	OFF2	C	GK	GK	WD	OFF1	GS	GS	OFF1	WD	GD	GD	C	OFF2	WA	WA	GA	GA	OFF1	WD