



Netball New Zealand

Understanding the Player Module

COACHFORCE

Duration: 2 hours

Target Community: All coaching communities. (Coaching communities are based on the stages of player development i.e. Future Ferns, Year 7 & 8, Secondary School, Senior/Club)

Aim/Overview Statement

The purpose of this module is to develop an understanding of the needs and characteristics of players and develop appropriate sessions to cater for these.

This module is a pre requisite for all modules on the Netball New Zealand Coach Development Framework excluding the Starting Out in Coaching workshop

Learning Outcomes

At the completion of these activities coaches will be able to:

1. Identify key physical, emotional, social and cognitive (ability to reason) characteristics of players in the relevant coaching community.
2. Identify the characteristics and needs of individual players from his/her team/group.
3. Design activities that cater for individual and group characteristics and needs.
4. Implement activities that cater for individual and group needs within a training session.

Delivery Notes

NNZ would recommend coaches do this module in a workbook, which will be added to the Coaching Tool Kit.

Learning Activity

- ◆ Each Learning Outcome is designed for all communities.
- ◆ The Learning Activity covers all learning outcomes.
- ◆ The Learning Activity is designed as a self-learning activity by each coach and he/she will choose the appropriate community to discuss i.e. the community he/she is coaching.

Completion of the Learning Activity requires self-responsibility, as it will not be assessed. However if a coach attends the Player Centred Coaching Module he/she is required to bring the completed workbook.

Resource Required

Coaching Tool Kit (available from Sports Distributors)

On Going Development

- ◆ Practices with a team gaining feedback from a critical friend (as a sounding board), players or Netball New Zealand's (NNZ) CoachForce
- ◆ Player Centred Coaching Module

- ◆ Develop Your Coaching Modules

Other Available Resources

Available on www.sparc.org.nz/sport/coach-development-education

- Teaching Games for Understanding (TGfU) Resource
- Effective Coaching Philosophy
- Athlete Characteristics and Needs
- Coaching Practice Progressions
- It's all about children and young people

Other Helpful Resources

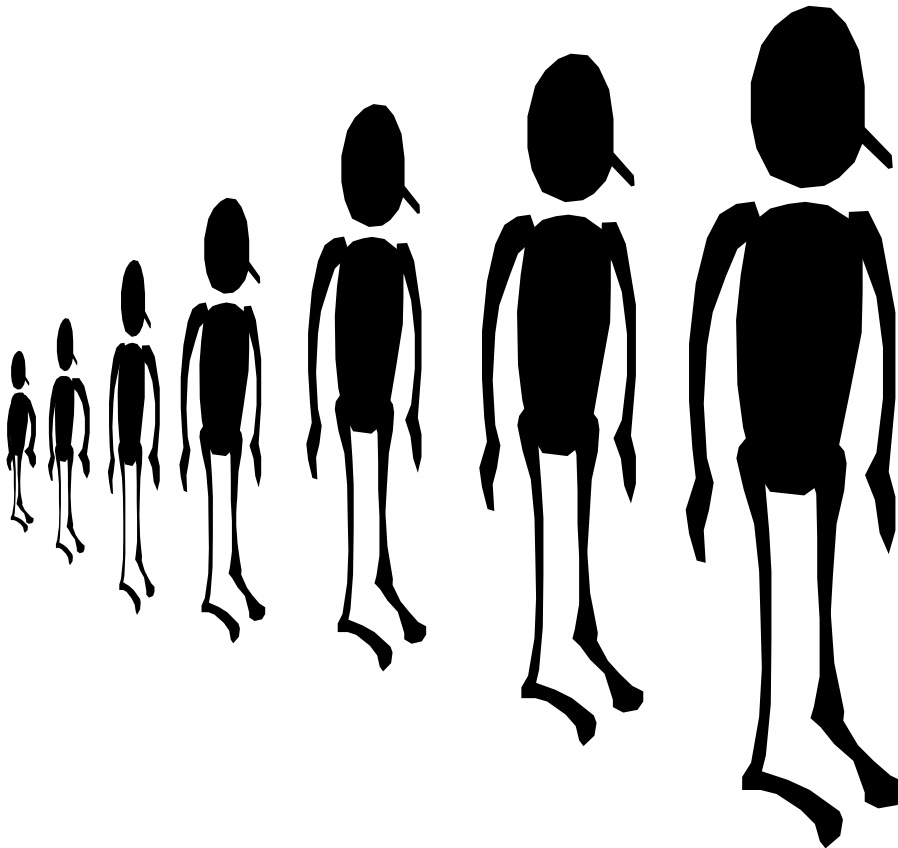
The following resources are available from Sports Distributors NZ Ltd via their website www.sportsdistributors.co.nz or phone 0800 656 735 to purchase the resource or request a catalogue.

Game Skills

On Attack

On Defence (available late 2008)

Also visit the Netball New Zealand website www.netballnz.co.nz



UNDERSTANDING THE PLAYER

WORKBOOK

Target Community:



Future Ferns Community

Year 7/8 Community

Secondary School Community

Supporting Material:

- ◆ Coaching Tool Kit-Athlete Development

Coaches have a very important role in creating a positive learning environment that enables players to develop and enjoy the game. In addition if coaches understand the needs of their players they can develop an interesting and challenging programme for them.

Complete the following either on your own or by discussing with a friend/another coach.

Athlete Development

(Refer to the Coaching ToolKit)

1. Identify what you believe are the three most important physical, social, emotional and cognitive (ability to reason) characteristics of the group of players you coach that should influence the way you work with them. A key word or key words is enough.
 - Physical
 - 1.
 - 2.
 - 3.
 - Social
 - 1.
 - 2.
 - 3.
 - Emotional
 - 1.
 - 2.
 - 3.
 - Cognitive
 - 1.
 - 2.
 - 3.

2. Why do you think players in the community you are coaching (i.e. Future Ferns, Year 7/8, Secondary School/Senior) participate in your sport? (List four reasons). You may wish to ask your team
 - 1.e.g. *have fun*
 - 2.
 - 3.
 - 4.

3. What do you think makes players in the community you coach stop participating in your sport? (List four reasons) or Ask your team members if they know why their friends may have stopped participating
 - 1.e.g. *boring*
 - 2.
 - 3.
 - 4.

4. Taking the information from 2 and 3 into account, what do you think you need to consider when planning a training session?
 - 1.e.g *boring – plan interesting activities that have all players involved all of the time*
 - 2.
 - 3.
 - 4.

5. Design an activity/game for your training session incorporating ideas from 2,3, & 4 comments. Suggest ways the activity could be adjusted to cater for:

(Choose one example appropriate to the community you are coaching)

 - a player/s who is complaining of a sore knee but still wishes to be involved
 - a team of players who have all been involved in school sports for the day
 - a player who gets upset as she does not receive a pass during the entire game

Adjustments might include different rules, equipment, environment, restrictions on certain movements etc

The activity/game still has to provide relevant learning opportunities for the other players

6.

a) Scenario :

In your team you have a player who has exceptional skills for her age. However because of the selection policy of your club or school she must stay with her age group.

She may become frustrated with her teammates as the season goes on. How could you avoid this?

b) Identify someone from your own team who may have different skill ability, different culture, less sporting experience or is at a different stage of physical development. How could you ensure their individual needs are met at your training sessions?

7. Upon completion of this workbook activity discuss the information with another coach, friend, CoachForce.

Note any additional ideas here.



Congratulations! You have now completed your first module on the Netball New Zealand Coach Development Framework.

Place it in your Coaching Tool Kit and bring with you to any future modules you attend. Completion of the module can be recorded on your Record of Learning.