

COACH EDUCATION

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WHY DO WE NEED COACH EDUCATION?

Coaching is a lot more than running practice sessions and turning up on game day. Coaches are an integral part of all sports. They teach players how to play the game, how to interpret the rules, how to use safe and correct techniques, how to behave both as an individual and as part of a team. They need to know how to deal with players of different abilities, ages, and objectives and how to relate to the relevance of the competition.

The coach must also understand the skills required to play the game, be aware of changes in rules and regulations, have access to new coaching techniques and resources and an understanding of first aid and basic injury care. In addition to being a specialist in the particulars of their chosen sport, the coach is now also required to face such issues as healthy lifestyles, bullying, drugs in sport, respect for officials, harassment, abuse of power and judging when a player should return to sport after an injury.

TYPES OF EDUCATION

Netball Victoria offers a range of opportunities to assist coaches in their professional development. A coaching pathway has been established to assist beginner coaches right through to coaches at the elite level. There are seminars, workshops and conferences conducted each year to enable individuals to update and advance their skill sets.

- Netball Australia Accreditation Framework
- Targeted Coach Program
- Professional Development Opportunities
- Coaches in the Field

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

There are a number of Professional Development Opportunities available which support the National Coach Accreditation Framework. These opportunities are available online and can contribute points to updating your accreditation, as well as provide beneficial development and coaching tips.

More information on opportunities can be found [here](#).

NETBALL VICTORIA TARGETED COACH PROGRAM

The [Netball Victoria Targeted Coach Program](#) aims to provide identified coaches with development opportunities at various levels. The Targets Coach Program nurtures identified coaches through continued coach development and learning opportunities.

The program includes:

- NV Pathway & VNL Coaches – Individual Coach Development Plan Program
- Elite Mentoring Program
- Advanced Mentoring Program
- Regional mentoring & Talent Identification
- High Performance Mentoring Program

COACHES IN THE FIELD

Coaches in the field program supports the existing National Coach Accreditation Framework. Coaches in the Field workshops are designed for coaches at the grassroots level, with some additional workshops aimed specifically at Development (or higher) accredited coaches. The Workshops are delivered by Netball Victoria's most experienced Coach Developers.

Grassroots Workshops:

- Space Awareness, Timing and Reading the Game
- Getting More Out of Your Drills
- Footwork
- Ball Handling
- General Attacking Skills
- General Defending Skills
- Lesson Planning

Development Workshops:

- Defending in the Goal Circle
- Attacking in the Goal Circle – The Individual Skills of the Goaler
- Specialist Centre Court Skills 1
- Specialist Centre Court Skills 2
- Attacking in the Goal Circle as a Unit – GA & GS Working Together

Coaches play a vital role in developing individuals through sport. They are an important cog in the provision of the skills and knowledge needed to develop, improve and succeed. It is essential that coaches provide people of all ages with the best possible netball experience, which will in turn ensure their continued participation and development in the sport. Make sure you are being the best coach you can be.

For more information and access to more Coaching Resources go to the [Netball Victoria Website](https://www.netballvic.com.au).