

## COACHING PEOPLE WITH A DISABILITY

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Netball Victoria is committed to the provision of opportunities for people with disabilities to play Netball. As such, Netball Victoria provides a number of professional development opportunities for coaches to be better skilled to include people with a disability in netball.

Working with netballers with a disability is about providing more people with the opportunity to play netball and connecting to new players that you may not have thought about. People with disabilities can play netball in an all abilities program or a separate disability specific competition, such as a competition run exclusively for people with a disability. They can compete in a regular club competition with able bodied peers, or any combination of the two. The decision as to the type of inclusion must be based on the athlete's choice.

Netball is based on general movement and ball skills and its structured format, placing restrictions on the areas of the court into which a player may go, means that it is truly a team game. With minor modifications to the rules regarding mobility, equipment and decision-making, netball can offer the rewards of social connectedness, co-operation, fitness and fun to almost anyone who wants to take part.

Flexible coaches adapt and modify their coaching and create an environment for individual needs and allows everyone to take part. The onus of inclusion rests with the coach.

**Inclusive coaching should not be considered a separate coaching skill,  
but a reflection of good coaching practice.**

### TIPS/POINTS TO REMEMBER

When coaching people with a disability, there are some specific points to remember:

- Think ability, not disability
  - Work with what the player can do. Everyone has abilities of some kind.
- Modify for all
  - Any activity or skill/activity can be modified to better cater for all participants. In most instances a rule, equipment, environment (such as playing surface) or instruction style can be changed to allow all participants to better improve their skill.
- Activities and games must always be age and ability appropriate.
- Players may need one-on-one coaching.

- Never assume what players can and cannot do. Ask questions and give them the opportunity to try.
- Be patient repeat instructions as needed.
- Don't be afraid to laugh with participants and have fun.
- Above all, coaching Netballers with a disability is nothing more than coaching.
  - All good coaches cater to the individual styles and abilities of their players already.

### **THE CHANGE IT MODEL**

The CHANGE IT model for inclusion provides an outline to ways activities can be modified to be more inclusive. Coaches can change one or all of them.

- C** - Coaching Style
- H** - How to score or win
- A** - Area
- N** - Numbers
- G** - Game Rules
- E** - Equipment
- I** - Inclusion
- T** - Time

### **OTHER RESOURCES**

[All Abilities Start Up Tip Sheet](#)

[Netball For All Flashcards](#)

[Special Olympics Australia Website](#)