

GAME DEVELOPMENT CONFERENCE 2023



PROGRAM



COACHING

MON 6 FEB
7.00PM - 8.30PM
ONLINE VIA ZOOM

Getting the Most Out of Training
Kim Bailey



UMPIRING

TUE 7 FEB
7.00PM - 8.30PM
ONLINE VIA ZOOM

Self-Analysis
Bronwen Adams

MON 13 FEB
7.00PM - 8.30PM
ONLINE VIA ZOOM

Commonwealth Games and Netball World Cup preparation
Keynote speaker Stacey Marinkovich
Origin Australian Diamonds Head Coach

TUE 14 FEB
7.00PM - 8.30PM
ONLINE VIA ZOOM

Game Day Communication
Gerard Murphy

WED 15 FEB
7.00PM - 8.30PM
ONLINE VIA ZOOM

Positioning, Vision & Timing
Josh Bowring

SUN 19 FEB
9.00AM - 3.00PM

Practical Session
State Netball Centre, Parkville

Post-COVID Athlete Mental Health
Tegan Philip

State Training Observations
Wendy Jacobsen

The Netball Coach Presents:
Top 10 Drills
Sarah Hogan



Understanding Contesting
Nathan Begley

Game Preparation
James Trevenen

Error Detection & Correction
Jo Davidson

COACHING SESSIONS



MONDAY 6 FEBRUARY



Getting the Most Out of Training

Kim Bailey

Having a solid session plan to make the best use of your training time is vital for successful athlete development. Incorporating match fitness and intensity is key – this can be presented in more ways than running laps or sprinting up and down the court.

Rather than more traditional techniques, the use of drills can be an effective way for athletes to improve their fitness. Simulating match play and the associated intensity can result in better game day outcomes, as athletes are conditioned to perform under pressure.

Kim Bailey is passionate about coaching and well versed in the CHANGE IT model that is used to modify dynamic drills to achieve great results.

TUESDAY 14 FEBRUARY



Game Day Communication

Gerard Murphy

Effective communication is crucial for all coaches. Coaches are required to deliver productive and concise feedback during matches in a constructive and respectful manner. Team success relies on the coach's ability to communicate with clear purpose before, during and post-match.

Learn to improve your game day communication with Gerard Murphy, Head Coach of the Victorian Men's Open and Geelong Cougars VNL Championship division teams. Gez will share his tips and frameworks to help you manage and be more effective with communication and feedback.

SUNDAY 19 FEBRUARY



Post-COVID Athlete & Athlete Mental Health

Tegan Philip

Athlete wellbeing has never been more important in our sport. After more than two years of disruptions and uncertainty, athletes are struggling to get back into sport and especially re-entering a competitive environment. It is important that coaches are aware of how best to support their athletes, leading and encouraging them to utilise strategies to maintain their mental health and seek further assistance when needed.

Tegan will discuss strategies utilised in Netball Victoria's High Performance programs to support and build player wellbeing and ensure athletes maintain their love of the sport, alongside their drive to perform.

SUNDAY 19 FEBRUARY



State Team Training Observations

Wendy Jacobsen

Normally conducted behind closed doors, Conference attendees will have the unique opportunity to observe a Victorian 19/Under State team training session. Learn and understand the aim of each drill while hearing from Wendy directly and how she communicates each element of training and its purpose to her players. Coaches will be able to gain insight into the high performance training environment and how these practices can be applied at any level of athlete training.

Wendy has a wealth of experience of coaching netball, including as the current Head Coach for the Victorian 19/Under State team and Coach Director/Head Coach at Boroondara Express in the Victorian Netball League, and previous specialist midcourt coach for Collingwood Magpies.

SUNDAY 19 FEBRUARY



TheNetballCoach.com Presents: Top 10 Drills

Sarah Hogan

Coaches always love finding more drills to keep players on their toes and effective ways to keep them engaged. *TheNetballCoach.com* is an online resource portal, which contains a library of videos for coaches at every level. This practical session will bring the videos to life, with The Netball Coach presenter Sarah Hogan delivering the Top 10 drills.

With athletes on court, and take-home resources for all participants, coaches will be able to observe and learn new drills and activities to use with their own players at their next training session.

UMPIRING SESSIONS

**TUESDAY 7 FEBRUARY**

Self-Analysis

Bronwen Adams

The ability and willingness to self-evaluate is essential to developing as an umpire, regardless of the levels you are officiating. As all athletes know, to be able to perform at your best takes reflection and self-exploration across the physical and mental elements of the game. Self-analysis is as much about identifying your strengths as it is about the areas you need to improve on.

After umpiring at the Birmingham Commonwealth Games in 2022, Bronwen will share with us why self-analysis is important and some of the tools she uses in her role.

WEDNESDAY 15 FEBRUARY

Positioning, Vision & Timing

Josh Bowring

Positioning, vision and timing are three of the most crucial umpiring techniques that all work together. An umpire's decision-making skill is determined by what they can see happening on the court, which in turn is influenced by where they are positioned and when they move. These three skills form a fundamental part of the assessable performance criteria for the different badge levels and are each guided by a strong ability to read the game.

After his return from the Birmingham Commonwealth Games, and with over 10 years' experience umpiring at an elite and international level, Josh Bowring will share his insights into key positioning, vision and timing techniques.

SUNDAY 19 FEBRUARY

Understanding Contesting

Nathan Begley

Netball is no longer seen as a non-contact sport. A fair contest that involves two players closely vying for the ball makes our game exciting to watch, as long as there is no interference between the two players such that one is disadvantaged. An umpire's ability to distinguish between contact and contesting develops with experience and an awareness of the game and players.

Learn to improve your decision-making skills with Nathan Begley, who was recently awarded International Talent Identified status by World Netball.

SUNDAY 19 FEBRUARY

Game Preparation

James Trevenen

Just like playing athletes, umpires need to prepare for each game both physically and mentally. A good warmup is vital to prepare the mind and body for the upcoming game, and is an area that many umpires lack knowledge in. Netball umpiring requires a high degree of physical capability due to the unique movement patterns involved – sufficient strength and flexibility are vital to umpiring well and minimising the risk of injury.

James Trevenen is passionate about his role as Strength and Conditioning Coach with the Melbourne Vixens and the Netball Victoria High Performance Umpire Squad and will share his insights in discussions around the importance of warming up.

SUNDAY 19 FEBRUARY

Error Detection & Correction

Jo Davidson

As we continue to improve the standard of umpiring across the state, the role of umpire coach or mentor is invaluable. Mentors need good communication skills, a broad knowledge of the game and the rules, but also the ability to identify where umpires need to improve in order to advance. Error detection and correction is not only about umpiring techniques and skills that need improving, but also exploring why they aren't being performed effectively and how they can be improved.

A High Performance umpire coach and mentor with Netball Victoria and Netball Australia, Jo Davidson will share her wealth of knowledge in developing our umpires through error detection and correction.