



MANLY WARRINGAH NETBALL ASSOCIATION

# COACHES BOOK

Year: \_\_\_\_\_

Club: \_\_\_\_\_

Team: \_\_\_\_\_

Coach: \_\_\_\_\_



## WHAT IS YOUR COACHING ENVIRONMENT?

### 1. Create a positive learning environment

1. Participants are there to HAVE FUN, so be friendly, welcoming and approachable.
2. Mistakes will be made.
  - i. Allow that to happen, so that participants will give things a go and are more open to improvement.
  - ii. Fear of making a mistake means fear to try!
3. Preparation is the key to successful training sessions!

### 2. Use visual demonstrations

1. Demonstrations help communicate the key components of the skill.
2. Use concise words or phrases that highlight where the demonstration is focussed.
3. Don't have to physically demonstrate yourself, if you have players who can demonstrate for you.

### 3. Provide teaching cues or tips

1. Don't wait until the end of the drill, correct as you go.
2. Brief language is easier for participants to take in rather than long explanations.

### 4. Give encouragement and feedback

1. Feedback should be specific and given as soon as possible.
2. Ensure that feedback highlights what is good about the performance as well as suggestion for improvement.
  - i. Don't just say "well done!" What is needed is information about technique.
  - ii. For example " I liked the way you stepped forward with the opposite foot" or " You watched the ball carefully, this time hug it to your chest when you catch it"
  - iii. Focus on positives rather than negatives, e.g. comments like the above, which alert all players to better technique rather than "What did you do that for" or "I told you not to do it that way".
3. Praise, praise and more praise



## **WHAT IS YOUR COACHING ENVIRONMENT?**

### **5. Give easy to follow information**

1. Small step progression is preferable.
2. Provide no more than one/two pieces of new information at a time.
3. Use words/phrases that are easily understood.

### **6. Provide lots of opportunities to practice**

1. Repeated practice is needed to master a skill.
2. Make practice opportunities varied and fun rather than repetitive and boring.
3. Incorporate a challenge into the practice activity, e.g. number of successful repetitions into so many seconds/minutes.
4. Encourage correct execution, and set boundaries for non-acceptable application.

### **7. Ensure that participants achieve success**

1. Plan drills, activities and games that are at the participants' level of learning so that the participant has successful experiences. They will then be more willing to attempt harder skills.
2. Praise, praise and more praise

### **8. Review your own teaching – are my players responding to what I am teaching?**

- Ask the players for their feedback.
- Did you understand the way this was demonstrated?
- How do you think this could be incorporated into a drill or game situation?
- Ask for feedback from another coach/mentor
- Ask someone to video you at a training session or a game?



## **Seven Steps – Skill Progression**

### **1. Explanation and Demonstration**

- Explain "when" and "why" you use the skill so that a player has a clear picture of where it fits into the game. Use key "cue" words such as "outside leg".
- eg. "We would use a bounce pass into the shooters when we are trying to get around the defence player" - demonstrate the correct technique of a bounce pass into the shooter.

### **2. Basic Movement / No Equipment**

- Player should be allowed to practice the skill without any equipment used at this stage.
- Individual feedback should be given to each player regarding the execution of the skill. (fault detection and correction - remember constructive criticism).
- Corrections should be made where there are errors affecting the outcome of the skill. Identify the main problems first; do not try to correct too much at one time.
- Players should be given time to practice the skill once feedback has been given.
- Ensure you observe their next attempt. Comment on their performance.
- Remember that all team members are individuals and at times need individual attention.

### **3. Basic Movement with Equipment**

- The player should practice the skill with appropriate equipment, eg, the use of markers for teaching the change of direction.
- Feedback should be the same as noted in step 2.

### **4. Add a Ball**

- After players have been given adequate time to practice the skill individually or in groups, the ball should be introduced.
- The ball can be introduced as a stationary object held by another player or coach. The ball should then be introduced in the "on the move" situations, as the skill requires.
- Continue feedback.



## Seven Steps – Skill Progression

### 5. Add an Opponent

- Once the player is able to successfully perform the skill with the ball, an opponent should be introduced.
- You may decide to remove the ball from the skill performance in the initial stages whilst the player is developing body awareness.
- Continue feedback.

### 6. Dynamic Drill

- Players should be given the opportunity to develop the skill in a dynamic drill situation so as to incorporate skills of timing and decision making
- This could involve the use of more players and other skills, which are within the capabilities of the players. This step may involve a couple of stages and will require plenty of feedback regarding the skill being taught and other relevant skills/movements required.

### 7. Court Application

- The skill should be incorporated into a court situation.
- This does not necessarily have to involve the whole court or the entire team. The application to the game may involve 1/3 or area of the court where the specific skill is executed.
- Players could be asked to apply the skill to the court in their designated areas.

### Feedback - can be visual (demonstration), verbal (talk) or tactile (how does it feel).

- General – “That was great” – gives no information, so use sparingly.
- Specific Positive – “Great chest pass – you transferred your weight forward and followed through towards the receiver.”
- Specific Corrective – “push off strongly with the outside foot in the new direction”.



## What is “Game Sense?”

Game sense is an approach to coaching and teaching which uses games as a learning tool to

- Increase the motivation of players
- Develop tactical & strategic thinking as well as skill development

This approach to coaching and teaching is “game centred” rather than “technique centred”. Traditionally, technique has been the focus of training sessions – often taught in isolation, without requiring players to think and bearing little resemblance to the skill required in the game. We have all seen players practicing technique

Example: undertaking numerous repetitions of a tennis swing, or religiously practicing shots for goal

While the technique itself is an important part of the overall skill, there is limited value in technique practice that doesn't take into account the other factors involved in executing the skill

Example: making a decision on which shot to play; or deceiving the goal keeper on the shot for goal

The game centred approach focuses on the coach designing practices that progressively challenge and motivate players to develop an understanding of the strategies, skills and rules required to succeed in games

It makes the game the focus of the practice session (rather than the technique), and challenges the players to think about what they are actually doing and why.

The players must first establish an understanding of what the game is about. The technique follows when the need is established.

What role does the Coach take in the game centred approach?

Traditionally training sessions have been “coach dominated” with players being told where to stand, how to defend a situation etc.

The emphasis with the game centred approach is on the players making decisions within the game, rather than the coach telling the players where to run and who to throw to. The coach becomes more of a facilitator, creating situations where players have to find the solutions for themselves (problem solving / decision making). This approach also assists in developing skills in areas such as communication, leadership and team work.

## **Why use a game centred approach?**

People (especially children) love to play games. How often do we hear our players saying “when can we play a game”. The game centred approach promotes maximum participation – a key to children remaining involved in sport. Other reasons include

- Promoting long term learning (if players discover things for themselves, then they are more likely to learn from the experience and retain the information longer)
- Catering for all levels of ability by encouraging players to choose the level they wish to play at (e.g. player may choose to bat off a tee) less emphasis on text book execution of technique and more on understanding of tactical aspects
- Assists the beginner coach with limited technical knowledge of a sport and inexperience in group management. For instance
  - - It is more appropriate to set challenges for players through games rather than conduct technique based sessions (which may be based on “unsound” interventions due to lack of knowledge)
  - - Management is often easier if players are having fun
  - - Positive social interaction between players and coaches is encouraged
  - - Promotes affiliation (part of team or group)
  - - Helps avoid developing players with inflexible techniques (ie: players who are unable to cope with change in their environment)
  - - Encourages the players understanding of the need for rules (ie rules are there to make the game better, not to prevent us from doing things)

## **What is the difference between a technique and a skill?**

A “technique” is a movement performed in isolation at practice. A “skill” is the performance of the technique in a game.

ie: Technique + game context = Skill (game context = pressure, decision making, timing, use of space etc)

One of the key messages in game centred approach is that we can teach players skills that they actually use in a “real game”. Using minor games that involve aspects such as time limits or opponents will help players to develop skills that are realistic to the game.



# CHANGE IT

If the session is not working as planned, **CHANGE IT** by modifying the activity, skill or game. An effective way to modify activities to better cater for all participants is to remember the **CHANGE IT** acronym. **CHANGE IT** helps people remember ways to modify an activity, skill or game to allow all participants to improve their skill level and enjoyment.

<b>C</b>	Coaching	Modify your teaching style to suit the needs of each player, including instructions, demonstration and feedback
<b>H</b>	How to Score	Vary how to score so everyone can be included
<b>A</b>	Area	Modify the playing area to: <ul style="list-style-type: none"> <li>- Change the intensity of play</li> <li>- Highlight tactical play</li> <li>- Make an activity easier/harder</li> <li>- Make the activity safer</li> </ul>
<b>N</b>	Number of Players	Highlight tactical play and to make the game more inclusive
<b>G</b>	Game Rules	Vary rules to: <ul style="list-style-type: none"> <li>- Make it easier/harder</li> <li>- Highlight a skill or tactical aspect</li> <li>- Vary the game experience</li> <li>- Make it inclusive</li> </ul>
<b>E</b>	Equipment	Use different equipment to: <ul style="list-style-type: none"> <li>- Broaden the range of playing experience</li> <li>- Make the activity easier/harder</li> <li>- Suit the abilities of all the players</li> </ul>
<b>I</b>	Inclusion	Adapt or modify different aspects of the activity so that everyone is included
<b>T</b>	Time	Vary the duration to impact on the volume and intensity of the activity

<b>WHY CHANGE IT?</b>	<b>ACTIVITY LEVEL</b> To change the intensity or duration of the activity
<b>SAFETY</b> To ensure the playing environment is a safe one	<b>TACTICAL DEVELOPMENT</b> To progressively develop tactical skills and thinking
<b>VARIETY</b> <ul style="list-style-type: none"> <li>- To provide variety</li> <li>- To maintain interest</li> <li>- To experience different equipment</li> </ul>	<b>INCLUSION</b> <ul style="list-style-type: none"> <li>- To include all</li> <li>- To provide challenges that match ability levels</li> <li>- To foster teamwork</li> </ul>
<b>SKILL DEVELOPMENT</b> To progressively develop skills	<b>TECHNIQUE DEVELOPMENT</b> To develop technique in game context



Season Plan

Season Goal #1:		
Season Goal #2:		
Season Goal #3:		
	Session Date	Session Focus
Session 1		
Session 2		
Session 3		
Session 4		
Session 5		
Session 6		
Session 7		
Session 8		
Session 9		
Session 10		
Session 11		
Session 12		
Session 13		
Session 14		
Session 15		
Session 16		
Session 17		
Session 18		
Session 19		
Session 20		

Sessions can include preseason, training during rounds, holidays and finals training sessions



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
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<b>Session Outline/ Outcomes:</b>	
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<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



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Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter	
GS		GA		GS	
				GA	
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter	
GS		GA		GS	
				GA	
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter	
GS		GA		GS	
				GA	
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter	
GS		GA		GS	
				GA	

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

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 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



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GS					
GA					
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SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

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**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



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SUB					

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**OPPOSITION**

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GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

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Round \_\_\_\_\_

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**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



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Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

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SUB					
SUB					
SUB					
SUB					

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**OPPOSITION**

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GS		GA	GS
			GA
	2 <sup>nd</sup> Quarter		2 <sup>nd</sup> Quarter
GS		GA	GS
			GA
	3 <sup>rd</sup> Quarter		3 <sup>rd</sup> Quarter
GS		GA	GS
			GA
	4 <sup>th</sup> Quarter		4 <sup>th</sup> Quarter
GS		GA	GS
			GA

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## Saturday's Thoughts and Comments

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

### Comments on Our Game – Strengths and Weaknesses

### Comments on Opposition – Strengths and Weaknesses

### Next Week's Training Session Ideas and Work On's



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GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

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**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



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GS		GA		GS	
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GS		GA		GS	
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<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter	
GS		GA		GS	
				GA	
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter	
GS		GA		GS	
				GA	
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter	
GS		GA		GS	
				GA	
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter	
GS		GA		GS	
				GA	

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



## Saturday's Thoughts and Comments

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

### Comments on Our Game – Strengths and Weaknesses

### Comments on Opposition – Strengths and Weaknesses

### Next Week's Training Session Ideas and Work On's



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
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<b>Session Outline/ Outcomes:</b>	
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<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



## Saturday's Thoughts and Comments

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

### Comments on Our Game – Strengths and Weaknesses

### Comments on Opposition – Strengths and Weaknesses

### Next Week's Training Session Ideas and Work On's



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
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<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter	
GS		GA		GS	
				GA	
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter	
GS		GA		GS	
				GA	
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter	
GS		GA		GS	
				GA	
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter	
GS		GA		GS	
				GA	

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
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 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter	
GS		GA		GS	
				GA	
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter	
GS		GA		GS	
				GA	
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter	
GS		GA		GS	
				GA	
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter	
GS		GA		GS	
				GA	

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
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 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter	
GS		GA		GS	
				GA	
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter	
GS		GA		GS	
				GA	
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter	
GS		GA		GS	
				GA	
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter	
GS		GA		GS	
				GA	

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

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 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
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**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
---------------------------------------	--

<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter	
GS		GA		GS	
				GA	
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter	
GS		GA		GS	
				GA	
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter	
GS		GA		GS	
				GA	
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter	
GS		GA		GS	
				GA	

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
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**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**



<b>Session/Week/ Round:</b>		<b>Date:</b>		<b>Focus:</b>	
---------------------------------	--	--------------	--	---------------	--

<b>Session Outline/ Outcomes:</b>	
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<b>Equipment Needed:</b>	<b>Skill Development &amp; Drills:</b>
<b>Group Organisation:</b>	
<b>Warm-Up:</b>	
<b>Technique Focus:</b>	
	<b>Cue Words:</b>



**Skill Development & Drills:**

**Game Sense:**

**Half Court/Game:**

**Warm Down:**

**Evaluation/Comments:**



Round \_\_\_\_\_ Court \_\_\_\_\_ Opposition \_\_\_\_\_

	1 <sup>st</sup> Half		2 <sup>nd</sup> Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					

**SHOOTING STATS**

**OPPOSITION**

	1 <sup>st</sup> Quarter			1 <sup>st</sup> Quarter
GS		GA		GS
				GA
	2 <sup>nd</sup> Quarter			2 <sup>nd</sup> Quarter
GS		GA		GS
				GA
	3 <sup>rd</sup> Quarter			3 <sup>rd</sup> Quarter
GS		GA		GS
				GA
	4 <sup>th</sup> Quarter			4 <sup>th</sup> Quarter
GS		GA		GS
				GA

V

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33  
 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48  
 49 50 51 52 53 54 55 56 57 58 59 60



**Saturday's Thoughts and Comments**

Round \_\_\_\_\_

Court \_\_\_\_\_

Opposition \_\_\_\_\_

**Comments on Our Game – Strengths and Weaknesses**

**Comments on Opposition – Strengths and Weaknesses**

**Next Week's Training Session Ideas and Work On's**





Game Day Shooting Statistics

Opponent	Game 1								Game 2								Game 3							
Shooters	1	2	3	4	Total	%	1	2	3	4	Total	%	1	2	3	4	Total	%						
Score per ½																								
Result																								
Opponent	Game 4								Game 5								Game 6							
Shooters	1	2	3	4	Total	%	1	2	3	4	Total	%	1	2	3	4	Total	%						
Score per ½																								
Result																								
Opponent	Game 7								Game 8								Game 9							
Shooters	1	2	3	4	Total	%	1	2	3	4	Total	%	1	2	3	4	Total	%						
Score per ½																								
Result																								
Opponent	Game 10								Game 11								Game 12							
Shooters	1	2	3	4	Total	%	1	2	3	4	Total	%	1	2	3	4	Total	%						
Score per ½																								
Result																								







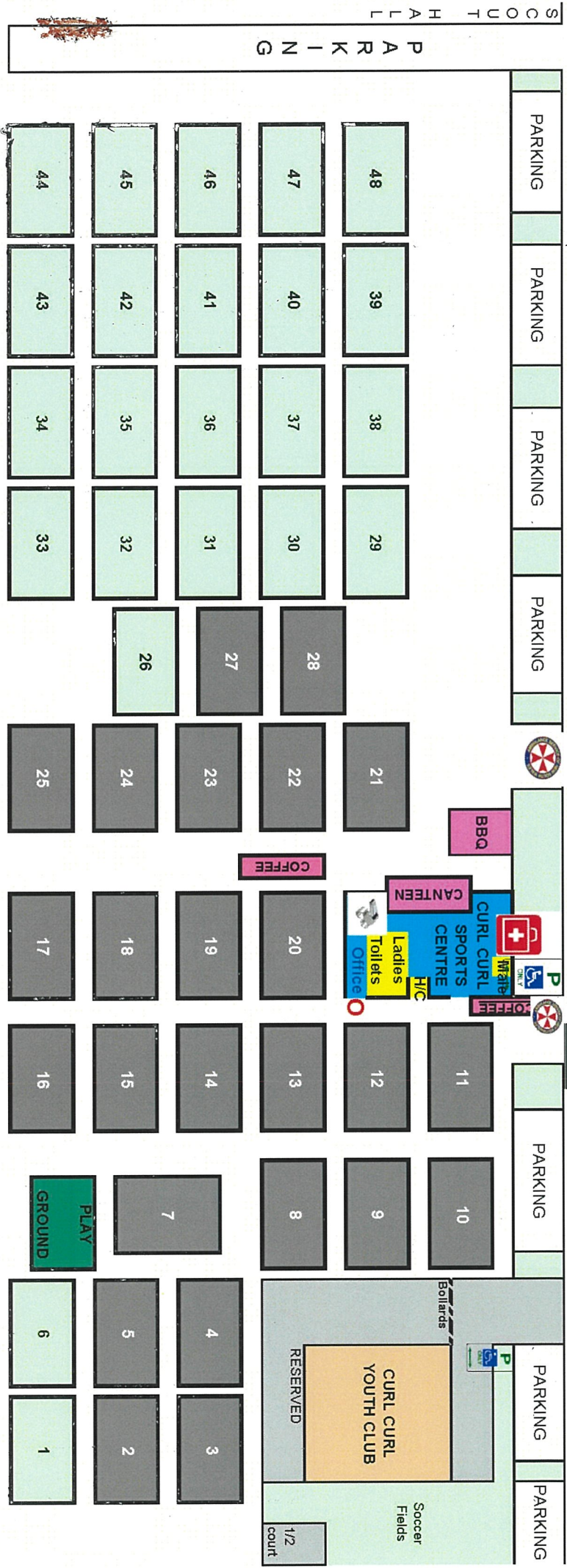
« Harbord Road

> No Parking on Saturdays <

# ABBOTT ROAD

NO PARKING in SCHOOL GROUNDS  
Drop off zone only - No Parking

To Beach »



← Bridge

→ Bridge

Ambulance Entry  
 Grass Courts  
 Hard Courts  
 Coffee / Food  
 Toilets  
 Physio / Ice  
 Collect/return NSG Rings downstairs  
 Office Duty/score sheets  
 Umpires committee  
 Limited street parking available in back streets

PARKING IS LIMITED - PLEASE CAR POOL WHEREVER POSSIBLE

450  
450  
450  
450