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# Coach's Code

*The successful coach invests more in the well-being and interests of the players than in their win-loss record.*

1. Be reasonable in your demands on the young player's time, energy and enthusiasm. Remember that they have other interests.
2. Teach your players that rules of the game are mutual agreements which no one should evade or break.
3. Avoid over-playing the talented players. Everyone *needs* and *deserves* equal playing time.
4. Remember that children play for fun and that winning is only part of it. Never ridicule or yell at the children for making mistakes or losing a competition.
5. Ensure the equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
6. The scheduling and length of practise times and competition should take into consideration the maturity level of the children.
7. Develop team respect for the opponents, officials and opposing coaches.
8. Follow the advice of a physician when determining when an injured player is ready to play again.
9. Remember that children need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
10. Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of children.

# Players Details

	NAME	POSITION	ALLERGIES	DOB
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

	PARENT	PHONE	EMAIL
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



# Warm Up

For instructions on how to complete each step go to:

<https://knee.netball.com.au/junior/>

The warm up should take no more than 10mins to complete

## Warm Up/Footwork.

- Side-lines jog forwards and backwards
- Butt flick forwards and backwards
- High knee skips
- Side skipping
- Forwards and backwards shuffle with run at end

## Balance/Landing

- Ball roll
  - Double and single leg
  - Forwards & backwards
- Once competent progress to:
- 'Crosses' (+/- ball)

## Agility

- Defensive shuffle
  - V drill (decelerate)
- Progress to add change of direction, ball, whole team

# Record of Court Time

NAME																		
Squares shaded = quarters sat off																		





