



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

Foundation Coach Award

We live this game.



Overview

The Game that Grows with the Players

Woolworths futureFERNS (Years 1 - 8) represent almost half of the registered Netball players in New Zealand.

These players are the cradle of the sport and Netball New Zealand (NNZ) has invested in a well-researched programme that is now led by a dedicated army of volunteers. Woolworths futureFERNS progresses players and coaches through modified formats of Netball that recognise their age and stage of development. As the players grow so too does the junior Netball game, meeting their needs to ensure lifelong participation.

There are two aims:

- **Develop Netball Skills and Physical Literacy***

Provide quality experiences, support and opportunities to enhance players' Netball skills and physical literacy.

- **Foster Overall Growth**

Strengthen the abilities of players as well as coaches, supporting their physical, social development and love of the game through Netball.

Parents are the driving force behind junior Netball and their roles as organisers and coaches are fundamental to the success of the programme.

The Woolworths futureFERNS programme provides the resources to assist the Centres to support organisers and coaches. The resources include 10x weekly Netball sessions for each of the year levels:

- Year 1 & 2
- Year 3 & 4
- Year 5 & 6
- Year 7 & 8

Each Netball Centre will provide a Junior Development Officer and/or equivalent who will take responsibility for the Junior Netball programme.

* **Physical Literacy** refers to the skills, knowledge and attitudes that enable individuals to engage confidently and competently in a variety of physical activities across different environments. It includes:

- 1. Fundamental Movement Skills** (e.g. running, jumping, throwing) necessary for a wide range of sports and activities
- 2. Physical Competence and Fitness** that support participation in active pursuits
- 3. Motivation and Confidence** to take on physical challenges and continue learning new skills
- 4. Knowledge and Understanding** of the importance of physical activity and the ability to make healthy, active choices.

Physical literacy is seen as essential for lifelong participation in physical activities, promoting overall health, well-being, and social development.

Considerations for Helpers/Coaches

- Young people play sport to learn skills and have fun with their friends in an environment that meets their motivations, inclusive of all skill levels.
- All players need time to play and develop skills through equal opportunities. Every child should play at least half a game.
- Children learn best with positive reinforcement and specific, constructive feedback. Focus on the performance of skills rather than on the result of each game.
- Children learn by taking risks and making mistakes. Encourage and support this as it is a necessary and important part of learning.
- Model appropriate behaviour – insist on fair play, encourage sportspersonship, and show appreciation and respect for volunteer coaches, officials and administrators.
- Allow children time to develop an understanding of the game.
- Remember, children are not mini adults.

NNZ Foundation-level Coach Certificates

The NNZ Foundation Coach/Star Helper Award is given to a coach who has completed a year-level certification, which includes hands-on coaching of the specified age-group team and attendance at the relevant coaching workshop.

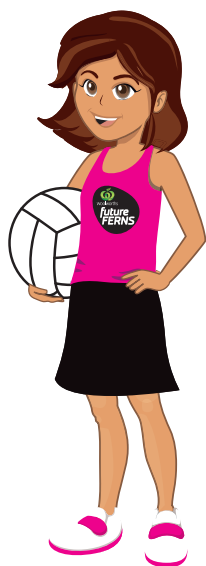
We acknowledge that parents will transition through the levels with their child/children and will be recognised for their coaching contribution with a certificate of the specific level they have completed for that given season. For example:

Junior Netball Year-level Certification

- | | |
|--|------------------------------------|
| · Completion in a star helper role and workshop Year 1 & 2 | Star Helper Certificate Year 1 & 2 |
| · Completion in a coach's role and workshop Year 3 & 4 | Coaching Certificate Year 3 & 4 |
| · Completion in a coach's role and workshop Year 5 & 6 | Coaching Certificate Year 5 & 6 |
| · Completion in a coach's role and workshop Year 7 & 8 | Coaching Certificate Year 7 & 8 |

NNZ Foundation Award

The NNZ Foundation Coach/Star Helper Award is awarded to a coach/star helper that has completed a year-level certification. This person may be a parent/caregiver, teacher, student coach, or a member of the community who has a particular interest in working in any of the developmental levels at the junior stage.



4v4



5v5



6v6



7v7

NNZ Foundation Programme

YEAR 1 & 2 (4 V 4)

An 8 to 10-week programme that covers the following:

- NetballSmart Dynamic Warm-up to be included in each session
- Body balance
- Ball skills – passing
- Ball skills – catching
- Shooting
- Dodging
- Pivoting
- Jumping
- Take-off
- Festival Day

Star Helper Award

NNZ Woolworths futureFERNs Year 1 & 2 Certificate

YEAR 3 & 4 (5 V 5)

A 10-week programme that covers the following:

- NetballSmart Dynamic Warm-up to be included in each session
- Body balance
- Ball skills
- Shooting
- Pivoting
- Dodging
- Defence
- Take-off
- Festival Day
- Court balance

Coaches Award

NNZ Woolworths futureFERNs Year 3 & 4 Certificate

YEAR 5 & 6 (6 V 6)

A 10-week programme that covers the following:

- NetballSmart Dynamic Warm-up, cool-down, static stretching
- Movement skills
- Netball skills
- Pivoting
- Shooting
- Dodging
- Defence
- Intercepting
- Passing to space
- Tactical development – attack from throw-ins, defence of shot/rebounding, attack from turnovers
- Skill development with a fun skills circuit

Coaches Award

NNZ Woolworths futureFERNs Year 5 & 6 Certificate

EAR 7 & 8 (7V7)

An 8 to 10-week programme that covers the following:

- NetballSmart Dynamic Warm-up, cool-down, static stretching
- Movement skills
- Ball skills
- Turning fully
- Dodging
- Defence – one-to-one
- Intercepting
- Specialist skills
- Passing to space
- Front cut
- Defence of shot/rebounding
- Court balance

Coaches Award

NNZ Woolworths futureFERNs Year 7 & 8 Certificate



The LEARNS Model

The LEARNS model supports the coach developer planning and delivery in all the NNZ modules. It focuses on a player-centred approach. The acronym description is as follows:

- L** **Learner centred** – Use a range of methods to suit each person’s motivation, learning preference, pace and skill level; making things relevant to each person’s situation.
- E** **Environment** – Build good relationships and create a non-threatening climate where learning is fun, mistakes are accepted and self-esteem is enhanced.
- A** **Actively involved** – Engage people; encourage them to do the thinking; let them apply their knowledge, practise their skills and receive high-quality feedback.
- R** **Reflect** – Use a variety of ways to help people self-reflect on their own skills and knowledge; connect this with past experiences and apply learning in the future.
- N** **New knowledge** – Provide new skills and knowledge that build on each person’s experiences; do ‘new’ things to keep sessions ‘new’ for you and them.
- S** **Stretch** – Steepen the learning curve by providing the right amount of stretch to challenge each person optimally while building self-esteem and confidence.





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