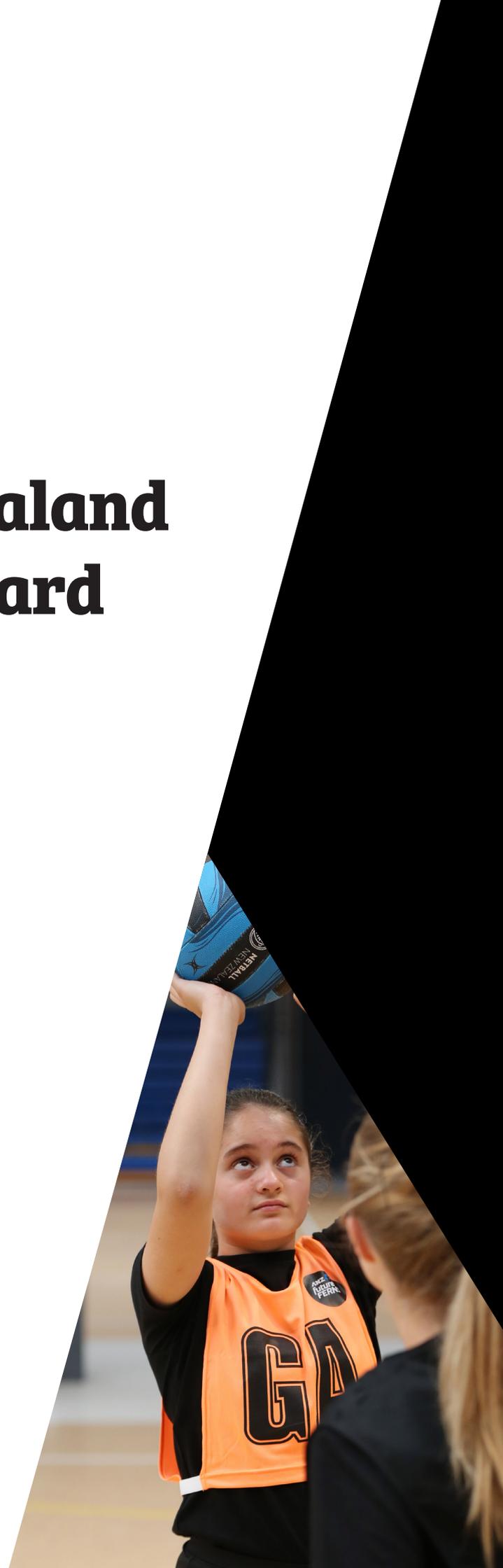




NETBALL
NEW ZEALAND

Netball New Zealand Foundation Award

We live this game.



Overview

The Game that Grows with the Players

ANZ 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 has invested in a well-researched programme that is now led by a dedicated army of volunteers. **ANZ futureFERNs** progresses players and coaches through modified formats of Netball that recognize their stage of physical and cognitive development. As the players grow so too does the junior game, meeting their needs to ensure lifelong participation. The aim is to develop their Netball skills and 'physical literacy' through the provision of quality experiences, support and opportunities. The aim is to grow the Netball abilities of the players and coaches to help with the overall physical and social development.

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

To assist the Netball centres, organisers and coaches the **ANZ futureFERNs** programme provides resources to assist the organisers and coaches. The resource includes 10x 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.

Considerations for Helpers/Coaches

- Young people play sport to learn skills and have fun with their friends, winning is important but not a key focus
- All players need equal opportunities to play and develop skills. 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 sportsmanship, and show appreciation and respect for volunteer coaches, officials and administrators
- Allow children time to develop an understanding of the game
- Children are not mini adults

NNZ Foundation Level Coach Certificates

The NNZ Foundation Coach Award is awarded to a coach that has completed all four year level certification.

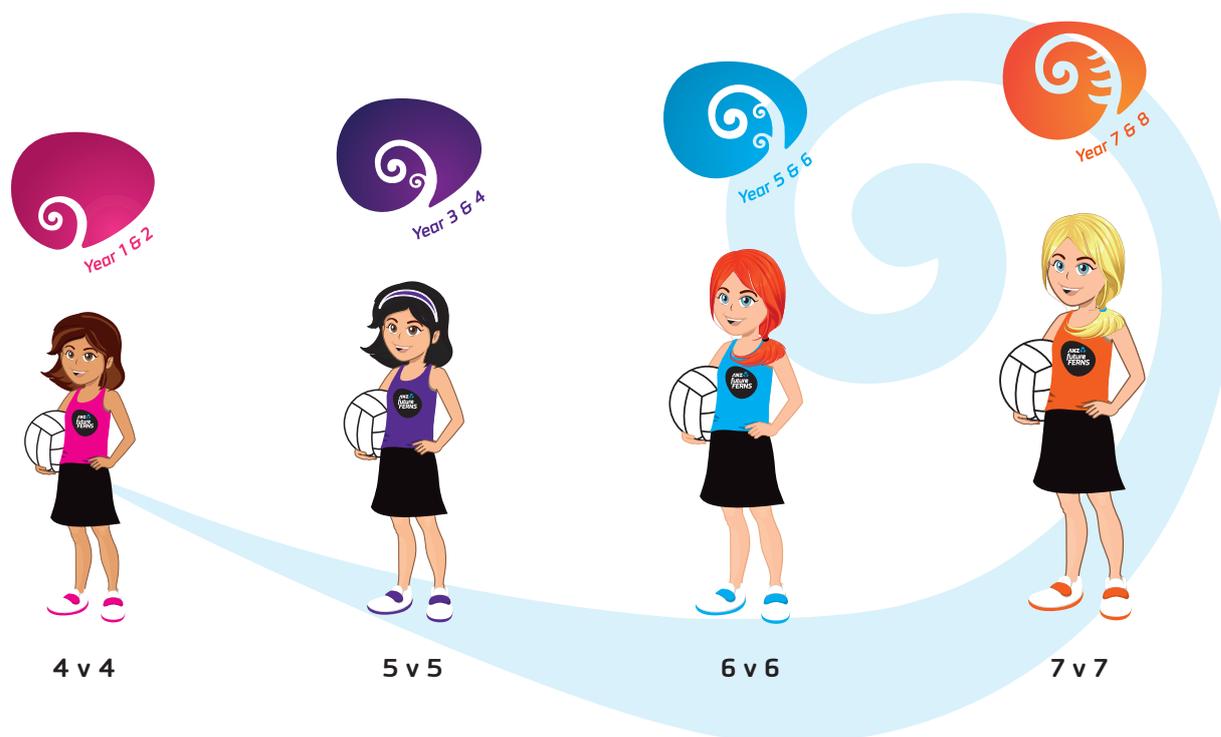
We acknowledge that parents will transition through the levels with their child/children, and will be recognized for their coaching contribution with a certificate of the specific level they have completed for that given season. For example –

Junior Netball Year Level Certificates:

- Completion in a coach/helper role Year 1 & 2 Coach/Helper Certificate Year 1 & 2
- Completion in a coaches role Year 3 & 4 Coaching Certificate Year 3 & 4
- Completion in a coaches role Year 5 & 6 Coaching Certificate Year 5 & 6
- Completion in a coaches role Year 7 & 8 Coaching Certificate Year 7 & 8

NNZ Foundation Award

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



NNZ Foundation Programme

Year 1 & 2 (4 v 4)

A 10 week programme that covers the following-

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

Helpers/Coaches Award

NNZ ANZ 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
- Balance
- Ball skills
- Shooting
- Pivoting
- Dodging
- Defence
- Shooting
- Ball skills
- Take-off
- Festival Day
- Court Balance

Coaches Award

NNZ ANZ 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
- Interception
- Passing to Space
- Tactical Development – Attack from Throw-ins, Defence of shot/Rebounding, Attack from Turnovers
- Skill Development with fun skills circuit

Coaches Award

NNZ ANZ futureFERNs Year 5 & 6 Certificate



Year 7 & 8 (7 v 7)

A 10 week programme that covers the following-

- NetballSmart Dynamic Warm-up, Cool-down, Static-Stretching
- Movement Skills
- Ball Skills
- Turning Fully
- Dodging
- Defence – One on One
- Interceptions
- Specialist Skills
- Passing to Space
- Front Cut
- Defence of Shot/Rebounding
- Court Balance

Coaches Award

NNZ ANZ futureFERNs Year 7 & 8 Certificate





The L.E.A.R.N.S Model

The L.E.A.R.N.S model underpins the coach developer planning and delivery in all the Netball New Zealand modules. It focusses 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, practice their skills and receive high quality feedback.

- R** Reflect - Use a range 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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