

# Calling All Coaches



**Netball East** is running various coaching workshops around the Region including the new England Netball Technical workshops, plus observation sessions linked to our Regional Excel Academy, details of which are listed overleaf.

These workshops are designed to help improve your Coaching skills & knowledge which in turn should help you feel more confident in your Coaching.

The England Netball Technical workshops are being run around the Region, please see list of where the workshops are taking place, plus some are linking in with the Regional Excel Academy based at Hertfordshire Sports Village.

If a session is listed as observation only, that is exactly what it will be, but with the opportunity afterwards for a question & answer session with the Excel Academy Coach.

There is no cost for Observation sessions. Please note observation topics were correct at time of going to print but may change to suit the needs of the Academy athletes.

England Netball's Technical workshops are £25 to affiliated coaches, this includes a resource pack, the workshops involve practical and theory aspects.

To download an application form please visit the **Netball East** website and click on the link relating to which workshop you wish to attend, please note prices may vary.

You will need to complete a separate application form and cheque for each workshop you wish to attend. Entry to workshops will close two weeks before the date in order for us to order resources.

Visit the **Netball East** website now. [www.netballeast.org.uk](http://www.netballeast.org.uk) & go to courses/coaches.

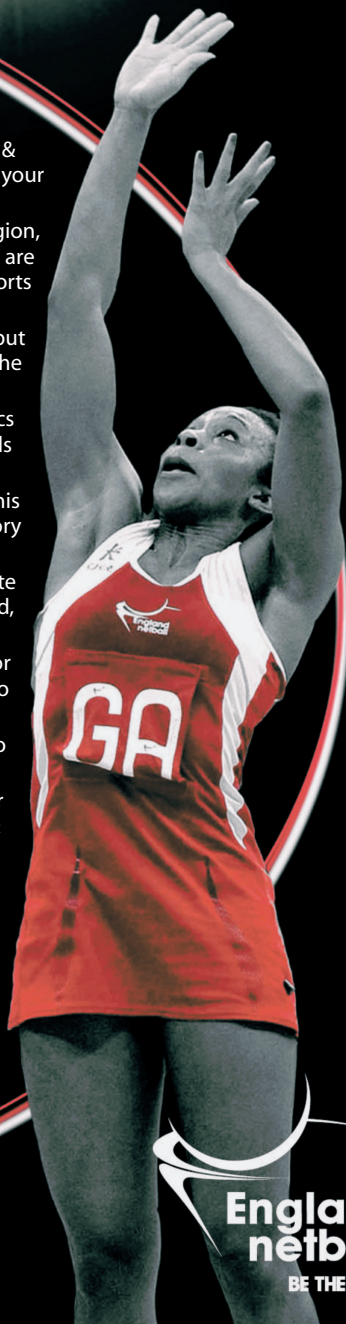
**Netball East** look forward to seeing you at one or many of our workshops & observation sessions, book early as numbers are limited & places will be on a first come first served basis. See you there.

Any questions regarding these workshops should be directed to Alison Brightman [alison.brightman@englandnetball.co.uk](mailto:alison.brightman@englandnetball.co.uk) or telephone 07884491516.

Any queries re booking onto the workshops should be directed to Hazel Lumb [east@englandnetball.co.uk](mailto:east@englandnetball.co.uk) or telephone 01487 842121.

Remember there are other opportunities locally to observe Coaching sessions i.e. at your local Academies, visit the **Netball East** website to obtain contact details for your Netball Development officer who will be able to advise you.

For information on UKCC Level 1 & 2 courses go to [www.englandnetball.co.uk](http://www.englandnetball.co.uk) click on Get Involved /coaching.



**England  
netball**  
BE THE TEAM

# Details....

## ENGLAND NETBALL TECHNICAL WORKSHOPS PLUS OTHER EAST REGION WORKSHOPS.

The England Netball Technical workshops are £25 to affiliated coaches, £30 if you are not affiliated, the Netball East workshops are £10.00. To book onto these workshop please follow the instructions by visiting [www.netballeast.org.uk](http://www.netballeast.org.uk)

- 13th June** **On the Ball Essential Ball skills for Netball**, 10am – 1.30pm– Bottisham Sports Centre, Lode Road, Bottisham, Cambs, CB25 9DJ
- 27th June** **On the Move Essential movement skills for Netball**. 1.30pm–4.30pm - Chelmsford Sport & Athletics Centre, Chelmsford, Essex, CM1 2EH
- 10th July** **Regional workshop - Mental toughness** - 10am – 12pm, FREE.  
**Part of Netball East AGM & Goalden Globes** - 12.45PM – 2.30PM -- Cambridge Regional College, Kings Hedges Road, Cambridge CB4 2QT.  
 A workshop designed for coaches to help develop mental toughness with their athletes. Will address issues such as selection and deselection, coping under pressure, goal setting to improve confidence and improve performance. After the workshop lunch will be provided followed by the East AGM & GOALDEN Globe presentations coaches may attend the workshop only if they prefer
- 19th July** **On the Move , Essential movement skills for Netball** – 6.30pm – 9.30pm , Bedford Bunyan Centre , Mile Road, Bedford, MK42 9TR
- 7th August** **Sharp Shooting Essential shooting skills for netball** - 11am – 3pm , Stanborough School, Lemsford Lane, Welwyn Garden City, Herts AL8 6YR
- 17th Oct** **Regional workshop - Transition from Level 1 – 2** - Bottisham Sports Centre, Lode Road, Bottisham, Cambs, CB25 9DJ  
 Aimed at Level 1 coaches " are you ready to move to Level 2"  
 This workshop will give you the confidence to move on with your coaching qualifications  
**For Technical workshop dates and venues in Norfolk & Suffolk** please contact Donna Sullivan [donna.sullivan@englandnetball.co.uk](mailto:donna.sullivan@englandnetball.co.uk) or mobile - 07540126597

## TECHNICAL WORKSHOPS LINKED TO REGIONAL SESSIONS - Herts Sports Village Hatfield Herts AL10 9EU

Coaches can attend the Regional session first to observe if they wish but please complete a booking form for both sessions

**All of these workshops will take place after the Regional Academy session - 2.30pm - 5.30pm**

- 12th September** **Getting Physical: Strength and Conditioning for Netball**  
**16th January** **Winning the ball – Essential Defending skills for netball**  
**13th February** **Sharp Shooting Essential shooting skills for netball**  
**13th March** **Activate: Essential Attacking skills for netball**

**OBSERVATION SESSIONS** - Observation sessions are free to attend, but coaches still need to complete a booking form (down load from Netball East website)

Coaches will be able to observe in the Sports hall. There will be a question & answer session for coaches after the session. Please note session titles were correct at time of going to print but may change to accommodate athletes. This year our Excel coach will be wearing a voice thrower to enable coaches to hear. We cannot guarantee there will be no excess noise from adjacent courts.

## DATES & TITLE SESSIONS ARE :

- 12.09.10:** intro to academy and passing (release point, speed of release, variety and appropriate use of pass)  
**10.10.10:** getting free, part one, how to move, ways of escaping defenders  
**12.12.10:** getting free , part two, where to move, timing and seeing the pass ahead  
**16.01.11:** 1st stage defence, gaining possession and hunting the ball. Circle defence workshop, splitting circle and rebounding  
**13.02.11:** 2nd stage defence, 3ft defence, 5ft defence, release points. Shooters workshop, shooting technique, movement in circle  
**13.03.11:** working in units, attack - create goal opportunities, win ball back as first line of defence. Defence - gain possession, bring ball to the attack  
**10.04.11:** individualised session, based on feedback from session 5

All observation sessions will be held at  
 Hertfordshire Sports Village  
 De Havilland Campus  
 Hatfield Business Park  
 Hatfield Herts  
 AL10 9EU

For more information on these workshops  
 contact Alison Brightman - 07884 491 516  
 or email [Netball East east@englandnetball.co.uk](mailto:Netball East east@englandnetball.co.uk)



Or for information on Level 1 / 2 courses  
 go to [www.englandnetball.co.uk](http://www.englandnetball.co.uk) click on Get Involved /coaching