



# Albany Netball Association

**2026**

# Coaches Handbook

Welcome to the Coaches Handbook. The aim of this booklet is to put any information that you may need as a coach in one place for easy access. Included are sections from the ANA bylaws that relate to players and coaches and anything else that may be of assistance to you. It is strongly recommended that you share this booklet with your team manager as many sections of this will be relevant to their role.

If you require any assistance with your coaching, player development or player and coach pathways please feel free to contact me. Listed below is the 2026 Executive committee if you have any other queries please contact the appropriate committee member to assist you.

Or check out our website for further information

Website:

[www.albanynetballassociation.com.au](http://www.albanynetballassociation.com.au)

## 2026 Executive committee

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## New player registrations

New player registrations must be completed in Play HQ, which also requires payment at the time of registration. A new registration form must also be completed via the link below to enable grading to be completed on the new registration.

<https://www.cognitoforms.com/AlbanyNetballAssociation/ANANewRegistration>

## Voucher Players

### Single game voucher/Association game voucher Policy

A Single Game Voucher (SGV) is a voucher that is used for a fill in player. This voucher is valid for one match only. This provides insurance cover for the player in the event of an injury and must be recorded on the score card.

When a fill in player is affiliated to Netball WA through another Association, an application for an Association Game voucher must be submitted with the name of the other affiliated club and Association included. There will be no charge for Association Game vouchers.

Any player not registered to play in a team at ANA must purchase a SGV or Association Game Voucher prior to the commencement of the game. Failure to purchase a SGV or Association Game Voucher prior to the commencement of the game will be classified as playing an ineligible player.

There are conditions associated with both a SGV and Association Game Voucher;

- Players can only purchase and play on two (2) separate Single Game Vouchers and/or Association Game vouchers. Should a player take the court for a third time that player must pay full ANA and Netball WA fees prior to taking court. Monies already paid for previous SGV's do not contribute towards the above fees.
- SGV's/ Association Game vouchers DO NOT count towards the three (3) games required to qualify for finals.
- A SGV/Association Game voucher may not be used in Finals matches.
- A team may only have a maximum of two (2) players playing on a SGV/Association Game voucher in any one match. If a club has more than two (2) players on a SGV/Association game voucher in any one match, the additional players are deemed ineligible players.
- Once a player has played for a club on a SGV, they are deemed to be affiliated with that club for that match and clubs will be held liable for the behaviour of the SGV/Association game voucher player.

The SGV number/Association Game voucher number must be recorded on the score card.

### **Procedure:**

1. Single game voucher - Non-registered players must complete the necessary paperwork via the following link or via a paper form available through the ANA office and pay for the voucher (if a single game voucher) at the office **before** the commencement of the game. If using the link below this must be completed by 5pm the day before the match is to be played. If they take the court without doing so, their team will forfeit the game.

<https://www.cognitoforms.com/AlbanyNetballAssociation/ANASingleGameVoucherOrANAAssociationGameVoucher>

2. Association game voucher - If the application is for an Association Game voucher the player must complete the necessary paperwork via the following link or via a paper form available through the ANA office , then attend the office to receive their Association game voucher (there is no charge for an Association game voucher) **before** the commencement of the game. If using the link below this must be completed by 5pm the day before the match is to be played. If they take the court without doing so, their team will forfeit the game.

<https://www.cognitoforms.com/AlbanyNetballAssociation/ANASingleGameVoucherOrANAAssociationGameVoucher>

3. The Office worker will then check the number of games the player has already played on a voucher in the voucher record book prior to issuing the voucher. The current application is to be recorded in the voucher record book.
4. If the player has already played two games on a voucher then the voucher shall be refused.
5. The voucher number must be recorded on the scorecard.
6. If a voucher player is not taking the court during the first quarter it would be appreciated if coaches could notify the Office or grading official.
7. A Grading Official will assess all voucher players.
8. If the Grading Official feels the player is playing in a division below their ability, they will notify an Executive committee member and two Executive committee members will observe the player during the match.
9. If the two Executive committee members agree the player is playing in a division below their ability the team coach will be informed and the player will leave the court at the end of the quarter.
10. A final check on the number of vouchers a player has played on will be performed by the Records subcommittee.

Voucher fees are non-refundable.

### Playing Up/Passing Down

A club may only draw players from a lower grade team, not from a lower ranked team in the same grade.

A player may 'play up' FIVE GAMES IN TOTAL in any division above their registered grade; on the sixth occasion, they will be considered a player of the higher graded team in which they play this sixth game. This includes regular fixtures and finals. *Note: The five games in total is for ANY team the player plays up in (not five games per higher graded team).*

If a player permanently moves to a higher graded team, a Player Change of Grade Form (Appendix C) needs to be completed and submitted to the ADO. From this new grade a player may 'play up' FIVE GAMES IN TOTAL in any division above their new grade; on the sixth game, they will be considered a player of the higher graded team.

Any Fairest and Best votes the player received in the original lower grade will become null. Votes will still be valid if the fourth game occurs during finals.

For the purpose of 'playing up' a player is considered to have played the game if their name appears on the scorecard (in PlayHQ electronic scoring) unless the scorecard shows they did not take the court at any time during the entire match.

A player must not play down in a lower grade than she is registered in without being granted a permit from the Executive Committee to "Pass Down"

An application for the permit for players to "Pass Down" to a lower grade shall be lodged in writing with the ADO no later than 4 pm on the Saturday preceding the match in which such player is required to play and shall state the reasons for the transfer.

In the case of an emergency, the Executive Committee may consider the application any time prior to the match. *Note: The intention of this rule is for it to be used at the start of a season to re-grade a player who is deemed to be playing in a grade higher than their ability, into a lower grade.*

Players are not restricted to one game per day within the club, provided they don't play down.

### Eligibility to Participate in Finals

Where teams finish the season with an equal number of premiership points, the relative positions on the premiership table are arrived at by dividing the goals scored by the goals scored against.

All players must have played at least three (3) playing dates and taken the court with their club as a registered player before they may participate in finals matches.

### Scoring/Match Requirements/Cancellations

Player's name must be on scorecard (in PlayHQ electronic scoring) before taking the court. The player's name can be added to the scorecard (electronic scorecard) once the game has commenced, as long as that player is yet to take the court.

The team named first in the fixtures is to score the match and the team named second is to keep the time.

Winners of the last match of the day return pink file, clipboard and towel to the office.

Only the official scorecard (or electronic scoring) is to be used and the scorer and timer are to stand or sit together and both should check the scoring and timing of the game.

Teams must commence a match with a minimum of 5 registered players from their club on the court. Any team failing to field 5 or more registered players from their club at the time set out for play must forfeit the match. Forfeit to be officially recognised five minutes after the scheduled time for play. A "Voucher" player is not considered a registered player.

The scorecard must be returned to the office by the winning team after both Captains and Umpires have signed it and must be returned immediately after the game. **It is the responsibility of the winning Captain to ensure that the scorecard has been correctly completed and signed.** (*This process will change where electronic scoring is implemented*)

The match officials are the two Umpires, the Scorer and Time-keeper. **Only the Officials, players and their Coaches and team manager shall be on the side of the court where the official's table is located.**

**The first named team in the fixtures shall use the area to the left of the Scorer and Time-keeper (when they are sitting at their table) and the second names team shall be to the right.**

All teams are to supply a match ball and a timer for each game.

Full club uniform must be worn for all games. Sports shoes and socks must be worn for the entire game. Full briefs must be worn, and bikini or cycle pants are not permitted. Players out of uniform may be stood off the court by the umpires and may be subject to a fine.

Where two teams of the same club play opposing one another, one team must change colour of their tops/bibs for that game only

The Association reserves the right to not allow a player to participate if their presence may be dangerous or detrimental to other players. *For example, a player may not play wearing plaster casts or orthodontic head braces. Note; As per Rules of Netball, all players are to remove all jewellery prior to the commencement of the game and taking court.*

The ANA may cancel, postpone or reschedule matches on other occasions, at its discretion if it is felt the health, safety or well-being of players and/or officials will be jeopardised. In this situation a minimum of 3 ANA executive members must agree to the cancellation, postponement or rescheduling of the match. Please refer to the Adverse conditions/Weather Policy for more information.

### Permit Games

No team may alter a playing date for a match without a permit.

Teams may only apply if they believe they are subject to genuine “exceptional circumstances” which will be at the discretion of the Executive Committee.

*Note: If YOUR team has FIVE (5) of its OWN registered players available then you are required to take the court. No permit will be granted.*

All applications for permits must be via the following link and this **MUST** be completed by **BOTH** teams and must be lodged **no later than the Saturday prior to the set fixture date**.

Permit Games will not be approved unless **BOTH** teams have completed the required form via the following link:

<https://www.cognitofrms.com/AlbanyNetballAssociation/ANAPermitApplication>

The application must state a proposed new playing date within two (2) weeks of the fixture date.

The teams concerned shall each provide an Umpire for the rescheduled match and both Captains shall sign the form.

Any alteration to the original agreement after both teams have signed will result in a forfeit.

If a playing date is altered, it is the responsibility of the first named team to collect the scorecard and of the winning team to submit the scorecard to the Records subcommittee on the next scheduled playing date.

Failure to do so will result in the game being considered a forfeited match by both teams.

### Forfeits

If a team has to forfeit a match, they should immediately notify the Captain and Coach of the opposing team, the AUDO and the Administrator, at least 24 hours prior to the game. *It this is not followed, the forfeiting team will be fined \$40/forfeit.*

When an A Grade team forfeits a match, the opposing team is awarded 2 points premiership points and 20 goals to 0.

When a B or D Grade team forfeits a match, the opposing team is awarded 2 points premiership points and 10 goals to 0.

In the event of forfeiture after the commencement of the match, the goals score up to that point shall be recorded in the match records.

## Umpiring

The ANA will appoint umpires for all scheduled matches. The Umpiring Committee may alter umpiring appointments as necessary.

All teams participating in B1 or higher divisions MAY be required to supply two team umpires each week. It is the responsibility of the team to check the umpiring fixtures thoroughly to ensure they do not miss any umpiring duties for their team.

Players may still be rostered to umpire on any given day even if their own team has a bye.

Umpires must report to the office 15 minutes before their scheduled game, in order to sign the umpire's book and avoid a fine.

Failure to provide an umpire for a scheduled match will result in a fine as determined by the Management Committee. This must be paid before the next playing date.

Umpires must officiate for a full game. Substitutions are only permissible with permission from the Umpiring Convenor on duty.

Umpires are to wear tops that are white or cream in colour, must wear suitable sports footwear and provide their own whistle.

All rules are to be followed as per Rules of Netball 2024. [World Netball Rules of Netball Book](#)

All team umpires are strongly encouraged to complete the online Foundation Umpiring Course via their Netball Learning

<https://learning.netball.com.au/login>

which will provide them with a good understanding of how to officiate. Clubs/Teams are also welcome to contact the Umpiring Development Officer for further advice and/or development.

Umpires are responsible for noting the Fairest and Best Player votes for all B and A grades.

Squad Umpires will be allocated to A1 and A2 games subject to availability and at the discretion of the Umpiring Development Officer. If a team umpire would like to be considered to be part of the squad, then they must be on a pathway to obtaining a C Badge and should make a request to the Umpiring Development Officer. A1 and A2 players are expected to umpire lower grade games that they are rostered on as they are experienced players and role models.

Mentors – a team umpire may have a mentor of appropriate experience if they are not feeling confident. The mentor is NOT to engage with the players (they are to provide advice to the umpire only) and must not have a whistle.

Mentors – the Umpiring Development Officer may appoint mentors or provide advice to team umpires where deemed necessary and/or appropriate.

Fines for failure to attend umpiring duty are as per the below:

- First failure to attend = \$50
- Second failure to attend = \$70 plus 1 premiership point
- Third failure to attend = \$90 plus 2 premiership points
- Fourth failure to attend = \$110 plus 3 premiership points

## Penalties and Fines

A player found guilty of misconduct on a netball court, shall be liable to suspension as decided by the Management Committee.

Two points will be deducted for any of the following:

- a) Playing an unregistered player; *the game will be classified as a forfeit and the opposing team receives two points. If the team with the unregistered player plays and wins, that team will forfeit their points and the points will be awarded to the opposing team.*
- b) Deliberately falsifying a scorecard;
- c) Failing to fill in a scorecard correctly starting Round 2 of the season. *A team shall be warned twice before deducting points for incorrect registration of a score. On the third occasion, the points will be deducted.*
- d) Playing a player in a lower grade to that in which she is registered, irrespective of the result of the game. If the offending team wins, the point shall be awarded to the non-offending team.

Points may be deducted for the following:

Loss of 2 premiership points for having an unqualified coach for each week of the season that passes until they gain accreditation and it is forwarded to the ADO. ie 1 week is 2 points, 2 weeks is 4 points etc

Loss of 1 premiership point for not having a minimum development accreditation for an A1, A2 or B1 coach for each week of the season that passes until they gain accreditation and it is forwarded to the ADO. ie 1 week is 1 point, 2 weeks is 2 points etc

Teams may be subject to fines for the following reasons

- a) Failure to umpire a rostered game;
- b) Playing out of uniform;
- c) Forfeit of game/s;
- d) Non-attendance to duties on Game day.

All fines must be paid prior to the next playing date of the offending team at the office. Failure to pay a fine by the due date will result in any future games being considered a forfeit until the fine is paid. Any club with teams which have outstanding fines are unable to take courts for finals until all outstanding fines and fees are paid.

All fines are reviewed by the Management Committee annually.

## Rolling Subs – 2026 A and B grade only

Teams can now make substitutions during play, as well as during stoppages and intervals. There is no limit to the number of substitutions that can be made, and multiple substitutions can be made at any time. Play will not to be held for substitutions and must take place through the designated substitutions zone in front of the team bench area.

For a substitution during play, the substitute must tag hands with the player leaving the court before entering the field of play.

Players must observe the offside rules as they enter/exit the court and make sure they do not interfere with the umpire's movement during the substitution. If there is an infringement during a substitution, a free pass will be given where the ball is when the interference or offside entry/exit occurs.

## First Aid

All teams must have a basic first aid kit at the side of the court.

In the event of an injury the Netball Office MUST be advised. If required the Netball Office will call Centre staff to provide assistance to the player. A Netball incident report must be completed that day and handed to the Netball Office.

If an injured player is able to move off the court, she must do so as soon as the Umpires stop play.

In the case of an injured player unable to move off the court by themselves, it is not appropriate for these players to lie on the court waiting for Centre staff to arrive in order to be moved. If a nurse, Doctor or qualified "First Aider" is available, this person can take control of the situation and have the player moved off the court. However, when Centre staff do arrive, they immediately assume control.

The Centre will provide a two-way radio for the office, for use in calling the Duty Manager under such circumstances.

A wheelchair is kept at the Centres first aid room for use when moving injured players.

**An Incident report must be completed for all significant injuries. These are available from the Netball Office and once completed handed into the Office on the day of the incident. Please note that these forms are different to the ALAC incident reports.**

Failure to complete a Netball incident report could mean that the athlete is unable to access the insurance provided by Netball WA which each player pays for in their fees.

See below for further information on the insurance as applicable to players and coaches. In the event of a player being injured and wishing to make a claim the Personal Injury Claim Form is available on the ANA website. This needs to be completed by the player, an Association representative and the attending physician.



# Summary of insurance for Netball Australia

(see website for further information <https://www.howdengroup.com/au-en/netball-australia> )

## INTRODUCTION

Howden is the insurance broker for Netball Australia. Howden has worked closely with Netball Australia and their Member Organisations to provide a National Risk Insurance Program. This insurance cover applies when members and other insured persons/ entities are involved in activities that are sanctioned\* by Netball Australia and all State/Territory Associations. These activities include organised club competitions, coaching clinics, official events, playing, training and trialling, fundraising activities and travel to and from these activities.

Further information can be found on their website.

## Player Development

The ANA follow the Netball Australia Junior Development Policy. This policy is available for viewing in full on the Netball WA website <https://wa.netball.com.au/sites/wa/files/2020-01/Netball-Australia-Junior-Netball-Policy.pdf> but some parts are given below for your information.

Players develop both physically and psychologically at different rates and it is important that netball providers recognise and accommodate different stages of learning and development. All players must be given the opportunity to reach their potential, regardless of their current level of ability.

Netball is a late specialisation sport requiring a more generalised approach to early training, with the emphasis on the development of general, fundamental motor skills and technical/tactical skills. Participants should begin to specialise when they are developmentally ready and not when they reach a certain age.

### **Foundation: Developing players — NetSetGO 5–10 years**

During the Foundation stage, children should develop fundamental movement skills in a fun and challenging multi-sport environment. In this stage, children need to participate in a variety of well-structured activities that develop basic skills. However, activities and programs need to maintain a focus on fun, and formal competition should only be minimally introduced. Children should be exposed to a variety of sports and physical activities, developing their interests and motivation while avoiding the danger of burnout through premature specialisation. Learning fundamental movement skills throughout this stage is key to the overall development of physical literacy.

### **Development: Learning to Train — Developing players, approximate chronological age 11–13 years**

During the Development stage, children should be converting their fundamental movement skills into fundamental sport skills. Children in this stage are ready to begin training according to more formalised methods. However, the emphasis should still be on general sports skills suitable to a number of activities. As well, more time should be spent in training and practising skills than in competing. It may be tempting to specialise at this age through excessive single-sport training or early position specialisation in team sports. This should be avoided in most sports. Inappropriate or premature specialisation can be detrimental to later stages of player development if the child is playing a late specialisation sport. Premature specialisation promotes one-sided development and increases the likelihood of injury and burnout.

### **Intermediate: Training to Train — approximate chronological age 14+ years**

During the Intermediate stage players need to build an aerobic base and consolidate their sport-specific skills. Increased training hours are needed at this stage to develop each player's long-term potential. At this stage, players are ready to consolidate their basic sport-specific skills and tactics. It is also a major fitness development stage. The intermediate stage still needs to focus more time on training skills and physical capacities than competing in formal settings. To maximise players' long-term potential, winning should remain a secondary emphasis. This approach is critical to the long-term development of top performers and lifelong participants.

### **ANA implications**

**The ANA would like to emphasise that as outlined below all players under 13 should experience all positions on the netball court.**

**It is understood that this may be difficult if players are playing in the A division of our competition at this early age.**

**However ALL D grade players should play ALL positions on the netball court on an equivalent basis throughout the season.**

**B grade players who are under 13 should have the opportunity to play ALL positions on the court at some stage throughout the season.**

# NETBALL SKILLS DEVELOPMENT FRAMEWORK

The Netball Skills Development Framework (formerly the National Core Curriculum of Netball Skills) has been developed as a guide for coaches of NetSetGO! through to elite levels. The purpose is to provide a national consistency in standard and appropriate skill development and progression across our pathway. The Netball Skills Development Framework outlines the appropriate sequence of skills to teach players across five learning stages – Foundation, Development, Intermediate, Advanced and Elite – each one representing a progressive increase in skill and complexity for the developing player.

Whilst the framework provides a suggested age range most appropriate for each of the five stages (i.e. in terms of a player's physical and mental development), coaches need to consider the experience and training history of their players and team when teaching skills and game strategies. With variations in development, players of the same age may be at different stages on the skills development pathway. It is important that players develop the skills appropriate to their stage of development as it can be difficult to develop these skills at a later stage.

Coaches should ensure they have a logical progression in their training program, so players develop sound technique in the skills relevant to the needs of the player. Players should achieve competence at one level before moving on to the next, thus they do not miss steps in the process. Along with the technical skills players should also develop their decision making and spatial awareness so they are aware of their position on court and the position of other players around them.

## QUALITY COACHING AND ACCREDITATION

Quality coaching is an essential element in creating a positive experience for players in netball. Coaches need to develop, implement and provide a coaching program to support the development of the player both individually and in the team environment. Coaches need to make their sessions fun and engaging so that their players are eager to return.

When coaches plan and provide sessions based on a good understanding of how players learn and how skills are best developed, players have the best chance of:

- Becoming competent in skills and strategies
- Building a good knowledge of the rules etiquette and traditions of the sport
- Being enthusiastic about life-time sport

Coaches have a major influence on the holistic development of players in netball by educating them in the physical/technical skills and strategies within the rules of netball, sporting behaviours and lifestyle/social skills.

Netball Australia's six-tier Coach Accreditation Framework provides coaches with training and development to successfully teach and coach the skills and strategies in the *Netball Skills Development Framework*. The latest provision of online and blended learning (online and face to face) courses makes it easier for coaches than ever before to access, learn and develop the skills and competencies to coach effectively from grassroots through to high performance levels.

Whilst the Netball Skill Development Framework provides the "what to coach" the Netball Australia Coaching Blueprint, Coach Approach and free online Coaching our Way resource provides valuable information and videos on "how to coach": <https://netball.com.au/coaching/netball-coaching-blueprint/>.

For more information about how to access *Netball Australia's Coach Accreditation courses*, refer to the following link on the Netball Australia website: <https://netball.com.au/coaching/>

	FOUNDATION NETSETGO	DEVELOPMENT 11-13 YEARS	INTERMEDIATE 14-15 YEARS	ADVANCED 16-17 YEARS	ELITE 17 YEARS & OVER
<b>MOVEMENT SKILLS</b>	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> <li>• Balance</li> <li>• Jump/leap/hop and landing (1 foot / 2 feet)</li> <li>• Pivot - outside turn</li> <li>• Sprint</li> <li>• Side step</li> <li>• Take off and sprint</li> </ul> <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> <li>• Sprint, decelerate and stop</li> <li>• Jump off right and left foot and both feet simultaneously</li> <li>• Land and balance on right or left foot and both feet</li> </ul>	<ul style="list-style-type: none"> <li>• Working a number of combinations (directional footwork)</li> <li>• Sprint and change direction</li> <li>• Change of pace</li> </ul>	<ul style="list-style-type: none"> <li>• Pivot - inside turn</li> <li>• Application of footwork related to specific skill               <ul style="list-style-type: none"> <li>- Speed of footwork</li> <li>- Recovery footwork</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Shuffle / slip step</li> <li>• Turn in the air</li> </ul>	<ul style="list-style-type: none"> <li>• Turning from a sprint movement</li> <li>• Deceleration and safe landing after sprint</li> <li>• Application of all movement skills in court setting</li> </ul>
<b>BALL SKILLS</b>	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> <li>• Catch</li> <li>• Chest pass</li> <li>• Shoulder pass</li> </ul> <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> <li>• Bounce Pass</li> <li>• Lob</li> </ul>	<ul style="list-style-type: none"> <li>• Application of Lob</li> <li>• Overhead pass</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce one hand control</li> <li>• Fake pass</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce use of ball on either side of body</li> <li>• Timing on release of pass</li> <li>• Variety of options under pressure</li> <li>• Step around pass</li> <li>• Hook ball into catch</li> </ul>	<ul style="list-style-type: none"> <li>• Catch high and low balls one handed</li> <li>• Release from any point of catch</li> <li>• Advanced use of ball on either side of body</li> </ul>
<b>ATTACKING SKILLS</b>	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> <li>• Straight lead</li> <li>• Single dodge</li> <li>• Change of direction</li> </ul> <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> <li>• Lead, pivot &amp; pass</li> </ul> <p>GO (9-10 Years)</p> <p>Two leads</p>	<ul style="list-style-type: none"> <li>• Double Dodge</li> <li>• Split/Re-offer</li> <li>• Combine into simple movements on court</li> <li>• Lead and drop</li> <li>• Clear and drive</li> <li>• Introduce Hold</li> <li>• Double Play - give and go</li> </ul>	<ul style="list-style-type: none"> <li>• Half roll, full roll</li> <li>• Front cut</li> <li>• Lunge to catch</li> <li>• Application of the Hold</li> <li>• Spatial Awareness</li> <li>• Creating space               <ul style="list-style-type: none"> <li>- Recognising space</li> <li>- Moving into space</li> <li>- Repositioning                   <ul style="list-style-type: none"> <li>◦ in a crowded situation</li> <li>◦ after delivery</li> </ul> </li> </ul> </li> <li>• Reading the Play</li> <li>• Vision</li> <li>• Body cues</li> <li>• Timing of leads</li> <li>• Attacking against 1 on 1 or double defence</li> <li>• Using triangles/swing</li> </ul>	<ul style="list-style-type: none"> <li>• Drive, stop and lunge back</li> <li>• Feeders hitting the circle edge</li> <li>• Basic Screens</li> </ul>	<ul style="list-style-type: none"> <li>• Position &amp; Feeding</li> <li>• Feeding shooters in the circle</li> <li>• On and off the circle</li> <li>• Relationships within Attack unit</li> <li>• Read game to apply screens</li> <li>• Resetting</li> <li>• Outlet pass strategy</li> <li>• From Stoppages</li> <li>• From Turnovers</li> <li>• Attack against area defence strategy and off-line</li> </ul>

NOTE: Players enter the sport at different stages of development hence the suggested skills for each level/age group area guide for coaches to ensure sequential skill progression.

	FOUNDATION NETSETGO	DEVELOPMENT 11-13 YEARS	INTERMEDIATE 14-15 YEARS	ADVANCED 16-17 YEARS	ELITE 17 YEARS & OVER
<b>DEFENDING SKILLS &amp; STRATEGIES</b>	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> <li>Shadow movement</li> <li>Shadow defence</li> </ul> <p>SET (7-8 Years)</p> <ul style="list-style-type: none"> <li>Hands over the ball</li> </ul> <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> <li>Recovery to 0.9 metre (three feet)</li> <li>Defence of shot (lean)</li> </ul>	<ul style="list-style-type: none"> <li>Defensive footwork</li> <li>One on one - defending from the front to dictate</li> <li>One on one - defending from the side</li> <li>Repositioning - front and side</li> </ul> <p><b>3 Phases of Defence</b></p> <ol style="list-style-type: none"> <li>First ball pressure to a contest</li> <li>Application of interception</li> <li>Hands over ball (recovery to dictate pass type or direction)</li> </ol> <ul style="list-style-type: none"> <li>Dictating or denying the space</li> <li>Defence of the shot (two hands, jump) and deny space to contest a rebound</li> </ul>	<ul style="list-style-type: none"> <li>One on one - defending from behind</li> <li>Extend 3 phases of defence with focus on dictating or denying the space</li> <li>Double defence</li> <li>Defence of the shot - inside hang, double jump by one defender</li> <li>Strategies for rebounding</li> </ul>	<ul style="list-style-type: none"> <li>Extend one on one defence of the player to explore: <ul style="list-style-type: none"> <li>Positioning</li> <li>Reading the play</li> <li>Timing</li> <li>Interception/transition</li> <li>Switching</li> <li>Sagging</li> </ul> </li> <li>Two on one</li> <li>Back and up using 2-foot take-off to intercept</li> <li>Split circle</li> <li>Work together - in/out of circle</li> <li>Positional choice for defence of shot</li> </ul>	<ul style="list-style-type: none"> <li>Defence on and off the circle (WD/C)</li> <li>Relationship of defensive unit - relevant roles</li> <li>Area Defence - including box, diamond and triangle</li> <li>Off-line (off the line of the ball)</li> <li>Defence of the shot: <ul style="list-style-type: none"> <li>against the shuffle shot</li> </ul> </li> </ul>
<b>SHOOTING SKILLS &amp; STRATEGIES</b>	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> <li>Basic shooting action</li> </ul> <p>GO (9-10 Years)</p> <ul style="list-style-type: none"> <li>Rebounding</li> </ul>	<ul style="list-style-type: none"> <li>Basic shooting action increasing distance from post</li> <li>Rebounding</li> <li>Introduce working together in and out of circle</li> <li>Shooter rotation</li> </ul>	<ul style="list-style-type: none"> <li>Shooting Technique - correct and accurate</li> <li>Step forward/back/side</li> <li>Shooter hold</li> <li>Shooter rotation extension</li> <li>Shooter to shooter passes <ul style="list-style-type: none"> <li>from the shooting position</li> <li>from the feeding position</li> </ul> </li> <li>from a holding and moving shooting circle including with a tall shooter</li> </ul>	<ul style="list-style-type: none"> <li>Shooting Technique -variation on timing and release</li> <li>Shooter to shooter passes <ul style="list-style-type: none"> <li>Application of working together</li> <li>Splitting the circle</li> <li>Closed circle</li> </ul> </li> <li>Basic screens including toe to toe e.g. 'Ridgy Didge'</li> </ul>	<ul style="list-style-type: none"> <li>Types of movement to shot - jump, shuffle, fake, falling out of court and layup shot</li> <li>Circle entry and exit</li> <li>Shooters working together (space awareness, vision and balance in the circle)</li> <li>Awareness of space between WA and C</li> <li>Understanding of attack unit</li> <li>Set ups for stoppages in and out of circle</li> <li>Inside and outside links between GS, GA</li> </ul>
<b>STRATEGIES</b>	<p>SET (7-8 Years)</p> <ul style="list-style-type: none"> <li>Basic centre pass attack options</li> <li>WA/GA sides &amp; swap</li> <li>Basic centre pass defence options</li> <li>GD/WD inside of GA/WD</li> <li>Defending C with hands over</li> </ul>	<ul style="list-style-type: none"> <li>Centre pass attack options: <ul style="list-style-type: none"> <li>Narrow (one behind other)</li> <li>Wide</li> <li>Back e.g. GD, WD</li> </ul> </li> <li>Centre pass defence options: <ul style="list-style-type: none"> <li>1 on 1</li> </ul> </li> <li>Throw in options: <ul style="list-style-type: none"> <li>Narrow</li> <li>Wide</li> <li>Back (except goal line)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Centre pass attack options: <ul style="list-style-type: none"> <li>1 off the line</li> <li>2 off the line</li> </ul> </li> <li>Centre pass defence options: <ul style="list-style-type: none"> <li>2 on 1</li> </ul> </li> <li>Through/long court transition</li> </ul>	<ul style="list-style-type: none"> <li>Centre pass attack options: <ul style="list-style-type: none"> <li>Screens</li> <li>overload</li> </ul> </li> <li>Centre pass defence options: <ul style="list-style-type: none"> <li>wall</li> <li>forcing attack wide</li> </ul> </li> <li>Shooter throw-ins - attack and defence strategies</li> <li>Outlet pass from intercept or rebound</li> </ul>	<ul style="list-style-type: none"> <li>Reading play to apply appropriate strategies <ul style="list-style-type: none"> <li>Penalty pass/shot and free pass <ul style="list-style-type: none"> <li>pass options</li> <li>defence strategies</li> </ul> </li> </ul> </li> </ul>

NOTE: Players enter the sport at different stages of development hence the suggested skills for each level/age group area guide for coaches to ensure sequential skill progression.

## ALBANY NETBALL ASSOCIATION DEVELOPMENT SQUADS 2026

Albany Netball Association selects the top 24 – 30 athletes for each age division from 12 and under through to 20 and under from trials held in October 2025. From here we hold 6-8 development squad training sessions where our experienced association coaches will aim to enhance and extend the athletes skills and knowledge whilst also correcting any basic skill errors. Each age group has different skills to develop whilst also correcting any errors in those covered in earlier years.

From within the Development squads Albany will select our teams to participate in the Association Champs held in Perth on the June long weekend. You DO NOT have to be available to play in the Association Champs to be a part of the Development squads – these are aimed at player development. However to be eligible for Association champs selection the reverse is true – you must be a member of the Development squads.

From the Development squads we will select teams to compete in the Great Southern Regional Championships which will be held in Albany in 2026. Talent identification and selection into Regional squads happens Development squads and at the Great Southern Championships. To be selected into Regional squads you MUST be a member of an ANA development squad.

**I cannot emphasise enough that Development squads are not only the basis for further development of netball skills, but they are also the beginning of the athlete pathway.**

# Player Codes of conduct

## Junior

1. Participate because you enjoy it, not just to please parents and coaches.
  2. Play by the rules
    - Know the rules.
  3. Participate fairly and safely.
  4. Abide by decisions, without argument or bad temper
    - Captains have the right to approach an umpire during an interval or after the game for clarification of any rule
    - Approach the umpire in a courteous and polite way.
  5. Co-operate with your coach, and other players
    - Verbal abuse of officials or other players, deliberately fouling or provoking an opponent and throwing/ damaging equipment is not acceptable or permitted
    - Treat all players as you would like to be treated
    - Ensure that at all times your behaviour is fair
    - Be a patient and enthusiastic supporter of fellow players.
  6. Applaud all good play, by your own team and opponents.
  7. Be a responsible team member
    - Always be on time
    - Encourage and assist all players
    - Attend all training sessions
    - Ensure you always bring the appropriate uniform and equipment to training and/ or matches.
  8. Do not engage in practices that affect sporting performance (alcohol, tobacco and drug use).
  9. Respect and acknowledge the contribution of those who create the opportunity for you to play
    - Volunteers (scorers, coaches, timekeepers, administrators and umpires).
- 

## Senior

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
  2. Refrain from conduct which could be regarded as sexual or other Harassment.
  3. Respect the talent, potential and development of fellow players and competitors.
  4. Care and respect the uniform and equipment provided to you.
  5. Be frank and honest with your coach concerning illness and injury and your ability to train and play fully.
  6. Conduct yourself in a responsible manner relating to language, temper and punctuality.
  7. Maintain a high standard of personal behaviour at all times.
  8. Abide by the rules and respect the decision of the umpires. Be courteous and use the correct process when seeking a rule clarification.
  9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
  10. Co-operate with coaches and staff in relation to programs that adequately prepare you for competition.
  11. Do not engage in practices that affect sporting performance (alcohol, tobacco and drug use).
-

## Coach Development

The Albany Netball Association requires all team coaches to be a minimum Foundation Accreditation. Coaches of A1, A2 and B1 Teams must also be Development accredited for 2026.

### Foundation Online Coach Accreditation Course

Netball Australia Foundation Coach Accreditation Course is online. The Online Foundation Coach Accreditation Course incorporates Community Coach General Principles and Netball specific practical skills.

### **Enroll in the Online Foundation Coach Education course via your Netball learning**

<https://learning.netball.com.au/login>

**Course Cost:** \$75.00

Netball WA offers practical coach opportunities through our Foundation Coach Connect Workshops which are designed for coaches to further develop their on court practical coaching skills. The Connect Coach Skills have been directly aligned to the skills in the Foundation Manual.

ANA offers Connect Coach workshops or other coach development workshops on an annual basis. Emails are sent to your PlayHQ Email when relevant courses are available. Please ensure your email address in your PlayHQ login is correct.

### Development Course

The online and face-to-face Development Accreditation, the second of six tiers in the accreditation pathway, is targeted primarily at club, association and regional coaches and teachers who have completed the Foundation Coach Accreditation. This approach will see coaches complete an online component as well as the online Rules of Netball Theory Exam, before enrolling in a 4.5 face to face workshop to implement the skills learnt online.

The initial online component can be completed in a self-paced environment at a time and place that suits the learner. The online content includes videos of players and expert coaches demonstrating Development level skills, skill progressions, court strategies and how to teach them. Netball Australia have also embedded the Netball Australia KNEE Program in the new course and introduced 'Game Day Coaching', which ultimately develops a more holistic coach.

The course is available to all coaches who have already completed the Foundation Coaching Course. ANA offers the face to face Development course once a year, subject to sufficient numbers. Foundation accredited coaches will receive an email advising them of the proposed date of the course each year.

### **How much will the course cost?**

The **online** Development Coach Accreditation course will cost participants \$65.00 (inclusive of GST) to enrol through your Netball learning <https://learning.netball.com.au/login>

The online Rules of Netball exam will cost participants \$12.00 (inclusive of GST)

**Netball WA fee** for the 4.5 hour Face to Face component of the course is **\$79.00**. Enrolments for the face to face course cannot be made until successful completion of pre-requisites (Foundation Coaching course, Online component of development course, Rules of Netball exam).

## **Intermediate and Advanced Accreditation**

For more information on these accreditations please contact me  
[development@albanynetballassociation.com.au](mailto:development@albanynetballassociation.com.au)

## **Coaches Code of Conduct**

1. Operate within the rules and spirit of netball, promoting fair play over winning at any cost.
2. Encourage and support opportunities for people to learn appropriate behaviours and skills.
3. Support opportunities for participation in all aspects of the sport.
4. Treat each person as an individual.
5. Display control and courtesy to all involved with the sport
6. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
7. Respect the decisions of umpires, officials, coaches and administrators in the conduct of the sport.
8. Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people under the age of 18 years.
9. Adopt appropriate and responsible behaviour in all interactions.
10. Adopt responsible behaviour in relation to alcohol and other drugs.
11. Act with integrity and objectivity, and accept responsibility for your decisions and actions.
12. Ensure your decisions and actions contribute to a safe environment.
13. Ensure your decisions and actions contribute to a harassment free environment.
14. Do not tolerate harmful or abusive behaviours.
15. Place the safety and welfare of the athletes above all else.
16. Help each person (athlete, umpire etc) reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.
17. Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development.
18. Be honest and do not allow your qualifications to be misrepresented.



# NETBALL WA COACH PATHWAY



WEST AUSTRALIAN NETBALL LEAGUE

COMPETITION

ACCREDITATION

## UPDATING COACHING ACCREDITATION GUIDELINES

Coaching accreditation is current for 4 years from the date achieved. If you complete the next level of accreditation during this 4 year period, your timeline restarts and your new accreditation is valid for the next 4 years. Updating provides an opportunity for coaches to:

- Keep your accreditation current and valid
- Keep up with the latest information on developments within netball
- Have the most up to date techniques and coaching methods in Australia
- Ensure you are insured when coaching (Netball WA affiliation is also required through PlayHQ)

### How many points do I need to update my accreditation?

Netball Australia requires a coach to reach the specified number of points. Points are accrued online in [Netball Learning](#). The points must include an up to date [Rules of Netball Exam](#).

Foundation Accreditation	Attain Development OR Complete 20 points in 4 years
Development Accreditation	Attain Intermediate OR Complete 40 points in 4 years
Intermediate Accreditation	Attain Advanced OR Complete 60 points in 4 years
Advanced Accreditation	Attain Elite OR Complete 80 points in 4 years
Elite Accreditation	Attain High Performance OR Complete 100 points in 4 years
High Performance Accreditation	Complete 120 points in 4 years

### What do I need to do?

Log in to [Netball Learning](#) to check accreditation status. This can be found through 'Record of Learning' then 'Certifications'. Select the name of the accreditation and you will be given the 'Recertification path'.

### Updating activities include:

- Practical coaching hours
- Rules of Netball Exam (mandatory)
- Attendance at NWA (or NWA endorsed) coaching workshops/courses
- NA online coaching units such as Select for Success, KNEE for Coaches, Getting to Know NetSetGO.

### When can I update?

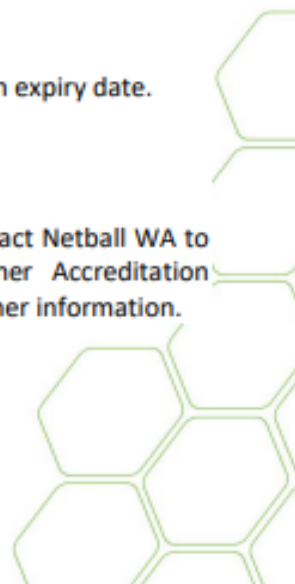
Netball Learning will send a reminder email six months prior to your accreditation expiry date. You can update your accreditation in the 6 months prior to expiry date.

### What if my accreditation has expired?

Still follow the re-certification path to gain the re-certification points then, contact Netball WA to apply for consideration to update. You may be asked to attend another Accreditation course/workshop. Please send an email to [coaching@netballwa.com.au](mailto:coaching@netballwa.com.au) for further information.

### More information:

[Renewing Certification - Grace Period for Re-certification](#)  
[Rectifying and Updating Accreditations](#)



# **Concussion Policy**

**Please refer to NetballAustralia's Guidelines for the Management of sports related Concussion in Netball which is available on our website.**

<https://www.albanynetballassociation.com.au/policies>

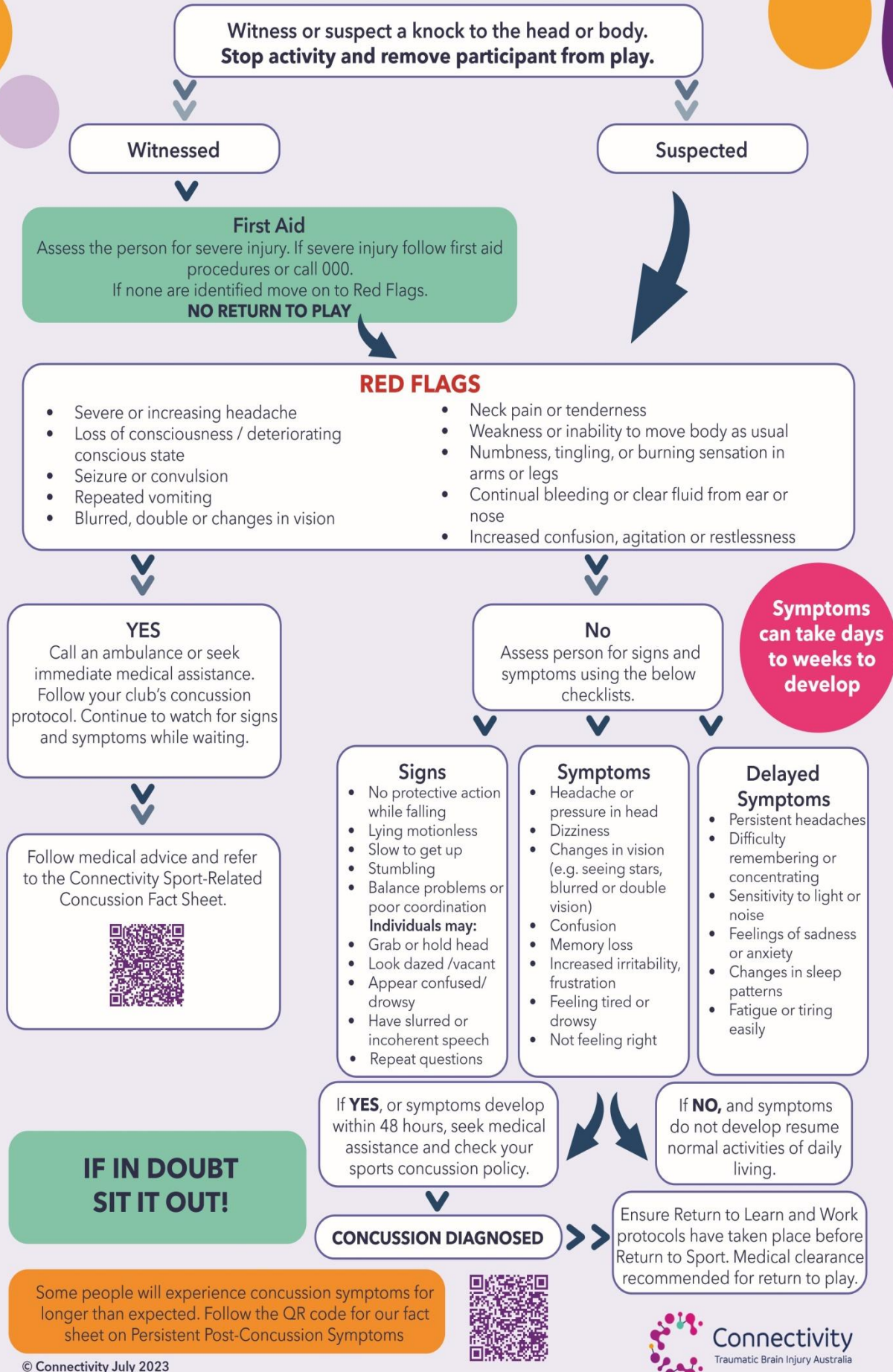
[MED002 2026 Guidelines for Management of SRC NA Pathways Youth and Community.pdf](#)

Further information can be found at the following link for the Head Check concussion app. Headcheck is an evidence-based app to help identify concussion signs and manage recovery.

<https://www.headcheck.com.au/>

# SPORT-RELATED CONCUSSION MANAGEMENT PATHWAY

Download this fact sheet as supplementary material to your clubs concussion protocols.



**YES**  
Call an ambulance or seek immediate medical assistance. Follow your club's concussion protocol. Continue to watch for signs and symptoms while waiting.

Follow medical advice and refer to the Connectivity Sport-Related Concussion Fact Sheet.



**IF IN DOUBT  
SIT IT OUT!**

Some people will experience concussion symptoms for longer than expected. Follow the QR code for our fact sheet on Persistent Post-Concussion Symptoms



Symptoms can take days to weeks to develop

**CONCUSSION DIAGNOSED**

Ensure Return to Learn and Work protocols have taken place before Return to Sport. Medical clearance recommended for return to play.

If **YES**, or symptoms develop within 48 hours, seek medical assistance and check your sports concussion policy.

If **NO**, and symptoms do not develop resume normal activities of daily living.

## Annexure A: AIS Concussion Referral & Clearance Form



# Concussion Referral & Clearance Form

SECTION 1 DETAILS OF INJURED PERSON <small>(please print clearly)</small>	
<b>TEAM OFFICIAL TO COMPLETE</b> (Manager, Coach or First Aid / Healthcare practitioner*) <b>AT THE TIME/ON THE DAY OF THE INJURY, BEFORE PRESENTING TO HEALTHCARE PRACTITIONER REVIEWING THE PLAYER</b>	
Name of player:	Date of Birth:
Sport:	Club/School:

Dear Healthcare Practitioner,

This person has presented to you today because they were injured on (day & date of injury) \_\_\_\_\_  
in a (game or training session) \_\_\_\_\_ and suffered a potential head injury or concussion.

<b>The injury involved:</b> (select one option)		
<input type="checkbox"/> Direct head blow or knock	<input type="checkbox"/> Indirect injury to the head e.g. whiplash injury	<input type="checkbox"/> No specific injury observed
<b>The subsequent signs or symptoms were observed (Please select one or more):</b> Consult the referee/umpire if no signs and symptoms were observed by team official personnel		
<input type="checkbox"/> Loss of consciousness	<input type="checkbox"/> Dazed or vacant stare	<input type="checkbox"/> Ringing in the ears
<input type="checkbox"/> Disorientation	<input type="checkbox"/> Headache	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Incoherent speech	<input type="checkbox"/> Dizziness	<input type="checkbox"/> Vomiting
<input type="checkbox"/> Confusion	<input type="checkbox"/> Difficulty concentrating	<input type="checkbox"/> Blurred vision
<input type="checkbox"/> Memory loss	<input type="checkbox"/> Sensitivity to light	<input type="checkbox"/> Loss of balance
<input type="checkbox"/> Other: _____		
Is this their first concussion in the last 12 months? <input type="checkbox"/> Yes <input type="checkbox"/> No		
If NO, how many concussions in the last 12 months: _____		
Name:	Role:	
Signature:	Date:	

INJURED PERSON or PARENT / LEGAL GUARDIAN CONSENT <small>(for persons under 18 years of age)</small>		
I _____ (insert name) consent to _____ (insert Healthcare Practitioner's name) providing information if required to my Club/School regarding my head injury and confirm that the information I have provided the doctor has been complete and accurate.		
Name:	Signature:	Date:



## SECTION 2 - INITIAL CONSULTATION

HEALTHCARE PRACTITIONER IDEALLY WOULD SEE THE INJURED PERSON WITHIN **72 HOURS** OF THE INJURY

**AIS recommends that all persons who have suffered a concussion or a suspected concussion must be treated as having suffered concussion.**

The person has been informed that they must be referred to a healthcare practitioner. **Your role as a healthcare practitioner is to assess the person and guide their progress over the remaining steps in the process.**

Detailed guidance for you, the healthcare practitioner, on how to manage concussion can be found at the Concussion in Australian Sport website [www.concussioninsport.gov.au](http://www.concussioninsport.gov.au)

Please note, any person who has been diagnosed showing signs and symptoms of concussion MUST follow the Graduated Return to Sport Framework (GRTSF) [https://www.concussioninsport.gov.au/\\_data/assets/pdf\\_file/0006/1133466/GRADED-RETURN-TO-SPORT-FRAMEWORK-COMMUNITY-AND-YOUTH.pdf](https://www.concussioninsport.gov.au/_data/assets/pdf_file/0006/1133466/GRADED-RETURN-TO-SPORT-FRAMEWORK-COMMUNITY-AND-YOUTH.pdf)

**FOR CHILDREN & ADOLESCENTS AGED UNDER 19, AND ADULTS IN COMMUNITY (NON-ELITE) SPORT, THE ATHLETE MUST BE SYMPTOM FREE FOR 14 DAYS BEFORE RETURN TO ANY CONTACT TRAINING. THE MINIMUM TIME FOR RETURN TO COMPETITIVE CONTACT IS 21 DAYS.**

I have assessed the person and I have read and understood the information above.

Healthcare Practitioner's Name:

Signed:

Date:

## SECTION 3 - CLEARANCE APPROVAL

I (healthcare practitioner's name)  have reviewed  [persons name] today and based upon the evidence presented to me by them and their family / support person, and upon my history and physical examination I can confirm:

- I have reviewed Section 1 of this form and specifically the mechanism of injury and subsequent signs and symptoms
- The person has been symptom-free for at least 14 days
- The person will not return to competitive contact in less than 21 days from the time of concussion
- The person has completed the Graduated Return to Sport Framework process without evoking any recurrence of symptoms
- The person has returned to school, study or work normally and has no symptoms related to this activity

I also confirm that I have read the Australian Concussion Guidelines for Youth and Community Sport [https://www.concussioninsport.gov.au/\\_data/assets/pdf\\_file/0003/1133994/37382\\_Concussion-Guidelines-for-community-and-youth-FA-acc.pdf](https://www.concussioninsport.gov.au/_data/assets/pdf_file/0003/1133994/37382_Concussion-Guidelines-for-community-and-youth-FA-acc.pdf)

I therefore approve that this person may return to full contact training and if they successfully complete contact training without recurrence of symptoms, the person may return to playing sport [competitive contact].

Healthcare Practitioner's Name:

Signature:

Date:

**SINGLE GAME VOUCHER: RECORDKEEPERS COPY**

Single Game Voucher number: \_\_\_\_\_ Rcpt. Number: \_\_\_\_\_

**\*\*\*FORM MUST BE COMPLETED AND, ALONG WITH PAYMENT, HANDED INTO THE NETBALL OFFICE at least 15 MINUTES PRIOR TO FIXTURES\*\*\***

Application DATE: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Registration number: \_\_\_\_\_ AGE: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Club Name and Team Number: \_\_\_\_\_

Date of Fixture: \_\_\_\_\_ Time: \_\_\_\_\_ Court: \_\_\_\_\_

Grade, Year and Association last played: \_\_\_\_\_

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

***Fees to be placed in a sealed envelope with players name, club, team and division on the front and to be handed into the NETBALL OFFICE BEFORE THE GAME.***

**\*\*\*THE VOUCHER NUMBER OF THE PLAYER MUST BE ON SCORECARD\*\*\***

-----  
**CLUB COPY**

SINGLE GAME VOUCHER NUMBER: \_\_\_\_\_

PLAYERS NAME: \_\_\_\_\_

Your application dated: \_\_\_\_\_ HAS/HAS NOT been approved.

COMMENTS: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Appendix B

**Albany Netball Association**

P.O. Box 933, Albany, WA 6331



# PLAYER CHANGE OF GRADE FORM

(Office/Secretary Copy)

Player playing down within same club

Players name	
Club	
Existing Team	Grade:
NEW Team	Grade:
Signature	Date:

---

## (Records Copy) PLAYER CHANGE OF GRADE FORM

Players name	
Club	
Existing Team	Grade:
NEW Team	Grade:
Signature	Date:

---

## (Treasurers copy) PLAYER CHANGE OF GRADE FORM

Players name	
Club	
Existing Team	Grade:
New Team	Grade:
Signature	Date:

# Albany Netball Association

P.O. Box 933, Albany, WA 6331



## DE-REGISTRATION FORM

### LAST DATE TO DE-REGISTER:

(Office/Secretary Copy)

Players name			
Netball WA #			
Club		Team #	
Signature			
Date			

(Records Copy)

## DE-REGISTRATION FORM

Players name			
Netball WA #			
Club		Team #	
Signature			
Date			

(Treasurers copy)

## DE-REGISTRATION FORM

Players name			
Netball WA #			
Club		Team #	
Signature			
Date			

# Albany Netball Association

P.O. Box 933, Albany, WA 6331



## PLAYER CLUB TRANSFER FORM

(Office/Secretary Copy)

Players name		
Existing Club	Team No:	Grade:
Signature	Date:	
NEW Club	Team No:	Grade:
Signature	Date:	

(Records Copy)

## PLAYER CLUB TRANSFER FORM

Players name		
Existing Club	Team No:	Grade:
Signature	Date:	
NEW Club	Team No:	Grade:
Signature	Date:	

(Treasurers copy)

## PLAYER CLUB TRANSFER FORM

Players name		
Existing Club	Team No:	Grade:
Signature	Date:	
New Team	Team No:	Grade:
Signature	Date:	

## Training Session Example

### Introduction

**(3 mins)**

Use this time to provide an overview of the session.

### Warm Up

**(10 mins)**

Important for the prevention of injuries and for setting the mood of the session. The amount of time and nature of the warm up will depend on the age of the players.

It should include:

- ✓ Physical warm up – slow jogging or appropriate game.
- ✓ Skills warm up – positively reinforce skills techniques and prepare the players for the skills practice.

**Warm Up** – *This can all be done individually 1.5 metres - Know your session to keep it moving*

- Knee Program (Only pick 5 age & skill specific) – Link
- Ball skills handling activities – Link (set up in stations)
- Footwork Skills activities – Link (set up in stations)

### Skill Development

**(15 mins)**

This is the main body of the session, where skills are introduced and practised and progress towards a realistic game situation. Gradually move the activity from individual practice, to activities with a ball to partners/small group practices.

Gradually increase the demands of practice by:

- ✓ Increasing the speed and/or accuracy of the task
- ✓ Working with passive opposition
- ✓ Working with active opposition
- ✓ Training in game-like situations

### Ball work Activities

- Partner ball skills - Link
- Group ball Skills – Link
- Shooters skills –Link

## **Game Activity**

**(15 mins)**

Provides an opportunity to practise the skills in a game situation.

Modified games are very useful for this. Gradually increase the number of skills involved in the games by changing the rules or changing the game.

### **Attacking Drill – choose 1 – Link**

- Do not add the defender (4 step progression only)
- Game sense activities

## **Cool Down Activities**

**(10 mins)**

A cool down session should take roughly the same amount of time as the warm up and include:

- ✓ Gentle activity such as a slow jog leading to a walking pace
- ✓ Stretching major muscle groups used during activity

### **Cool Down – Individually - distancing**

- Stretching – Link
- Whilst stretching ask the group for feedback, interact with them, what did they learn, like, find challenging? Wrap up and thank them for their effort and engagement.
- Make sure they DON'T hug each other goodbye! LOL

## **Evaluation**

**(5 mins)**

Review what has been taught, highlighting important aspects of the session, and you could talk about what will happen in the game or next week's session. Find out what your players liked best about of the session.

## Training Session Example

<b>Introduction</b>	<b>(3 mins)</b>
<b>Warm Up</b>	<b>(10 mins)</b>
<b>Skill Development</b>	<b>(15 mins)</b>
<b>Game Activity</b>	<b>(15 mins)</b>
<b>Cool Down Activities</b>	<b>(10 mins)</b>
<b>Evaluation</b>	<b>(5 mins)</b>

## Helpful Coaching websites:

Free

[https://knee.netball.com.au/wp-content/uploads/2016/06/Junior-Program-Manual\\_June2016.pdf](https://knee.netball.com.au/wp-content/uploads/2016/06/Junior-Program-Manual_June2016.pdf)

[https://knee.netball.com.au/wp-content/uploads/2015/06/NET5359\\_Netball\\_Aus\\_RecreationalProgram\\_Manual\\_05.pdf](https://knee.netball.com.au/wp-content/uploads/2015/06/NET5359_Netball_Aus_RecreationalProgram_Manual_05.pdf)

<https://wa.netball.com.au/coaching-resources>

many videos on You tube

Costs

[www.thenetballcoach.com](http://www.thenetballcoach.com)

[www.sportplan.net](http://www.sportplan.net)