



NNZ Coaching Framework Level: CCA2

Coach Development

Pre-requisite: Ideally NNZ Community Coach Level 1 Award

Learn, reflect, connect with other coaches and be ready for the season ahead

Saturday, 21st November Planning Annual Tournament

9.00am – 11.30am

Need to know what is happening in your Season?
When to train for what ?...
This Planning Module will provide coaches with tools and systems to ensure effective planning for the teams' week and season.

Saturday, 21st November Mental Skills

11.45am – 2.15pm

Coaches will be equipped with tools to add mental skills into training sessions. This module includes the use of goal-setting, imagery, relaxation and self-talk to help improve players' confidence and performance on court. .

Saturday, 21st November Game Analysis

2.30m – 5.00pm

To provide coaches with tools and systems to analyse game play, conduct team talks and develop a game plan.

Saturday, 28th November Through Court Attack Defence

9.00am – 11.30am

Go over the basic tactical principals for through court play, including quick release and 2nd phase ball.

Venue: Rotorua Netball Centre
Malfroy Road,
Rotorua

Cost: \$20 per Module

Bring: Pen, water bottle, snacks, comfortable footwear & warm clothes

Please confirm attendance by email to: maylene.meroiti01@gmail.com

Contact: Maylene Meroiti 027 347 0083

Registration is essential so enough resources can be provided.

Payment to be made online prior to workshops

03-0415-0374979-00 Westpac - Rotorua Netball Centre

Reference: PCC (Full Name)

Keep updated on modules coming up in your area and across the Zone.

NWBOP Coach Development: www.facebook.com/NWBOPCoachDevelopment



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