



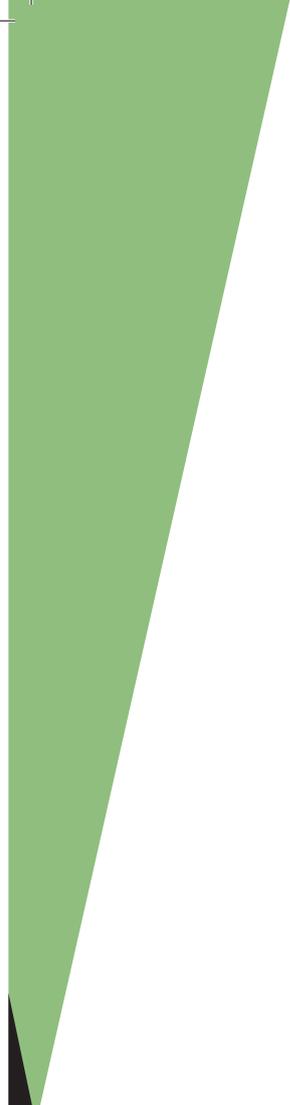
NETBALL
NEW ZEALAND

TOURNAMENT RESOURCE FOR COACHES

To ensure that everyone loves their
Netball tournament experience

We live this game.





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Part 1.

Welcome to coaching at tournament

Congratulations on being selected as the coach to take your team to tournament and thank you for making this commitment!

For many players, coaches, managers and umpires, tournament can be one of their most unforgettable and enjoyable netball experiences, where they get to not only test their skills against other teams, but make friendships, grow in self-confidence, enhance their sense of belonging and build special memories for life. This resource aims to help you and your team get the most out of tournament week so that it has a positive impact on everyone's love for Netball.

1.1. Climate of Development

Coaching at age group, regional and national tournaments with teenage players, is all about coaching in a climate of development. Striving to win is an important part of competitive sport, but of course at the end of the tournament, only one team can finish first, so to ensure enjoyment for all teams, success MUST be about more than just winning! Here's what we mean by a climate of development:

- ✓ **Focus on personal and team improvement** in relation to not only players physical skills, but how they are contributing off the court as well. Remember mistakes necessary for growth, so recognise effort and commitment
- ✓ **Everyone matters equally**, remember every player has committed the same amount [time, money, passion] so all players deserve a fair opportunity to be developed, supported and to feel the exhilaration of being out on court
- ✓ **Players are people first** – and we will get the most out of them by connecting to them personally, building their confidence which in turn will build their motivation and likelihood of reaching their potential. Remember to check in on their overall wellbeing e.g. socially, mentally and emotionally as well as physically.

Irene van Dyk's advice to coaches at tournament:

"Get to know the players away from their home environment, see them grow as people and see the players rally around one another in good and bad situations. Don't take things too serious..... we coach because we love it..... don't be THAT coach that kills their enthusiasm!"

1.2. 10 things to plan that are unique to tournament:

- Venue walk through e.g. where are the toilets, water stations, physio rooms, ice, coffee
- What your pre - game routines will be e.g. what will the briefing/game plan session look like, where will you do it [accommodation or courts], how long before etc.
- What your post game routines will be e.g. walking and stretching, drive back to accommodation, hot/colds, food, game debrief
- What will the team do in the down time e.g. time to relax, time off the players feet, time for fun activities and games
- Who are your team leaders and what is there responsibility throughout the week
- What are the expectations for parents e.g. chatting to their children before and after games, side line behaviour and how will you communicate this to them
- What are your strategies for checking player wellbeing [see part 2]
- What are your strategies to ensure coach and management team keep a positive well-being e.g. when will you each have some time out to have a walk, call home, have some space alone
- How you will manage the game time of players to ensure some players don't get over loaded and risk injury, and other players get a fair amount of game time
- What will be the policy with phones and screen time [especially before bed]

Irene's top things to plan into the week:

- Have fun activities planned for down time
- Do singing or dancing competitions
- Do the activities with your netballers, they LOVE laughing with and at the coaching staff



1.3. Schedule and checklist guidelines

3 Months out from tournament

- After selections, assemble team to establish a plan for the lead in to tournament including goals, team culture or theme, expectations, dates and logistics etc.
- Host a parents meeting to ensure they have clarity on what lies ahead and the expectations of them leading up to and during tournament, collect Emergency contacts, proof of ID for age group
- Communications tool established e.g. Facebook group, Heja App
- Ensure centre has entered team and made payment for team attendance
- Uniforms issued

2 Months out from tournament

- Start team trainings - most players will be playing in other teams so one on court session will be sufficient and will help to prevent injuries or over loading
- Team warm up established
- Ensure player information that details are submitted to event organisers as required
- Ensure you have access to all event information that is being sent out from event hosts [Netball New Zealand events will usually send newsletters and have a shared file space in the lead up to an event, from approximately 2 months out]

1 Month out from tournament

- Assess with each player how they are tracking towards their goals and check in on any injuries or welfare concerns
- Discuss leadership roles and responsibilities within the team [more info on page X]
- Discuss and practice game day routines at lead in 1-2 day tournaments
- Daily schedule/run sheet for Tournament
- Rooming list [consider what will work best for the player's over all well being here]
- Meal plan [parents who are attending could be asked to drop off frozen meals]
- Packing list for players
- Find out from event organiser if and when walk through slots for teams are available prior to the beginning of the tournament e.g. on the day before the competition starts

1 Week out from tournament

- Physio clearance if necessary
- Final logistics to team and parents – run a short Q and A session after training if needed
- Consider offering a final one on one with players to check in on them as a whole person, answer any questions or concerns, look at their specific goals and hopes for the week.
- Coach and manager have a final meeting to run through checklists, check tournament rules and processes, confirm roles and responsibilities and your plans for downtime etc.

Guideline for Daily Time Scheduling

WHEN	EXAMPLE OF WHAT THE TEAM MAY NEED TO BE DOING	
1 hour before departure for courts	Team assembles to have their pre-game meal [see nutrition section for more information]	PLAYERS HYDRATING
30mins before departure for courts	Team assembles to discuss the game plan and goals for the game	
10mins before departure for courts	Players and management collect items they need to take to the game	
Leave for the courts	Dependent on where the team is staying or if they have remained at the courts between games	
45 minutes before game starts	Team arrives at venue and finds court	
40minutes before game starts	Coach or manager submits team list – no later than 30 minutes before game starts	
30 minutes before game starts	Player commence warm up [full Netball Smart Warm up if only two games a day]	
15 minutes before game starts	Current game on court finishes – players and management to take gear and set up the team bench e.g. bags under players chairs, water bottles in holder, players bibs on	
10 minutes before game starts	Players complete warm up with a game specific aspect of the warmup	
3 minutes before game starts	Players join coaches to recap on the game plan – 2 to 3 key points only	
30 seconds before game starts	Warning whistle from Umpires – Players prepare to take the court	
10 seconds before game starts	Second whistle from Umpires – Players must take the court	
Game Starts	Coaches and managers take a seat at the bench [only named people can sit on the bench]	
1 minute after game finishes	Players walking to cool down for X minutes [this may need to be done on another court due to other games starting]	PLAYERS HYDRATING
5 minutes after game finishes	Players put clothing layers on and follow Netball Smart Cool down stretches accompanied by a healthy snack if not going straight back to accommodation for lunch or dinner [see nutrition section for more information]	
10 minutes after game finishes	Players and coaches debrief the game – what went well in relation to the game plan and goals? What improvements can be made in relation to the game plan and goals?	
15 minutes after game finishes	Team departs for the accommodation	
30 minutes after game finishes	Players complete hot/colds, shower, change and wash uniform if needed	
40 minutes after game finishes	Players eat post game meal [this time is dependent on the amount of snacks players had directly after the game and when the next meal needs to be prior to another game or the evening meal]	

1.4. Goal setting

Goal setting is a critical factor in how coaches and players can plan for, and measure success. At the end of the tournament, only one team can win, so there must be other goals that can help everyone see the improvement and great work that is happening, to keep motivation and confidence high. To do this, you can take an outcome goal [which may be about winning if that is what your team has come up with] and lay some foundation goals around it, e.g.:

- Think about the critical parts of the game that the team can control, that could make a difference to the outcome if performed well. Some examples are listed in the table below under 'performance goals'.
- The next step is to set some goals or tasks that will need to occur, for that performance goal to be realistic. These are called process goals and as the name suggests, they should become part of your process. See the table below for examples.

PROCESS GOALS	PERFORMANCE GOALS	OUTCOME GOALS
Shooters practicing with defence for 15 minutes after every training	GA and GS scoring 70% of attempted shots	Win 3 out of 4 games across the first 2 days
Centre pass attack strategies/ game plan created and communicated by third training session	Centre pass to shooter 80% success rate	
WA/C strategies created to get to and feed from circle edge by fourth training session		
NetballSmart warm up completed at each training and before each game, with a focus on landing balanced	Reduce stepping errors to less than 2 per quarter	

“Setting performance based team goals at the beginning of tournament [as opposed to just outcome goals like ‘win the tournament’] and revisiting and refining them at the end of each day, ensures the team remains focussed and feels success regardless of the individual game results”

[Lucy Dobby, PCQ Coach].

The GROW Model

The GROW model is a simple but powerful method in coaching. GROW is an acronym that creates a structured approach to goal setting and problem solving.

How to use GROW

Establish your **GOAL**

Create a goal that is SMART: Specific, Measurable, Achievable, Realistic and Time-bound. Questions that you can ask when setting your goal may include;

- What is important?
- What will we achieve by reaching our goal?
- How will we know we have achieved our goal?

Examine your current **REALITY**

Understanding where you are now and comparing it to your Goal helps you to understand the “gap”. Questions you may consider include;

- What is happening now and what is the impact
- What is the result of what is happening now?
- What have we done well?

Explore the **OPTIONS**

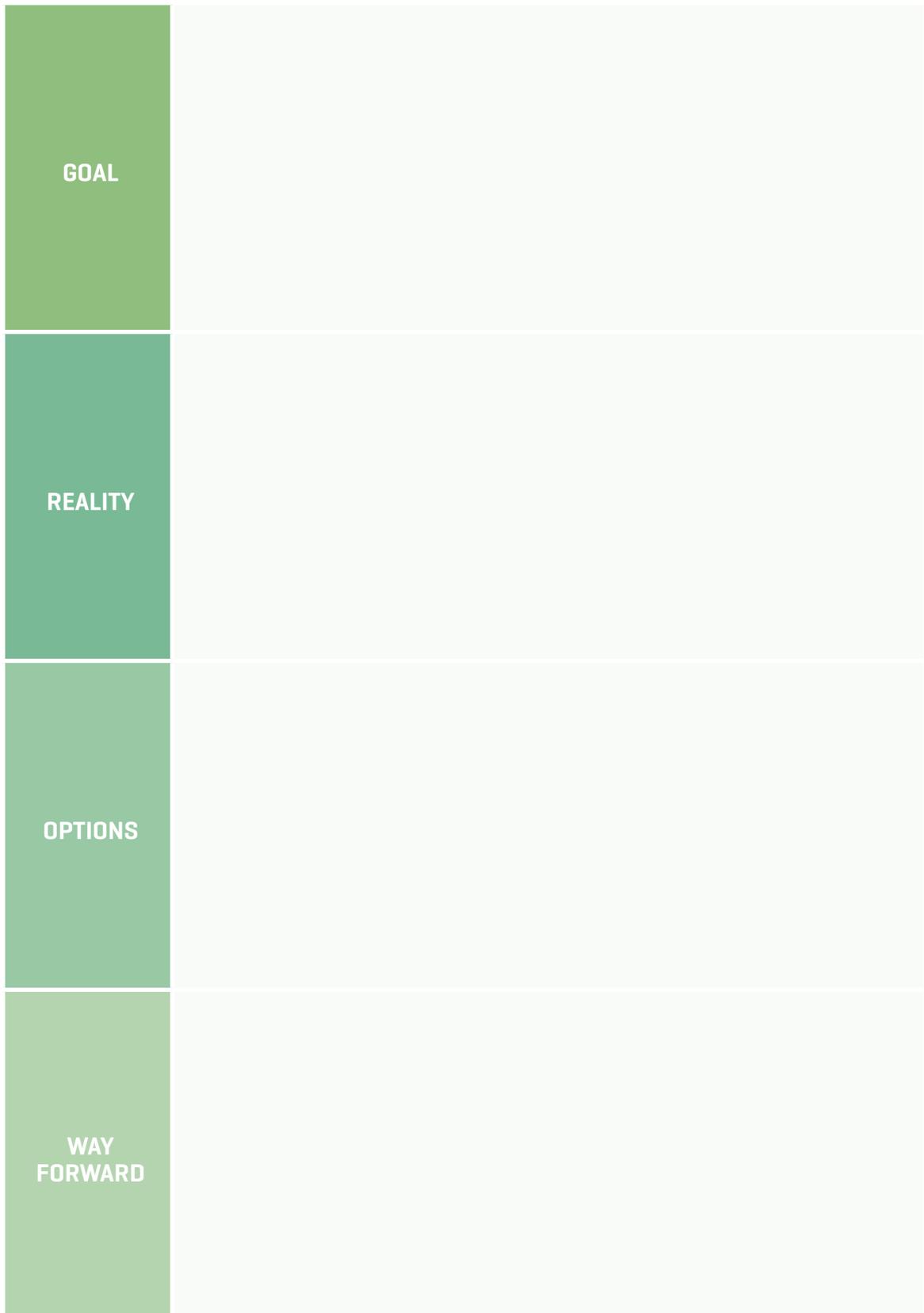
Determine what choices are open to you. This can be done by brainstorming possible options. Questions you may ask;

- What else could we do?
- What could we do if we had no constraints?
- What are the pro’s and con’s of each option?
- How will we prioritise?
- What could we stop doing?
- What are the barriers we might face?

What is the **WAY** forward?

Once our current reality is clear and the options explored, we can plan what we will do next to help achieve our goal. Commit to specific actions to create clarity of purpose, motivation and momentum. Questions you may ask could include;

- What will we do now?
- When will we do it?
- Who will do it?
- How will we overcome obstacles?
- How often will we review progress?



1.5. Routines.

All aspects that occur at tournament will ideally have been practiced before the team arrives at their tournament either at trainings or during shorter build up tournaments or games. Examples of aspects that need to become routine before arriving at tournament are:

- How the briefs/debriefs will be done [2-3 clear, well-planned key points, with full team contribution]
- Quarter break courtside bench routines
- Night-time/evening routines
- Game preparation routines
- When you will name the team
- Using leadership groups
- Warm up and cool down
- Injury break protocol e.g. bench players and their warm up protocols.
- End of game routines
- Eating routines as per nutrition guidelines
- Rest and recovery [including school homework]
- Taking and using stats.
- Cell phones and social media use



Part 2.

Player Welfare

*As coaches, we have a responsibility to look after our netballers, not only **physically** but **mentally, socially** and **spiritually** as well.*

We want to grow their knowledge, skills and confidence both on and off the court, so that they finish the tournament with even more motivation for Netball than when they started! The following pages contain some easy tips to incorporate into your week to help achieve this.



2.1. Player Well-being

During a tournament it is useful to gauge how your players are coping with the tournament setting. For varying reasons, a tournament can be challenging for some and yet exciting for others.

A simple player welfare questionnaire gives you a “snapshot” insight into how the players are tracking during the week. Like all questionnaires, they are useful if they are read and responded to. If a player mentions she is sleeping poorly have a chat with her and ask why – she may be homesick, stressed or has a disruptive room mate [plays on her phones, talks late with her friends, snores].

Here is a simple questionnaire to use:

PLAYER WELFARE QUESTIONNAIRE						
Date		Name				
Each question is out of 5						
5 = great/energised/not stressed/not sore/sleeping well 1 = flat/tired/stressed/very sore/fatigued/ poor sleep.						
1: LEVEL OF FATIGUE						
I feel very energised/ I feel very fatigued	5	4	3	2	1	Answer
2: STRESS LEVEL						
I am unstressed/ I am very stressed	5	4	3	2	1	Answer
3: MUSCLE/ BODY SORENESS						
My body is great/ I am really sore	5	4	3	2	1	Answer
4: SLEEP						
I slept really well/ I had a poor night sleep	5	4	3	2	1	Answer
HOW MANY HOURS SLEEP						
						Answer
Total						

Review the scores and respond accordingly:

1. Level of fatigue

- Does this relate to sleep quality? If yes help develop a better sleep pattern.
- Have a chat re nutrition [Energy in = Energy out].
- Are they maximising their recovery?
- Perhaps they need a nap

2. Stress Level

- Have a chat with the player.
- Tournament in general may be a challenging environment.
- Is everything at home ok?
- Is potential selection impacting?
- Others?

3. Muscle soreness/body soreness

- Are they maximising the recovery process?
- Were they prepared for a tournament setting? – sufficient fitness
- Provide rollers etc and stretching sheets to do more recovery
- A pool session may be helpful.

4. Sleep

- What is their sleep hygiene like?
- Technology?
- Room mate?
- Give some useful tips
 - » Technology away 30 mins before sleep
 - » Warm shower 30 mins before sleep
 - » Set a sleep routine
 - » Phones out of the bed room
 - » Curtains closed
 - » Ear plugs or move rooms if struggling with room mate.

5. How many hours sleep?

Aiming for 8-10 hours sleep per night... ..i.e. not getting this determine some strategies to assist.

Total the score and monitor score during the week. Due to a busy week and fatigue it is likely to decrease however sudden changes in the score should be discussed with the player.

2.2. Loading Guidelines.

The key message here, is SHARE THE LOAD between all players in your squad to avoid injury, burn out and fatigue.

NETBALL NEW ZEALAND TOURNAMENT RECOMMENDATIONS			
1-day tournament	3-day tournament with 10 min quarters	4 or 5 day tournament with 10min quarters	U19s with 15min quarters
Max. playing time of 120mins	Max. if 10 quarters or 100mins on Day 1, 6 quarters or 60mins for Days 2 and 3	Max. playing time of 7 out of 8 quarters per day	Max. playing time of 7 out of 8 quarters per day

2.3. NetballSmart Injury Management

Netball is dynamic and injuries occur.

At the beginning of your campaign develop a culture towards injury management and ensure everyone [including parents] are aware of the culture. Evidence tells us that adolescents' behaviour towards injury [and playing with injury] is significantly influenced by adults – coaches and parents. Ensure your influence is a positive one. Adolescent netball players should not play with an injury and as a coach and adult you play an important role in discouraging players playing with injuries. Injuries at tournaments are tough for players, but remember – no matter how important the game is, it is never bigger than the welfare of an individual.

Use the flow chart below to help you develop a sound philosophy to injury management and return to play after injury.

Did you know...

Injury pre-disposes injury, so each player should fully rehabilitate from an injury before they play



Injury Management at the Tournament

- Doing the simple things well makes a difference to any injury.
- Use the strategy in the illustration to assist in assessing an injured player (if you do not have a physio with your team) to determine if they should return to the court.
- P.R.I.C.E.D will help with the early management of any acute injury – simple processes which assist in early care and minimising secondary effect of injury and excessive swelling.
- Engage with a physio/Dr you respect and respect their opinion.
- Help your player understand that playing with an injury is counter productive and as you have set the climate of development and shared loading, another player will be able to take the court.
- Give an injured player some important jobs (stats etc) to keep them engaged and part of the team.
- The NSDWU is a very useful tool to assist you in transitioning your players back to activity. If they can not do the NSDWU fully and to 100% (you will notice if they are favouring a limb/joint) they should not be playing.

Types of injury

There are two types of injury:

- Acute or contact injuries can be difficult to avoid.
- Non-contact or overuse injuries can be reduced through performing key movements well and managing player's loading.



P.R.I.C.E.D | Apply P. R. I. C. E. D as soon as you can



Protect



Rest



Ice



Compress



Elevate



Diagnose

Smart Tournament - 10 Top Tips

Prepare - Play - Recover - Repeat
Be tournament ready with these 10 Top Tips

1 Hydrate



Drink 500ml in the hour before the game. Plus drink during and after each game.

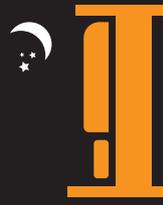
2 Eat



ENERGY IN = ENERGY OUT
Eat well to play well

Have a full breakfast, two hours before first game. Protein, Carbohydrates, Fats

3 Sleep



Minimum 8 hours, aim 9 - 10 hours technology goes away 30min before sleep time.

4 Prepare



Shoes with tread,
Warm clothes towel,
Sunscreen

Do not get cold between games!

5 Warm Up

NetballSmart Dynamic Warm Up to start the day.
Power Warm Up thereafter



6 Share The Load



Coaches: play all team members, share the load, share the fatigue

=
Improved overall performance of your players and team

7 Manage Injuries

Remember **P.R.I.C.E.D**

Do not return player to court unless they can comfortably do the full NetballSmart Dynamic Warm-Up



8 Cool Down

Jog or Walk



Layer-Up



Hydrate



Stretch



10 Team Spirit

Celebrate Successes



Have fun and play fair



10 Top Tips in detail

1. Hydration

For greater detail see nutrition section. Water is the best form of hydration at a tournament.

Encourage the athlete to hydrate well and educate the athlete on how to look at their urine to determine if they are dehydrated as per nutrition section.

THE EFFECT OF BODY WATER LOSS ON PERFORMANCE	
2%	Impaired performance
4%	Capacity for muscular work decisions
6%	Heat exhaustion
8%	Hallucination
10%	Circulatory collapse and heat strokes

URINE CHART	
Target	1
	2
Dehydration	3
	4
Severe Dehydration	5
	6

You can monitor your hydration level using the pee chart above.
When you are well hydrated, your pee should look like the colour of 1 or 2 on the chart.

Urine post game should be the target 1-2 – if it is not then the player is dehydrated. This can affect the following performances. Encourage them to drink more. Remember everyone sweats at a different rate and so hydration needs are different.

2. Eat

See nutrition section for detail, but simply energy in = energy out. Tournament food should be healthy and simple. There is no need for “fancy” tournament food or supplementation.

3. Sleep

Chronic lack of sleep negatively influences injury and illness. 8-10 hours of sleep per night is vital to prevent illness and injury.

- Many adolescent kids are sleep deprived and whilst business in sport and school is one factor often technology (or inability to turn it off) is the major reason kids are sleep deprived. Encourage your players to have a technology amnesty prior to tournament and at tournament – no phones 30 mins before bed and no phones in the bedroom..
- Simple evidence tells us that the teams that perform the best at tournament have the most sleep.

4. Preparing for a Tournament

Any tournament environment is challenging. If the players are prepared for the demands of the tournament, they are much more likely to cope with a week of high loading.

Preparing for a tournament means:

- They have developed a fitness level that can cope with 7- 8 games in 4-5 days.
 - » Anything below a 16 on the yo-yo will find tournament tough.
- They are injury free – any athlete who has an injury heading into tournament are more likely to have an injury during the tournament (same injury or another injury). If they are presenting with a niggly injury at training prior to the tournament refer them to a physio/Dr to get sorted.
- Injury free for a minimum of 3 weeks prior to the tournament and able to tolerate a full training load will assist with their ability to tolerate the loading of a tournament. If coming straight into a high loading environment on the back of modified training due to injury will affect the players ability to tolerate loading.
- Illness free.
- Not tired. Chronic lack of sleep negatively influences injury and illness. 8-10 hours of sleep per night is vital to prevent illness and injury.
 - » Many adolescent kids are sleep deprived and whilst business in sport and school is one factor often technology (or inability to turn it off) is the major reason kids are sleep deprived. Encourage your players to have a technology amnesty prior to tournament and at tournament – no phones 30 mins before bed and no phones in the bedroom..
- Stress free. Internals and exams influence stress. Encourage the players to be organised and manage their time well. Get assignments out of the way so the week can be stress free and enjoyed.
- Shoes – with multiple games, the tournament will challenge the foot wear. In the weeks preceding the tournament review the players shoes and ensure they have enough tread and strong enough upper to last 7-8 games.
- Prepare for all weather conditions at the tournament – it can hot, cold, wet.....ensure the players understand this and are ready for all climatic differences.

5. Warm Up

With 2 games a day the full game day NetballSmart Dynamic Warm up [NSDWU] is appropriate. Any more games per day and the NetballSmart Power Warm up [NSPWU] can be used.

The NSDWU prepares the players for the game and also improves movement skill related to the game.

If the players are running the warm up ensure you are monitoring technique and attention to detail at the time. Movement done poorly reinforces to the brain that is OK.....and it is not. Be the technique, accuracy and intensity monitor.

A consistent warm up approach means everyone knows what is involved and they can get on with it. During the consistent warm up the players can focus on what they are preparing to do ... play a game. Whilst consistency for some is boring...for others the good habits leads to good performance.

If your team struggles with the same warm up, then prepare some variations prior to the tournament so they are well versed in all. Or encourage them to view the game as the “variety” and that a consistent warm up prepares them to produce the “variety” in the game. Either way be prepared and do not have an ad hoc approach on the day.

6. Share the load

Tournaments for secondary school aged players should focus on a climate of development – for both players and coaches. There are many new experiences, such as playing multiple games in a day, facing unknown teams, and building new combinations, that will provide an opportunity for coaches and players to grow and develop.

Sharing the loading between your players, is a critical element in their growth and development, as it ensures they are not too fatigued to express their true capability in each game and limits their risk of injury. It also helps to grow a team culture where every player is trusted to take the court, which therefore builds the confidence and motivation of each player.

Whilst you may have a few key players, you have selected 10 – 12 to be there at the tournament, so plan a loading strategy that ensures each player gets at least 50% of the playing time available across the tournament. To do this, coaches will need to have strong knowledge of all players and how they best respond in variable situations, to decide when is best to make changes.



7. Manage Injuries

See Injury Culture and Injury management for more detail

8. Snacks

See nutrition section for more detail

9. Cool down and Recovery

Maximising recovery is vital at tournament. There are some key things you can do to hale recovery. Practise these before you arrive at the tournament, so the players know what to do. Doing the simple things well will make a difference

- Cool down and stretch
 - » Walk/jog 5 – 7minutes. If necessary, you will need to pick up all the gear from court side and move off court to a spare space to finish the recovery.
 - » Try to avoid over loading athletes with coaching detail at this point and let each player do a thorough cool down
 - » Stretching – this is the place for static stretching [see resource provided] and players should spend 10 minutes stretching all muscle groups
 - » Players shouldn't remove tape until stretching has finished.....otherwise they spend the 10 minutes removing tape vs stretching
 - » Supply ice packs so players can use if necessary
 - » Encourage hydration
 - » If within 45 minutes a meal is planned [lunch dinner]– a post game snack is not necessary. However, if not supply a low sugar protein option and some carbohydrates [see nutrition section]. 250 mls of chocolate milk has 6 teaspoons of sugar!

10. Team Spirit

Celebrate the positive aspects of the game. There can only be one winner [when it comes to results] but when it comes to development and developing skills every player/coach can be a winner.

For example

- Gains
- Shooting average
- Minimal penalties
- Centre pass to circle edge
- Centre pass to score
- Turn over to circle edge
- Turn over to score

2.5. Nutrition and Hydration at Tournament

Healthy food is the priority during any tournament. Doing the simple nutrition well will provide the best results.

Key Points:

- Players need a good meal 2 hours before activity so there is time to digest and be available to be used by the muscles in the way of glycogen.
- 1 hour prior to the game a small snack may be necessary to bolster the energy system [a jam/peanut butter sandwich/low sugar fruit bar/half a banana are ideal options
- Post activity if you eating within 30 – 45mins of the game [ie lunch or dinner] that is sufficient for energy restoration.

If this is not the case a small, healthy and simple snack is important to start restoring the energy system that has been depleted during the game. Plan for this and have options available to the team whilst they cool down and stretch.

A combination of protein and carbohydrates is important.

CHO [CARBOHYDRATE] RICH SNACKS	CHO – PROTEIN RICH SNACKS
Sports drink	Liquid meal supplement
Fruit Juice	Creamed rice
2 slices of toast	Low fat milk [with or without flavouring
Banana	Cereal and milk
Vegetable soup	Bread roll with cheese and meat filling
	Fruit smoothie
	Fruit yoghurt

Monitor the amount of sugar in the snacks – 250ml of chocolate milk has 6 teaspoons of sugar and if used for every game your players are having a large sugar loading. Reduced sugar up and go has 2.5 teaspoons of sugar. 250mls of milk has 1 teaspoon of sugar. The protein is the important element so non flavoured milk a very good option.

You may see the ANZ teams drinking flavoured milk after a game however that is after a very high intensive 60 minute game and only once a week versus 7 times a week in a tournament setting. Ideally the timetable will allow you to have a variable approach – straight into lunch/dinner, and a variety of post game snacks.

Here are some useful tips to help with meals and some suggested options:

- Ideally all players have breakfast to set them up for the day
- **Protein and carbohydrates** are the important factors in all meals
- If you can prepare lunch and dinner early in day/or between games it takes the pressure off
- Get the team engaged to assist
- Get parents to contribute frozen meals that you can store and defrost each morning

BREAKFAST	LUNCH	DINNER
Poached eggs/scrambled eggs on toast	Wraps with salad and chicken/beef/ham	Lasagne and salad
Muesli, fruit and yoghurt	Filled rolls with salad and chicken/beef/ham	Honey soy chicken and rice + veges
Porridge	Quiche and salad	Tacos – with beef/chicken/falafel
Sugar reduced Up and Go	Sushi	Spaghetti Bolognese
Fruit smoothie	Left over food from dinner	Green curry chicken and rice
Yogurt, fruit, nuts and seeds	Bacon and egg pie with salad	Butter chicken and rice with vege

Hydration

- Water is the priority. Carbohydrate [CHO] drinks are more relevant for very high intensity activity greater than 60 minutes. Encourage H2O over CHO drinks.
- CHO drinks are expensive – Raro [in a sachet] is a cheaper version if players are keen to use CHO drinks
- Promote regular hydration and 500 ml of H2O in the hour prior to the game.
- Encourage players to drink regularly at ¼ time and half time. Some players will need to be encouraged to drink because they actually “forget to”
- The NetballSmart drink bottles are 750ml. Each player should finish at least one bottle per game.
- Cramping may be related to lack of hydration especially if warm and a player sweats a lot [we all sweat at different levels] if a prolific sweater add CHO to their H2O [ie raro] and a pinch of salt.
- However often cramping is due to unaccustomed activity [ie training has not replicated the level of intensity of a game and calfs cannot cope]. Not much you can do about this other than maximise recovery and ensure training prior to the event replicates the intensity that is played.



Part 3.

System and processes

3.1. Tournament Rules

Each tournament will have its own set of rules and requirements that teams must follow. Failure to do so can result in the forfeiting of your game.



3.2. Game Management Guidelines

In January 2019 the International Netball Federation released their Expected Application of Game Management Guidelines. The document is clear on how foul play is to be managed by Umpires and applies to all levels of Netball. It is equally clear that the responsibility for complying with the rules and participating safely and fairly lies with the player.

- Umpires MUST act if foul play is observed and the rules provide clear consequences for unfair play.
- Rule 13.2 outlines that foul play is anything a player does that is contrary to the letter and spirit of the Rules or does not meet accepted standards of good sportsmanship [including playing by the Rules, self-discipline, self-control and respecting opponents and officials].
- Rule 13 states a player who is infringing any part of the foul play rule will be disciplined and outlines the game management actions that umpires use for instances of Foul Play:
 - » 1. Caution
 - » 2. Warning
 - » 3. Suspend a player
 - » 4. Order a player off

Normally an umpire will work through these actions sequentially unless an offence is serious enough to require a higher level of game management.

- Following a warning if the same player commits a further act of foul play that in itself justifies a Warning, the Umpire will suspend the player. [NB: A player may be suspended or ordered off without having been warned previously]. A player who has been warned may not necessarily be suspended if they commit an act that warrants a Caution.
- Following a suspension ANY further action of foul play [Warning or Caution] WILL be treated as continued misconduct and the player will be ordered off.

Guideline for Daily Time Scheduling

RULE	TYPE OF FOUL PLAY	SANCTION	GAME MANAGEMENT ACTION
UNFAIR PLAY 13.2.1	(i) Delaying play	Penalty pass	Advance the Penalty pass and the player is Cautioned.
	(ii) Intentional infringing	Penalty pass	The player is Cautioned. If the player continues to infringe either a warning will be given or, if considered appropriate, the umpire will suspend the player.
	(iii) Infringements when the ball is not in play	Free pass [for minor infringement] or Penalty pass [for major infringement]	If the action is considered appropriate, the player is Cautioned
	(iv) Persistent infringing	Penalty pass	The player is Cautioned. If the player continues to infringe either a warning will be given or, if considered appropriate, the umpire will suspend the player
	(v) Intimidation	Penalty pass	The player is Cautioned
	(vi) Retaliation	Penalty pass	The player is Cautioned. If the action is considered to be serious the player is given a warning or suspended
DANGEROUS PLAY 13.2.2	Accidental action	Penalty pass	The umpire will issue a Warning or Suspend the player
	Deliberate action	Penalty pass	The umpire will suspend the player or, in a serious case, order the player off
MISCONDUCT 13.2.3	(i) Dissent with an umpire	Penalty pass	The player is either Cautioned or given a Warning. In a serious case the umpire will suspend the player
	(ii) Actions contrary to good sportsmanship	Penalty pass	The player is either given a Warning or Suspended. In a serious case the umpire will order the player off
	(iii) Continued misconduct	Penalty pass	The player is ordered off

3.3. Risk Management

Prior to Tournament

Prior to the beginning of a tournament you should:

- Ensure you read the Risk Management Plan that Netball NZ provides for the event and ensure key people in your centre have a copy of this.
- Have a discussion with the management team who will be attending the event and any key staff in your centre around all possible risks for the team attending the event.
- Check with your centre of their requirements around risks, incidents and communications regarding any of these.

Remember that the event for your team starts from the time the team assembles before travelling to the event, to the time they arrive home from the event. Use your discussions to formulate a Risk Management Plan. It can also help to run through some scenarios around what your team or other teams have experienced in the past.

A Risk Management Plan compiles all the potential risks in one place and helps you consider the likelihood and impact of an incident, what could be done to reduce the likelihood of the incident occurring and what processes need to be followed if an incident does occur.

Below is a template that can be used for creating your own team Risk Management plan:

Likelihood

TITLE	SCORE	DESCRIPTION
Rare	1	Highly unlikely to occur; however, still needs to be monitored as certain circumstances could result in this risk becoming more likely to occur during the project
Unlikely	2	Unlikely to occur, based on current information, as the circumstances likely to trigger the risk are also unlikely to occur
Moderate	3	Likely to occur as it is clear that the risk will probably eventuate
Likely	4	Very likely to occur, based on the circumstances of the project
Almost certain	5	Highly likely to occur as the circumstances which will cause this risk to eventuate are also very likely to be created

Impact

TITLE	SCORE	DESCRIPTION
Insignificant	1	Insignificant impact on the project. It is not possible to measure the impact on the project as it is minimal
Minor	2	Minor impact on the project, e.g. <5% deviation in scope, scheduled end-date or project budget

TITLE	SCORE	DESCRIPTION
Moderate	3	Measurable impact on the project, e.g. 5-10% deviation in scope, scheduled end-date or project budget
Major	4	Significant impact on the project, e.g. 10-25% deviation in scope, scheduled end-date or project budget
Catastrophic	5	Major impact on the project, e.g. >25% deviation in scope, scheduled end-date or project budget

Summary Priority Profile

IMPACT	5	5	10	15	20	25
	4	4	8	12	16	20
	3	3	6	9	12	15
	2	2	4	6	8	10
	1	1	2	3	4	5
	0	1	2	3	4	5
	LIKELIHOOD					

Priority

Note: Impact x Likelihood = Priority

Priority Score	Priority Rating	ACTION REQUIRED
0-1	Very low	Recognise that risk exists but continue with activity
2-3	Low	Consequences are insignificant. Manage by regular monitoring
4-9	Medium	Consequences may be unacceptable and need management action to share and/or reduce likelihood/impact
10-16	High	Consequences are unacceptable and need immediate management action to share and/or reduce likelihood/impact
17-25	Very High	Consequences are too great. Continue only if there is a statutory duty or with approval of Executive team.

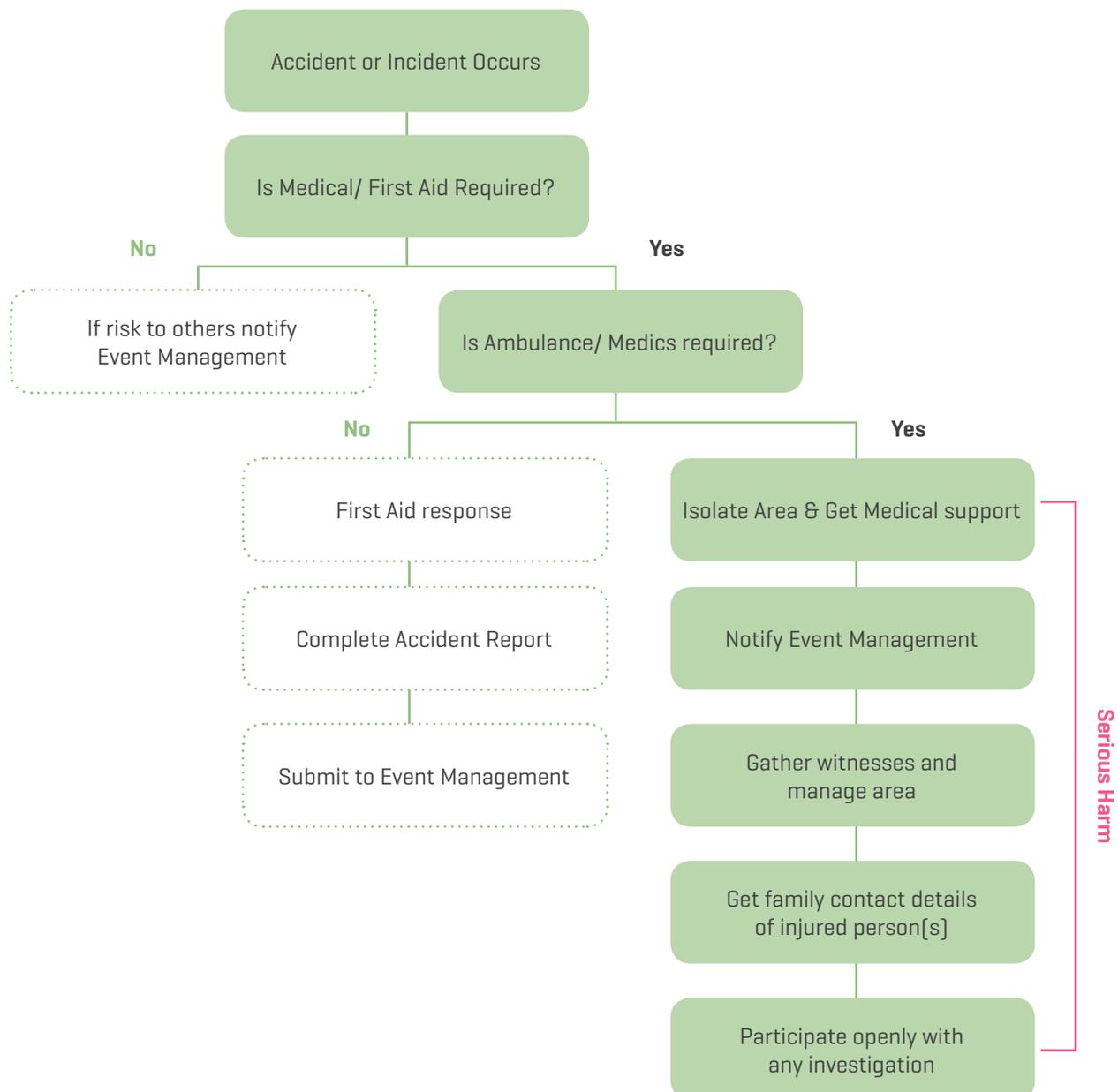
During Tournament

There are often risks and incidents that need to be reported to Event Management/Netball NZ, for the safe running of the event, to prepare for any media attention and to ensure all participants enjoy their experience.

It is important for teams to notify Event Management/Netball NZ in the following situations:

- Breaches of code of conduct, Netball NZ regulations and championship rules
- Team illness (particularly anything that could be contagious)
- Serious harm or injuries (including concussion)
- Unsafe environment
- Media attention to any risks or incidents

Notification can be done in person or by phone call or email to the Event Manager and should be done as soon as possible.



3.4. NNZ Code Of Conduct & Ethics

As a Member of NNZ you must meet the following requirements in regard to your conduct during any activity held by or under the auspices of NNZ, a Zone or a Netball Centre and in any role you hold within NNZ, a Zone or a Netball Centre:

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for your actions.
4. Make a commitment to providing quality service.
5. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age.
6. Be aware of, and maintain an uncompromising adherence to NNZ standards, rules regulations and policies.
7. Operate within the rules of netball including national and international guidelines which govern NNZ, the Zone and Netball Centres
8. Understand your responsibility if you breach, or are aware of any breaches of this Code of Conduct & Ethics.
9. Do not use your involvement with NNZ, a Zone or Netball Centre to promote your own beliefs, behaviours or practices where these are inconsistent with those of NNZ, a Zone or a Netball Centre.
10. Wherever possible avoid unaccompanied and unobserved activities with persons under 18 years of age.
11. Refrain from any form of abuse towards others.
12. Refrain from any form of harassment towards, or discrimination of, others.
13. Provide a safe environment for the conduct of any netball or netball related activity.
14. Show concern and caution towards others who may be sick or injured.
15. Be a positive role model.

For more information on the Netball NZ regulations visit:

<http://www.netballnz.co.nz/useful-info/resource-library/netball-nz>

Part 4.

Game Analysis

There are many ways to analyse what is happening during the game, and capturing statistics is a great way to do this, as well as measure some of the performance goals that you may have set.

You can get the players on your bench to help capture statistics, as this allows them to learn about what is happening in the game as well. Make sure to take some time to educate them on what they will be capturing and how to do it. There are some template options and examples below, or you could simply get a player to track what their opposition player is doing e.g.

- Track a player's movement on court, what lines does the player often run?
- How often does the player receive centre pass or second phase?
- Where on the court are players receiving first and second phase ball?
- Where do the shooters often shoot from?
- Where to the feeders often feed from?
- What structures (if any) are the defence using on centre pass?
- What structures (if any) are the defence using in the circle?

These examples will help a player to grow their knowledge and understanding of the game as well as building their confidence and competence at analysing and reading the game, so that they can problem solve and make decisions for themselves when they are on court.

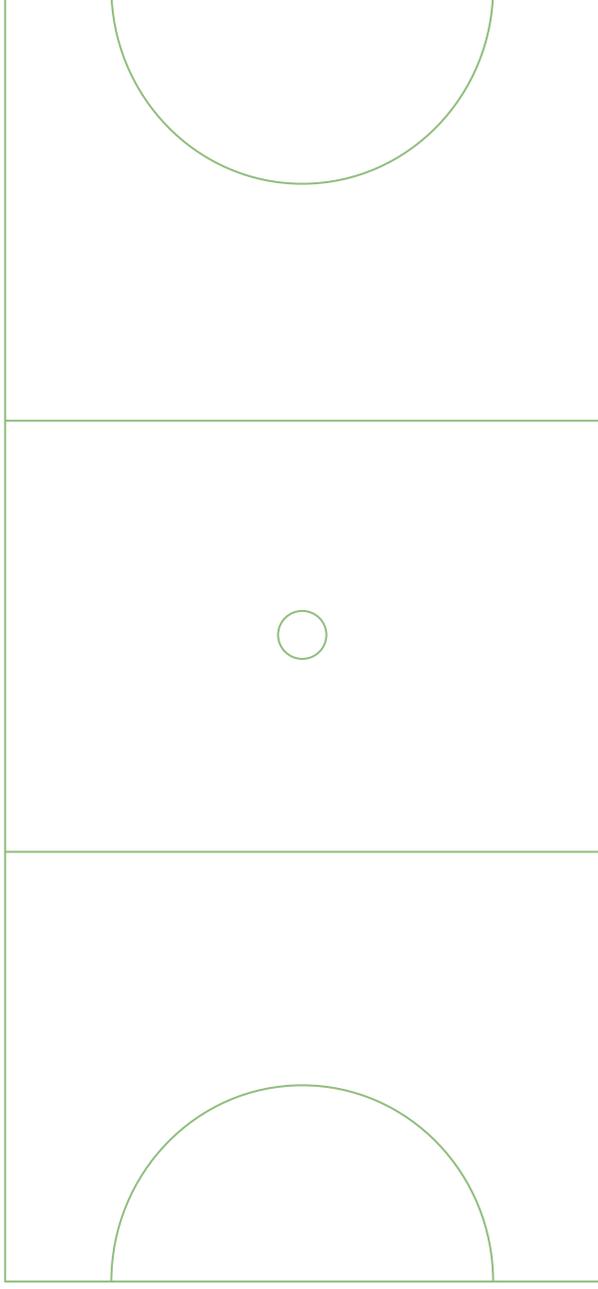
Remember, only capture the stats you are going to use. Many coaches will check the stats just prior to a break to see if there is any stand out information that can be used to support the half time conversation. You could also capture a summary at the end of the game to use during the debrief of the game, or for one on ones with players during the evening.



Statistics - Centre Pass Attack

By measuring the percentage of the Centre passes your team scores each game, you can clearly track if the team is making improvements in this critical area, as well as tracking how well they are shutting down the oppositions Centre pass to score.

You can track the Centre pass in detail using the table below and for more detail you can use the court below to indicate where the ball was lost and by who etc.



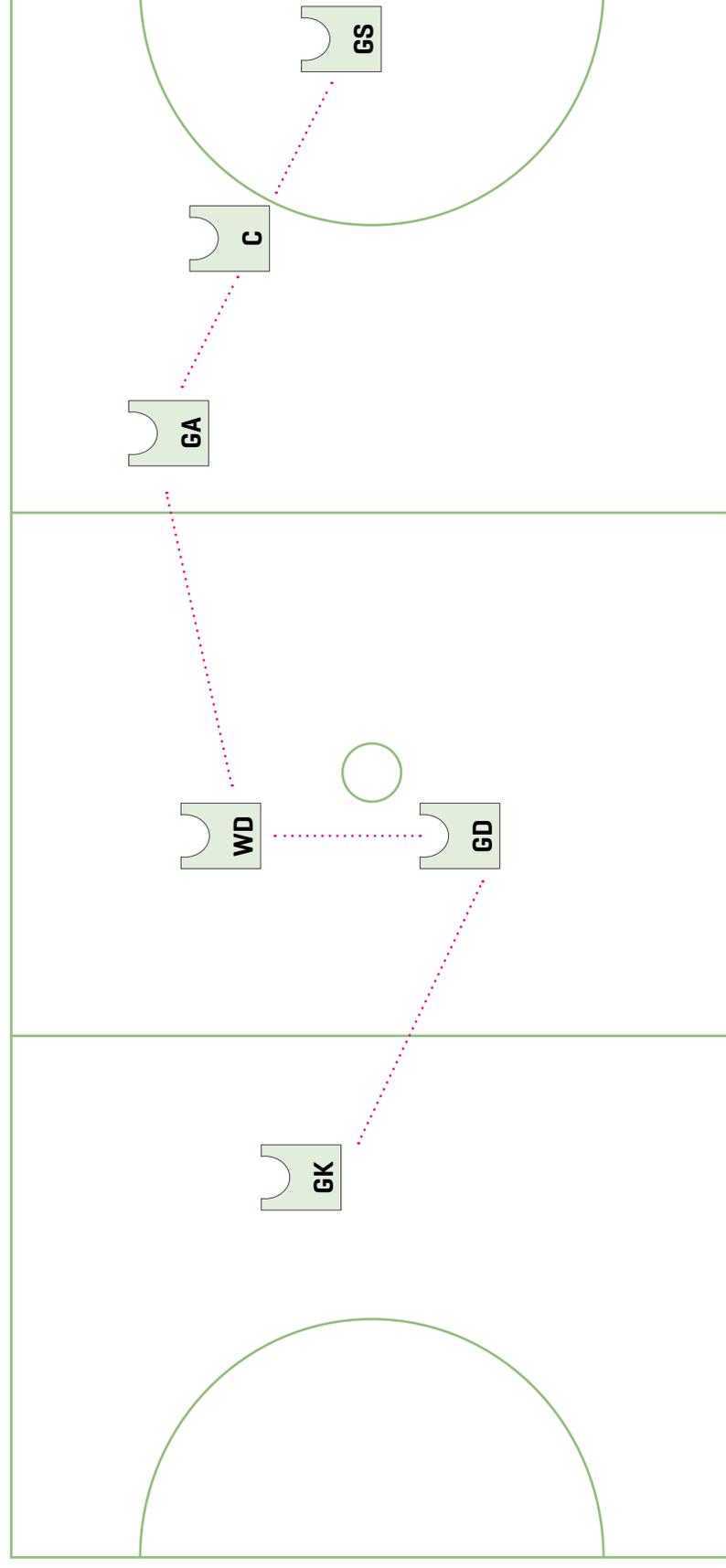
Quarter	Centre Pass Take (US)	Centre Pass Scored (US)	Centre Pass Taken (Opposition)	Centre Pass Scored (Opposition)	% Centre Pass Scored
1 st					
2 nd					
3 rd					
4 th					

Statistics - Path of the Ball

Recording the path of the ball can give valuable information about patterns that are occurring in the game e.g. the opposition back line throw in always goes to the WD, then tracks down the left-hand side of the court.

Record the path of the ball using a line to show the flight of the pass and a dot to show where it is caught.

You can also note positions by the dot for more details



We live this game.



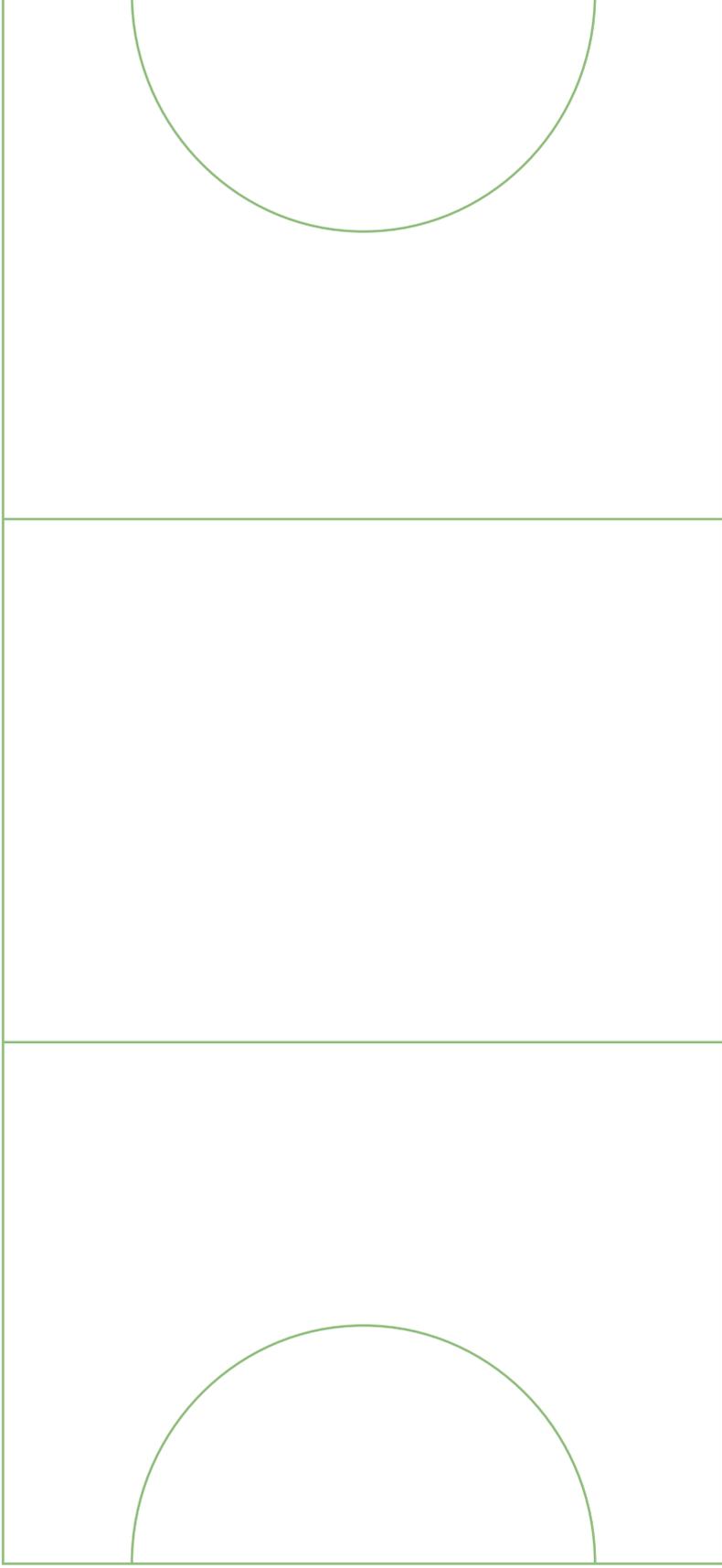
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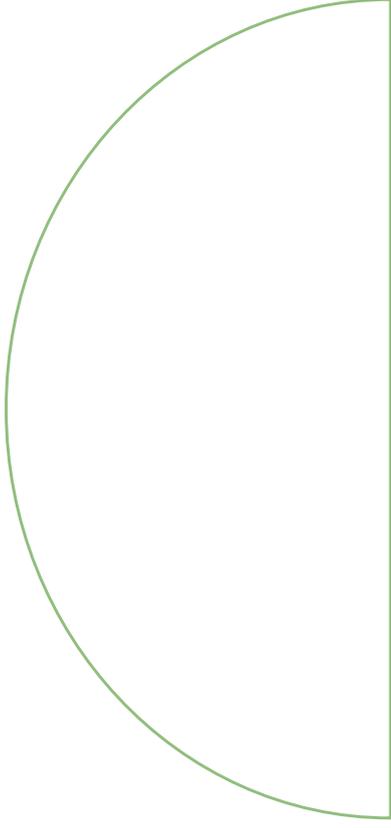
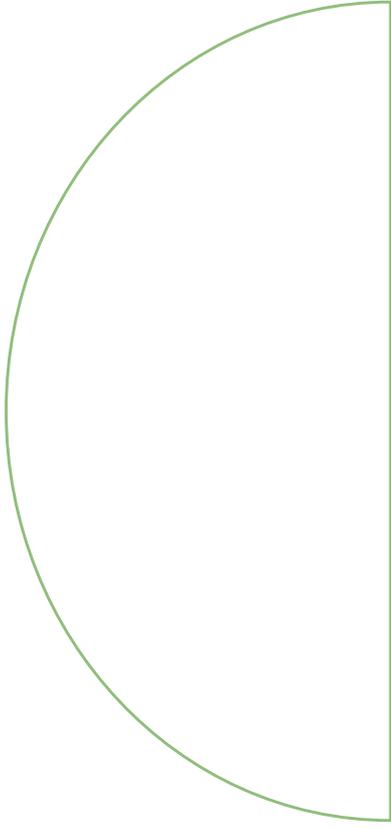
Statistics - Shooting Location

Helping shooters understand the range and position they are and are not successful is a useful tool for both them and the feeders.

On the Shooting Circles below, mark an X where every shot is attempted and draw and O around it if it is successful.

At each quarter time break you can record the percentage in the tables.

GS				GA			
Quarter	Successful	Unsuccessful	%	Quarter	Successful	Unsuccessful	%
1 st				1 st			
2 nd				2 nd			
3 rd				3 rd			
4 th				4 th			



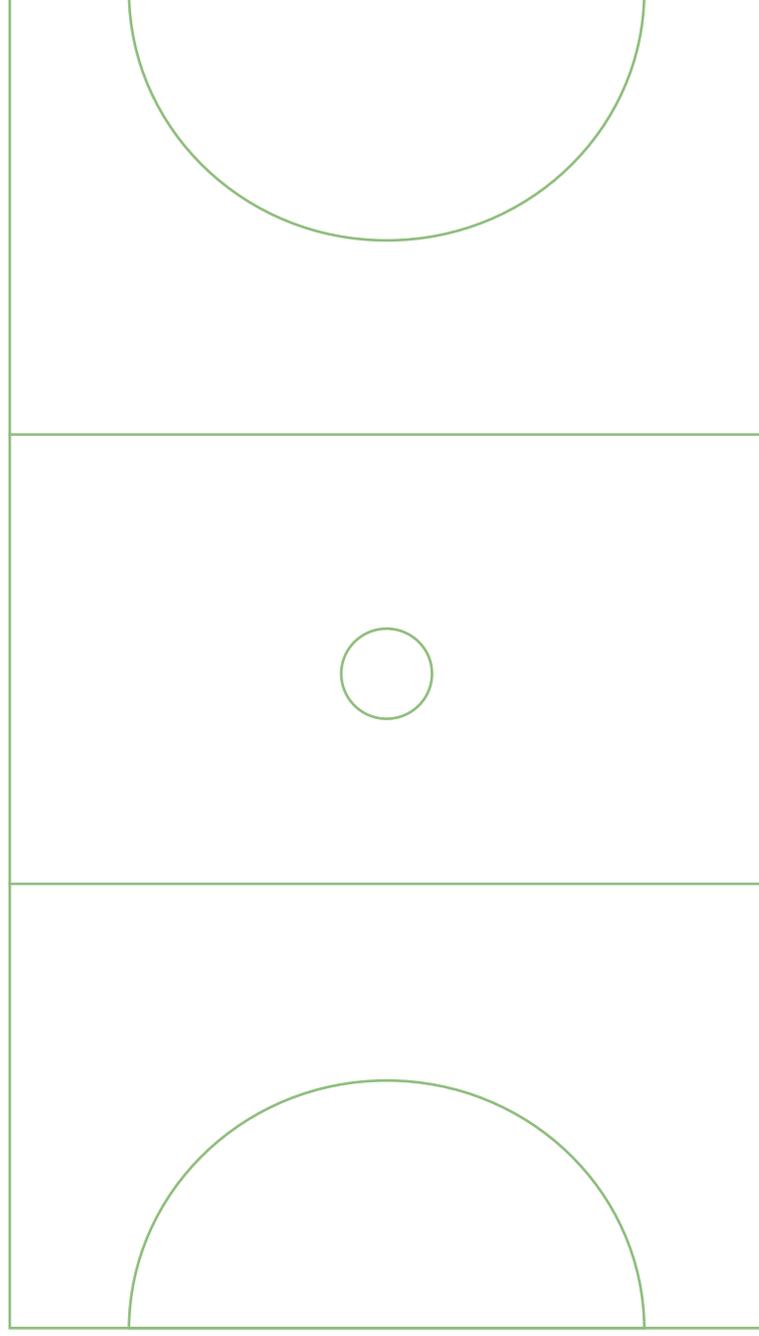
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Statistics – Turn Overs

Record when your team's possession is won or lost by indicating where on court the turnover occurred and how (using the key). You can also record who caused the turnover e.g. WA/S, as well as if a goal was then scored due to the turnover by circling your marked turnover e.g. (WA/S)



OFFENSIVE KEY	
S	Stepping
BR	Breaking
RP	Replay
BP	Bad Pass
LB	Loose Ball
OS	Offside

DEFENSIVE KEY	
I	Stepping
R	Breaking
HB	Replay
FBP	Bad Pass

We live this game.



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PO Box 99710, Newmarket, Auckland 1149 | Level 1, Windsor Court, 128 Parnell Road, Parnell, Auckland 1052

Telephone: +64 9 623 3200 | Email: info@netballnz.co.nz | NetballNZ.co.nz