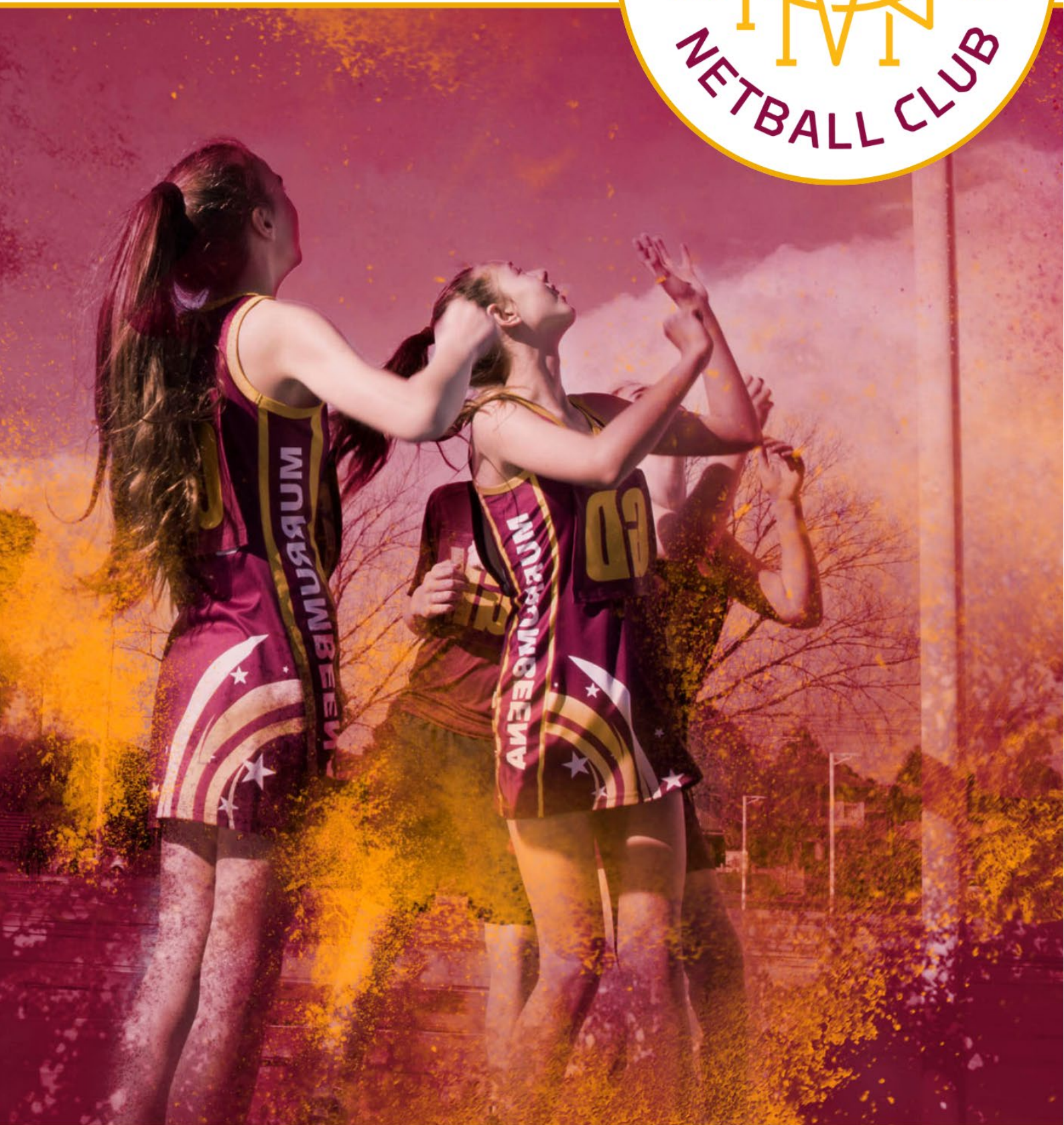


Coaches Handbook



2025

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Introduction

Welcome to the Murrumbeena Netball Club and your role as Coach. This handbook has been designed to provide you with the necessary information to perform the responsibilities of your role. It is intended to be a resource that you will refer to regularly and use to guide you.

Club Contact Details

To contact the club, email the Coach Coordinator, who is there to provide you with support and relevant club information.

Email - coachsupport@mnc.org.au

Website - www.mnc.org.au

Murrumbeena Netball Club History & Aims

The Murrumbeena Netball Club has a long history in the community. Originally founded by a group of parents from Murrumbeena Primary School, the club has grown significantly with teams currently playing in competitions run by Caulfield & District Netball Association. The club became incorporated on 7th August 1995.

The club aims to:

- Make netball participation available for all children who want to play regardless of ability and socio-economic, religious, or ethnic background.
- **Develop** a player's netball skills and team play and encourage progression in the sport for players who are interested in participating in a higher competitive level of netball.
- Increase the profile of netball in the community.
- Increase children's broader social, emotional, and physical development through participation in netball in a safe and encouraging environment.

Murrumbeena Netball Club Committee

The MNC committee is made up of volunteers, of four official positions; these positions are the recognised representatives of the club for legislative purposes. They are President, Vice President, Secretary and Treasurer.

There are also a few general committee positions including Coach Coordinator, Equipment Coordinator, Uniform Coordinator, Registrations Coordinator and Grants Coordinator. Other committee positions may be created to work on specific tasks and projects.

Coaches and Team Managers are considered club officials, however, are not committee members.

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Netball Hierarchy – Where we fit in

Murrumbeena Netball Club 	<p>A domestic level club for any player wishing to play netball competitively.</p>
Caulfield & District Netball Association (CDNA)  www - cdna.net.au	<p>The CDNA are the responsible body for running the competitions where Murrumbeena Netball Club and other clubs enter to play netball. This includes how the games are run, such as times, scheduling, sections and rules around age groupings, qualifying players, transferring players between teams. Information about the competition are communicated to the club committee and the committee will then inform coaches and team managers about matters that affect the teams and players. The associations establish the rules, known as By-Laws, of the competition that all clubs must abide by.</p> <p>Refer to the association website to keep up to date with by-laws, fixtures and results for games, training court bookings and news on representative team selections.</p> <p>Caulfield & District Netball Association is affiliated with Netball Victoria and are in the Henderson Region.</p>
Netball Victoria and VNA membership 	<p>Netball Victoria is the governing body for netball in Victoria. All associations are affiliated with Netball Victoria and subsequently so are the clubs that play in their competitions. It is therefore compulsory for players & club officials in all clubs to have Netball Victoria membership.</p> <p>This is an annual membership that provides insurance cover for all players, coaches and other officials during netball activities. It also provides members with other benefits and covers coach and umpire accreditation. Netball Victoria also has developmental pathways for players who have been identified as talented players.</p>
Netball Australia 	<p>All the state netball associations are affiliated with Netball Australia. Netball Australia is the central organising body for netball in Australia and administers the national netball program in terms of national competitions, national team and player development through the Australian Institute of Sport.</p>

Code of Conduct

The code of conduct the club requires its members and officials to follow is provided by Netball Victoria. MNC have also created their own Code of Conduct which must also be followed. Copies of this code are on the Netball Victoria and MNC website.

Team Selections

Murrumbeena Netball Club is a **non-selective** club. All players are welcome to register with the club and every attempt will be made to find a place for a player. We do not run trials for club or individual team selection.

Generally, a team will be entered with nine players, however some teams may have as little as seven players and some teams can have ten players.

The Club committee considers the following factors when allocating players to teams.

- Availability of a place in a team of the correct age group.
- Players who have requested to play within a certain team because of a friendship group
- Convenience of training day and time for that player
- If known, the suitability of experience and skills of a player in relation to other players in that team and preferred playing positions.
- If known, suitability of the experience and skills of the player in relation to the age and section of competition that the team is entered into.

There are other many and varied considerations that the Registrations Coordinator must juggle when creating teams, the feedback and input of coaches is often requested and encouraged to assist in creating cohesive, well balanced teams.

Rules of the Competition

CDNA have a set of by-laws by which they run their netball competition. As a club entered in that competition we are required to follow those by-laws. Each team is entered into the competition as a separate entity and each team is responsible for complying with the by-laws, which are available on the association's website. Additionally, CDNA has developed their own Policies and includes issues such as photography and social media limitations.

Please refer;

- CDNA – www.cdna.net.au

Weather

Players are expected to arrive at the courts every game even in wet weather, as games are played during the rain. The Court Supervisors from the association monitor the conditions and determines if a game will be cancelled. The courts are designed for both wet and dry weather conditions.

Coaching Role

Coach Requirements

The **minimum** Qualifications required include:

- Working with Children Check (WWCC)
- Foundation Coaching Accreditation from Netball Australia
- Play by the Rules
 - Child Safe Guarding
 - Harassment and Discrimination
- Code of Conduct
- VNA current reimbursed by club
- Coaching Our Way Player Centre through Netball Victoria

Coach Duties and Responsibilities

Your role as a Coach for Murrumbeena Netball Club:

- Plan and run a weekly training session with the team that includes fitness, skill work and match play, as per Team Record Book.
- Prepare positions for the game day as per the Team Record Book and attend the scheduled game.
- Attend Delegate Meetings when required by the club.
- Abide by the Coach Code of Conduct and any other relevant codes of behaviour as described by CDNA, Netball Victoria and MNC.
- Communicate and explain to players about the requirements of the Codes of Conduct for players.
- Be aware of the Code of Conduct and By Laws for the relevant Association (CDNA).
- Complete the on-line Foundation Coaching Course run by Netball Australia. For more experienced coaches, the Club supports further **development**.
- Hold a current Working with Children Check (unless exempt). Refer to www.workingwithchildren.vic.gov.au.
- Attend the annual Murrumbeena Netball Club Presentation event to present player trophies.
- Communicate as required with the club Coach-Coordinator regarding the above roles and responsibilities.
- To reduce the risk of injury, check the training area and equipment is safe, that training drills are appropriate to the age, skill and fitness level of players and that all players are wearing appropriate footwear when training.
- Record any injury which occurs to a player or coach during training in the Team Record Book. Use common sense, or seek advice if you are unsure, to decide whether the injury should also be reported to the Coach Coordinator and parent.
- Report any injury which occurs to a player during the game under the incident section in the Netball Connect App. Seek First Aid first.
- For coaches of 11&U and 13&U teams, ensure players are collected at the courts after training. MNC highly recommends a second parent is always present during any training session or game day. Do not allow players to leave the courts to wait on their own for collection.
- Any coach who is under 18 years of age must have parental supervision at training times; to be organised by the Team Manager.
- Keep a list of contact details for players and parents in the case of cancellation, early dismissal or injury.

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Coaches Equipment List

Training balls x 5	Cones x 10
Match ball x 1	Skipping rope
Pump and spare needles	Whistle
Ball bag	Drink bottle holder
Set of Velcro game day bibs (Maroon and Green)	Manicure set
Set of practice bibs (elastics sided)	Team Record Book
Agility ladder	Team bag
First aid kit	

Training Day and Game Day Rules for Players

Each year every player receives a Players Information Pack before the season starts. This includes the Players' Code of Behaviour. Please read through this document and make yourself aware of the expectations of our players.

Planning Game Day and Players Positions

Rostering Players Off

In preparation for each week's game you need to organise the players into positions. In a team of nine players, every player will get at least one quarter of the game standing off and there will be one player who gets to play a full four quarters. Normally this player is the captain of the week. You may also like to give this player a choice of playing positions for the game. No player should stay off for more than one quarter unless you have 10 players on a team.

If your team has ten players, there are two ways you can deal with the rotations.

1. Roster a different player off each week. Most weeks there will be at least one player that is unable to attend the game due to a school or family event. It is advisable to ask your players and parents to tell you when they will be absent well in advance so that you can factor this in and this player will be the rostered off player for the week. On those weeks you will only have to roster nine players so that means 'the one quarter off for each player and captain plays full game' system can apply. Inform the team that the player rostered off must be ready to play if required in case there is an unexpected absence. Encourage your players to tell you immediately if they know they can't attend a game so that the player rostered off for the week can be told to attend instead.
2. The other option is that all players attend every week and a player is rostered to play only half a game each week. If there is an unexpected, absence this player can fill in for the absent player.

Rotating Positions

To help with game plan rotation, the club have rotation templates, please contact coachsupport@mnc.org.au if you require a copy of the template.

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Under 9, Under 11 and new Under 13 teams

If you are coaching a 9 & Under, 11 & Under or a new 13 & Under team, you **MUST** rotate your players so that all players have a chance to play and **learn every** position at least a couple of times during the season. At this stage, players are **learning** about the game and need to experience all positions in a team to **learn** the game effectively. It is not appropriate to have a player specialise in one or two positions at this stage. You will find that players will have preferred positions and will ask to play that position constantly. It is important that you don't allow players to dictate where they play.

Keep a record of what positions players have played in so that you are making sure everyone gets a turn at each position. Incorporate **learning** about all positions during your training. For example, all players should practice shooting and goal circle defence.

Under 13 and Above teams

For older players, it is reasonable that girls will develop an ability and talent in certain positions. It is still appropriate to rotate positions but players may be played in mainly defence or attacking positions or players may specialise as centre court players or goal circle players.

Training Sessions

Guidelines for Training Sessions

Your training sessions need to be designed to provide players with the opportunity to:

- **Develop** fitness suitable to sustaining maximum performance during a 40 minute game.
- **Develop** skills to enable players to feel effective and competent during the game. Refer to the Skill Checklist on Netball Australia, see Appendix.
- **Develop** teamwork and team play skills.
- **Develop** social behaviours and attitudes that reflect positive team spirit and competitiveness in an atmosphere of fun.

Duty of Care

Training drills are to be appropriate to the age, skill and fitness level of all players. Before each training session, ensure the training area and equipment is safe and that the players are wearing appropriate footwear.

Record any injury which occurs to a player, assistant coach or yourself during training in the Team Record Book. Use common sense, or seek advice if you are unsure, to decide whether the injury should also be reported to the player's parent or guardian and the Coach Coordinator.

**For coaches of all junior teams, ensure players are collected at the courts after training.
Do not allow players to leave the courts to wait on their own for collection.**

Planning Your Training Sessions – Team Record Book

It is important to plan every training session according to the guidelines above. Your training session should include five parts, being:

1. Warm up.
2. Fitness session – age and fitness level appropriate.
3. Technique and Skills Training - Ball skills, footwork, defensive and attacking skills, shooting.
4. Team plays and games.
5. Cool down.

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The Training Record Book has templates for you to plan your training sessions according to these five parts. There is also space for you to record any information that needs to be communicated to the players or parents, record any injuries and make notes about player performance, behaviour or absences. These team record books will be collected at the end of the season and stored.

Training Plans and Resources

The club has a resource library of manuals and DVD's to assist you in planning your training sessions. Additionally, you will receive from your Coach Coordinator an email detailing websites etc.

Rain, Heat and Training

The club does not expect coaches to run training when it is raining as it is uncomfortable for players and yourself, as well as potentially dangerous. As a general rule, if it is raining 30 minutes before the beginning of a training session it is fair to cancel it.

Also please use common sense in days of extreme heat; canceling maybe an option or you may choose to run shorter drills with plenty of rest/drink breaks in between.

Netball Victoria – [Hot Weather Guidelines](#)

Canceling Training Sessions

Apart from rain & extreme heat, please avoid canceling training sessions unless absolutely necessary. If you are unable to attend training for any reason, consider the following options:

- Ask a coach of another team that trains at the same time to coach both teams together for that session.
- Contact the Coach Coordinator to see if another coach can be arranged.
- Reschedule to another day during that week if possible. See the CDNA website for training court bookings to identify an available court on another day.

Player Development

Skills Clinic

Murrumbeena Netball Club further **develops** player skills by organising regular coaching clinics with established netball coaches. These clinics are targeted at refining player skills and providing coaches with further resources to run their training sessions. Clinics are usually run in addition to regular training sessions (usually Sunday), however, some may be organised in place of a regular training session.

Representative Teams

The CDNA organise teams to represent the associations in netball tournaments and other competitions, in Under 11's, 13's, 15's, 17's and open categories. Trials for these teams are run every year in October for the following year. Players from all clubs in the association are eligible to apply. All Murrumbeena players are encouraged to apply. Players from these teams have opportunities to be selected for Netball Victoria's **developmental** pathways such as the Zone Academy. They are also eligible to try out for the Henderson Region Representative Team.

Coach Development

All Coaches are encouraged to **learn** as much as they can about coaching netball. The club will reimburse coaches after successful completion of either a **Foundation Coaching Course** or a **Development Coaching Course** run by Netball Australia. The Foundation Coaching Course is the expected minimum training that all coaches must complete.

Coach Development

- Run by Inspire
- Run by Internal facilities
- Access to Apps

Appendix

Checklist for Beginner Coaches



Check-List for Beginner Coaches

1. Create a positive environment

- Learn names quickly.
- Smile, praise and encourage.
- Be patient and supportive.
- Make it FUN!

2. Set achievable goals

- Keep the player's development in mind.
- Make sessions challenging.
- Ensure skill development is progressive.

3. Vary your sessions

- Change format and activities when required to continually engage players.
- Ensure equal opportunity for all players.
- Avoid elimination games where players sit out.
- Include non-competitive team work.
- Include Game Sense activities and allow players to 'play the game'
- Use different coaching methods.

4. Teach skills

- Plan to have a learning outcome for your session based around skill development.
- Regularly revise skills from previous weeks.

5. Demonstrate

- Appeal to visual learners
- Use the players to demonstrate correct skill execution where possible.
- Demonstrate *correct* execution or decision making, not *incorrect*.
- Make sure all players can see the demonstration.

6. Involve all players

- Have ample equipment available.
- Use several small groups rather than one large one.
- Understand what motivates your players and plan accordingly

7. Provide instant feedback

- Use lots of purposeful praise (that was well done because you.....)
- Ask questions to make players aware of areas to improve

8. Be a great communicator

- Try not to have too many instructions.
- Try to have as much one-to-one (discrete) coaching as possible.
- Offer opportunities for 2 way communication.

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