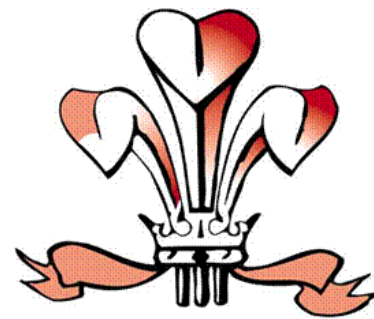


Welsh Netball
Pêl-Rwyd Cymru

COACHING CONFERENCE 2009



Welsh Netball
Pêl-Rwyd Cymru

Saturday and Sunday 21st and 22nd June
at the
Welsh Institute of Sport, Cardiff



DAY 1 - open to coaches from all sports

Workshops include -

- Real Life Safeguarding Issues
- Improving core stability and athletes balance
- Developing Fast and Reactive Players
- Strength and Conditioning for your athletes
- What type of Leader are you and how do you create an effective team?"



DAY 2 - netball specific

Workshops include -

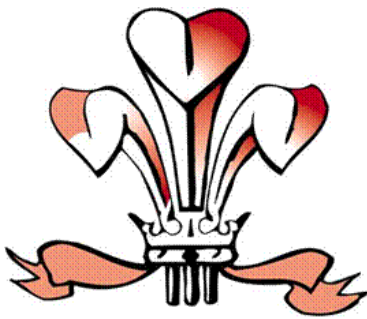
- Warm ups - making them effective and relevant to improve the game
- How do you select - utilising the performance standards?
- Defending in the Circle
- Space Awareness / Reading / Timing

All coaches working from participation through to elite performers - welcome!

For further information please see the Coaching pages at www.welshnetball.com or alternatively contact Welsh Netball, 02920 237048, email welshnetball@welshnetball.com



sports council wales
cyngor chwaraeon cymru



Welsh Netball
Pêl-Rwyd Cymru

Welsh Netball Association Coaching Conference 2009 Booking Form

Name

Main Sport

Address

.....Postcode.....

Telephone

Email

What age group do you coach?

What level of coaching qualification do you hold?

Do you have any special dietary requirements? (please circle) YES NO

If yes please detail

.....

Do you have any particular requirements in respect of any disability? YES NO

If yes please detail (if you would prefer to discuss confidentially please contact Welsh Netball)

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I would like to attend (please circle): Day 1 Day 2 Both days*

Payment - please enclose a cheque (payable to Welsh Netball Association) for

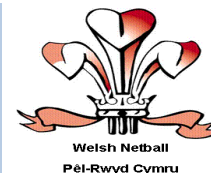
- Netball members - £55 if attending day 1 or day 2 or £80 if attending both days.
- Non Netball members - £65

Invoices cannot be raised by Welsh Netball for payment of conference tickets.

All cheques to be made payable to Welsh Netball Association.

Please post booking forms and cheques to Welsh Netball, 33-35 Cathedral Road, Cardiff, CF11 9HB

Day 1 - All Sports Coaches Welcome



Time	Workshop
9 - 9.15am	Arrive, Registration and Coffee
9.15 - 9.30am	Overview of the Day
9.30 - 10.30am	Workshop 1 Real Life Safeguarding Issues
10.30 - 10.45am	Coffee Break
10.45 - 11.45am	Workshop 2 "Improving core stability and athletes balance"
11.45 - 12.45pm	Workshop 3 "Developing Fast and Reactive Players"
12.45 - 1.30pm	Lunch
1.30 - 1.45pm	After lunch refresher!
1.45 - 3pm	Workshop 4 "Strength and Conditioning for your athletes"
3 - 3.15pm	Coffee Break
3.15 - 4.30pm	Workshop 5 "What type of Leader are you and how do you create an effective team?"
4.30 - 5.30pm	"Real Life Scenarios" - Answered by panel
5.30pm	Close

This year's coaching conference features a line up of expert presenters from diverse areas of sport.

DAY ONE (Saturday 20th June) will be of interest to not just netball coaches but to coaches from all sports working at every stage of an athlete's development! It will provide a fantastic opportunity for networking between sports and will be a great way to share good practice.

Day one has been subsidised by Welsh Netball so that the price to each candidate is just £65 / £55 WNA members.

Included in the price are five workshops, buffet lunch, refreshments throughout the day and coaching resources to take away!

Workshop	Description
"Real Life Safeguarding" Scenarios	Safeguarding children is a vital part of everyone's role within sport. This session will explore some real-life scenarios and make sure you feel equipped to safeguard yourself, your players and those around you. This is a must-attend session and will be 'real' in its application. This session will be led by Helen Murdock, Safeguarding Consultant, Tutor and Lead Officer for the UK School Games.
"Improving Core Stability and athletes balance"	Proprioception and core stability are essential components and play an integral role in minimising injury risk, and maximising athletic performance. This session will take an evidence based focus on the importance of these skills within sport, and draw on exercise methods that can be implemented within individual and group training sessions. This is an exciting and insightful session for coaches driving to improve the physical endurance and stability of their players/performers. The session will be led by Kathryn Edwards (BSc, MCSP, MAACP), senior physiotherapist for the Welsh Netball Tier 1 Squad.
"Developing Fast and Reactive players"	In any sport speed and the ability to re-act quicker than the opposition are vital tools in the art of winning. The session looks at effective ways in which coaches can develop and enhance these two qualities. Using a scientific and practical approach the coach will discover how the body can adapt to become a quicker, smarter, winning machine. This session will be led by Ian Gibbons Strength and Conditioning Coach to Welsh Netball and Saracens Rugby
"Strength and Conditioning for your athletes"	The demand to produce fitter, faster and stronger athletes is a challenge for anyone involved in all sport. The ability to devise safe and effective conditioning programmes requires a complex mix of Science, skill and common sense. This session will explore a series of methods used in professional sport and show coaches how these are implemented into a season long campaign and the challenges faced. Coaches will see how development of the athlete is maintained alongside the need to perform at every opportunity. This session will be led Ian Gibbons.
"What type of leader are you and how do you create an effective team"	What is a leader? What type of leader are you and what impact does it have on your coaching? How can you as a coach create an effective team? This session will explore some practical aspects of leadership and give you the opportunity to realise and develop your own style. This session will be led by Nicky Fuller, Sports Development and Coaching Consultant, UKCC Level 1-3 tutor and assessor.

Day 2 - Netball Specific Coaches Welcome

DAY TWO of the conference is aimed specifically at Netball Coaches and the workshops are ideal for any coach working at any stage of an athlete's development! Workshop delivery will include sessions by the Wales National Coach.

The aim of Netball specific day is to give you up to date ideas on drills, coaching points and principles of play whilst answering any questions you may have! Presenters are Tier Coaches and Senior Squad Players.

The cost of attending the day is at the subsidised rate of £55, however we encourage everyone to also attend DAY ONE of the conference. Attendance at both days costs the discounted rate of £80.

Included in the price are 5 workshops (day 1), 4 workshops (day 2), lunch, refreshments throughout the day and **new netball coaching** resources to take away!

Time	Workshop	
9 - 9.15am	Arrive, Registration and Coffee	
9.15 - 9.30am	Welsh Netball - Where are we and where are we going?	
9.40 - 10.45am	Workshop 6 Warm ups - making them effective and relevant to improve the game	
10.45 - 11.15am	Refreshment break	
11.15 - 12.30pm	Workshop 7 "How do you select - utilising the performance standards?"	
12.30 - 1.15pm	Lunch	
1.15 - 2.45pm	Workshop 8 Defending in the Circle	Workshop 9 Space Awareness / Reading / Timing
2.45 - 3.00pm	Refreshment Break	
3.00 - 4.30pm	Workshop 9 Space Awareness / Reading / Timing	Workshop 8 Defending in the Circle
4.30 - 5.00pm	Question and Answer Session	
5pm	Close	

Workshop title	Description
"Warm ups - making them effective and relevant to improve the game"	Warm ups are crucial to the game but how do you make them effective, interesting and challenging for your players? This session will explore warm ups in a variety of ways. This session will be led by Mel Tuckwell, 2009 Open Squad Coach and U21 Head Coach for the 2009 World Youth Championships.
"How do you select - utilising the performance standards?"	Do you know what Performance standards are? Can you rank players against different facets of the game? Have you wondered how players get selected by National Coaches? This theory and practical session will help you understand how the National Coaches utilise these standards in selection for squads? This session will be led by Mel Tuckwell.
"Defending in the Circle"	Do you get frustrated that the opposition shooters get the ball easily? This workshop will cover the important aspects of circle defence players working as a unit on a man to man defence, split circle defence and crucially the defence of the shot and rebounding. This session will be led by Sara Hale, Welsh Netball Academy Coach and Welsh Open Squad / Celtic Dragons player.
"Space Awareness / Reading / Timing"	Does your team look crowded on court? Well this workshop will deliver the key components required to create space, timing and reading of play. The key skills covered will include vision, balance, patience, leads, options and decision making. This session will be led by Laura Williams, U17 Welsh Coach for 2008-09 and Assistant Coach for the 2009 World Youth Championships.



HOW TO BOOK

1. Complete the attached booking form.
2. Arrange payment - cheques (payable to Welsh Netball Association) or cash.
3. Place in an envelope and post to Welsh Netball as soon as possible (please do not post cash).

