



# Spotswood Football Netball Club

## ‘Junior Coaching Charter’

Revision	Issue Date	Description	Originator	Checker	Approver
A	04/06/2024	Issued for Use	M. Wityk	M. Bosanko	A. Given

## Mission Statement

At Spotswood Football Netball Club, our mission is to foster a love for the game in every player. If every player wants to come back to every training session and play every game while improving, we as coaches have achieved our goal.

## Purpose

The Spotswood Football Netball Club Junior Coaching Charter serves as a guiding philosophy for all junior coaches within the club. It outlines our commitment to player development, team success, and fostering a positive and inclusive environment.

## Principals

**Player-Centered Approach:** We prioritize the individual needs and development of each player, ensuring equal opportunities and support for all.

**Skill Enhancement:** We are committed to enhancing players' skills through regular structured training sessions and drills.

*Football: handballing, kicking, marking, tackling, protection, gameplay and decision-making*

*Netball: ball skills, movement skills, attacking skills, shooting skills, defending skills, and strategy*

**Team Unity:** We believe in building cohesive teams through effective communication, mutual respect, and collective effort on and off the field.

**Inclusive Environment:** We embrace diversity and inclusion, welcoming players of all backgrounds, abilities, and skill levels to participate and thrive within our club.

**Continuous Improvement:** We are dedicated to ongoing learning and self-improvement as coaches, attending training sessions, maintaining coaching accreditation, and seeking opportunities for professional development.

## Coach Responsibilities

As a junior coach at Spotswood Football Netball Club, I pledge to:

- Maintain appropriate coaching accreditation and adhere to all club policies.
- Attend training sessions to improve my coaching skills and knowledge.
- Foster a positive and supportive team culture, serving as a role model and mentor to players.
- Embrace and empower players regardless of their skill level, providing equal opportunities for development and growth.
- Implement the principles outlined in the Junior Coaching Charter and work collaboratively with fellow coaches to achieve our shared goals.
- Support and guide players in need, demonstrating empathy, understanding, and patience always.

- Act in accordance with the Spotswood Football Netball Club values, policies, and procedures.
- Contribute to the ongoing development of the Spotswood Football Netball Club Junior Coaching Manual

## Conclusion

By embracing the principles outlined in the Spotswood Football Netball Club Junior Coaching Charter, we aim to create a supportive and inclusive environment where players can develop their skills, build lifelong friendships, and experience the joys of playing sport. Together, as coaches, we will strive to make a positive impact on the lives of our players and contribute to the success and growth of our club and community.

## Annex A

Reserved

## Annex B

### 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 & 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 rule's 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 behaviors 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/>

	FOUNDATION NETSETGO	DEVELOPMENT 11-13 YEARS	INTERMEDIATE 14-15 YEARS	ADVANCED 16-17 YEARS	ELITE 17 YEARS & OVER
Movement Skills	<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 • Sidestep</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 – Speed of footwork – Recovery footwork</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>
Ball Skills	<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>
Attacking Skills	<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 GO (9-10 Years) Two leads</li> </ul>	<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 defense</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 defense strategy and off-line</li> </ul>
Defending Skills & Strategies	<p>NET (5-6 Years)</p> <ul style="list-style-type: none"> <li>Shadow movement</li> <li>Shadow defense</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>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>3 PHASES OF DEFENSE</p>	<ul style="list-style-type: none"> <li>One on one <ul style="list-style-type: none"> <li>defending from behind</li> </ul> </li> <li>Extend 3 phases of defense with focus on dictating or denying the space</li> <li>Double defense</li> <li>Defense of the shot – inside hang, double jump by one defender</li> </ul>	<ul style="list-style-type: none"> <li>Extend one on one defense 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> </ul>	<ul style="list-style-type: none"> <li>Defense on and off the circle (WD/C)</li> <li>Relationship of defensive unit - relevant roles</li> <li>Area Defense <ul style="list-style-type: none"> <li>including box, diamond and triangle</li> </ul> </li> <li>Off-line (off the line of the ball)</li> <li>Defense of the shot:</li> </ul>

	<ul style="list-style-type: none"> <li>• Recovery to 0.9 meter (three feet)</li> <li>• Defense of shot (lean)</li> </ul>	<ol style="list-style-type: none"> <li>1. First ball pressure to a contest</li> <li>2. Application of interception</li> <li>3. 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>• Defense of the shot (two hands, jump) and deny space to contest a rebound</li> </ul>	<ul style="list-style-type: none"> <li>• Strategies for rebounding</li> </ul>	<ul style="list-style-type: none"> <li>• Back and up using 2-foot takeoff to intercept</li> <li>• Split circle</li> <li>• Work together <ul style="list-style-type: none"> <li>– in/out of circle</li> </ul> </li> <li>• Positional choice for defense of shot</li> </ul>	<ul style="list-style-type: none"> <li>– against the shuffle shot</li> </ul>
Shooting Skills & Strategies	<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 <ul style="list-style-type: none"> <li>– correct and accurate</li> </ul> </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> <li>– from a holding and moving shooting circle including with a tall shooter</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Shooting Technique <ul style="list-style-type: none"> <li>– variation on timing and release</li> </ul> </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 <ul style="list-style-type: none"> <li>– jump, shuffle, fake, falling out of court and layup shot</li> </ul> </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>
Strategies	<p>SET (7-8 Years)</p> <ul style="list-style-type: none"> <li>• Basic center pass attack options</li> <li>• WA/GA sides &amp; swap</li> <li>• Basic center pass defense 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 defense 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 defense 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 defense options: <ul style="list-style-type: none"> <li>– wall</li> <li>– forcing attack wide</li> </ul> </li> <li>• Shooter throw-ins <ul style="list-style-type: none"> <li>– attack and defense strategies</li> </ul> </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>◦ defense strategies</li> </ul> </li> </ul> </li> </ul>