



# Sunshine Coast Netball Association Incorporated

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## SECTION 5 – Part C

### Divisional Coaches Handbook

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November 2017



# THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED 2018 CLUB HANDBOOK

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## Association Information

Congratulations on your appointment as coach of one of your clubs Divisional Netball Teams. Coaching is tough but rewarding job which carries responsibilities. We (SCNA) want to support you in this role and have put together this information to help.

Like many organisations these days, SCNA runs its fixtures with Volunteers that man the desk on Saturdays. They will answer any basic questions and queries you have, if they can, or they will refer you to someone who can.

Coaching is not about winning – it is about teaching and sharing with children your love of netball. Your club should be your sounding board and first port of call for complaints or issues which arise. ALL major complaints MUST go through your club committee.

Any urgent issues requiring immediate attention need to be brought to the office.

## Communication

We regularly send clubs information that they should be passing onto you as coaches. Make sure your club has a system which ensures that you receive info.

Fixtures Information, draws and ladders are available on our website  
[www.sunshinecoast.qld.netball.com.au](http://www.sunshinecoast.qld.netball.com.au)

Check the TV screen at the canteen end of the office for any changes which need to be made in the morning of the fixture. Updated information is posted on our Facebook page – Sunshine Coast Netball.

## Skill Based Competition

Our Divisional competition is for players turning 11yrs up. Teams are graded based on skill, not on age. This means different ages can play together creating a strong competition for all skill levels. This has the benefit of allowing players to achieve different levels at their own pace.

## Umpires

One of the greatest hurdles our umpire program faces is coaches who do not know the rules and are not supportive of umpire development. Coaches MUST teach players to adjust their play to the umpiring conditions as the umpire is the one with the whistle and she controls the game.

Rule books are available at the office and clubs should have a copy to refer to if needed. They are also available online and coaches must be sure they have read them at some stage.

At SCNA we provide an extensive umpire pathway for umpires as young as 12, right through to adults. After the umpire workshop young umpires are allocated to Net Set Go Gold games after full rules have been introduced. As they complete a set quota of games at one level they may advance to the next.

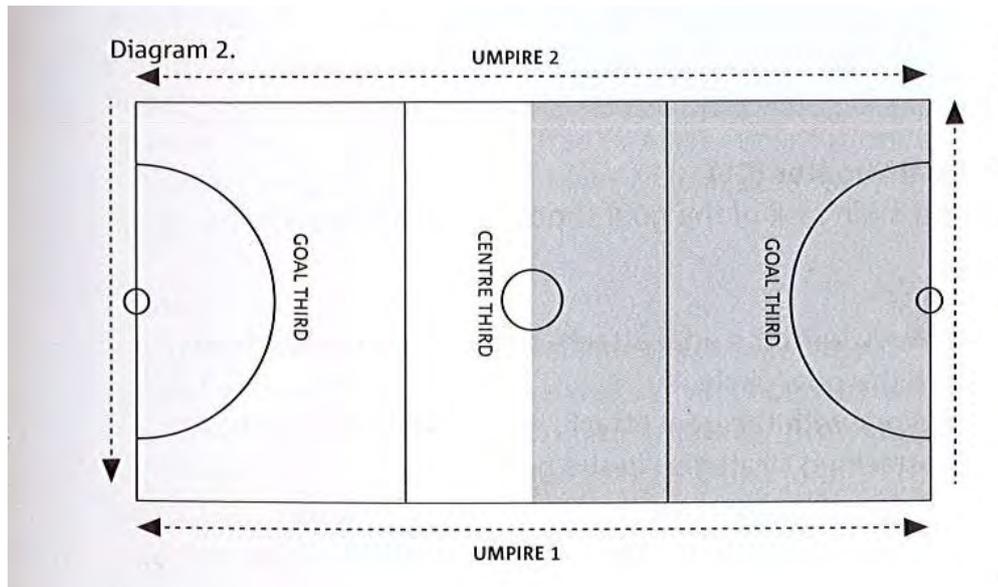
One of our aims is to have mentors for all young umpires so they can learn on the job and as each umpire gains more and more experience they are progressed from lowest to higher divisions.



Coaches can not expect our strongest umpires to umpire our lower divisions though when possible a mixture is ideal.

### In A Nut Shell

Two umpires control a game of netball and each one looks after a particular area of the court. Each umpire controls the court ½ to her right and the goal end in that ½. As well as throw-ins in their ½ and goal end base line the control throw-ins for the whole sideline they are on.



## Under Age Players

The Under and Over age policy was written to keep inline with our skill based competition. This policy allows for the application of an underage (turning 10) player to play in the Divisional competition. On grading day, if you have such a player in your team there are a set of criteria which SCNA graders will look at for this player. Please be aware that if this player does not fulfil these criteria they will not be permitted to continue the season in your team. During grading, when asked, you will need to ensure your underage player is on court when graders come to assess her.

## Grading

As the Day Competition is skill not age based the grading has become a finely tuned process which has a very tight time line to ensure all teams are placed into the correct divisions.

On the first day the top 4 teams in Division 1 are not required and so we begin the day with teams 1.5 to 2.4 all play each other in seven short 10 - 12 min games.

Grading Day 1 looks like:

- ROUND 1 - 1.5 to 2.4, 2.5 to 3.4, 3.5 to 4.4
- ROUND 2 - 4.5 to 5.4, 5.5 to 6.4, 6.5 to 7.4
- ROUND 3 - 7.5 to 8.4, 8.5 to 9.4, 9.5 to 10.4
- ROUND 4 - 10.5 to 11.4, 11.5 to 12.4, 12.5 to 13.4
- ROUND 5 - 13.5 to 14.4, 14.5 to 15.4, 15.5 to 16.4



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Club Coaches on both weeks need to be aware of the following:

- Games **MUST** start on time so coaches need to be organised.
- There is only 3 minutes between games please move quickly to next court.
- All team members must sign the first score sheet only
- Coaches must complete the team information section attached at the bottom of the score sheet for each game. If there is nothing to report please write NIL in this section. Please make note if key players are away or any other information graders may need to know.
- Scoring will be done a little different for **grading only**. There are 2 section on the score sheet for goals and attempts. Please mark scored goals in the goals section and missed goals in the attempts section.

GOALS																						GOALS																					
<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>	<del>5</del>	<del>6</del>	<del>7</del>	<del>8</del>	<del>9</del>	<del>10</del>	11	12	13	14	15	16	17	18	19	20	21	22	<del>1</del>	<del>2</del>	<del>3</del>	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
ATTEMPTS																				ATTEMPTS																							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40				
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60				

- Boards will be in the middle of the court for each game. Please put them back in the middle of the court at the end of each game.
- Bring your score sheet to office after each game.
- Each team will need to supply an umpire rostered by club.
- Clubs need to submit these rosters by Friday lunch the day before each grading.
- Umpires **MUST** sign on at the umpire table for their allocated team and umpire all games for that team in that time slot.
- Only registered umpires will be paid for grading.
- Please ensure umpires are registered online with SCNA before Saturday.

After Day 1 the teams are then relisted in their groups of 8 and the top 4 Division 1 teams are brought back for Day 2 of grading. For day 2, the grading committee select 3 x 20 min games for all teams to play against teams they may not have played the week before.

For both days and all teams the clubs **MUST** supply their own umpire.

## After Grading

Divisions will be announced as soon after grading as possible. As coaches you will need to carefully assess your team in the first 2-3 weeks and report to your club any problems with the graded position. Competition begins usually after Easter Holidays and in the first 3 weeks clubs have a chance to assess their teams and complete a regrading request form if they feel any team is in the wrong division. Teams will be reviewed during week 4 and clubs will be notified of changes prior to fixture 5.



## Coaching

As a coach you should keep these things in mind.

- Early sports specialisation is not recommended for young children the social aspects of sport are highly valued by children.
- Coaches should focus on skill development and individual improvement, rather than winning as the outcome.
- All children deserve time and attention, not just the most talented.

## Coaches Need To Be Organised

Provide your team (including parents) with as much information as you can about the season. Your plans on learning, what you hope to achieve, your expectations.

Consider health and safety of players at all times. **NO EARRINGS OR OTHER JEWELRY IS TO BE WORN (If players are intending to get ears pierced encourage them to wait until after netball season).** Review healthy eating behaviours and sun safety.

Arrive early for games and training and make sure your team arrive at least 20 mins before the game in time for a warm up. Have a backup person such as a reliable manager to look after your team if your late or in an emergency.

Keep a folder with Contact information for parents and players, injury reports and notes of issues and injuries. Keep a copy of policies and other club and Assn information. Know the game rules as well as good sportsmanship. Learn and teach codes of behaviour for players, coaches, umpires, spectators AND parents.

Maintain attendance records, court time and position records be fair and teach all positions. This book contains court time allocation templates for you to use. Ensure you keep personal information confidential.

Equipment should be maintained in good condition. Have pumped up balls, size 4, there is a pump available in corridor near office. Make sure you have bibs including, a spare sets if teams from same club are playing each other. Have a small first aid kit for training and small issues sideline. Training equipment could include things such as cones, skipping ropes, extra balls be sure to ask clubs to get equipment you need.

## Training Session

Be sure to plan for any equipment you will need. Make sure each activity has a purpose and you demonstrate and highlight key points. Allow players time for repetition and include time to practice in a game situation. Observe players carefully from a good vantage point and provide positive feedback being supportive and concise.





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Consider if the activity:

- Involves all participants most of the time.
- Is motivating and fun.
- Is safe.
- Is relatively easy to organise.
- Has a logical flow from the previous activity.
- Select age Appropriate activities.
- Selecting basic techniques, skills and tactics for beginner participants to learn.
- Breaking techniques and skills into parts and providing key coaching/safety points.
- Allowing adequate time for practice and observing participants performance.
- Progressing the activity in a sequential manner.
- Ensuring that the session provides variety.
- Whenever possible the coaches should also reinforce the ball handling, movement/footwork and attacking skills previously covered. For example; one on one shadowing against an attacking player dodging to receive a pass (reinforce ball handling skills, footwork and landing, dodging).

### Have A Plan

This resource available from your club outlines 10 weeks of detailed training plans for the younger age groups.

Training plans should be carefully thought out and include:

- Warm-up/stretches. (Coaching resources book has great section)
- Skill activities.
- Skills sessions in the form of games and activities are best in the early weeks progressing to some simple drills.
- Some netball game play including some rules each week.
- Cool down.
- Review of skills learned, rules learned and preview the game for the following week.
- There are a number of different templates which you can use to organize your training plan ask your club for ideas.
- The Set Session Plans booklet outlines full training plans for 10 weeks of netball in great detail. These plans can offer a guideline for older teams and could be used by all lower Divisional Teams. These are available from your club, also included in this document is a template for planning.



## Resources

Coaching Resources is available from your club and has large range of different sections based on booklets about Catching, Jumping, Running, Throwing and Balance. It includes Minor games to play for warm ups and skill development including dance ideas as well as stretching. Coaching points is invaluable for coaches. It details teaching points for many aspects of skill development, helps identify errors kids make and how to correct them.

Your club also has links to other various resources which NQ sent out which ALL coaches can be using.



## Game Day

Game day can be exciting for many but can make others nervous, if you are calm and organised they will be too. For new coaches game day can be very busy, try to have another adult help you.

- Arrive early
- Have a meeting place and time.
- Allocate someone to collect score board from the office (except for grading) and check for court changes.
- Check jewelry
- Ensure players are warmed up.
- Ensure you have a scorer if needed.
- Green and Gold should have and umpire from your club.
- Be ready to move to your court, at the completion of the previous game.

## Game Day Policies

Coaches, players and parents often need to be aware of a number of policies which govern conduct and procedures at SCNA fixtures.

Review these and ensure you are familiar with them before the first week.

## Score Sheets Divisional

- One person from each team is required to score together in the scorers box
- Only scores recorded on the official score sheet will be accepted by the Registrar/Recorder. In the event scores do not agree on the score they must both report to the office after the game.
- All details of the game including players names and signatures, umpires and

Team: 2017 FIREBALLS														Team: 2017 COASTERS 16															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	2	3	4	5	6	7	8	9	10	11	12	13	14		
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
Total 7														Total 1															

Captain's Signature: *[Signature]*      Captain's Signature: *[Signature]*  
 Scorer: *Sally Blawie*      Scorer: *[Signature]*  
 Umpire/Team Name: *SUE LESDALE*      Umpire/Team Name: *SUE*



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scores as well as any required points MUST be completed correctly and in full.

- It is up to you to ensure that score sheets are correctly completed.
- Failure to complete any part of the score sheet correctly shall incur a penalty for the team of either loss of competition points for that game, no goals recorded for the infringing team and/or fine of up to \$50.
- Players must sign in the same fashion each week using a 2 Part signature- evidence of first and second names.
- NO STARS, HEARTS, FLOWERS, HAPPY FACES ETC
- If someone is not at the game leave their name blank

Team Name: 2017 FIREBALLS

Player Name	Signature	Tick
wilkinson, abbey	A.W.	✓
O'Keefe, Ainsley	Ainsley	✓
POLLOCK, Samantha	Sam	✓
WOODS, Ambien	Woods ☺	✓
HART, Cath	Away	✗
NOBLE, Jayde	Sick	✗
<del>JENKINS, Meesha</del>		✗
MCKENZIE, Jodie	♥ Jodie ♥	✓
BARRETT, Rebecca	Bec	✓
Walsh, Emily	Em W	✓

Team Name: 2017 COASTERS 16

Player Name	Signature	Tick
ATKINS, Piper	Piper A	1.00
SAVAGE, Evie	E Savage	
NORBURY, Emma	Emma Norbury	
MARTYN, Ebony	EMartyn	
YOUNG, Emma	Emma Young	2.00
MISSEN, Grace	Grace M.	
BYRNE, Kayleigh		
LOWRIE, Matilda		
McCLURE, Lily	L McClure	

- Random signature checks are conducted and teams found abusing the system may be penalised.
- Signatures for finals games will be checked by the office prior to taking the court.
- Don't let players complete borrowed players section.

## SCNA Score Sheets – Borrowed players

Borrowed player section on the score sheet is one that causes a great deal of problems, please make sure this is completed correctly and by an Adult. The SOP below details who can be borrowed in NSG, by who and how many times. Please be sure to keep track of this and that the player being used is capable.

### If you borrow a player from another team you must:

- Write their first and last name
- They must sign (except NSG)
- You must write team they are from
- Clubs must keep track of these players

Borrowed Players					
Name	Signature / Tick	Team & Grade	Name	Signature / Tick	Team & Grade
Emily Smith	ESmith	SANTS BLUE D.W 4	Emily	<del>Smith</del>	BIVE
			Dutton Smith	<del>Smith</del>	4

## Borrowing Day Competition (Divisional)

- A borrowed player must be a registered player of the competition into which they are borrowed and must play in a higher division as outlined below.
- A team must have 5 of their registered players before borrowing to commence the game.
- A team may only have a maximum of 2 borrowed players on the court at any given time.
- A player from a lower division only may be used as a borrowed player.
- A team may only borrow a player registered in the day competition.
- A player must not fill in for a team in the same division.
- Inter-club borrowing is only permitted in the Day Divisional Competition in exceptional circumstances and with the permission of the Registrar.
- All details of the borrowed player must be provided on the score sheet in the “Borrowed Player Section”. Failure to complete all details will result in penalties. (refer to Score Sheets)
- A borrowed player may only play three (3) games in any team in a higher division. On the fourth (4th) occasion and subsequent occasions the club/team shall incur a \$50 fine for the team.

## Photography

SCNA have a Photo Policy (*See Policy Section 4*) It details how parents must seek permission on both coaches in the game and ask if it is ok to take photos. All parents have accepted or not, the photo policy and if there is one parent who has not then photos may not be taken that day.

## First Aid

SCNA and Sunshine Coast Council strive to provide a safe and suitable playing environment for players at all times, however injuries and accidents do occur. To that end, SCNA use part of the game fees to provide qualified first aid personnel for fixture games.



- Use of first aid personnel is at the discretion of the parents, coaches and players.
- No medical services will be available from the office or other officials unless at the direction of the first aid personnel. eg: no ice, band aids, panadol.
- Orange Flags are available in each scoring box during Saturday Fixtures to attract the attention of the first aid officer should her attention be required courtside.
- Court side attention should only be signalled in the event a player can not or should not be moved. eg: head, knee, ankle injuries or serious medical emergencies.
- In the event of scrapes and grazes, most of these could be / should be managed, in the short term, by the coach /primary carer of the team. If this is unavailable the player should be taken to the first aid officer located next to the club room office.

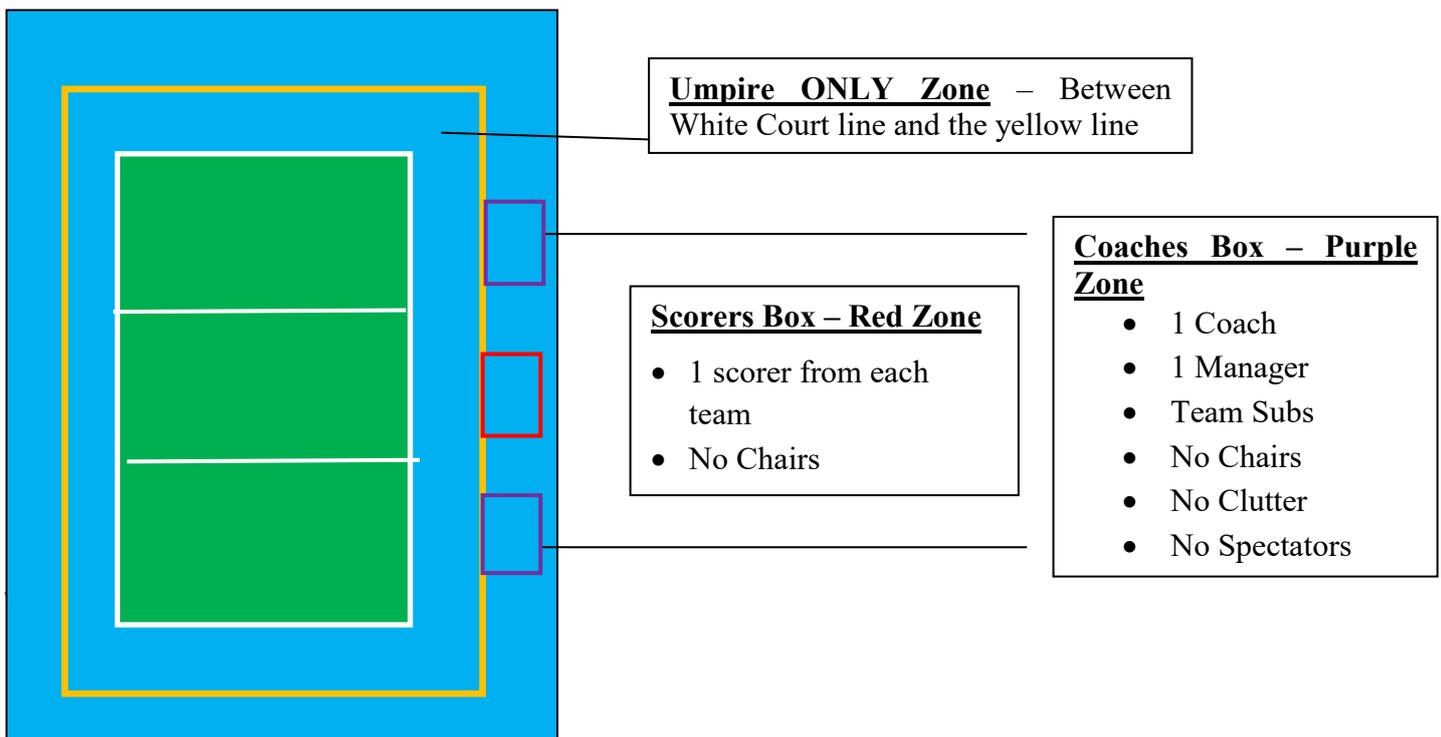


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- In the event of jarred fingers and other minor injuries that require more than a coach or primary carer can provide courtside, the player should be taken to the first aid personnel for assessment.
- In any and all cases where the first aid personnel has made a referral to another professional service, an SCNA Injury Report (*Form 17*) should be completed.
- An SCNA Injury Report (Form 17) could also be completed at the request of parents/carers and/or coach/club official.
- An SCNA Injury Report (Form 17) should also be completed in the event of injuries during training and be sent to the SCNA office.
- An SCNA Injury Report (Form 17) is required for NQ insurance claims.

## Sideline Policy

Coaches need to be aware of this policy and are responsible for the players and parents of their team. For a number of safety reasons, SCNA have a sideline policy to protect all members and visitors.



- SPECTATORS**
- MUST NOT BE ON SAME SIDELINE AS COACHES BOX OR SCORERS
  - MUST NOT BE ON GREEN COURT SURFACES.
  - MUST BE ON GRASS OR GREY OR BLUE CONCRETE AREA ONLY.
  - NO BIKES OR SCOOTERS ON COURTS OR



## Wet Weather

- Our courts are designed as all weather courts and treated each year for algae.
- We do not cancel fixtures at the first sign of rain.
- When we do cancel fixtures a message will go up on facebook and the website and on the answering machine.

DON'T CALL AND ASK IS IT STILL ON

## Complaints Policy

SCNA Complaints Policy is designed to ensure the safety of all who attend our netball events. There are different levels acting as a communication tool as well as providing information as to who to see when issues arise.

LEVEL 1 – Questions Queries Comments

LEVEL 2 - Concerns

Report to office immediately if URGENT INTERVENTION IS REQUIRED.

LEVEL 3 - Complaint

If any member of the Association has a complaint regarding behaviour of an unacceptable nature of players, spectators or officials, your first point of call is your club coordinator

LEVEL 4 - Formal Letter Of Complaint

A formal letter of complaint may be filed against a team for breaches of the code of conduct or other SOP breaches. This must be submitted from the Club Committee within a week of the incident.

LEVEL 5 - Set Penalties Form Is Completed By Club

## Finals

Finals are held over 3 weeks at the end of the season. An extra week is also allocated to account for any rained out finals. Rained out fixture games are not replayed. Finals games are structured a little differently to fixtures.

The top four teams from each division at the end of the last week of competition will play off for trophies as below.

Semi Final	Game 1	1 versus 2
	Game 2	3 versus 4
Preliminary Final	Game 3	Loser of Game 1 v winner Game 2
Grand Final	Game 4	Winner of Game 3 versus winner game 1.

## Player Eligibility

To be eligible to play in Finals games each player MUST have played at least 5 games with that team. Teams are not permitted to borrow players for any Finals games except at the discretion of the registrar. Written permission MUST be submitted a minimum of 3 days prior to the game.



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### Score Sheets

Score Sheets can only be collected after all players for each Finals game have signed on in front of witnesses and signatures are checked. Score Sheets will be available for signature at least 40 mins before scheduled game time. Please be on time as the **whole team must present together**.

ALL SIGNATURES MUST BE FINALISED 15 MINS PRIOR TO THE SCHEDULED GAME START TIME. Late players must report to the office prior to taking the court.

### Scorer/Timekeeper

Each team **must** provide a Scorer or Timekeeper and a back up who must attend a scorers meeting in the office approx. 30 mins before scheduled game time on Semi Final day for complete instructions. Unless otherwise stated scorers who have attended a meeting in the past two years need to notify the office before their game that they need not attend. Chairs will be provided court side for them to jointly carry out their roles. If possible try to use a scorer not associated with the finals team.

### Stoppages During Finals Games

*Due to Central Timing by SCNA*

#### A - Injury and Illness/Blood Policy

- Play may be stopped for injury or illness after a call for time by an on court player. The decision to stop play and when to stop play shall be at the discretion of the Umpire.
- To stop play the Umpire shall blow the whistle and signal to the Timekeeper to hold time.
- All stoppages for each team is 30 seconds only. The injury or illness must be treated Courtside and not on the Court. This time is also recorded on the Finals Extra Time Tally Sheet. The injured or ill player may be substituted or the position left vacant.
- During a stoppage for injury or illness both teams may make substitutions and/or team changes if desired within the 30 seconds. However, in this case the injured or ill player for whom play has been stopped must be involved in that team's substitutions and/or team changes.
- In the event that this time runs over 30 secs the umpire will determine if more time is required in Emergency category of stoppages.

#### B – Emergencies:

- In extraordinary circumstances, ball on court etc Umpires will determine the length of this stoppage.

### Playing Of Injury Time

On the sound of the Centrally Timed Chime, should injury time have been recorded during the game, play continues, as the extra recorded time must be played. The Timekeeper shall start the watch at the sound of the Chime and at the end of the accumulated time inform the nearest umpire when Time is played. Only, up to a maximum of 5 mins in total will be played at the end of the fourth quarter.

### Drawn Games

In the event of a tied game (after any injury time has been played), scorers are to raise their



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hands to signal a drawn game to the Office. A short break will be given to players, where substitutions and/or team changes are permitted. Instruction when to commence play will be given by the office using central timing.

Extra time of two halves of 5 minutes each shall be played. This time shall be managed for teams from the Office. Teams change ends in the one minute break at half time (after the first 5 mins). Substitutions and/or team changes are permitted. The Centre Pass is taken by the team entitled to the next Centre Pass following the Chime.

In the event of injury/illness/blood/emergency during extra time for a drawn game, times are recorded on the other side of the Finals Extra Time Tally Sheet. The total injury time of the extra time up to 2 mins only shall be added to the end of the second 5 minute period.

In the event of a tie remaining at the end of this time play shall continue until one team has a two (2) goal advantage.

### Timings

The time allocated for Finals games is not the same as fixtures. 1 ½ hours is required for each round. Exact times for each division will be advertised as soon as this has been determined.

### Presentations

SCNA run presentation sessions at the end of every season.

Net Set Go (NSG) Blue participants are all presented with tokens of participation after their last session of the program followed by a small celebration party.

Presentations for NSG players in Green, Gold and White are made in week 14 by the Association. Participation awards are presented to each player and a small party is held for each group after their game.



Divisional presentations are made at the end of each finals round on grand final day. All teams are asked to remain at the end of their games for these presentations. Awards are presented to winners and runners up in each division.

### Lin Corbett Best And Fairest Award

- This award has been designed to recognise individual players in the day competition who demonstrate positive behaviour during their games each week. Points will be awarded each week to players who can demonstrate that they can play well AND maintain good sportsmanship.
- UMPIRES are required to vote for two players across the court who they deem to be the **Best AND Fairest** for that game.
- This is an all inclusive phrase.
- There is a voting section (tick) on the score sheet for this purpose, each voter shall initial their vote.
- Coaches may be asked for names of players but in no way may influence the umpires decisions
- At the conclusion of the game umpires jointly decide on the points to be awarded. They will issue 2 points and 1 point using the criteria below.



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- Fairest and Best each week should reflect, wherever possible, that during the game the player has demonstrated:
- Excellent skills consistently during the match
- An appropriate attitude and positive sportsmanship for their team mates and the opposition.
- Helped other players, encouraged and supported players actions
- Spoke to players with respect,
- Demonstrated respect for officials and rules of the game.
- A high level of team work
- Players who should not receive points include:
- Players warned or sent from the court for any reason and players found guilty and charged under the set penalties during the season are deemed ineligible to win the award. This player is still eligible to receive votes.
- Borrowed players.
- Players who have not signed the board.



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ANNEX 3

Team Name \_\_\_\_\_ Date \_\_\_\_\_

Equipment	Modified Game – Key focus area (10 Mins)
Physical Warm Up (5 Mins)	Concluding activity (5 Mins)
Skill Warm Up (5 Mins)	Stretch
Skill Development (30 Mins ) Drill 1  Drill 2  Drill 3	Evaluation

## PLAYING POSITIONS

### GOAL KEEPER (GK)

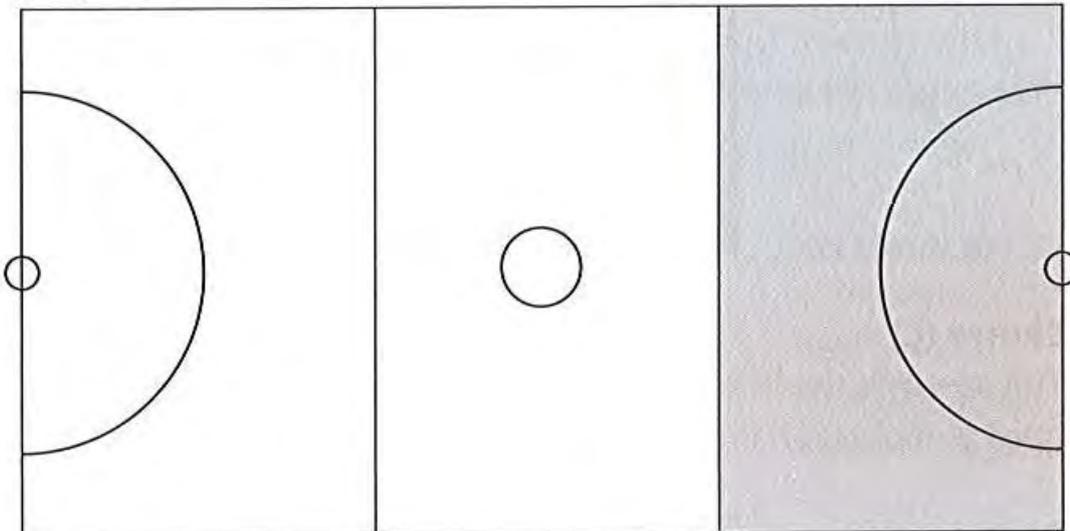
The main task of the GK is to defend the goal third to prevent the ball from making it to the goal circle and to stop a goal from being scored. Their opponent is the GS.

Tasks include:

- Close “one on one” defence.
- Work closely with the GD in the goal circle.
- Defend the shot for goal.
- Rebound missed goals and outlet the pass down the court.
- Take throw ins from goal line and sideline.
- Make attacking move to take the ball down to the transverse line.
- Take free pass/penalty pass in goal third.

The diagram shows the designated area for the goal keeper

Diagram 3.



### GOAL DEFENCE (GD)

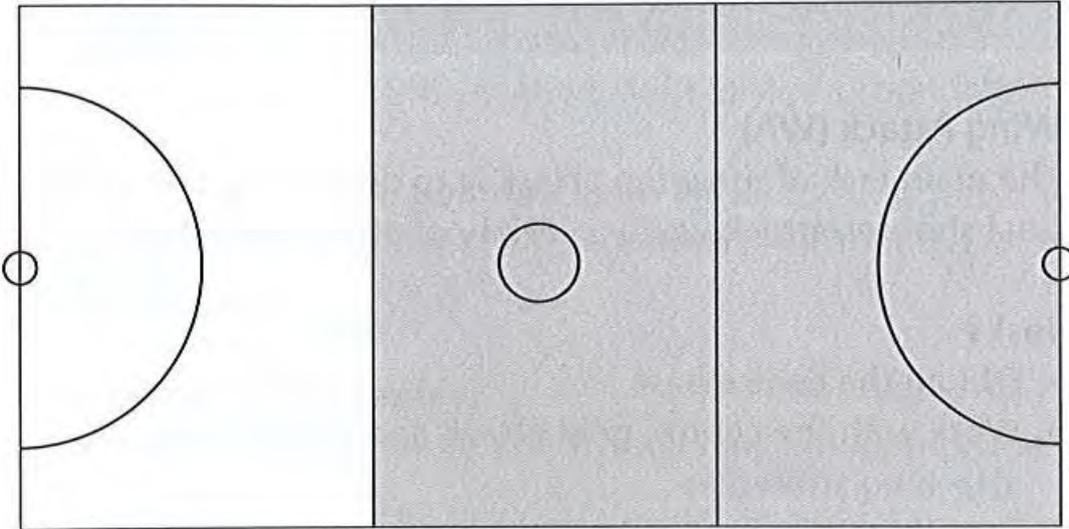
The main task of the GD is to defend the attacking moves of their opponent, the GA, to prevent a goal from being scored.

Tasks include:

- Close “one on one” defence.
- Work closely with the GK in the goal circle.
- Defend the shot for goal.
- Rebound missed goals and pass the ball down the court.
- Take throw ins from goal line and sideline.
- Make attacking move to take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the center third.

The diagram shows the designated area for the goal defence

Diagram 4.



### **WING DEFENCE (WD)**

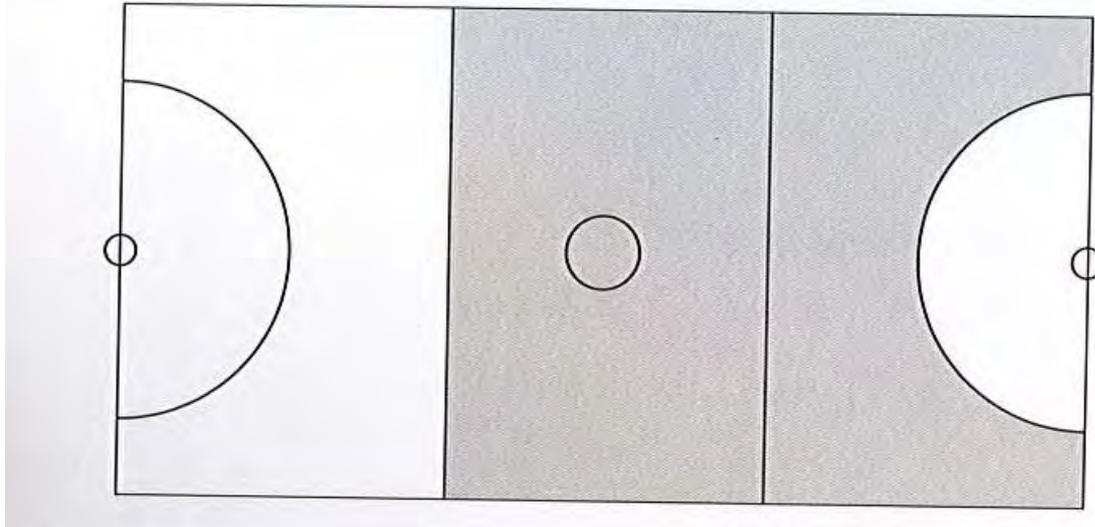
The main task of the WD is to defend the attacking moves of their opponent, the WA, at the center pass, around the goal circle and throughout the center and goal thirds.

Tasks include:

- Close “one on one” defence of the wing attack.
- Force errors, close off spaces and intercept passes.
- Make attacking move to take the ball down to the team’s goal third.
- Take throw ins/free pass/penalty pass in the center third.

The diagram shows the designated area for the wing defence

Diagram 5.



## CENTER (C)

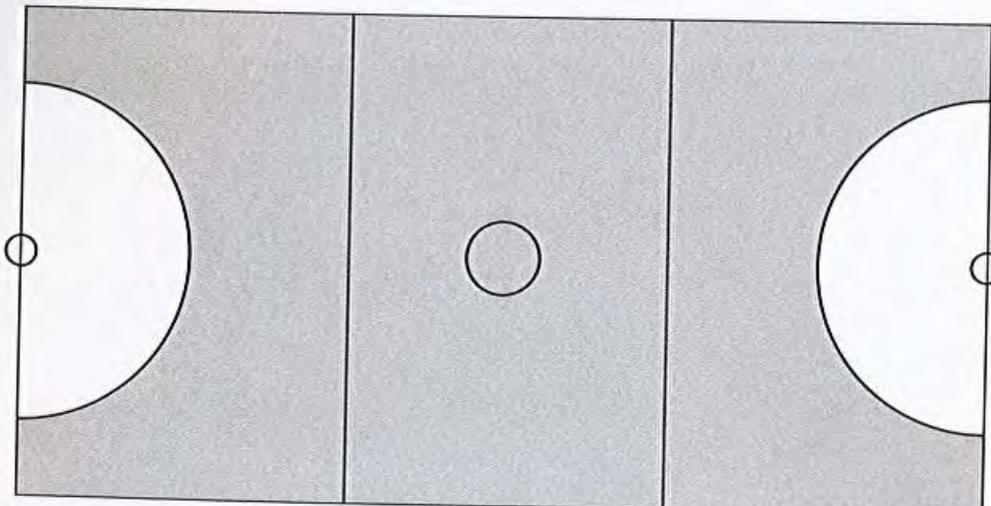
The center is the link player from the defence third to the goal third and plays an important role in both attack and defence.

Tasks include:

- Deliver the center pass.
- Closely defend opposition center player
- Make strong attacking moves, combining with the WA to deliver the ball to the shooters.
- Take throw ins/free pass/penalty pass in the goal third.

The diagram shows the designated area for the centre

Diagram 6.



## WING ATTACK (WA)

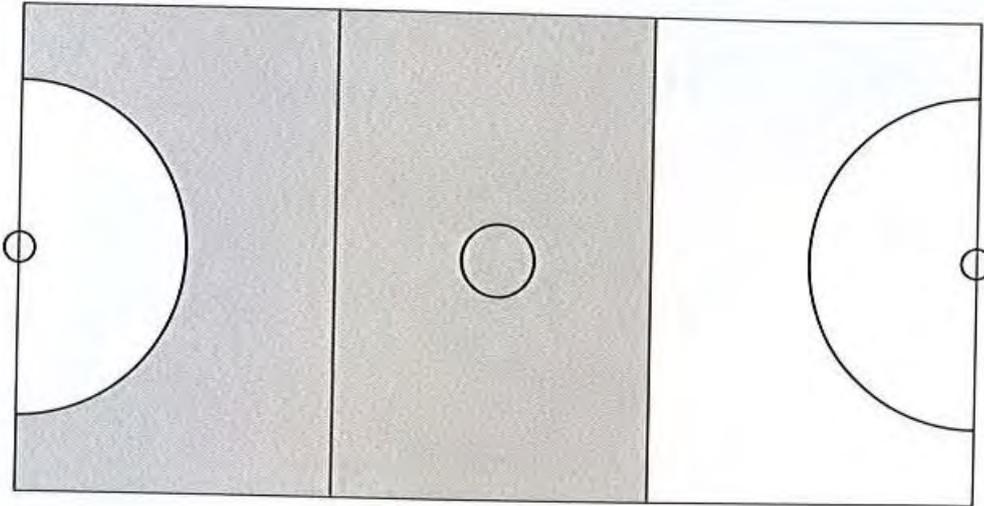
The main task of the WA is to deliver the ball to the GS/GA using a variety of moves.

Tasks include:

- Obtain the center pass.
- Work with the C, GA and GS on attacking strategies.
- Feed the circle
- Closely defend the WD.
- Take throw ins/free pass/penalty pass in the goal third.

The diagram shows the designated area for the wing attack

Diagram 7.



## GOAL ATTACK (GA)

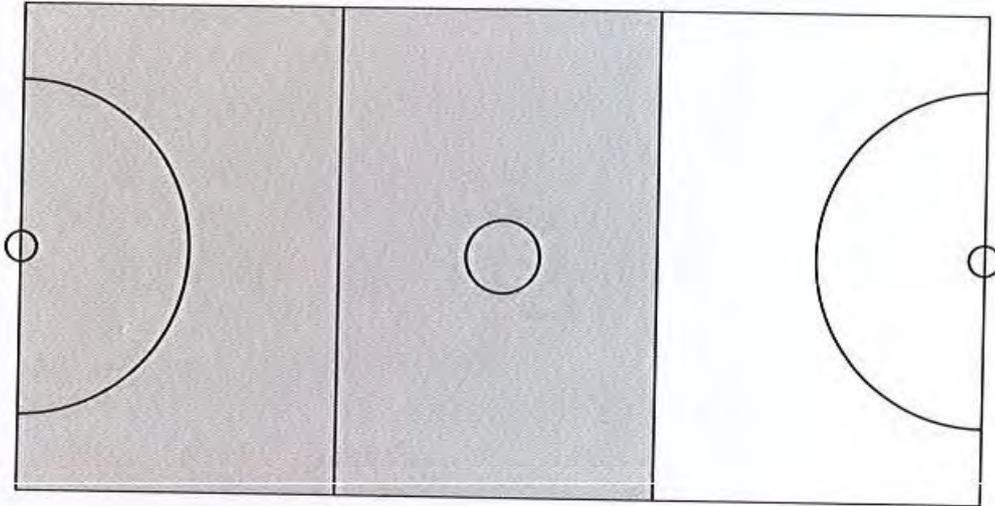
The GA shared the goal shooting responsibilities with the GS.

Tasks include:

- Combine with GS to offer a variety of leads in the goal circle.
- Work with the C, and WA to bring the ball through the center third and goal third into the circle.
- Rebound missed shots
- Closely defend the GD.

The diagram shows the designated area for the goal attack

Diagram 8.



### GOAL SHOOTER (GS)

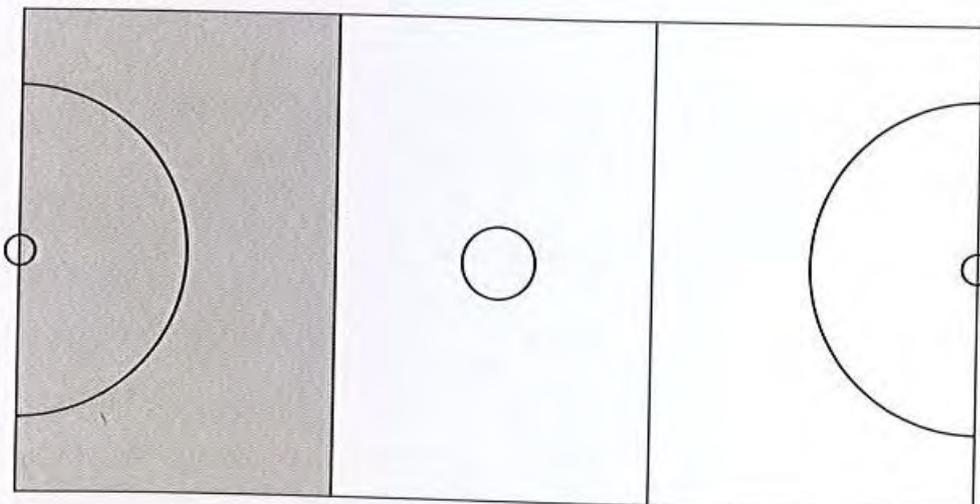
The main task of the GS is to shoot goals.

Tasks include:

- Work with GA to create a variety of leads in the goal circle.
- Work with the C, GA and WA on attacking strategies in the goal third.
- Rebound missed shots
- Closely defend the GK.

The diagram shows the designated area for the goal shooter

Diagram 9.



## CODES OF BEHAVIOUR



## THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED 2018 CLUB HANDBOOK

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### ATTACHMENT A1: GENERAL CODE OF BEHAVIOUR

As a person required to comply with this Policy, you must meet the following requirements with regard to your conduct during any activity held or sanctioned by **Sunshine Coast Netball Association** and persons identified in the Member Protection Policy Clause 3.

1. Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations.
2. Be ethical, fair, considerate and honest in all dealings with others.
3. Make a commitment to providing quality service.
4. Operate within the rules and spirit of the sport including national and state guidelines, constitution and policies which govern **Sunshine Coast Netball Association** and persons identified in the Member Protection Policy Clause 3.
5. Do not use your involvement with netball to promote your own beliefs, behaviours or practices where these are inconsistent with those of **Sunshine Coast Netball Association** and persons identified in the Member Protection Policy Clause 3.
6. Demonstrate a high degree of individual responsibility especially when dealing with persons less than 18 years of age, as your words and actions are an example.
7. Always place the safety and welfare of children above other considerations.
8. Avoid unaccompanied and unobserved activities with persons less than 18 years of age, wherever possible.
9. Comply with all relevant Australian laws (Federal and State), particularly anti-discrimination and child protection laws
10. Refrain from any behaviour that may bring **Sunshine Coast Netball Association** and persons identified in the Member Protection Policy Clause 3 into disrepute.
11. Provide a safe environment for the conduct of the activity.
12. Show concern and caution towards others who may be sick or injured.
13. Be a positive role model.
14. Be responsible and accountable for your conduct.
15. Abide by the relevant **Sunshine Coast Netball Association** role-specific codes of behaviour and understand the repercussions if you breach, or are aware of any breaches of this Code of Behaviour.

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### ATTACHMENT A3: COACH CODE OF BEHAVIOUR



## THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED 2018 CLUB HANDBOOK

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In addition to ***Sunshine Coast Netball Association's*** General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of ***Sunshine Coast Netball Association*** and persons identified in the Member Protection Policy Clause 3 in your role as a Coach.

1. Operate within the rules and spirit of netball, promoting fair play over winning at any cost.
2. Encourage and support opportunities for people to learn appropriate behaviour and skills.
3. Support opportunities for participation in all aspects of the sport.
4. Treat each person as an individual.
5. Display control and courtesy to all involved with the sport
6. Respect the rights and worth of every person regardless of their gender, ability, cultural background or religion.
7. Respect the decisions of umpires, officials, coaches and administrators in the conduct of the sport.
8. Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance will exist) with people less than the age of 18 years.
9. Adopt appropriate and responsible behaviour in all interactions.
10. Adopt responsible behaviour in relation to alcohol and other drugs.
11. Act with integrity and objectivity, and accept responsibility for your decisions and actions.
12. Ensure your decisions and actions contribute to a safe environment.
13. Ensure your decisions and actions contribute to a harassment free environment.
14. Do not tolerate harmful or abusive behaviour.
15. Place the safety and welfare of the athletes above all else.
16. Help each person (athlete, umpire etc) reach their potential - respect the talent, developmental stage and goals of each person and compliment and encourage with positive and supportive feedback.
17. Any physical contact with a person should be appropriate to the situation and necessary for the person's skill development.
18. Be honest and do not allow your qualifications to be misrepresented.



## THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED 2018 CLUB HANDBOOK

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### ATTACHMENT A4: JUNIOR PLAYER CODE OF BEHAVIOUR

In addition to **Sunshine Coast Netball Association's** General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of **Sunshine Coast Netball Association** and persons identified in the Member Protection Policy Clause 3 in your role as a Junior Player.

1. Participate because you enjoy it, not just to please parents and coaches.
2. Play by the rules
  - Know the rules.
3. Participate fairly and safely.
4. Abide by decisions, without argument or bad temper
  - Captains have the right to approach an umpire during an interval or after the game for clarification of any rule
  - Approach the umpire in a courteous and polite way.
5. Co-operate with your coach, and other players
  - Verbal abuse of officials or other players, deliberately fouling or provoking an opponent and throwing/ damaging equipment is not acceptable or permitted
  - Treat all players as you would like to be treated
  - Ensure that at all times your behaviour is fair
  - Be a patient and enthusiastic supporter of fellow players.
6. Applaud all good play, by your own team and opponents.
7. Be a responsible team member
  - Always be on time
  - Encourage and assist all players
  - Attend all training sessions
  - Ensure you always bring the appropriate uniform and equipment to training and/ or matches.
8. Do not engage in practices that affect sporting performance (alcohol, tobacco and drug use).
  - Respect and acknowledge the contribution of those who create the opportunity for you to play
  - Volunteers (scorers, coaches, timekeepers, administrators and umpires).



## THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED 2018 CLUB HANDBOOK

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### ATTACHMENT A7: PARENT/ GUARDIAN CODE OF BEHAVIOUR

In addition to ***Sunshine Coast Netball Association's*** General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of ***Sunshine Coast Netball Association*** and persons identified in the Member Protection Policy Clause 3 in your role as a Parent/Guardian.

1. If your child is interested, encourage them to participate in the appropriate netball activity. However, if your child is not willing to participate, do not force him or her. Remember, children are involved in organised activity for their enjoyment, not yours.
2. Focus upon your child's efforts and performance rather than the overall outcome of the event. This assists your child in setting realistic goals related to his/ her ability by reducing the emphasis on winning.
3. Teach your child that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
4. Encourage your child to play always according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing a game.
6. Remember that children learn best from example. Applaud good play by all players.
7. If you disagree with an umpire or coach raise the issue through the appropriate channels rather than question their judgment and honesty in public.
8. Support all efforts to remove verbal and physical abuse.
9. Recognise and respect the value and importance of volunteer administrators, coaches and umpires. They give up their time and resources to provide recreational activities for players and deserve your support.
10. Be a model of good sports behaviour for children to copy.
11. Be courteous in communication with administrators, coaches, players and umpires. Teach children to do likewise.
12. Support the use of age appropriate development activities and modified rules.

### ATTACHMENT A8: SPECTATOR CODE OF BEHAVIOUR



## THE SUNSHINE COAST NETBALL ASSOCIATION INCORPORATED 2018 CLUB HANDBOOK

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In addition to ***Sunshine Coast Netball Association's*** General Code of Behaviour, you must meet the following requirements with regard to your conduct during any activity held by or under the auspices of ***Sunshine Coast Netball Association*** and persons identified in the Member Protection Policy Clause 3 in your role as a Spectator.

1. Most players (in particular children) participate in netball activities for fun. They are not participating for entertainment of spectators only.
2. Applaud good performance and efforts by all players. When watching a game congratulate both teams on their performance regardless of the game's outcome.
3. Respect the umpires' and coaches' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach children to do likewise.
4. Never ridicule or scold a player for making a mistake during a competition. Positive comments are motivational.
5. Condemn the use of violence in any form, be it by administrators, coaches, players, umpires or parents/ guardians.
6. Show respect for your team's coach, the umpire and opponents. Without them there would be no game.
7. Encourage players to play according to the rules and the official decisions, and develop your own knowledge of the rules.
8. Demonstrate appropriate social behaviour by refraining from using foul language, harassing administrators, coaches, players or umpires.
9. Support the use of age appropriate development activities and modified rules.