



**NETBALL**  
NEW ZEALAND

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# **Netball New Zealand Community Coach Award**

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**Levels 1 & 2**

**We live this game.**



# Overview

## **NNZ Community Coach Award Level 1 & Level 2 (CCA 1 & CCA 2)**

Community coaches are a diverse group. They support a wider range of participants who come from the 'participate' playing community and players who continue in organised sport through both secondary school and club Netball. Typically, coaches are secondary school teachers, ex-players, parents, older secondary school students and tertiary students.

CCA1 caters for the entry level development coach. The framework will provide coaches with the necessary skills to provide quality coaching up to and including U15 age group.

CCA 2 caters for the coach who wishes to gain more in-depth knowledge to support their coaching at the CCA 1 level. Attaining CCA Level 2 is also one of the pre-requisites for the Performance Coach Qualification (PCQ). There are also formal observations of coaching practice required at this level.

### **The ideal Community Coach will:**

- Nurture a love of Netball
- Coach in a Player-Centred approach
- Growth Mindset
- Focus on skill development, decision making and a nonlinear approach to skill development
- Reinforce ethical approaches to sport and recreation
- Understand they're in the business of creating not only better players, but better people
- Have a sense of working in a wider coaching community with similar goals

Coach development for these coaches focuses on a range of modules which cater for a variety of coaching needs at two levels. Level 1 Modules focus on the technical aspects of coaching and Level 2 Modules focus on the tactical aspects of the game. Entry into the Community Coach Award requires coaches to complete three pre-requisite modules which are integral to the Coaching Framework. They are as follows -

- **Player-Centred Coaching**
- **Introduction to Netball Rules**
- **NetballSmart - Growing Physical Capability**

# NNZ Community Coach Award Level 1

## ATHLETE/PLAYER LEVEL

- Senior Club
- Secondary School year 9-13 level

### FOCUS

- Participation

## COACH LEVEL

- Community Coach

### FOCUS

- Participation skills
- Player-Centered Coaching
- Develop Technical skills

## NNZ DEVELOPING COACHING MODULES LEVEL 1

- Pre-requisite modules –
- Player-Centered Coaching
- Introduction to Netball Rules
- NetballSmart – Growing physical Capability
- Building Effective Relationships
- Planning [Season and Session Planning]
- Skills Analysis
- Team Culture
- Attacking Fundamentals
- Defence 1
- Shooting
- Selecting

## COACH AWARD

- NNZ Community Coach Award Level 1

# NNZ Community Coach Award Level 1 (Technical)

The NNZ Community Coach Award Level 1 [CCA 1] has been designed as the entry for the development coach. The framework will provide coaches with the necessary technical skills to provide quality coaching up to and including the U15 age group level. The NNZ CCA Level 1 Award is made up of 11 modules, 3 of which are pre-requisite modules. The modules are as follows –

## PRE-REQUISITE MODULES

### > Player Centered-Coaching

Purpose: To practice in a player-centred environment and to develop purposeful netball specific games with a reflective component. A catch phrase for this module is “Be the best YOU”.

*Learning Outcomes:*

1. Understand physical literacy and its relevance to coaching netball.
2. Understand how to develop a quality experience using player-centred principles
3. Develop and apply the Teaching Games for Understanding Model [TGfU]

### > Introduction to Netball Rules

Purpose: To give coaches an understanding of the more important rules of netball as another tool for preparing for the game.

*Learning Outcomes:*

1. Understand some of the simple rules that the principles of the game are built on relating to sanctions, playing the ball, held ball, out of court and footwork
2. Understand some of the more complex rules that involve an element of judgement such as offside, obstruction and contact

### > NetballSmart – Growing Physical Capability

Purpose: The purpose of this module is to enable coaches to plan and implement a fitness programme that follows basic performance enhancing concepts. The module will cover the following fundamentals –

- Smart preparation
- Smart warm up
- Smart cool down
- Smart movement
- Training and injury management for players, teams and squads

*Learning Outcomes:*

At the completion of this workshop, the coaches will be able to:

1. Understand the philosophies and practices of Smart Movement NetballSmart in particular – Smart Preparation, Smart Warm Up and Cool Down, Smart Movement, Smart Training, and Smart Injury Management.

2. Understand the physical requirements for Netball at a Foundation level.
3. Be able to apply these fundamental principles to Netball.

## **CCA 1 MODULES**

### **> Building Effective Relationships**

Purpose: To provide coaches with the tools to understand and demonstrate behaviours that lead to effective relationships with all involved in the team environment.

*Learning Outcomes:*

1. Understand the principles and importance of Building Effective Relationships
2. Understand the principles of Communication
3. Understand and demonstrate the principles of VARK
4. Understand the principles of feedback and questioning and how to get the best from your players

### **> Planning (Season and Session Planning)**

Purpose: To provide coaches with tools and systems to ensure effective planning for the season and week.

*Learning Outcomes:*

1. Understand and implement planning procedures necessary to plan for the season, a practice and game day.
2. Understand and implement evaluation methods and required modifications.

### **> Skills Analysis**

Purpose: To assist coaches in the analysis of skill execution utilizing observation and video analysis (where available). This module focuses on skill analysis and the application of skill modification.

*Learning Outcomes:*

1. Identify the Fundamental Movement Skills (FMS) required to enhance performance and minimise injury risks in Netball.
2. Understand the basic principles and processes of biomechanics
3. Analyse a variety of skill components and develop an activity to enhance performance

### **> Team Culture**

Purpose: To provide an opportunity for coaches to examine the concept of team culture and the importance of alignment.

*Learning Outcomes:*

1. Understand the dynamics of group/team stages within a team.
2. Develop an understanding of whom and what makes a team.
3. Understand the fundamentals of creating a team culture.

### **> Attacking Fundamentals**

Purpose: To review the fundamental balls skills and integrate it into attacking skills. The module also helps coaches to understand how athletes learn differently and can be encouraged to develop self-awareness techniques for performance improvement.

Please note: Where applicable Ball Skills can be used as a refresher section.

This workshop is primarily a practical based module.

*Learning Outcomes:*

1. Review the fundamental ball and movement skills and have the ability to pass from the right and left side equally well.
2. To explore the passing and catching elements.
3. To explore the concept of attack and what skills are required to execute attacking play effectively.

### **> Defence 1**

Purpose: To introduce the defensive concept of 'attacking defence'. It focuses on linking one on one defence with intercepting. This module also highlights that skill learning moves through stages and by increasing practice opportunities this increases the chances of the skill being performed automatically.

*Learning Outcomes:*

1. Explain and demonstrate phases of defence
2. Demonstrate an understanding of how to intercept a pass or create an intercept while marking one on one.
3. Explain, demonstrate and reflect on how players learn and make decisions when on defence

### **> Shooting**

Purpose: To provide coaches with the understanding of the coaching points and sequential steps involved in shooting.

*Learning Outcomes:*

1. Explain and demonstrate the sequential steps involved in netball goal shooting
2. Implement activities that will assist the development of the shooters including skill correction.
3. Understand the roles of the GA and GS
4. Understand and coach the movement requirements for shooters, including creating general attacking options and rebounding.

## **> Selecting**

Purpose: To examine the concept of coaches as selectors. It is intended that this module will provide coaches with the opportunity to explore the selection process and covers selections policy, procedure, criteria and communication.

*Learning Outcomes:*

1. Understand the purpose of a selection policy and prepare their own
2. Identify player selection processes for their team, group, squad or club environment
3. Develop a player profile

There is no formal assessment. However coaches will be encouraged to share practice to add to the value of each module delivered. Each module will also offer ideas regarding ongoing learning activities.

Please note: CCA Level 1 & 2 Modules can be completed in any order, however to attain a particular award all modules must be completed within that level, including the pre-requisite modules.

## The L.E.A.R.N.S Model

The L.E.A.R.N.S model underpins the coach developer planning and delivery in all the Netball New Zealand modules. It focusses on a player-centred approach. The acronym description is as follows -

- L** Learner Centred - Use a range of methods to suit each person's motivation, learning preference, pace and skill level; making things relevant to each person's situation.
- E** Environment - Build good relationships and create a non-threatening climate where learning is fun, mistakes are accepted and self-esteem is enhanced
- A** Actively involved - Engage people, encourage them to do the thinking; let them apply their knowledge, practice their skills and receive high quality feedback.
- R** Reflect - Use a range of ways to help people self-reflect on their own skills and knowledge; connect this with past experiences and apply learning in the future.
- N** New - knowledge - Provide new skills and knowledge that build on each person's experiences; do 'new' things to keep sessions 'new' for you and them.
- S** Stretch - Steepen the learning curve by providing the right amount of stretch to challenge each person optimally while building self-esteem and confidence.



# Community Coach Award Level 1 Qualification Process

## 1. ELIGIBILITY

- Completed 3 pre-requisite modules online

## 2. REGISTRATION

- Registrations are taken at your local Netball Centre or a centre of your choice
- The Netball Centre will confirm registration

## 3. FEE

- A module fee is set by the Netball Centre

## 4. PROCESS

- Pay Module fee to the Netball Centre
- Attend all modules

## 5. AWARD

- The Netball Centre will present the NNZ CCA Level 1 Award

## 6. NEXT

- You are eligible to participate in the NNZ CCA Level 2 Award

# NNZ Community Coach Award Level 2

## ATHLETE/PLAYER LEVEL

- Senior Club
- Secondary School level including the Premier Team

### FOCUS

- Participation and Competition

## COACH LEVEL

- Community Coach

### FOCUS

- Participation skills
- Player-Centered Coaching
- Develop Tactical skills

## NNZ DEVELOPING COACHING MODULES LEVEL 2

- Developing Physical Capacity
- Game Analysis
- Mental Skills
- Planning Annual/Tournament
- Coach Observation
- Through Court (attack/defence)
- Centre Pass
- Circle Work

## COACH AWARD

- NNZ Community Coach Award Level 2

# NNZ Community Coach Award Level 2 (Tactical)

The NNZ Community Coach Award Level 2 [CCA Level 2] has been created to provide an in-depth knowledge to support netball coaching at Community level. To complete NNZ CCA Level 2 Award the NNZ CCA Level 1 Award must be complete also. NNZ CCA Level 2 Award is made up of eight tactical modules as follows –

## CCA 2 Modules

### > Developing Physical Capacity

Purpose: To provide coaches with the information and skills necessary to enable them to plan and implement basic enhancing performance concepts and fitness Programmes with their players, teams and squad. The purpose of this module is to provide coaches with the information and skills necessary to enable them to plan and implement fundamental concepts of smart preparation, smart warm up and cool down , smart movement, training and injury management with their players, teams and squads.

*Learning Outcomes:*

1. Understand the philosophies and practices of the NetballSmart programme, in particular– Smart Preparation, Smart Warm up and Cool down, Smart Movement, Smart Training and Smart Injury Management.
2. Demonstrate an understanding of the physical requirements for netball at a community level.
3. Apply fundamental injury prevention principles for netball.

### > Game Analysis

Purpose: To provide coaches with tools and systems to analyse game play, conduct team talks and develop a game plan.

*Learning Outcomes:*

1. Identify a tactical aspect of the game and develop a tool to analyse it.
2. Collate, summarise and reflect on information about the tactical aspect of the game.
3. Develop and implement a team talk based on the information collected from analysis.

### > Mental Skills

Purpose: To assist coaches to develop an understanding of mental skills and identify ways of applying psychological principles in an integrated way that will benefit player performance and enjoyment. This module will focus on developing four basic mental skills aimed at facilitating improved self-confidence and performance.

*Learning Outcomes:*

1. Understand the components of the Self Efficacy Model
2. Understand and integrate into practice four basic mental skills aligned to self-efficacy [developing confidence]
3. Reflect on the effectiveness of their attempts to integrate these four basic mental skills into their practice.

### **> Planning Annual/Tournament**

Purpose: To provide coaches with tools and systems to ensure effective planning for the season and week.

*Learning Outcomes:*

1. Understand and implement planning procedures necessary to plan for the season, a practice and game day.
2. Understand and implement evaluation methods and required modifications.

### **> Through Court (attack/defence)**

Purpose: To provide coaches with the basic tactical principles for through court play on attack and defence. The focus will be on a quick release and second phase ball on attack and defence.

*Learning Outcomes:*

1. Understand the game principles that support the tactics for through court attack and defence.
2. Implement tactical through court strategies for attack and defence.
3. Identify through court issues and counters.

### **> Centre Pass**

Purpose: To provide coaches with the basic tactical principles required on attack and defence at the centre pass. The focus will be on a quick release and second phase ball on attack and on defence shutting down the oppositions first and second phase ball.

*Learning Outcomes:*

1. Understand the game principles that support the tactics for centre pass attack and defence, taking into consideration the skills required.
2. Implement tactical centre pass strategies on attack and defence.
3. Identify centre pass issues and counters.

### **> Circle Work**

Purpose: To provide coaches with an understanding of the attacking and defending circles. On attack the focus is on creating space and the links with the outside feeders, while on defence the focus is on starting to work together by stopping the short sharp pass from the circle edge straight into shooter and creating intercepting options for each other.

*Learning Outcomes:*

1. Understand the principles required for game plans involving circle attack and circle defence.
2. Demonstrate knowledge of how the shooters can work together in the circle to increase scoring opportunities.
3. Demonstrate knowledge of how the circle defence can work together to create turnovers.

### **> Coach Observation (Practical)**

Purpose: To be able to observe coaches in their coaching practice.

*Learning Outcomes:*

1. To be observed coaching a group of players and/or the coaches team.
2. To provide an opportunity to build a relationship with the Zone personnel by booking the coaching observation in with the Zone Coach Lead.

There is no formal assessment. However coaches will be encouraged to share practice to add to the value of each module delivered. Each module will also offer ideas regarding ongoing learning activities.

For coaches who complete CCA Level 2 Award and have been actively coaching at the Performance level for a minimum of two years, congratulations you are ready to apply for the Performance Qualification Award (PCQ).



# Community Coach Award Level 2 Qualification Process

## 1. ELIGIBILITY

- Completed NNZ CCA Level 1

## 2. REGISTRATION

- Registrations are taken at your local Netball Centre or a centre of your choice
- The Netball Centre will confirm registration

## 3. FEE

- A module fee is set by the Netball Centre

## 4. PROCESS

- Pay Module fee to the Netball Centre
- Attend all modules

## 5. AWARD

- The Netball Centre will present the NNZ CCA Level 2 Award

## 6. NEXT

- You are eligible with the support of your Centre and Zone to apply for the Performance Coach Qualification [PCQ]

# **Recognition of Prior Learning (RPL) for NNZ CCA Levels 1 & 2**

RPL is based on the awareness that people can learn and develop competencies in many different ways throughout their development as a coach. RPL takes into account a person's skills, experiences and qualifications that may have been learnt in different ways i.e. from universities/polytechnic institutions or international accreditation systems.

A person can apply for RPL if they can provide evidence which demonstrates they are already competent in the learning outcomes of the relevant module or key performance area. RPL can only be granted on work that has been completed in the last five years and competencies they are currently able to demonstrate. RPL application forms are available on the NNZ website.

## **Responsibilities for NNZ CCA Levels 1 & 2**

### **Centre**

- Advertise and promote CCA Level 1 & 2 Modules throughout the year
- Register coaches in the modules
- Support coaches in their learning pathway
- A Coach Developer will deliver the module

### **Zone**

- Monitor CCA Level 1 & 2 Modules
- Deliver and/or co-deliver modules where necessary
- Support the Centre's in the management and promotion of the CCA Level 1 & 2 Awards
- Store qualifications in the Zone central file
- Report qualifications to NNZ on a quarterly basis

### **NNZ**

- Support Zones to manage CCA Level 1 & 2 Awards
- Provide the necessary resource for the Awards
- Store qualifications in the National qualification central file
- Report qualifications to Sport NZ and other supporting sport agencies



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