

Good Practice in Sport

Auckland Cricket Student Coach Development Programme

Auckland cricket have implemented a coaching initiative called the 'Student Coach Development Programme'. The projects aim is to increase the quality and quantity of secondary school coaches by targeting senior school students as coaches. The programme has been developed in response to the current school cricket scene where fewer coaches are available to work with teams.

The aim of the project is to create a coach development programme recruiting, training and providing support to a pool of approximately 100 year 11 and 12 students. Students will coach at a junior level in their secondary schools delivering 4,500 coaching hours throughout a season. They will have the opportunity to go on and complete a level one coaching certificate. This is aligned with the NZ qualification framework. Students receive credits on their educational record which is another benefit to their participation in the programme.

It is hoped that Auckland Cricket will establish this as an annual programme with the retention of coaches beyond their involvement in the scheme. The expectation is that this programme will make a significant impact on the pool of qualified coaches available at all levels in the future.



Food for thought

I coach for the kids. I love being around them. I like everything about it - their energy, their competitive spirit, helping them reach their potential, watching them grow and improve. That's what makes me happy. What really makes me tick is taking a group of players, making them better and trying to beat the other team with them (Nell Fortner).

Contact Us

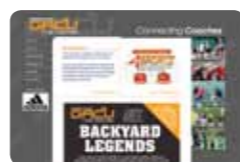
We're always interested in sharing with others in the Harbour region about what is working well for your school or club. If you have stories to share please contact:

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Websites



www.harboursport.co.nz



www.gacu.co.nz



www.isportz.com



www.sparc.org.nz

Pelorus Trust

On behalf of Harbour Sport we would like to say thank-you to the Pelorus Trust and its North Shore venues. Their support enables us to bring you this newsletter and their ongoing support in the Harbour region is invaluable to us.



Recently Harbour Sport has undergone a restructure. After comprehensive community consultation, it was clear that our school community required more coaches and more volunteers. As a result new positions have been created to support coaches and volunteers in our schools and community.

Community sport coach – Miguel Gallardo

- Deliver fundamental movement skill workshops for parents, teachers and community members in early childhood / primary school settings with a focus on 4-7 year olds.
- Deliver activity / sport sessions for the Active Families programme.

Volunteer support – Duncan Robertson

- Deliver volunteer recruitment, retention and recognition training for schools and community.
- Deliver training and resources to develop high performing volunteer sporting organisations within the North Harbour region.

Community Coach Manager - Tony Mordaunt

- Assist in the recruitment, training and retention of coaches at school and community level.
- Support coach development through training opportunities.



Insights into Coaching

Coaching is one of the most rewarding activities a person can do. From seeing the light go on in the face of a player when they finally “get it”. Or watching your team achieve an outcome and know you were the facilitator. That can make your life so much brighter.

If you are new to coaching or have been coaching for a while you have many new experiences awaiting you. Every coach in the world at every level experiences something new every time they walk onto the training ground.

This newsletter has been designed to support you in your coaching. It includes inspirational words for coaches, practical tools and examples of good practice.



Is success in coaching defined by winning games?

Obviously the outcome of winning is an aspect of successful coaching. Unless you are the All Blacks or a team paid to win, successful coaching needs to be about more than winning. It isn't difficult to send out a team to win a game with a game strategy if you remove all the fun and learning opportunities for your players.

You have all seen it and probably have done it yourself. In your coaching think of the football team that only allows one child to take all the freekicks because they are the best kicker. The question needs to be asked how advanced would the freekick taking skills of the other 10 players in the team be after one season of coaching? The answer would be very little improvement. They never got the opportunity to practice or put that practice into a game because the coach doesn't let them make a mistake. What does that say to the players?

Successful coaches help athletes:

- Master new skills by continually challenging them in a non-threatening manner.
- Enjoy competing with others and understand the value of sportsmanship.
- Feel good about themselves and their contribution to the team.
- Develop a love of the game that they will hold for the rest of their lives.

The coaching cycle

Planning is done before your session or game:

- What is the purpose of the session?
- What does a good session look like and how are you going to ensure your athletes gain the knowledge from the session?

Think about how your plan will:

- Allow ALL children to succeed (most of the time).
- Provide equal attention to each child in your team.
- Provide equal game time to each child in your team.
- Ensure you have the appropriate equipment and playing space.
- Maximize your athletes time on task and ensure they get plenty of opportunity to practice skills and explore new concepts.

Conducting - implement your various coaching strategies they should be positive, involve constructive feedback, and include plenty of praise for every athlete. **Think about:**

- Use of space, establishing boundaries and using equipment.
- Do I need to stop every group when we change a game/drill?
- How will I select groups and teams?
- How will I move students into groups?
- Will I use different group formations?
- How will I deal with difference in ability levels?
- How can I get student's attention?
- Do I need to demonstrate the skill?
- How will I get feedback and when?

Evaluating

- How effective was the session?
- Did the athletes achieve their goals for the session?
- How will I use this information to plan my next session?

Some questions to ask yourself as a coach

- Why am I coaching?
- What do I expect from the Children?
- What does winning mean to me?
- What does success mean to me?

Have a look at this session plan - planning / conducting / evaluating

Consider how you could use a plan like this in your coaching:

SESSION ONE Ready Position, Balance & Movement

During this session, children will begin to learn the 'ready position' while also learning movement patterns and balance. These motor skills are fundamental to movement patterns required on the Volleyball court.



TEACHING POINTS

Ready Position



1. Knees bent
2. Weight forward
3. Hands presented
4. Eyes on ball

Movement

1. Fast
2. Forward/backward
3. Side to side
4. Up/down, low/high

EQUIPMENT

- 30 balls, cones, whistle

TIME	TASK	ORGANISATION/ LAYOUT	COACHING POINT/ QUESTIONS
0-2 min	Introduction	Students seated in front, attention grabbed.	Welcome, name. Reflect on previous session. What we are doing today. Rules for session – whistle use.
2-7	Warm up. Introduce Skill, model it	Lion & Tigers, involve balls, variety of movements, fun. "Ready Position" – what it looks like?	Action – "ready position" then move.
7-12	Game Drill 1	Simon says – "Ready Position" – forward, back, left right, up, down!	Look for ready position, fast steps, large steps, small steps.
12-18	Game Drill 2	Self Pass – Ready position with ball. Throw the ball in the air and catch. Line of players with balls, well spaced. Can you throw to self, throw over a line and catch. How far can you go? Catch as many as possible in 30 sec. How far can you throw & catch yourself.	CAN YOU? Make 5-10 catches without dropping the ball Catch as many as possible in 30 seconds. How far can you throw and catch your self.
18-26	Game Drill 3	Catching with a partner – Children in pairs are spread out in hard flat area. 	Pick up a ball rolled by partner with two/one/the other hand. Catch with straight arms! Catch a bounced ball. Catch a ball thrown to you – high/low/left/right. Make 5-10 catches without dropping the ball. Catch as many as possible in 30 seconds.
26-38	Game 4	Space Game - Basic understanding of time and space. Focussing on space, identifying areas to attack and defend and time - identifying when to attack. Aim - To have ball/shuttle land in opponents court. Rules - One child per court on either side of net. Each child serves alternately. Serves must be under arm and cross the centre area above waist height if playing across no go zone.	Modifications Ask children for suggestions of modifications. Easier – Catching the ball? Starting play with a shuttle? Harder – height of nett. No go zone". Use different size areas to make game harder or easier. Questions – Attacking child: Where will you aim to play your shot? Where will you move directly after the shot? Receiving child: Where will you move to prepare for your opponent's shot? When will you move to attack and score?
38-40	Reflect on skills learnt		CAN YOU SEE? Relaxed fingers pointing up for catches above waist, down for below waist. Moving to the path of the ball. Relaxed reach for the ball. 'giving' with arms. Eyes on ball.

DID I ACHIEVE MY SESSION AIMS? YES/ NO

REFLECTION ON SESSION: The small sided game got better the longer we played it. Even the weaker players in the team eventually understood the importance of marking their players. Overall I'm pleased with the way it went!!!!

WHAT DO I NEED TO WORK ON/ CHANGE?

I need to recognise the correct moment to step in and explain a teaching point and use more open questions to see if the children understand what I am trying to teach them.

If you would like a blank template of this lesson plan, go to www.harbour sport.co.nz

