



Coaches – Roles & Responsibilities:

- Remember its “Positive or its Pointless”

The role of a team coach is many and varied, but key to players enjoying their sporting experience. A coach that is mean, rude or unfriendly will most likely not succeed. Players react more positively to a fun learning environment that provides friendly guidance and player development opportunities.

Remember it is all about the players experience – not you or your goals / aspirations. A good coach is a:

Teacher	Organiser	Selector	Philosopher
Psychologist	Student (Learning)	Mentor	Trainer
Mum/Dad/Carer	Planner	Motivator	Manager
Instructor	Communicator	Role Model	Friend

Essentially you are a Leader! The aim of a good coach is to get the best out of each player and develop them over the course of the season.

There are 3 specific areas a coach is involved with, these are:

1. Team Management:

- Develop a close working relationship with the team manager (this is critical to the success of any team!)
- Communication of player participation, injuries, absences or issues with Team Manager – develop plan to address & communicate to team
- Communication with parents regarding player participation & development
- Liaise with MCNC Committee members on club information and issues as required
- Attend MCNC Coaches and Managers meetings where-ever possible.

2. Training:

- Organising training, including setting the day/time
- Planning each training session (aim of session, equipment, warm-up, drills, cool-down, lessons learnt)
- Running each Training Session
- Providing feedback to players about training session performance

3. Game Day:

- **Pre Game:**
 - o Monitoring player attendance
 - o Organising player warm-ups
 - o Player Prep - Ensuring all players: Nails are trimmed, Jewellery removed, Hair tied back, Sun Screen applied, been to toilet, are hydrated, key messages given, positions assigned and players are ready to take the court
- **During the Game:**
 - o Monitor player performance and health
 - o Provide supportive coaching advice - within the guidelines established by SCNA (refer SCNA SOPs).
 - o During breaks – Make positional changes as required to ensure all players receive equal court time, ensuring players are well hydrated.
- **Post Game:**
 - o Together with Manager, award Best & Fairest points.
 - o Provide positive feedback as to player performance.

Remember: Coaching is largely an individual and personal skill that is acquired, enhanced and modified in the light or experience and experiment. It is a constant challenge to:

- Get the best performance out the players at the right time
- Develop methods and techniques that are aligned to specific player development needs/requirements
- Keep the players motivated and interested - Having Fun is important!

- Being consistent and enthusiastic in your approach
- Being Patient (players develop and respond differently)
- Outthinking the opposition coach

Characteristics of a good coach:

- Possess a sound technical knowledge of the basic Netball skills and rules of governing the game
- Have an awareness of the basic strategies, tactics, routines, and practices relating to the game
- **Being positive at all times**
- Provide clear and firm communication of direction and requirements and be able to hold the attention of players
- Be a good listener
- Be flexible and adaptable to change when it is required
- Have a sense of responsibility about the team and player development & experience
- Have good organisational and administrative skills to implement the coaching program
- Possess a genuine passion for the game and the development of the players under their control
- Considers players feelings and needs
- Provides careful judgement when making decisions, taking into consideration all factors and using a common-sense approach
- Be able to keep emotions under control
- Have the ability to think clearly at all times
- Possess sincerity and honesty at all times
- Not expecting too much too soon. Players develop and respond differently. A lack of patience is a common trait of a beginner coach.
- Giving players equal opportunity to participate and develop
- Being neat and clean in appearance (wearing club shirt on game days)
- Being aware of body language and ensuring it is positive and non-threatening
- Being punctual and dependable (turning up when you say you will turn up!)

Key function of the coach:

From a team perspective and over the course of the season the key function of the coach is to:

- Identify areas of team strengths and weakness,
- Develop plans to address those weaknesses and capitalise on the strengths
- Monitor team performance levels

Where team performance is below expectations;

- Determine WHAT went wrong
- Determine WHY it went wrong, and
- Determine HOW to correct the mistake, so it doesn't occur again or if it does its impact is minimised.

