



FOREST NETBALL

Team spirit is our game.

Forest Netball Club

Coach & Managers Information Session



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Agenda

- ▶ Training
- ▶ Coaching support
- ▶ Saturday Procedures
- ▶ Forfeits/Playing Up Guidelines
- ▶ Role of the Manager
- ▶ Role of Parents
- ▶ Social Media
- ▶ Umpiring
 - ▶ New rules
 - ▶ Supporting our Umpires (incl support for umpires of your games)
 - ▶ Umpiring Net Set Go matches
- ▶ Umpire your own



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Where to begin

- ▶ THANK YOU - FNC has 31 teams. Without each of you, we wouldn't be the amazing club we are!
- ▶ How we got here:
 - ▶ Experienced graders who have a very broad knowledge of club members
 - ▶ End of year - coaching reports are **CRITICAL** (and kept strictly confidential)
 - ▶ Next year grading - ensure your team knows the importance of the grading session
- ▶ Important Dates
 - ▶ MWNA Gala Day Saturday 23th March Yrs 8-11 & 12 yr Umpires
 - ▶ Game 1 - Saturday 6st April



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Training

- ▶ **Set the scene with girls and parents**
 - ▶ Email guidelines and expectations
 - ▶ hair tied back / appropriate footwear / drink bottle
 - ▶ on time / early notification if not there
 - ▶ Show respect to coach - attentive and appreciative
 - ▶ How competitive do they want to be? What are the goals of the team for the year?
- ▶ All younger teams must have at least 1 - 2 parents at each training session to assist with drills, supervise girls to the bathroom, injury etc
- ▶ **Working with Children check** required for each Coach & Manager & register with MWNA - Player HQ (non-playing member)
- ▶ **Court usage**
 - ▶ Share the courts - Wednesdays and Thursdays particularly busy
 - ▶ Basketball courts also booked for our use Mon-Fri (if required) - Netball takes precedence.
- ▶ **Lights will be put on by Northern Beaches Council**
- ▶ **DON'T LEAVE THE COURTS AFTER TRAINING UNTIL YOU HAVE SEEN ALL PLAYERS INTO THEIR VEHICLES/COLLECTED BY PARENTS**



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Training

- ▶ **Have a training plan for every session -**
 - ▶ Use a whistle and a well-planned session moves quickly from activity to the next
 - ▶ **Core elements every week** - appropriate for age/skill
 - ▶ Warm up / Ball skills / Footwork
 - ▶ Specific skill / strategy development (don't try to fix everything at once!)
 - ▶ Game (to put it into practice)
 - ▶ Add some fun games (rats and rabbits, chase the tail, etc)
 - ▶ Review your training
 - ▶ Did it go as you expected? What might you do differently
 - ▶ Resources
 - ▶ MWNA and Forest websites for training plans, download MWNA NetSetGo Saturday handbook
 - ▶ Look up YouTube for netball drills eg. Nettyheads, Netball Drills Australia, Intosport, etc

- ▶ **Have a clear picture of players availability for each game**
 - ▶ Use scheduling apps, Whatsapp, Team App, spreadsheets (old school)



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Coaching Support

▶ MWNA Coaching

- ▶ Coaching Pathway - learning.netball.com.au
 - ▶ Foundation Course (online) - \$70
 - ▶ More advanced courses from there (Development, Intermediate etc) which involve practical courses.
 - ▶ Rules of netball online course - \$12.50
 - ▶ Deb Deans-Smith Coaching courses - MWNA run - very practical and worthwhile - workbooks for purchase
 - ▶ Coaching mentorships - Deb Deans-Smith small group or one on one Mentorships - let me know and I will communicate with her.
 - ▶ Rep training sessions are open for coaches to go any watch - further information can be provided on request
 - ▶ Masterclasses with Sapphires coaches - accreditation points earned (cost involved)
 - ▶ Metro Coaching insights - sitting behind benches for games



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CHILD SAFE eLearning Modules

▶ Child safe eLearning - Keeping Children Safe in Organisations

- ▶ 5 Modules in total
- ▶ Coaches and Managers encourage to complete AT LEAST Module 1.
- ▶ Primarily about keeping children (under 18s) safe but also protecting yourself.
- ▶ <https://ocg.nsw.gov.au/training-and-resources/elearning>



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Saturday Procedures

- ▶ **Parking is terrible at Curl Curl, encourage parents to use Kiss & Drop**
- ▶ **Get to know the environment** - the courts at Curl Curl are quite scary when you venture there for the first time
 - ▶ Consider an outing as a team (picnic and check out where the physio / bathrooms / NSG hoops / control room / parking etc are located)
 - ▶ Arrange the same meeting point for each week
- ▶ **Physio - onsite but very busy and priority to injuries**
 - ▶ bring your own tape and leave lots of time
 - ▶ Encourage parents to learn how to strap their own daughter
- ▶ **Wet Weather - assume it is on unless informed otherwise by :**
 - ▶ Facebook - specific times it will be updated
 - ▶ MWNA website
 - ▶ Have a process to let your team know. Eliminate the *“I thought it would be off....”*
- ▶ **Week following wet weather will be 2 x half games (unless during holidays)**
 - ▶ In this instance, ensure you fully understand implications
- ▶ **Coaches - position yourself in one spot on the sideline ...don't pace up and down the court**



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Saturday Procedures (cont'd)

- ▶ **Sign-on sheets (10yrs +)**
 - ▶ NSG have a sign-on sheet - managers need to tick who is there (or coach's responsibility) to check this sheet
 - ▶ No need for sign on
 - ▶ IF YOU THINK THE OTHER TEAM HAVE SOMEONE WHO SHOULD NOT BE THERE, YOU NEED TO REPORT IT IMMEDIATELY - THAT DAY.
 - ▶ For 10yrs age-group - Remember your umpires are in their FIRST year of umpiring - be nice!
- ▶ **Scoring** (one parent from each team to stand together in the middle of the sideline and score together, while social distancing).
 - ▶ Remember the whistle is not blown for a goal - scorer needs to be paying close attention
- ▶ **Return of scoresheet** (winning team returns this)
 - ▶ If the published score is incorrect - contact club secretary (forestnetballsecretary@gmail.com)
- ▶ **Net Set Go process - NO SCORING**
- ▶ **Rules of Netball** available as app.
- ▶ **Injury stoppage** now 30 seconds each time
 - ▶ Player or coach can now call time (can't be coach/another player/parent). Player **MUST** leave the court, they can come back after a goal/out of court - read the rulebook on this
- ▶ **Primary Carer (in event of injury)**
 - ▶ Lanyard displayed and only one who can enter the court



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Forfeit Process

- ▶ **5 registered players required to take court (reduced to 4 during school holidays)**
- ▶ **If you need to forfeit - call Club Secretary Sam Ford**
 - ▶ Provide your team, grade, time of game, court and opposition
- ▶ **If known, provide forfeit information on Friday**
- ▶ **Don't forget to let your umpire know if you have arranged umpiring (Net Set Go)**
- ▶ **If you win by forfeit (and notified at the courts) - all registered players must still to be ticked on (at least 5). If notified officially (by club secretary) before Saturday, you don't have to go to court and sign on.**



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Playing Up Guidelines

- ▶ **Playing Up Guidelines - all coaches need to understand these**
 - ▶ Each player can play up twice
 - ▶ **3rd game = gone from original team (to higher team)**
 - ▶ **Coach to coach discussion critical. Do not let girls or parents make the decision that they can fill in for another team.**
 - ▶ If playing up following wet weather - each half game is counted as playing up for one full game
 - ▶ If one of your team going as a 'stand-by' for a higher team, don't fill out sign-on sheet until they take the court
 - ▶ Contact me if you're unsure of playing up rules.

2023 Guidelines for Players Playing Up

ALL Coaches and Managers are to be given a copy of this document.

It is recommended that approval of players playing up be sought through the MWNA Executive on duty before taking the court

2023 grade	Senior Division eligible to play up	Junior grades eligible to play up										
Division 2	1											
Division 3	2 or higher											
Division 4	3 or higher											
Division 5	4 or higher											
Division 6	5 or higher											
Division 7 **	6, O35 or higher											
Division 8 **	7, O35 or higher											
Over 35	8 or higher											
Cadets 1	4 or higher											
Cadets 2	5 or higher	Cad 1										
Cadets 3	6 or higher	Cad 2	Cad 1									
Cadets 4	7 or higher	Cad 3	Cad 2	Cad 1								
Cadets 5	8 or higher	Cad 4	Cad 3	Cad 2	Cad 1							
Cadets 6	8 or higher	Cad 5	Cad 4	Cad 3	Cad 2	Cad 1						
15A	5 or higher	Cad 2	Cad 1									
15B	6 or higher	15A	Cad 4	Cad 3	Cad 2	Cad 1						
15C	7 or higher	15B	15A	Cad 4	Cad 3	Cad 2	Cad 1					
15D	8 or higher	15C	15B	15A	All Cadets							
14A	6 or higher	15B	15A	Cad 2	Cad 1							
14B	7 or higher	14A	15C	15B	15A	Cad 4	Cad 3	Cad 2	Cad 1			
14C	8 or higher	14B	14A	15D	15C	15B	15A	All Cadets				
14D	8 or higher	All 14 & 15 Grades and All Cadets										
13A	7 or higher	14B	14A	15C	15B	15A	All Cadet Divisions					
13B	8 or higher	13A	14C	14B	14A	15D	15C	15B	15A	All Cadets		
13C	8 or higher	13B	13A	14D	14C	14B	14A	All 14 & 15 Grades & All Cadets				
13D	8 or higher	13C	13B	13A	All 14 & 15 Grades and All Cadets							
13E	8 or higher	13D	13C	13B	13A	All 14 & 15 Grades and All Cadets						
13F	8 or higher	All 13, 14 & 15 Grades and All Cadets										

** Players playing up in Over 35's competition MUST be over 35 years of age

14 and 15 Rep teams can borrow from any players in the 14 and 15 Development squad - but players need to follow Playing Up Guidelines and have their home club confirm they can play that week.

12 years and under CANNOT play up in any Senior Grade

7, 8 & 9 Net Set Go players CANNOT play up in any other grade :

7 year olds – 7, 7/8, 8 8 year olds – 7/8, 8, 8/9, 9 9 year olds – 8, 8/9, 9

For 10s, 11s & 12s :

Any A Grade player playing up one (1) age group may only play in A or B Grades

Any A Grade player playing up two (2) or more age groups may only play in A, B or C Grades

Any B Grade player playing up one (1) age group may only play in A, B or C Grades

Any B Grade player playing up two (2) or more age groups may only play in A, B, C or D Grades

ALL OTHER JUNIOR GRADES FOLLOW THE SAME PATTERN



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Role of the Manager

- ▶ Roster parents (not the coach)- medical and scoring (if the Manager is to be away). Make a central meeting place each week same time on Saturday, as decided by coach for warm up
- ▶ Communicate via email, text or use scheduling apps, WhatsApp, team app, most issues can be solved with early and effective communication
- ▶ When scoring, you must stand mid court with a person from the other team
- ▶ The Home team (first team listed on fixture list) should get the score sheet as soon as they arrive from control room or central area and get girls to sign on
- ▶ No photos required this year, initial signature sheets will need to be completed. Players just need a tick next to their names this year (no signing on each game). Check that there are no discrepancies with the opposition players (e.g. you don't recognise an older player or higher grade player - make tower aware if any concerns)
- ▶ Send a reminder each week for training and game (court and team) with responsibilities for parents and daughter (remind them about trimming nails and removing earrings), including umpiring duties. Get parents to advise in advance if their daughters will be unable to play, eg camp, holidays etc, so players can be sought from other teams (if needed)
- ▶ Especially for Junior coaches, have another adult present at training sessions. (Manager or other parent)
- ▶ Coordinate special events like carnivals or charity days
- ▶ Advise parents to check/follow MWNA website/Facebook for wet weather updates.
- ▶ Make life easier for the coach! Especially Junior coaches, they can then focus on coaching the game. You are the buffer between the coach and the parents



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Parent's Role

Shoosh for Kids is a collaborative effort between the Office of Sport and State Sporting Organisations to promote positive behaviour to members, clubs and associations.

The general rule is if you haven't got anything nice to say, not to say anything at all. Let's keep kids coming back to junior sport!

#ilovewatchingyouplay

Some tips for adults at kids sport:

-  Keep it fun - don't take it too seriously
-  Be enthusiastic - but don't scream and shout instructions from the sideline
-  Emphasise trying hard - not winning
-  Cheer and acknowledge good play from all sides and teams
-  Accept decisions from officials. They're human - they make mistakes.
-  Let coaches do the coaching.
-  Always remember - volunteers run kids sport.
-  Understand, uphold and support your club's code of conduct.
-  Allow your child to play for themselves. Let kids make decisions, on and off the field.
-  Think before you speak - your words may harm others.

SHOOSH
FOR KIDS



#shooshforkids | sport.nsw.gov.au



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Code of Conduct

- ▶ If you have ANY issues (even minor), document it ASAP. Stick to facts, not interpretations - include dates
- ▶ Lodge all issues, including minor ones with the club secretary (Sam Ford - forestnetballsecretary@gmail.com) or club president (Conal McCollough - forestnetballpresident@gmail.com).
- ▶ This year is potentially going to be quite confusing with the new rule changes - ALL club members, officials, coaches and parents need to be patient as everyone learns to work with these.
- ▶ Please remind parents of acceptable behaviours and encourage positive support only.

MWNA 2024 - PLAYING TIMES AND COURT ALLOCATIONS

DRAFT							
COURT	7.50 am	9.00 am	10.20 AM	11.40 pm	1.00 pm	2.20 pm	3.35 pm
	Net Set Go	10s	12s	15s	Cadets	Cadets and Seniors - alternating timeslots	
			13s	11s	14s		

START	FINISH	GAME TIME			
7.50 AM	8.42 AM	52 MINS	4 x 10 mins	2 x 2 MIN QTR break	3 min halftime
9.00 AM	10.07 AM	67 min	4 x 15 mins	2 x 2 MIN QTR break	3 min halftime
10.20 AM	11.27 AM	67 min	4 x 15 mins	2 x 2 MIN QTR break	3 min halftime
11.40 AM	12.47 PM	67 min	4 x 15 mins	2 x 2 MIN QTR break	3 min halftime
1.00 PM	2.07 PM	67 min	4 x 15 mins	2 x 2 MIN QTR break	3 min halftime
2.20 PM	3.27 PM	67 min	4 x 15 mins	2 x 2 MIN QTR break	3 min halftime
3.35 PM	4.42 PM	67 min	4 x 15 mins	2 x 2 MIN QTR break	3 min halftime



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Forest Website, Instagram & Facebook

Coaches & Managers are encouraged to send photos or videos to Jacqui Price via WhatsApp on 0419 982 144. Add a little blurb with the photos and then Jacqui will post on our socials.

Please ensure you have permission to post the children or adults appearing in the photo for our website & socials.

It's important to note, a team doesn't have to win to warrant a post. We like to include every team whether they win, lose or draw.

Perhaps it's training, playing, socialising at team dinners or outings to Luna Park, attending Swifts or GWS matches. there are many ways to post about our wonderful netball players.

Managers - please encourage all parents/players to follow our website and socials #forestnetball



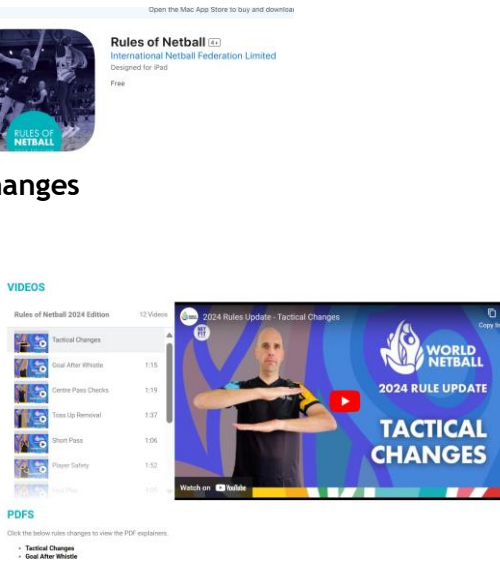
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UMPIRING

New Netball Rules for 2024

- ▶ New rules introduced this year
- ▶ App available - Rules of Netball → 
- ▶ Online site with pdfs and videos on rule changes
 - ▶ [Beyond the Court - Umpires - Netball NSW](#)



12 new rules

- Tactical Changes
- Goal After Whistle
- Centre Pass Checks
- Toss Up Removal
- Short Pass
- Player Safety
- Foul Play
- Game Management
- Advantage
- Contact
- Playing the Ball
- Throw-in

Rules of Netball Theory - \$12.50 - encourage everyone to sit this
Foundation Umpire Course - \$45 - for those that want to build umpiring
and mentoring skills

Summary document of these will
come with this pack

Download the app - learn the new rules. Teach your team

GOAL AFTER WHISTLE

Buzzer beaters! We all love them, but how do you know if the goal counts? In the past, the ball had to pass completely through the ring before the whistle to be counted.

Now, if the whistle to end play or to hold time is blown after the ball has left the hands of the shooter & the shot is successful, the goal will be scored.

CHECK OUT THE RESOURCE HUB



EXPLAINER VIDEO



RULES OF NETBALL APP



NETFIT NZ APP

TACTICAL CHANGES

The 2024 Rules Update sees a change to the stoppages rule.

The new rule means teams no longer have to fake an injury to make positional changes during play, they can just request a 'tactical change' immediately after a goal has been scored. This is in addition to the ability to make changes at an interval or at a stoppage for injury, illness or blood.

There are two types of changes:

TEAM CHANGE
When an on-court player changes playing positions with another on-court player.

SUBSTITUTION
When a player moves from the team bench to replace a player on the court.

CHECK OUT THE RESOURCE HUB



EXPLAINER VIDEO



RULES OF NETBALL APP



NETFIT NZ APP

IS THIS CHANGED?

Umpire to assess whether the ball has left the player's hands when time is up, rather than to assess whether the ball has passed wholly through the ring.



THE DETAILS

In the situation where the penalty has been awarded and then timekeeper signals time, the umpire will blow the whistle at the time and then advise the players that the penalty can be taken.

If this occurs at the end of a period of play, play will be extended for the penalty pass to be taken including any subsequent infringements at that time.



SCORING HAND SIGNAL

ALL HAS LEFT HANDS = GOAL

When the whistle to end play or to hold time is blown after the ball has left the hands of the shooter & the shot is successful, the goal will be scored.

TOSS UP REMOVAL

The good old toss up! It's gone!

A toss up was previously used if an infringement occurred simultaneously. However, due to improved umpire education and training, the use of toss ups has become much less frequent and umpires are instead, correctly, penalising the infringement that occurred first.

This means that the skill of the toss up has been lost for both players and umpires.

WHAT NOW?

If a simultaneous infringement occurs the umpire awards possession to the team that was last in possession of the ball, where the ball was when play stopped.

Any player from that team may take the ball for the restart of play. It does not have to be the player who actually had the ball last.

If it is in a team's goal circle, the GS or GA may shoot for goal.

NEW RULE IN ACTION:

Some moments it might be used are:

- Two opposing players gain possession of the ball simultaneously with one or both hands.
- At a centre pass, two opposing players enter the centre third before the whistle and one or both touch or catch the ball.
- Any other mutual infringement.

Because the new action only applies in the same situations where a toss up would have been awarded under the previous rules, it is expected that it will not be used frequently.

CHECK OUT THE RESOURCE HUB



EXPLAINER VIDEO



RULES OF NETBALL APP



NETFIT NZ APP

WHEN CAN I MAKE TACTICAL CHANGES?

AFTER A GOAL
Immediately after a goal is scored.

IN ADDITION TO MAKING CHANGES AT:

INTERVALS
Quarter time, half time & three quarter time.

INJURY
At a stoppage for injury, illness or blood.

THE DETAILS

Tactical changes, whether team changes or substitutions, must be made without delay. This is to ensure the umpire is able to restart play quickly so the momentum of the match is not affected.

In individually timed games, time will be held for the tactical changes. This will not be possible in centrally timed games, but teams will still need to complete changes efficiently so that they're not penalised for delay.

While you have a right to make as many tactical changes as you like, if the number of changes is becoming overly disruptive to play, the umpire can refuse to allow them, or even penalise the team for delaying play.



HOW TO MAKE A TACTICAL CHANGE

- On-court player asks the umpire to hold time.
- Players quickly change positions.
- Play restarts.

Tactical changes may be made by both the requesting team and the opposing team.

TACTICAL CHANGE HAND SIGNAL



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Umpiring Support

Forest has a strong umpiring and mentoring program, including a Talent Identification (TID) program. Players are invited to be part of this program and can find out more via the Forest Website (under development)

- ▶ **Umpiring Roster / duty**
 - ▶ All players 12years+ will be required to umpire
- ▶ **Support for Forest Umpires**
 - ▶ Mentor at courts during all junior games and a rostered Forest Umpire Support Person
 - ▶ Good for parents/coach to be at the game to help provide moral support, however do **NOT** provide advice on the umpiring itself, the mentor will assist with this.
- ▶ **Support for umpires of games involving Forest teams**
 - ▶ Involve MWNA if becomes unsafe for players/umpires (have MWNA control number in your phone)
 - ▶ Mentors supplied for Junior Umpires to provide support and feedback
- ▶ **Net Set Go Umpiring**
 - ▶ *Isn't really umpiring - it's on-court coaching.* Should be the coach/manager or parent who knows the game that umpires.
 - ▶ Not appropriate for 12-13s to do this (some 14s could, but prefer older)
 - ▶ If paying an umpire, this is organised between the team and the umpire (talk with previous NSG teams)

Umpiring improves your netball game



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MWNA consider this to be **Umpire Your Own**

- ▶ Forest has an umpiring roster within our Club structure. The roster is based on a similar system to the Neutral umpiring system. i.e. 17's to umpire 15's, 14's to umpire 12's etc. Senior teams playing in a later slot will provide umpires for earlier timeslots. Cadet/Senior teams playing in the last timeslot will provide umpires for the earlier timeslot

Forest Umpiring Roster

- ▶ The roster process will remain the same as previous years for 12yr, 13yr, 14yr & 15yr players.
- ▶ Cadet and Senior teams are required to advise the Umpire Convenor if they wish to umpire their own duties or require a paid umpire.
- ▶ The roster will be devised based on this information. Each week a reminder of your umpires' names will be forwarded to the Coach/Manager of each team
- ▶ Umpires are to be dressed in accordance with MWNA By-Laws. Registered Club uniform or whites/cream. Umpires wearing club uniform must wear a distinctive Bib or T-shirt over the top of their Club uniform, so they stand out from the playing team
- ▶ All umpires to provide their own whistle and arrive at their rostered court at least 15 minutes prior to the start of the timeslot
- ▶ If a Club allocated umpire does not show up for their duty, then **the playing team will be responsible for providing an umpire for the game**
- ▶ If an umpire has not been supplied by either team, a forfeit can be claimed at one minute after the game's commencement (but give them a bit more time!)

Umpires are always learning - go easy on them and support them ... even when they are wrong.



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Paid Umpiring & Mentoring

Forest introduced a Paid Umpire and Mentor Program in 2023 and will continue in 2024.

10YR and 11YR players are too young to umpire and do not undertake umpiring. 12yr and 13yr need to participate in (unpaid) umpiring. 14yr & 15yr will be allocated to umpire and are encouraged to do so, however may advise Umpire Convenor if they do not wish to umpire.

Eligibility for Paid Umpire Participation:

14yr or 15yr

- A minimum one-year (as a 13YR or 14YR player) participation in TID program
- Current completion and passed the Netball Australia Umpires Online exam and Umpires Foundation Course

All Cadet and Senior players.

- Coaches have been asked to nominate level of umpire capability/desire. Where possible players are urged to umpire, but if necessary we will attempt to cover with paid umpires.
- Challenge is so many teams in the same timeslot!

Non-Paid Volunteering/Development

12YR - continue to umpire 10's

13YR, 14YR - continue to umpire 11's and 12's

15YR - continue to umpire 13's

Encourage your players to umpire - it will improve their game, build confidence and provide us with a larger pool of umpires in future years.



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Paid Umpiring (con't)

MWNA Payment Guidelines/Per Game* *MWNA Guidelines have increased, however the Forest budget does not reflect this and will remain as below.

- Not badged - \$15
 - TID - \$20
 - National C - \$30
 - National B - \$40
 - National A - \$45
-
- A maximum of 2 paid umpiring games per day.
 - Any paid umpiring must be authorised by Karen Willetts as the Club Umpires Convenor to ensure the replacement paid umpire is of the right calibre and skill for the game. No payments will be made unless that authorisation is given.

Forfeit/Wet Weather Cancellation

- Prior Notice and non-attendance on the day - no payment made
- Late notice and have attended on the day - to be assessed on the day

Penalties for Non-Attendance

- The allocated paid umpire is responsible for completing their duty. If they are unable to do so they must provide a minimum of 24 hours notice to the Forest Umpire Convenor.
- If little/no notice is given that umpire may be removed from the paid list until consideration by the Forest Umpire Convenor is given to return.

Payment is organised via Forest officials, not directly by team (exception is NSG)