

Blacktown City Netball Association

Club Coaches Handbook



Acknowledgement of Country

Blacktown City Netball Association acknowledges and pays respect to the traditional custodians of the land, the Darug people.

We thank the traditional custodians for caring for Country for thousands of generations. We recognize the ongoing connection to land, sea and community and we acknowledge that the lands on which we build our courts and facilities are ancient and respected grounds.

We also acknowledge the significant and ongoing contribution of local Aboriginal communities and pay our respects to Elders past, present, and emerging.

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Introduction

Welcome to Blacktown City Netball Association Inc. (BCNA), an Association with over 2,000 registered members from 15 clubs. BCNA has provided all clubs with the following information in support of your role.

We value our coaches and the invaluable service and expertise they provide to our grassroots participants. We would not be able to operate without our coaches dedicating their time, energy and knowledge. Whatever your reason for coaching, your efforts will have a direct impact on someone in our netball community – and for that, **we thank you.**

Key Resources

Netball Learning Centre - <https://learning.netball.com.au/login/index.php>

Netball NSW Coaches Workforce - <https://nsw.netball.com.au/coaching>

Netball NSW Digital Resource Centre - <https://netballnsw.slocoach.com/>

Netball NSW Policies - <https://nsw.netball.com.au/policies>

The KNEE Program - <https://knee.netball.com.au/>

Contact

For further information about coaching please contact BCNA Coaching Coordinator – Stephanie Kegg at coaching@blacktownnetball.com.au

Coaching Pathways



High Performance - Targeted at highest level State League, Australian Netball League (ANL) and Suncorp Super Netball (SSN) coaches working in a head coach capacity and have overall responsibility for the delivery of a netball program within our high-performance system.

Elite - Those coaching at the highest level of State League, ANL and SSN, who are aspiring to be potential high performance coaches.

Advanced - Coaches of Representative, Talent Identification and State League level who are developing advanced coaching principles and practices.

Intermediate - Those coaching Representative, Talent Identification and State League level. This course extends the learning around skill progression in preparation for the practical component of the Advanced course.

Development - Club, association and regional coaches and teachers aiming to further their netball knowledge. This course provides a good introduction to skill progression and fault detection and correction.

Foundation - Beginner coaches, teachers, parents and NetSetGO coaches and outlines introductory coaching information and basic netball techniques.

Athlete Pathways

Netball NSW Athlete Pathway



Foundation and Participation Pathways

High Performance (HP) Pathways

What is your coaching environment?

1. Create a positive learning environment
 - i. Participants are there to HAVE FUN, so be friendly, welcoming and approachable.
 - ii. Mistakes will be made. Allow that to happen, so that participants will give things a go and are more open to improvement. Fear of making mistakes = fear to try.
 - iii. Preparation is the key to a successful training session!

2. Provide lots of opportunities for practice
 - i. Use concise phrases and cue words to highlight key coaching points.
 - ii. Vary practice opportunities. E.g. include a challenge such as x amount of successful repetitions in 30 seconds.

3. Give encouragement and feedback
 - i. Don't wait until the end of the drill, correct as you go
 - ii. Provide technical feedback, not just "well done!". E.g. "I liked the way you stepped forward with the opposite foot".

4. Review your own coaching
 - i. Question players to check their understanding. E.g. "what are they key points of x skill?" or "how would you use x in a game?"
 - ii. Ask for feedback from a coach/mentor

Skills Framework

NOTE: Players enter the sport at different stages of development. The suggested skills for each age/level guide coaches to ensure sequential skills progression.

NetSetGo Skills Framework

	6-7 Years	8 Years	9 Years
Movement Skills	<input type="checkbox"/> Balance	<input type="checkbox"/> Take off and sprint	<input type="checkbox"/> Sprint, decelerate and stop
	<input type="checkbox"/> Jump/leap/hop/landing (1 foot/2 feet)	<input type="checkbox"/> Land and balance (right foot/left foot/both feet)	<input type="checkbox"/> Jump (right foot/left foot/both feet)
	<input type="checkbox"/> Pivot (outside turn)		
	<input type="checkbox"/> Sprint		
	<input type="checkbox"/> Side Step		
Ball Skills	<input type="checkbox"/> Catch	<input type="checkbox"/> Bounce Pass	
	<input type="checkbox"/> Chest Pass	<input type="checkbox"/> Lob	
	<input type="checkbox"/> Shoulder Pass		
Attacking Skills	<input type="checkbox"/> Straight lead	<input type="checkbox"/> Lead, pivot & pass	<input type="checkbox"/> Two leads
	<input type="checkbox"/> Change of direction	<input type="checkbox"/> Single dodge	
Defending Skills	<input type="checkbox"/> Shadowing	<input type="checkbox"/> Hands over the ball	<input type="checkbox"/> Defence of the shot (lean)
Shooting Skills	<input type="checkbox"/> Basic shooting action		<input type="checkbox"/> Rebounding
Strategies		<input type="checkbox"/> GD/WD inside of GA/WA	<input type="checkbox"/> Basic centre pass attack options
		<input type="checkbox"/> Defending C with hands over	<input type="checkbox"/> Basic centre pass defence options

Junior (10-12) and Development Skills Framework

	10 Years	11 Years	12 Years
Movement Skills	<input type="checkbox"/> Sprint and change direction	<input type="checkbox"/> Change of pace	<input type="checkbox"/> Working a number of combinations (directional footwork)
Ball Skills		<input type="checkbox"/> Application of Lob	<input type="checkbox"/> Overhead Pass
Attacking Skills	<input type="checkbox"/> Double dodge	<input type="checkbox"/> Lead and drop	<input type="checkbox"/> Clear and drive
	<input type="checkbox"/> Split and re-offer	<input type="checkbox"/> Combine into simple movements on court	<input type="checkbox"/> Introduce hold
Defending Skills	<input type="checkbox"/> 1-on-1 - defending from the front to dictate	<input type="checkbox"/> 1-on-1 - defending from the side	<input type="checkbox"/> 3 Phases of Defence 1. First ball pressure and contest 2. Application of interception 3. Hands over the ball (dictate pass type/direction)
	<input type="checkbox"/> Defence of the shot (two hands, jump)	<input type="checkbox"/> Deny space to contest rebound	<input type="checkbox"/> Dictating and denying space
Shooting Skills		<input type="checkbox"/> Basic shooting action increasing distance from the post	<input type="checkbox"/> Introduce working together in and out of the circle
		<input type="checkbox"/> Rebounding	
Strategies	<input type="checkbox"/> WA/GA sides & swap	<input type="checkbox"/> Centre pass defence 1-on-1	<input type="checkbox"/> Centre pass attack options 1. Narrow (one behind other) 2. Wide 3. Back (WD/GD)

Junior (13-15) and Intermediate Skills Framework

	13 Years	14 Years	15 Years
Movement Skills	<input type="checkbox"/> Pivot - inside turn	<input type="checkbox"/> Application of footwork related to specific skill: 1. Speed of footwork 2. Recovery of footwork	<input type="checkbox"/> Deceleration and safe landing after sprint
Ball Skills	<input type="checkbox"/> Timing on release of pass	<input type="checkbox"/> Fake pass	<input type="checkbox"/> Introduce use of ball on either side of body
Attacking Skills	<input type="checkbox"/> Double play - give and go	<input type="checkbox"/> Lunge to catch	<input type="checkbox"/> Reading the play/Vision
	<input type="checkbox"/> Half roll, full roll	<input type="checkbox"/> Timing of leads	<input type="checkbox"/> Drive, stop, and lunge back Creating space
Defending Skills	<input type="checkbox"/> Front cut	<input type="checkbox"/> Feeders hitting the circle edge	<input type="checkbox"/> 1. Recognising Space 2. Moving into space 3. Repositioning in a crowded situation
	<input type="checkbox"/> Defensive footwork	<input type="checkbox"/> Back and up using 2-foot take-off to intercept	<input type="checkbox"/> Defence of the shot - inside hang, double jump
Shooting Skills	<input type="checkbox"/> Repositioning - front and side Extend 3 phases of defence with focus on dictating or denying the space	<input type="checkbox"/> Double defence	<input type="checkbox"/> Work together in/out of circle
	<input type="checkbox"/> Shooting technique - correct and accurate	<input type="checkbox"/> Shooter-to-Shooter passes 1. from the shooting position 2. from the feeding position	<input type="checkbox"/> Shooting technique - variation on timing and release
Strategies	<input type="checkbox"/> Shooter hold	<input type="checkbox"/> Step forward/back/side	<input type="checkbox"/> Re-feeding and shuffle shot
	<input type="checkbox"/> Shooter rotation		
Strategies	<input type="checkbox"/> Throw in options 1. Narrow 2. Wide 3. Back (except goal line)	<input type="checkbox"/> Through/long court transition	<input type="checkbox"/> Centre pass attack options 1. 1 off the line 2. 2 off the line
		<input type="checkbox"/> Centre pass defence option: 2-on-1	<input type="checkbox"/> Shooter throw ins - attack and defence strategies

Senior (16+), Advanced & Elite Skills Framework

	16-17 Years	Advanced	Elite
Movement Skills	<input type="checkbox"/> Turn in the air	<input type="checkbox"/> Shuffle / slip step	<input type="checkbox"/> Turning from a sprint movement <input type="checkbox"/> Application of all movement skills in court setting
Ball Skills	<input type="checkbox"/> Introduce one hand control	<input type="checkbox"/> Step around to pass	<input type="checkbox"/> Catch high and low balls one handed
	<input type="checkbox"/> Variety of options under pressure	<input type="checkbox"/> Hook ball into catch	<input type="checkbox"/> Advanced use of ball on either side of body
Attacking Skills	<input type="checkbox"/> Spatial awareness - repositioning after delivery	<input type="checkbox"/> Using triangles / swing	<input type="checkbox"/> Outlet pass strategy
	<input type="checkbox"/> Attacking against 1-on-1 or double defence	<input type="checkbox"/> Screens	<input type="checkbox"/> Resetting
Defending Skills	<input type="checkbox"/> Feeding shooters in the circle	<input type="checkbox"/> Resetting	<input type="checkbox"/> Attacking strategies 1. From stoppages 2. From turnovers 3. Against zone / off-line defence
	<input type="checkbox"/> Positional choice for defence of shot	<input type="checkbox"/> Extend 1-on-1 defence to explore 1. Positioning 2. Reading the play & timing 3. Switching 4. Sagging	<input type="checkbox"/> Area defence - including box, diamond & triangle
	<input type="checkbox"/> Introduce split circle	<input type="checkbox"/> Defence on/off circle (WD/C)	<input type="checkbox"/> Off-line
Shooting Skills	<input type="checkbox"/> 2-on-1	<input type="checkbox"/> Defence of the shot - against the shuffle shot	<input type="checkbox"/> Relationship of the defensive unit - relevant roles
	<input type="checkbox"/> Shooters working together (balancing the circle)	<input type="checkbox"/> Circle entry and exit	<input type="checkbox"/> Types of movement to shot - jump, shuffle, fake, falling out of court, and layup shot
Strategies	<input type="checkbox"/> Basic screens including toe to toe	<input type="checkbox"/> Shooter-to-Shooter passes 1. Application of working together 2. Splitting the circle 3. Closed circle	<input type="checkbox"/> Set ups for stoppages in and out of circle
	<input type="checkbox"/> Centre pass attack options 1. Screen 2. Overload	<input type="checkbox"/> Outlet pass from intercept / rebound	<input type="checkbox"/> Inside and outside links between GS and GA
Strategies	<input type="checkbox"/> Centre pass defence - force the attackers wide	<input type="checkbox"/> Centre pass defence - wall	<input type="checkbox"/> Reading play to apply appropriate strategies to penalty pass / shot and free pass 1. pass options 2. defence strategies

Seven Step Skill Progression

1. Explanation and Demonstration

- i. Explain the 'when' and 'why' you use the skill in the game.
- ii. Use cue words such as "outside leg"
- iii. Demonstrate the correct technique of the skill

2. Basic Movement / No Equipment

- i. Players practice the movement without equipment
- ii. Individual feedback (fault detection and correction)
- iii. Player practices the skill after correction
- iv. Ensure you observe their next attempt. Provide feedback.

3. Basic Movement with Equipment

- i. Player to practice the movement with appropriate equipment (e.g. cones for change of direction)

4. Add a Ball

- i. Can be introduced as either stationary (held by thrower) or 'on the move' (as a pass).

5. Add an Opponent

- i. Once the skill is successfully performed with the ball, introduce an opponent.
- ii. You may decide to remove the ball in the initial stages whilst the player is developing body awareness

6. Dynamic Drill

- i. Incorporate timing and decision making into the skill

7. Court Application

- i. Skill is incorporated into a court situation. Does not have to involve the whole court.

Netball NSW - Glossary of Terms

Baulk (Fake)	Player feigns passing the ball, but does not let go of the ball
Change of Direction	Two straight leads. Sprint strongly at a 45-degree angle, push off strongly off outside foot to move into a new space
Change of Pace	To change the timing of a lead
Clearing	A wide, arcing movement to draw the defence away
Dictate, Delay and Deny	Defending the ground in front of an opponent to force them wide and hold up the down court drive
Dodge	Quick and decisive run in one direction, place outside foot on the ground and push off strongly in opposite direction.
Double Play (Give and Go)	A player passes the ball then immediately drives to retake the pass
Drive	A strong forward movement into space
First Ball Pressure	Contest to intercept the ball or keep attacker from receiving a pass
Front Cut	Attacker drives in front of their defender to easily receive pass.
Grounded foot	The foot that first makes contact with the ground
Lead and Drop Back	Drive forward, then turn hips and drive back into the space
Preliminary Move	A move used to lose defender before driving for the ball
Re-offer	When the lead is not used and the player makes another move
Re-positioning	Adjusting and changing position around an opponent
Shadowing	Defender standing in front of the attacker, halfway across their body, looking between the ball and the attacker to see both.
Split	Two attackers line up, one behind the other, the front player leads first and the back player leads in the opposite direction
Timing	Using on-court cues to make a move. E.g. a teammates catch
Vision	Turn and see all the court and available options to make the best passing choice.

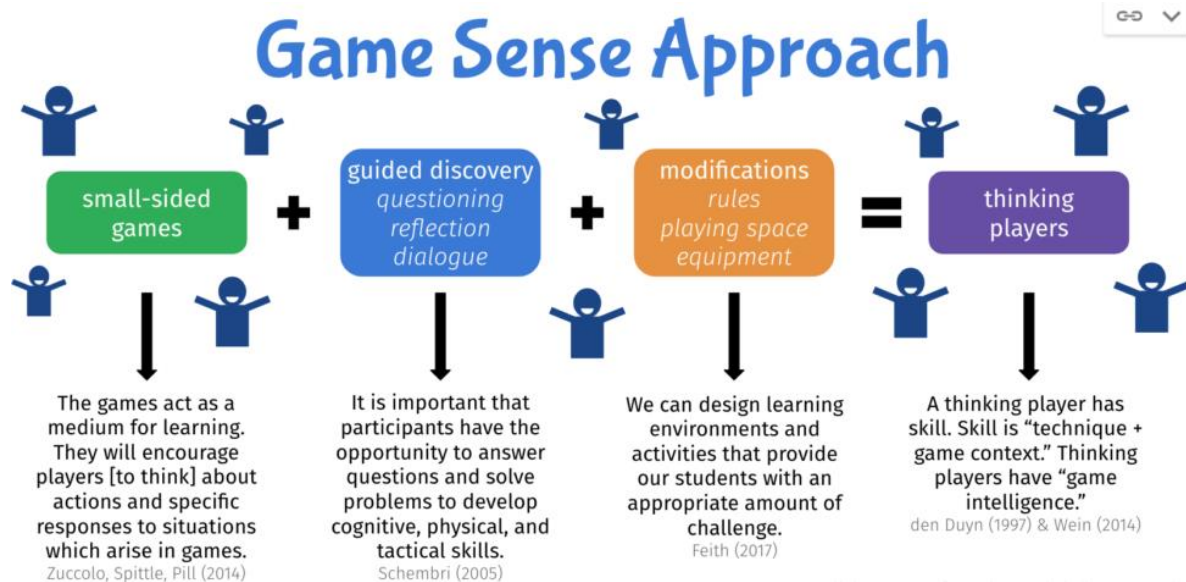
CHANGE IT

If the session is not working as planned, CHANGE IT by modifying the activity, skill or game.

C.H.A.N.G.E. I.T.

C	COACHING STYLE Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.
H	HOW YOU SCORE/WIN Increase opportunities to score.
A	AREA Increase or decrease the game challenges by changing the size/shape of the playing area, i.e. long and narrow, short and wide, smaller/larger.
N	NUMBERS Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal, etc.
G	GAME RULES Change the rules slightly, i.e. no tackling, minimum number of passes, etc.
E	EQUIPMENT Vary the equipment used, i.e. a bigger goal, smaller goals, more goals.
I	INCLUSION Engage the players in modifying the practices; provide options they could choose from to encourage ownership. Consider what can a player do as opposed to what they can't or your perception of what they can or can't do.
T	TIME Reduce or extend the time to perform actions, i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.

Game Sense



A 'technique' is a movement performed in isolation

A 'skill' is the performance of the technique in a game.

Technique + Game Context = Skill

Game context = pressure, decision making, timing, use of space etc.

Game sense is an approach to coaching and teaching which uses games as a learning tool to:

- Increase the motivation of players
- Develop tactical & strategic thinking as well as skill development

Game Sense makes the game the focus of the practice session (rather than the technique), and challenges the players to think about what they are actually doing and why.

Coaches should adapt games to emphasize tactical aspects, and ask questions that challenge players to find the answer for themselves. E.g. "you are two goals down in the closing stages of the game... how do you attack the next play?"

Questions for Players

Questions should relate to a particular tactical aspect.

Time – When will you?

Space – Where is it?

Risk – Which option?

Further examples:

“where will it be more difficult for your opponent to shoot from?” and “how can you force them into that position?”

“how can you lose your opponent to get into the circle?”

“which player do you think was the best option to pass to?”

“where are the best spaces to receive the ball?”

“do you think we should use a zone defence, double team or 1v1?”

Remember that the age and ability level of the players you are dealing with will influence the complexity of the questions you are asking. Make sure after you ask the question you give the player or group time to think and respond (don't answer the question for them!)

Season Plan

Season Goal #1:		
Season Goal #2:		
	Session Date	Session Focus
Session 1		
Session 2		
Session 3		
Session 4		
Session 5		
Session 6		
Session 7		
Session 8		
Session 9		
Session 10		
Session 11		
Session 12		
Session 13		
Session 14		
Session 15		
Session 16		
Session 17		
Session 18		
Session 19		
Session 20		

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																						
Gain to Goal Total:																						

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

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Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

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Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

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Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

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Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
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SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1st Half		2nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week's Training Session Ideas and Work On's

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week's Training Session Ideas and Work On's

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																						
Gain to Goal Total:																						

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Training Session

Session/Week/ Round:		Date:		Focus:	
Session Outline/ Outcomes:					
Equipment Needed:	Skill Development & Drills:				
Group Organisation:					
Warm Up:					
Technique Focus:	Cue Words:				

Skill Development & Drills:	Game Sense:
	Game:
Cue Words:	Warm Down:
Evaluation/Comments:	

Game Day – Saturday

Round _____ Court _____ Opposition _____

	1 st Half		2 nd Half		Comments
GS					
GA					
WA					
C					
WD					
GD					
GK					
SUB					
SUB					
SUB					
SUB					
SUB					

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

SHOOTING STATS

OPPOSITION

1st Quarter				
GS		GA		GS
				GA
2nd Quarter				
GS		GA		GS
				GA
3rd Quarter				
GS		GA		GS
				GA
4th Quarter				
GS		GA		GS
				GA

CENTRE PASS CONVERSIONS

Q1	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q2	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q3	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Q4	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A	H	A
Centre Pass to Goal Total:																				
Gain to Goal Total:																				

Game Day – Saturday

Reflections

Comments on our Game – Strengths and Weaknesses

Comments on Opposition – Strengths and Weaknesses

Next Week’s Training Session Ideas and Work On’s

Season Court Time

Opponent																	
Player		Game One				Game Two				Game Three				Game Four			
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	
12																	
RESULT																	

Opponent																	
Player		Game Five				Game Six				Game Seven				Game Eight			
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	
12																	
RESULT																	

Season Court Time

Opponent																	
Player		Game Nine				Game Ten				Game Eleven				Game Twelve			
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	
12																	
RESULT																	

Opponent																	
Player		Game Thirteen				Game Fourteen				Game Fifteen							
1																	
2																	
3																	
4																	
5																	
6																	
7																	
8																	
9																	
10																	
11																	
12																	
RESULT																	

Season Court Time

Opponent																			
Player		Semi Final				Prelim Final				Grand Final									
1																			
2																			
3																			
4																			
5																			
6																			
7																			
8																			
9																			
10																			
11																			
12																			
RESULT																			

Player	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	SF	PF	GF	TOTAL	
1																				
2																				
3																				
4																				
5																				
6																				
7																				
8																				
9																				
10																				
11																				
12																				

NetSetGo Positions Rotation

Teams with 8 Players

	GAME 1				GAME 2				GAME 3				GAME 4			
	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
Player 1	GS	GS	GA	GA	WA	C	WD	SUB	WD	SUB	WA	C	GD	GD	GK	GK
Player 2	GA	GA	GS	GS	C	WD	SUB	WA	SUB	WA	C	WD	GK	GK	GD	GD
Player 3	GD	GD	GK	GK	WD	SUB	WA	C	GS	GS	GA	GA	WA	C	WD	SUB
Player 4	GK	GK	GD	GD	SUB	WA	C	WD	GA	GA	GS	GS	C	WD	SUB	WA
Player 5	WA	C	WD	SUB	GS	GS	GA	GA	GD	GD	GK	GK	WD	SUB	WA	C
Player 6	C	WD	SUB	WA	GA	GA	GS	GS	GK	GK	GD	GD	SUB	WA	C	WD
Player 7	WD	SUB	WA	C	GD	GD	GK	GK	WA	C	WD	SUB	GS	GS	GA	GA
Player 8	SUB	WA	C	WD	GK	GK	GD	GD	C	WD	SUB	WA	GA	GA	GS	GS

Teams with 9 Players

	GAME 1				GAME 2				GAME 3				GAME 4				GAME 5			
	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
Player 1	GS	GS	GA	GA	WA	WA	SUB	SUB	GD	GD	GK	GK	SUB	SUB	WD	WD	C	C	SUB	SUB
Player 2	GA	GA	GS	GS	WD	WD	WA	WA	GK	GK	GD	GD	C	C	SUB	SUB	GA	GA	GS	GS
Player 3	GD	GD	GK	GK	SUB	SUB	WD	WD	GA	GA	GS	GS	SUB	SUB	C	C	WA	WA	SUB	SUB
Player 4	GK	GK	GD	GD	SUB	SUB	C	C	WD	WD	WA	WA	GS	GS	GA	GA	SUB	SUB	C	C
Player 5	WA	WA	SUB	SUB	GS	GS	GA	GA	C	C	SUB	SUB	GD	GD	GK	GK	WD	WD	WA	WA
Player 6	C	C	SUB	SUB	GA	GA	GS	GS	WA	WA	SUB	SUB	GK	GK	GD	GD	SUB	SUB	WD	WD
Player 7	WD	WD	WA	WA	GD	GD	GK	GK	SUB	SUB	C	C	GA	GA	GS	GS	GK	GK	GD	GD
Player 8	SUB	SUB	C	C	GK	GK	GD	GD	SUB	SUB	WD	WD	WA	WA	SUB	SUB	GS	GS	GA	GA
Player 9	SUB	SUB	WD	WD	C	C	SUB	SUB	GS	GS	GA	GA	WD	WD	WA	WA	GD	GD	GK	GK

Teams with 10 Players

	GAME 1				GAME 2				GAME 3				GAME 4				GAME 5			
	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
Player 1	GS	GS	GA	GA	WD	WD	SUB	SUB	GD	GD	GK	GK	SUB	SUB	C	C	WA	WA	SUB	SUB
Player 2	GA	GA	GS	GS	SUB	SUB	WA	WA	WD	WD	SUB	SUB	GD	GD	GK	GK	SUB	SUB	C	C
Player 3	GD	GD	GK	GK	SUB	SUB	C	C	WA	WA	SUB	SUB	GS	GS	GA	GA	WD	WD	SUB	SUB
Player 4	GK	GK	GD	GD	SUB	SUB	WD	WD	C	C	SUB	SUB	WA	WA	SUB	SUB	GS	GS	GA	GA
Player 5	WA	WA	SUB	SUB	GS	GS	GA	GA	GK	GK	GD	GD	SUB	SUB	WD	WD	C	C	SUB	SUB
Player 6	C	C	SUB	SUB	GA	GA	GS	GS	SUB	SUB	WA	WA	WD	WD	SUB	SUB	GD	GD	GK	GK
Player 7	WD	WD	SUB	SUB	GD	GD	GK	GK	SUB	SUB	C	C	GA	GA	GS	GS	SUB	SUB	WA	WA
Player 8	SUB	SUB	WA	WA	GK	GK	GD	GD	SUB	SUB	WD	WD	C	C	SUB	SUB	GA	GA	GS	GS
Player 9	SUB	SUB	C	C	WA	WA	SUB	SUB	GS	GS	GA	GA	GK	GK	GD	GD	SUB	SUB	WD	WD
Player 10	SUB	SUB	WD	WD	C	C	SUB	SUB	GA	GA	GS	GS	SUB	SUB	WA	WA	GK	GK	GD	GD