

NNZ Fit for the Season | Wednesday 1st Feb | 6-9pm | ANC | \$30

What are the components of fitness, what are the exercises I can do for core stability and agility? Do I need a more structured fitness plan? Do my players need to train pre Season?

YOU CAN GET THE ANSWERS TO THESE QUESTIONS AND MORE, AS WELL AS SHARE NEW IDEAS WITH OTHER COACHES WHEN YOU ATTEND A NETBALL NZ's "Fit For the Season Module"



NNZ Through Court Module | Thursday 2nd Feb | 6-9pm | ANC | \$30

This Netball New Zealand module covers: game principles for through court attack and defence; how to implement tactical strategies; and how to identify through court issues and counters.

NNZ Selectors Module | Tuesday 7th Feb | 6.00pm- 9.00pm | ANC | \$30

The purpose of this module is 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:

At the completion of this workshop participants will be able to

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

Content

- Trials Requirements
- Selections
- Selection Policy
- Player Profile

NNZ Centre Pass Module | Thursday 9th Feb | 6-9pm | ANC | \$30

For further information please contact

The Development Team

development@aucklandnetball.co.nz | 09 570 0030 ext 204



AMI NETBALL CENTRE AUCKLAND NETBALL

7 Allison Ferguson Drive, St Johns
P O Box 18257, Glen Innes, Auckland 1743

NETBALL FOR LIFE

www.aucklandnetball.co.nz