



### **Introduction**

Welcome to the Excel Delivery for Coaches resource. This document has been produced in conjunction with the Netball Excel Framework. Where the Netball Excel Framework details the focus areas for Satellite and County Academies, the Excel Delivery for Coaches resource provides suggested programmes and individual practices at each level to correspond with these focus areas.

The focus areas covered in this resource are:

- Movement Skills
- Ball Skills: Catching and Passing
- Attack
- Defence
- Shooting

The manual has been designed as a tool to guide coaches with their planning and delivery at Satellite and County Academy sessions. Practices are referenced in the Satellite and County Academy Programme section. This section details how and when the practices can be used in sessions. It is by no means a prescriptive document. Coaches are actively encouraged to use their own practices in addition to adapting and progressing the practices provided here. Both the Excel Framework and the Excel Delivery for Coaches place great emphasis on the application of skills to the game. The practices in this resource detail where they relate to the game and how they can be progressed to replicate real game situations. Satellite and County Academy coaches have a responsibility to ensure that what they deliver has purpose and is applicable to the game. Again, coaches are encouraged to be creative and use their own practices and ideas to ensure this.

The Excel Delivery for Coaches resource will be regularly reviewed and updated to ensure that Satellite and County coaches are receiving the latest ideas and practices.

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National Talent Manager

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#### SATELLITE ACADEMY

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# **Satellite Academy**

### PRINCIPLES OF ACADEMIES

- Emphasis is to be placed on individual player development.
- Each session is to build on the previous one.
- Recap/consolidate previous work in every session.
- Each session should have a game related focus. Examples have been given but this is not a comprehensive list.
- Passing and catching with movement should focus heavily in every session.
- Movement skills are not always to be practised in isolation, include use of ball.
- If you feel your players are not ready for the new skill to be introduced, leave until later week and consolidate previous learning.
- Every session should include a modified/competitive game scenario.
- Each session should include a dynamic warm up and a cool down.
- Sports science is educational and ongoing. Reviews should take place in subsequent sessions. Athletes are expected to do fitness work at home.

#### HOW TO USE THE 'EXCEL DELIVERY FOR COACHES' RESOURCE

- Select practices from the list, or use your own, to deliver the skills focus.
- You may combine work on 2 of the foci at the same time.
- The same practise may be used to deliver a number of different foci.

### **COACHING PRINCIPLES**

- Adapt practices to suit the needs of your athlete
  - change distance and space
  - vary time conditions
  - overload by adding additional defenders or attackers.
- Make area larger to help attackers, make area smaller to help defenders.
- Ensure decision making and perceptual skills developed throughout.
- In all activities emphasise that 'feeders' are key to its success and that they are still practising skills.





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Game focus	Highest number of consecutive passes and catches on move	
Movement focus	Running/sprinting in     Straight line     Multi-directional     to include starting and stopping	M1, 2, 3, 4, 6, 12 A1,2,15, 22,
Skills focus	<ul> <li>Shoulder pass to stationary or moving player</li> <li>use both sides of body</li> <li>Catching</li> <li>1 or 2 hands</li> <li>when stationary or moving</li> <li>jump, catch and land balanced</li> </ul>	B 1, 2, 3, 7,11, 12, 13, 14, 15, 18 A1, 2, 12 B 1, 2, 3 A 1, 2, 12
<u>Application</u>		
Sports Science		
Education	<ul><li>Parents workshop</li><li>Intro to Academy</li><li>Log book with player profile</li><li>Code of Conduct</li></ul>	Refer to 'Excel Delivery for Athletes (Satellite)' resource.

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Game focus	• 3 v 3 game in third of the court. Try to get 10 consecutive passes	
Movement focus	Running/sprinting     forwards to include turning on ground     (pivot)     jumping from 1 foot take off to land 1-2	M2, 3, 4, 5, 6, 7, 8, 9, 10 A1, 2, 12
	Chest pass to stationary or moving player     use both sides of body	B1, 2, 3, 7,11, 12, 13, 14, 15, 18
Skills focus	Bounce pass to stationary or moving player     use both sides of body	B1, 2, 3, 7,11, 12, 13, 14, 15, 18
	On receipt of ball Individual and 1-2 or 2 footed pivot to left and right turn with ball	M2, 3, 11
	<ul> <li>3 foot mark</li> <li>lean with 2 hands over the ball</li> <li>Core</li> <li>Proprioception (balance)</li> <li>Review log book</li> </ul>	A1, 2, 12 D14, 19
	<ul><li>Kit bag</li><li>Footwear</li></ul>	
<u>Application</u>		
Sports Science		
Education		

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Game focus	• ½ court from centre pass	
Movement focus	Sprinting – change direction	M13 A1, 2
Skills focus	Getting free using a straight sprint – to left and right      Shooting technique     power of shot     projection     aim     alignment     elevate     follow through     use of cue words      (Focus on range up to half distance in circle)	M 13 A1, 2, 15, 25, S8
Application	Centre Pass 1 on 1 (Delivery and receipt of centre pass – straight sprint from line)  1 on 1 in circle with static feeders (Shooters to take ball along baseline)	A1, 15, 34 S 1
Sports Science		
Education	Review log book     Balanced lifestyle     Time management	Refer to 'Excel Delivery for Athletes (Satellite)' resource

Week Four	AIM MARKING GUARD  CATCH SHOOT RUN DEVELOP ANGLES BALANGE  CATCH SHOOT RUN DEVELOP ANGLES BALANGE  TTACK SPIN DODGE AIM ARKING CHANGE DIRECTION VARIETY SPEED IN  TTACK SPIN DODGE AIM CATCH SHOOT RUN DEVELOP ANGLES BALANGE	Suggested practices
Game focus	½ court from centre passes and back lines Points scored for interceptions	ANGLES BALANCE SOLLATION VARIETY SPEED MELE
Movement focus	• Agility	M2, 13 D7, 17
Skills focus	Interception of the ball Index and the same of the ball Index and th	M14, B16,17 D9.18, 20, 21, 22, 23, 24 S8 D 1, 2, 8, 9,10, 12 D11
<u>Application</u>		
Sports Science	Speed and agility	Refer to: - 'Excel Delivery for Athletes (Satellite)' resource - 'Excel Framework' resource - 'Excel Framework' DVD
Education	<ul><li>Review log book</li><li>Weekly planner</li><li>Training diary</li></ul>	Refer to 'Excel Delivery for Athletes (Satellite)' resource

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Game focus	Full game – conditioned to encourage skills foci	
Movement focus	Variety of jumps  1 footed take off  2 footed take off  2 footed landing  1 footed landing	M 4, 10, 11
Skills focus	<ul> <li>Rebounding <ul> <li>using 2 footed vertical jump</li> <li>contesting</li> </ul> </li> <li>Technique for 'toss up'</li> <li>Revisit interception</li> <li>Revisit catching – extending range</li> </ul>	D 11, 25, 26 B 4 D20 B 1, 9
Application	Working rebound 1 on 1	D11, 25
Sports Science	Endurance     Review log book	Refer to: - 'Excel Delivery for Athletes (Satellite)' resource - 'Excel Framework' resource - 'Excel Framework' DVD
Education	<ul><li>Nutrition, hydration and refueling</li><li>Body image</li><li>Body hygiene</li></ul>	Refer to 'Excel Delivery for Athletes (Satellite)' resource

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Game focus	<ul> <li>Half court</li> <li>Through court – drip feeding in defences</li> <li>(Make one the priority, but do both)</li> </ul>	
Movement focus	Walking / Running/ sprinting (Multi- directional)	M1
Skills focus	<ul> <li>Getting free using <ul> <li>a change of pace</li> <li>a change of direction into front space</li> <li>a multi change of direction</li> </ul> </li> <li>When getting free <ul> <li>time moves</li> <li>pass accurately</li> <li>get free 1 on 1</li> </ul> </li> </ul>	A1, 2, 3, 5, 6, 7, 15, 31 B17, A1, 12, 13, 14, 25, 26, 31 B 2, 3
Application	Centre pass (receive by using a change direction) Through court - Link based on position GK – GD – WD etc	A 1, 12, 15, 16, 17 A 26, 30
Sports Science	Core     Proprioception	Refer to: - 'Excel Delivery for Athletes (Satellite)' resource - 'Excel Framework' resource - 'Excel Framework' DVD
Education	Review log book     Concentration     Goal setting	Refer to 'Excel Delivery for Athletes (Satellite)' resource

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Game focus	Change emphasis from week 6	
Movement focus		
Skills focus	Marking 1:1     from a front position     from a side position	D 3, 4, 5, 23
Application	Centre pass 1:1 Whole team through court 1:1 defence	A15, 16, 17 D 6
Sports Science	Agility	Refer to: - 'Excel Delivery for Athletes (Satellite)' resource - 'Excel Framework' resource - 'Excel Framework' DVD
Education	Review log book     Injury and illness	Refer to 'Excel Delivery for Athletes (Satellite)' resource

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Game focus	Attacking third work – start with ball in centre third (but not a centre pass) Drip feed in defenders	
Movement focus		
Skills focus	<ul> <li>Feeding front shooter using <ul> <li>off both sides of body</li> <li>range of passes</li> </ul> </li> <li>Driving to circle edge to receive pass in balanced body position</li> </ul>	B 1, 2, 3 A20 A 1, 18, 19 B 3
Application	Circle edge	A23, 24
Sports Science	Endurance	Refer to: - 'Excel Delivery for Athletes (Satellite)' resource - 'Excel Framework' resource - 'Excel Framework' DVD
Education	Review log book     Relaxation	Refer to 'Excel Delivery for Athletes (Satellite)' resource

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Game focus	Attacking third work – start with ball in centre third (but not a centre pass) Defended	
Movement focus	<ul><li>Sprinting and stopping</li><li>Jumping turning in the air from static</li></ul>	M2, 4, 5, 12
Skills focus	Shooters to 'T' up on the defender angle in to the ring on take of the ball Reinforce circle edge play	S 2
Application	Circle play	A32
Sports Science	Question and Answer session	
Education	Review log book	Refer to 'Excel Delivery for Athletes (Satellite)' resource

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Game focus	Full game –conditioned dependent on skill foci	
Movement focus		
Skills focus	Review – reinforce and consolidate     dependant on needs of group	
<u>Application</u>	Match play	
Sports Science		
Education	<ul><li>Review log book</li><li>What next</li><li>Questions</li></ul>	Refer to 'Excel Delivery for Athletes (Satellite)' resource

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