

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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In this section

SATELLITE ACADEMY

Principles of Academies.....	Page 3
How to use the 'Excel Delivery for Coaches' Resource.....	Page 3
Coaching Principles.....	Page 3
Session Planner.....	Page 4-8

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.



Week One

Suggested practices

Game focus	<ul style="list-style-type: none"> Highest number of consecutive passes and catches on move 	
Movement focus	<ul style="list-style-type: none"> Running/sprinting in <ul style="list-style-type: none"> Straight line Multi-directional to include starting and stopping 	M1, 2, 3, 4, 6, 12 A1,2,15, 22,
Skills focus	<ul style="list-style-type: none"> Shoulder pass to stationary or moving player <ul style="list-style-type: none"> use both sides of body Catching <ul style="list-style-type: none"> 1 or 2 hands when stationary or moving jump, catch and land balanced 	B 1, 2, 3, 7,11, 12, 13, 14, 15, 18 A1, 2, 12 B 1, 2, 3 A 1, 2, 12
Application		
Sports Science		
Education	<ul style="list-style-type: none"> Parents workshop Intro to Academy Log book with player profile Code of Conduct 	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource.</i>

Week Two

Suggested practices

Game focus	<ul style="list-style-type: none"> 3 v 3 game in third of the court. Try to get 10 consecutive passes 	
Movement focus	<ul style="list-style-type: none"> Running/sprinting <ul style="list-style-type: none"> 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
Skills focus	<ul style="list-style-type: none"> Chest pass to stationary or moving player <ul style="list-style-type: none"> use both sides of body Bounce pass to stationary or moving player <ul style="list-style-type: none"> use both sides of body On receipt of ball <ul style="list-style-type: none"> land 1-2 or 2 footed pivot to left and right turn with ball 3 foot mark <ul style="list-style-type: none"> lean with 2 hands over the ball Core Proprioception (balance) Review log book Kit bag Footwear 	B1, 2, 3, 7,11, 12, 13, 14, 15, 18 B1, 2, 3, 7,11, 12, 13, 14, 15, 18 M2, 3, 11 A1, 2, 12 D14, 19
Application		
Sports Science		
Education		

Week Three

Suggested practices

Game focus	<ul style="list-style-type: none"> • ½ court from centre pass 	
Movement focus	<ul style="list-style-type: none"> • Sprinting – change direction 	M13 A1, 2
Skills focus	<ul style="list-style-type: none"> • Getting free using a straight sprint – to left and right • Shooting technique <ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Review log book • Balanced lifestyle • Time management 	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>

Week Four

Suggested practices

Game focus	<ul style="list-style-type: none"> • ½ court from centre passes and back lines Points scored for interceptions 	
Movement focus	<ul style="list-style-type: none"> • Agility 	M2, 13 D7, 17
Skills focus	<ul style="list-style-type: none"> • Interception of the ball • 2 handed • TRACKING • Revisit shooting technique – add defences • Mark the shot with a static lean 	M14, B16,17 D9,18, 20, 21, 22, 23, 24 S8 D 1, 2, 8, 9,10, 12 D11
Application		
Sports Science	<ul style="list-style-type: none"> • Speed and agility 	<i>Refer to:</i> <ul style="list-style-type: none"> - 'Excel Delivery for Athletes (Satellite)' resource - 'Excel Framework' resource - 'Excel Framework' DVD
Education	<ul style="list-style-type: none"> • Review log book • Weekly planner • Training diary 	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>

Week Five

Suggested practices

Game focus	<ul style="list-style-type: none"> Full game – conditioned to encourage skills foci 	
Movement focus	<ul style="list-style-type: none"> Variety of jumps <ul style="list-style-type: none"> 1 footed take off 2 footed take off 2 footed landing 1 footed landing 	M 4, 10, 11
Skills focus	<ul style="list-style-type: none"> Rebounding <ul style="list-style-type: none"> using 2 footed vertical jump contesting Technique for 'toss up' Revisit interception Revisit catching – extending range 	D 11, 25, 26 B 4 D20 B 1, 9
Application	<ul style="list-style-type: none"> Working rebound 1 on 1 	D11, 25
Sports Science	<ul style="list-style-type: none"> Endurance Review log book 	<i>Refer to:</i> <ul style="list-style-type: none"> 'Excel Delivery for Athletes (Satellite)' resource 'Excel Framework' resource 'Excel Framework' DVD
Education	<ul style="list-style-type: none"> Nutrition, hydration and refueling Body image Body hygiene 	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>

Week Six

Suggested practices

Game focus	<ul style="list-style-type: none"> Half court Through court – drip feeding in defences (Make one the priority, but do both) 	
Movement focus	<ul style="list-style-type: none"> Walking / Running/ sprinting (Multi-directional) 	M1
Skills focus	<ul style="list-style-type: none"> Getting free using <ul style="list-style-type: none"> a change of pace a change of direction into front space a multi change of direction When getting free <ul style="list-style-type: none"> time moves pass accurately get free 1 on 1 	A1, 2, 3, 5, 6, 7, 15, 31 B17, A1, 12, 13, 14, 25, 26, 31 B 2, 3
Application	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Core Proprioception 	<i>Refer to:</i> <ul style="list-style-type: none"> 'Excel Delivery for Athletes (Satellite)' resource 'Excel Framework' resource 'Excel Framework' DVD
Education	<ul style="list-style-type: none"> Review log book Concentration Goal setting 	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>

Week Seven			Suggested practices		
Game focus	<ul style="list-style-type: none"> Change emphasis from week 6 				
Movement focus					
Skills focus	<ul style="list-style-type: none"> Marking 1:1 <ul style="list-style-type: none"> from a front position from a side position 	D 3, 4, 5, 23			
Application	<ul style="list-style-type: none"> Centre pass 1:1 Whole team through court 1:1 defence 	A15, 16, 17 D 6			
Sports Science	<ul style="list-style-type: none"> Agility 	<i>Refer to:</i> <ul style="list-style-type: none"> 'Excel Delivery for Athletes (Satellite)' resource 'Excel Framework' resource 'Excel Framework' DVD 			
Education	<ul style="list-style-type: none"> Review log book Injury and illness 	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>			

Week Eight			Suggested practices		
Game focus	<ul style="list-style-type: none"> Attacking third work – start with ball in centre third (but not a centre pass) Drip feed in defenders 				
Movement focus					
Skills focus	<ul style="list-style-type: none"> Feeding front shooter using <ul style="list-style-type: none"> off both sides of body range of passes Driving to circle edge to receive pass in balanced body position 	B 1, 2, 3 A20 A 1, 18, 19 B 3			
Application	<ul style="list-style-type: none"> Circle edge 	A23, 24			
Sports Science	<ul style="list-style-type: none"> Endurance 	<i>Refer to:</i> <ul style="list-style-type: none"> 'Excel Delivery for Athletes (Satellite)' resource 'Excel Framework' resource 'Excel Framework' DVD 			
Education	<ul style="list-style-type: none"> Review log book Relaxation 	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>			

Week Nine

Suggested practices

Game focus	<ul style="list-style-type: none">Attacking third work – start with ball in centre third (but not a centre pass) Defended	
Movement focus	<ul style="list-style-type: none">Sprinting and stoppingJumping turning in the air from static	M2, 4, 5, 12
Skills focus	<ul style="list-style-type: none">Shooters to<ul style="list-style-type: none">'T' up on the defenderangle in to the ring on take of the ballReinforce circle edge play	S 2 A18, 19, 20
Application	<ul style="list-style-type: none">Circle play	A32
Sports Science	<ul style="list-style-type: none">Question and Answer session	
Education	<ul style="list-style-type: none">Review log book	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>

Week Ten

Suggested practices

Game focus	<ul style="list-style-type: none">Full game –conditioned dependent on skill foci	
Movement focus		
Skills focus	<ul style="list-style-type: none">Review – reinforce and consolidate – dependant on needs of group	
Application	<ul style="list-style-type: none">Match play	
Sports Science		
Education	<ul style="list-style-type: none">Review log bookWhat nextQuestions	<i>Refer to 'Excel Delivery for Athletes (Satellite)' resource</i>