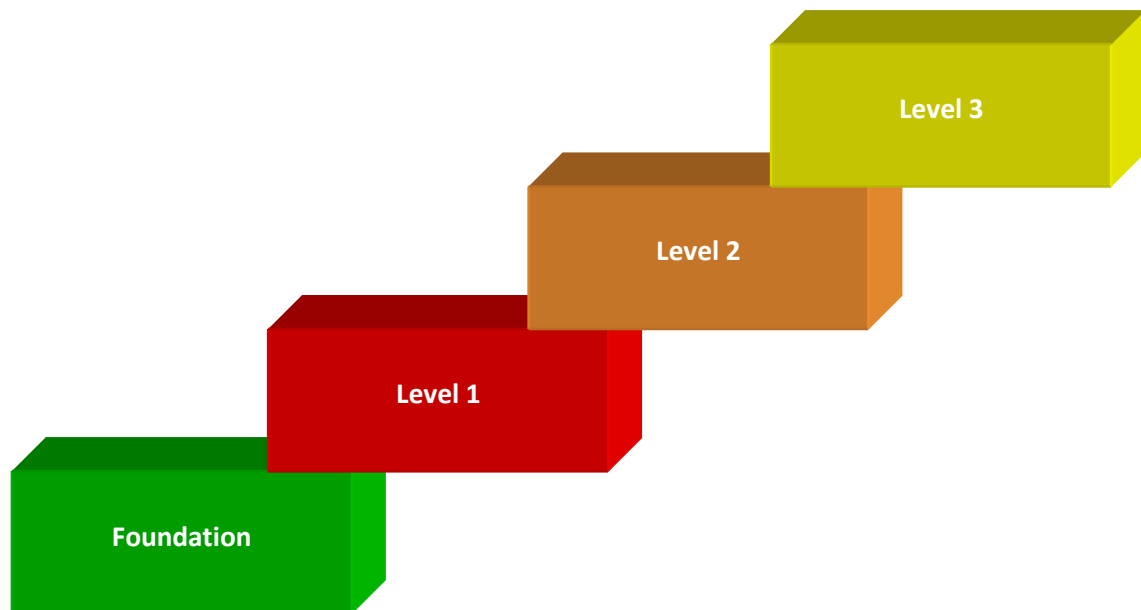


1.1. Netball Singapore Coach Accreditation Programme Review



Netball Singapore recently reviewed its Coach Accreditation Program in consultation with Netball Australia and the Singapore Sports Council. The Netball Australia Coaching Accreditation Framework and course material (six-tier framework) has been adapted as a four-tier structure for Netball Singapore. The outcome is a fully integrated (theory and technical) coach accreditation program tailored to meet the needs of Singapore Netball Coaches and to increase their coaching competencies.

1.2. Coach Accreditation Framework Overview

Netball Singapore has a four-tier coach accreditation framework that provides education, training and mentoring to coaches as they progress along the coaching pathway. The courses reflect the skills and techniques required of players at each level of the player pathway.

1.3. Delivery Arrangements

Netball Singapore is responsible for the delivery of the Foundation, Level 1 and Level 2 Coaching Courses.

Netball Australia will assist Netball Singapore in the delivery of the Level 3 Coaching course (i.e. Netball Australia's High Performance Coaching Course) with eligible candidates approved by the Netball Singapore Technical Committee. Depending on the number of eligible candidates, the course may be conducted in Australia or Singapore. If a candidate is sent to Australia to attend a course, some components of the course may be undertaken in Singapore under the guidance of the Singapore National Coach and Netball Australia (i.e. Games Analysis, practical coaching and assignment work).

1.4. Course Details and Entry Pre-requisites

Course Name	Duration	Participant Numbers	Target Market	Entry Pre-requisites
Foundation Coaching Course	7 hours in-course work	1:15	Beginner coaches	<ul style="list-style-type: none"> Age 16 Completion of "Getting Started in Netball" questionnaire. Completion of pre course reading and worksheet.
Level 1 Coaching Course	14 hours in-course work	1:15	Club and School Coaches	<ul style="list-style-type: none"> Age 16 Completion of a Netball Singapore Foundation Coaching Course <i>Current Section 1 Umpire Theory Examination pass (70% or above)</i>
Level 2 Coaching Course	30 hours in-course work 10 hours theory workbook	1:10	National Age Group, Netball Super League and identified Level 1 coaches	<ul style="list-style-type: none"> Age 18 Level 1 Coaching Course/Certification Including current First Aid/CPR Coaches must have had at least one (1) year/season coaching experience after completion of a Netball Singapore Level 1 Coaching Course. 2 years coaching at a minimum level of School Team U/15 or above for 4 hours/week
Level 3 Coaching Course	As required	1:15	National 21's, Opens and National Age Group coaches identified with potential	<ul style="list-style-type: none"> Age 18 Current Level 2 Coaching Certification or Recognition of Current Competency including current First Aid/CPR 1 year coaching at a minimum level of Netball Super League, National U/21 or Opens level (within last 3 years).

1.5. Integrated General Coaching Principles

All courses within the Netball Singapore Coaching Accreditation Framework are part of the National Coaching Accreditation Programme (NCAP) as administered by the Singapore Sports Council (SSC).

The Singapore Sports Council NCAP General Principles have been integrated into each of the courses with the Level 1 NCAP theory component delivered between both the Foundation and Level 1 Coaching courses.

The Level 2 & 3 NCAP General Principles have been integrated into the Level 2 Coaching Course and Level 3 Coaching Course respectively.

For further information about upcoming courses and update workshops, refer to <http://www.netball.org.sg/courses/coaches/all> .

SECTION 3: COMPETENCY STATEMENTS AND ASSESSMENT – FOUNDATION

3.1 Course Outline

Unit	Unit Topic	Nominal Duration	Unit Delivery	Assessment		
				Skill Planning Activity	Practical Coaching Task	Discussion Groups
1	Role of the Coach*	60 minutes	Theory			✓
2	Risk Management*	60 minutes	Theory			✓
3	Junior Player Development*	80 minutes	Theory / Practical			✓
4	Program Planning*	100 minutes	Theory	✓		✓
5	Safe Teaching of Netball Skills	120 minutes	Practical		✓	✓

* SSC NCAP Theory components

3.2 Foundation Course Competency Statements

- Identify the roles and responsibilities of the coach
- Understand the coaching implications of the NROC Coaches Code of Ethics
- Understand the social development considerations for why children play sport
- Identify and implement good coaching practices to reduce risk
- Implement minor incident-management procedures
- Keep accurate records regarding medical history and injury reporting
- Cater for the physical and social development of participants
- Understand the role of KidzNet and its place in the player development pathway
- Understand the benefits of using a ‘game sense’ approach to teach game concepts and develop long term learning
- Understand the importance of effective group management skills to maximise opportunities for successful participation
- Identify the elements of a training session
- Understand the planning and review process
- Utilise effective communication techniques to develop player understanding of the basic skills of netball
- Understand how to safely teach the basic skills of netball
- Identify skill faults and correct technique for the basic skills of netball
- Understand the coaching implications of the basic rules of netball

SECTION 4: COMPETENCY STATEMENTS & ASSESSMENT- Level 1

4.1 Course Outline

Unit	Unit Topic	Nominal Duration	Unit Delivery	Assessment		
				Session Plan	Practical Coaching Task	Discussion Groups
1	The Coach in Action*	60 minutes	Theory			✓
2	Skill Progression	100 minutes	Theory / Practical	✓		✓
3	Technique/Skill -Ball Handling, Movement & Footwork	30 minutes	Practical		✓	✓
4	Technique/Skill - Attacking	60 minutes	Practical		✓	✓
5	Technique/Skill - Defending	65 minutes	Practical		✓	✓
6	Technique/Skill - Goal Shooting / Circle Defence	30 minutes	Practical		✓	✓
7	Basic game strategies/game	50 minutes	Theory/ Practical		✓	✓
8	Intermediate Coach/Conclusion	15 minutes	Theory			✓
9	Practical Workshop	120 minutes	Practical	✓	✓	
10	Mental Skills & Team Building *	120 minutes	Theory			✓
11	Fitness in Netball *	120 minutes	Theory		✓	✓

* SSC NCAP Theory components

4.2 Level 1 Course Competency Statements

- Demonstrate effective coaching communication strategies
- Demonstrate effective group management strategies
- Understand the first five steps of the seven steps of skill progression
- Apply the steps of skill progression within a practical environment/activity
- Safely teach and identify and correct technique faults in netball for;
 - ball handling skills
 - movement and footwork skills
 - attacking skills
 - defending skills
 - goal shooting / circle defence skills

Level 1 Coaching Course Competency Statements cont.....

- Understand the differing roles of positions and the impact roles have in team strategy
- Apply the techniques of basic netball skills into relevant court situations
- Apply the principles of positional and team play into basic court strategy
- Employ one of the three self-reflection methods to evaluate and improve the quality of coach management, teaching and communication
- Understand coach education pathways and update opportunities
- Have the skills, knowledge and attitude necessary to apply basic Mental Skills Training and how to integrate them into practice
- Understand the importance of team members having a sense of belonging in the group
- Be able to design and lead a basic team building activity which meets suitable outcomes
- Demonstrate understanding of the various systems of the body and how these relate to Netball.
- Demonstrate knowledge of the six components of fitness and three energy systems and those that play an important role in netball.
- Understand the aspects of the game /movement patterns specific fitness components & energy systems come into play.
- Have knowledge of the principles underlying the design of a Training Program and use this to develop an appropriate training session for netball.

SECTION 5: COMPETENCY STATEMENTS AND ASSESSMENT – Level 2

5.1 Course Outline

Unit	Unit Topic	Nominal Duration	Unit Delivery	Assessment		
				Assignment	Practical Coaching Task	Discussion Groups
1	Advanced Skills of Netball	10 hours	Practical		✓	✓
2	Game Analysis and Strategies*	4 hours	Theory Practical	✓		✓
3	Physiology of Netball*	3 hours	Theory Practical			✓
4	Player Welfare*	2 hour	Theory			✓
5	Communication Skills*	3 hours	Theory Practical		✓	✓
6	Psychology*	2 hour	Theory Practical			✓
7	Coaching Practise*	3 hours	Theory Practical	✓	✓	✓
8	Talent Identification and Selection*	2 hour	Theory			✓

* SSC NCAP Theory components included in these units

This course is conducted as a three day course with the Player Welfare, Communication Skills and Psychology Units being completed via workbook.

5.2 Level 2 Course Competency Statements

- Teach and develop the advanced skills of Netball
- Analyse athlete performance and provide appropriate technical corrections
- Apply the advanced tactics and strategies of Netball in a competitive situation
- Apply the rules of Netball in skill sessions and game strategy planning
- Analyse match play styles and systems
- Safely program and monitor conditioning training for Netball
- Plan and prepare training sessions that complement the yearly plan
- Assess and monitor the development and well being of the athlete
- Implement policies associated with risk management within Netball
- Use appropriate communication to meet the needs of the situation
- Adapt coaching practices, program and activities to cater for the individual needs of all players, including players from specific populations