



Heathmont United Netball Club Coach Guidelines for Player Rotation and Court Time

Heathmont United Netball Club selects players in suitable teams, taking into consideration skill level, friendship preferences and school year level according to the [Team Selection Policy](#). The Coach Guidelines for Player Rotation and Court Time has been created to assist the club's coaches to help develop and strengthen the skills of all our netball players regardless of skill level or age group.

At all levels the enjoyment of the sport of netball by all participants is our primary concern. The enjoyment of netball is aided through appropriate skill development, suitable team placement and clear expectations of players, coaches and parents.

Our Coaches aim to teach more than netball skills by being good role models and demonstrating an interest in each of their players. Organised sport teaches life skills such as time management, working as part of a team, resilience, acceptance of feedback, leadership skills, dedication, commitment, accountability and reliability to name just a few. There are many physical, emotional, social and mental health benefits of participating in organised sport. The club's aim is to help players develop a love and understanding of netball, while providing a solid base of skills that will hold them in good stead as they grow as both netballers and people.

Our coaches are volunteers and are not expected to operate at the level of a professional coach. Coaches are expected to be fair and reasonable and adhere to the guidelines provided in the Coaches Manual. Coaches are encouraged and supported by the club to seek out and complete professional development to build upon their knowledge, skills and confidence.

Player and Team Development

- The coach of all age groups should continue to focus on skill development at an appropriate level for their team. A greater focus on expanding each player's knowledge of positions and the rules will assist in understanding the intricacies of the game of netball and responding quickly to the umpire's calls. Different player abilities, experience and the sections that each team is playing in will dictate the required focus on skills and systems, while requiring certain teaching methods, which the coach has autonomy to decide.
- Coaches are encouraged to assist the team in making goals and team rules for each season to ensure expectations are set, agreed upon and met throughout the season. Discussions points should include:

- o Deciding reasonable expectations of each player and the Coach
- o Court time expectations throughout the season and within the finals series
- o Positional rotations
- o Position requirements of the team.
- o Expectations should be set around effort and team work and the consequences for absences from training and/or games should be decided.
- o The rules and expectations for Teams and Coaches may differ between teams depending on the goals set, the ages of players and the agreed team rules.
- o Players are encouraged to discuss with the Coach their goals for their netball journey so that the Coach can facilitate appropriate development and provide adequate opportunities for growth

Court Time

- Coaches should aim to provide equal court time for all players throughout the season, however at the discretion of the coach, players may have less court time for reasons such as, but not limited to, absence from training, injury, return to play from illness/injury, attitude or behavioural issues, for teaching purposes, expectations around effort, for positional match ups with opposition or when it is important that a particular player combination is used on court eg to win a game to make finals, or within the finals series
- The coach is not expected to record the exact minutes of playing time for players when using rolling substitutions.
- Coaches are encouraged to keep a record of player positions and allocation of playing time in case this is required by the committee at any point throughout the season

Positional Rotations

9 & Under - NetSetGo (NSG) Friday Night Go Program

- The mission of NSG is to develop confident and active kids who will grow a lifelong love of team sport, all while building essential skills (<https://vic.netball.com.au/woolworths-netsetgo>)
- The focus is on basic skill development and learning the rules of the game.
- These games are not scored and there is no ladder, as winning is not a focus at this level.
- Coaches are encouraged to provide players with a full netball experience by rotating each player through all areas of the court during the season. This should be done wherever possible and players should be encouraged to try all positions so that they can develop a range of netball skills to develop their understanding of the game.

U11, U13, U15, U17 and Open (with coach)

- o Coaches are supported in making decisions that are best for their teams regarding player movement through positions and rotations through court areas.
- o In younger teams with less experienced players, full court rotations are encouraged to provide a well rounded netball experience
- o For U13 age groups and upwards, players identify 2 positional preferences when registering each season. These are not guaranteed to be the only positions that the player will play throughout the season. Players may be required to play in other positions to facilitate team balance, for development of skill or to expose players to unfamiliar areas to provide a greater understanding of the game and rules of netball.
- o It is essential for players to understand the role of every position on the court to enhance their versatility and skill so that player absences or rotations won't negatively affect overall team performance.
- o Coaches are encouraged to continue to focus on refining and developing the core netball skills of each of their players. This may look different for each player.
 - Eg some players may have less positional rotations so that they are able to master some aspects of the game.
 - Alternatively it may mean moving players into more positions or different areas to what they are used to or prefer.
- o Positional rotations should be planned by the coach to ensure that the team remains balanced while offering the players the opportunity to play in different positions to find their preferred and best positions as well as to determine which player combinations are best for the team overall.
- o Coaches may require players to play in positions they least prefer or are least confident in if
 - this is what is best for the team
 - this is required for development of skills for individual players
 - If the coach has identified potential for a player to develop in a particular area
 - To address a positional deficit within the club
 - Players are expected to be team players and respect and comply with the instructions of the coach.

Open (without Coach)

- Teams are expected to treat each registered player in the team fairly
- Without the direction of a coach, adult teams are expected to be able to decide positions and rotations for each player that works for both individuals and the team as a whole.
- Teams are encouraged to nominate a Captain and a Team Manager to assist with the decision making regarding court time and positions