



INDOOR NETBALL FEDERATION of QUEENSLAND

COACHING COMMITTEE For 2019

Coaching Director:

JAANE PAUL

Committee Members:

Leah Ala-Outinen

Kurt Asquith

Jason Coles

Thomas O'Riley

*If you need to contact the coaching committee please do so
through Tracey Cossi at INFQ Office on (07) 3376 3291
Or tracey@infq.com.au*

SAMPLE COACHING COURSE



CONTENTS

1. **Characteristics of a respected Coach**
2. **Characteristics of a respected Manager**
3. **Role of the Coach**
 - Communication
 - Teaching
 - Planning
 - Organising
4. **Preparation of an Athlete**
 - Health and Fitness
 - Psychology
 - Diet
 - Hydration
 - Injury Prevention
5. **Role of the Players**
 - Positional Roles
 - Skills Required
 - Training and Drills
 - Creating Drills
 - Court Strategies
6. **Analysing Opponents**
 - The Team
 - Individual players
 - Tactics
 - Coach
 - Umpire
7. **Planning a Training Session**
 - Setting goals for training
8. **Code of Conduct**

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COACHING



To develop Indoor Netball in our Industry we have been working hard to deliver to the “Coaches” and the “Centres” up to date and appropriate information so we can all improve and grow as an industry.

The Coaching Committee is put together as a Committee to help support all the coaches and centres in several ways.

- Our first role is to run Coaching Courses to educate and guide the coaches to further their knowledge and experience. Both Adult and Junior Courses are available.

See attached page for a sample of contents of these courses. Any Centre’s management can offer to host a coaching course.

If you would like to arrange a course please contact INFQ to arrange a date that would suit all parties.

The course has been updated with the latest information to date, as well as more drills and skills for the coaches to take away and work with. This has been implemented through feedback from previous coaching courses.

- We also support the State Coaches in their roles, hoping to provide the best for the players in Indoor Netball.
- Junior Skills development days have been added to the agenda for the Coaching Committee this year.

Designed for the “junior” players within the Centres that do not get exposed to any representative training or coaching. Hoping to keep the junior’s encouraged in Indoor Netball.

Last year was a great success with the Under 10 All Stars Squad. So once again this will be hosted after the Junior State Titles. A venue and date will be decided closer to the championships.

Please feel free to contact INFQ for any help, information and just a general chat about coaching. Our committee are a very motivated and dedicated bunch and look forward to meeting all the new Coaches for 2015.