



# Coaches Word

Seaforth Netball Club – May/June 2004

Morag McKeand, Coaches Convenor

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This informal newsletter is designed to bring you up-to-date information on what courses are available to you as a coach and other notes and ideas to assist in your coaching role this year.

## CALENDAR OF EVENTS

### *Seaforth Coaches & Managers Q & A*

Wednesday 26 May

Balgowlah Heights School Library

Time: 7.30pm

Got any questions? They will be answered along with more ideas to get the best from your team this season.

All coaches and/or managers are encouraged to attend and share your coaching experiences with your peers.

Please contact Morag on 94002035 or via email to confirm your attendance.

### *Sports Medicine Awareness Clinic*

Tues 25 May 6.30-9.30pm

Curl Curl Netball Centre (upstairs)

This course aims to produce a greater awareness of prevention, assessment and management of sporting injuries and the basic principles of first aid and sports medicine.

Available to coaches, players, parents, health professionals, officials.

**If interested, respond immediately.**

Cost: \$27.50 Contact: Morag 9400 2035

## SAFE LANDING TECHNIQUES FOR THE NETBALLER

This is something that we should all revisit from time to time - most players are on the move when they catch the ball and generally land on one foot before grounding the other. Practice should be given so that players are able to land and balance ready to pass to a team mate from a left and right foot land or when landing with two feet simultaneously.

Teaching points:

- land with feet apart to give firm support base
- land with body upright
- cushion the land by bending knees, hips and ankles on impact, continue to bend knees after impact to assist with a balanced soft landing
- body weight should be over the feet, with shoulders level
- when landing with two feet simultaneously, weight should be distributed on both feet
- for a one foot land, quickly bring other foot down to evenly distribute the weight

- make sure a balanced position is taken before releasing the ball to a team mate