

My Coaching Philosophy : Inspiring players, through a player centred approach, to be the best they can be through a programme of fun, focus, fitness, fame

My philosophy has developed over 42 years of playing and coaching. Most recently I have reflected on my Level 3 training which has influenced my approach to coaching and therefore my philosophy. I firmly believe that a player centred approach encourages the player to strive for excellence and become the netballer they want to be. This has driven my strapline of Fun, Focus, Fitness, Fame – the netballer can fall into one, a combination, or all of these categories. It is the Inspiration of the coach, through this player centred approach, that helps to shape the route the netballer wants to take.

FUN

Regardless of age or ability netball has to be fun and enjoyable for the individual to maintain interest. Fun leads to engagement and passion of the activity. An inspirational coach will always have the player at the centre of her session and every session must have an element of fun.

FOCUS

To reach their full potential players must remain focused in the sessions. A player centred approach to enable self- learning, thinking skills, problem solving and decision making is essential to ensure players develop a 'games sense' approach to training. Players should be given appropriate information and challenge to ensure progress is made at all stages, and success achieved. All players want to be successful. The level of success will be achieved by persistence. 'Persistence can change failure into an extraordinary achievement' (Matt Biondi) Instilling persistence and determination in players empowers them to believe in themselves, and in turn creates successful players .

Focus on preparation is essential to being successful. ('It's not the will to win – everyone has that- it's the will to prepare to win that matters' Paul 'Bear' Bryant) Players therefore need to know what to prepare for, so it is important to have a shared vision and a good plan and understanding of the team's route to success. To be successful players need to understand their own strengths and weaknesses and that of their teammates. They need to work together to build on each other's strengths.

To help players to prepare a coach needs to be well organised, effective in her planning, but also approachable. This gives players confidence in the coaching environment and allows them to feel comfortable to ask any question, check and challenge where appropriate and share their own thoughts during training and match play. Individual learning is based on enjoyment and challenge. It is important that within the delivery of every session a player takes away something new AND /OR improves a technique, tactic, or understanding of oneself and how she performs in certain situations.

FITNESS

To enjoy the sessions and match play, players need to be fit. Fitness sessions should be additional to the training sessions and should be focused on the individual player's needs, purposeful, and (most of the time) enjoyable. Where appropriate the training sessions will challenge the player mentally as well as physically in order to aid development and progression. Players need their own fitness plan to ensure a player centred approach is maintained throughout.

FAME

'Champions keep playing until they get it right' (Billie Jean King)

I believe that all players enjoy their own individual feeling of success and 'Fame' This may be as simple as a beginner playing in her first match and feeling the success of being part of a team, to scoring the winning goal in the Superleague Final. At all levels that feeling of success is vitally important to individual performance and continued involvement in the game of netball. All players should be made to feel an integral part of the team, regardless of level of ability.

Within Competition, winning is important, but learning how to lose gracefully is as important. The ability to return from a huge set back develops mentally toughness, improved confident and determination. It helps the netballer to become the person she wants to be.