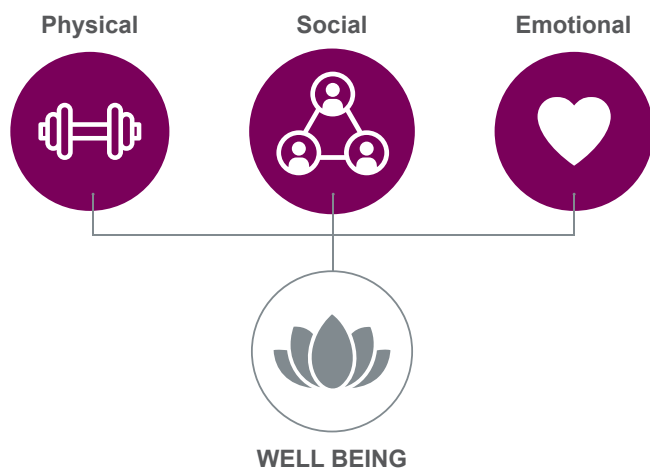


Coaching Considerations

As you are getting ready to return to play here are some thoughts / suggestions to keep in mind so that your players and your return is enjoyable and rewarding. During this time away from organised sport, there will be varying degrees of training and activity that your players will have undertaken.

You will have seen all the important safety measures that are needed, now we want to talk about safety in terms of:



A good place to start...

You may have been checking in with your players while they have been off the court. Now it is helpful to get more information from them about how they spent their time away from netball.

A good way to do this is to get them to mark on the continuum below what they got up to and how they are feeling about coming back to netball.





Physical

As your players have been mainly training on their own, they may have:

- Lost their neuromuscular connections = will be challenged when working in small spaces with multiple players
 - Be patient with how the players are moving in group activities as they relearn connecting their brain and muscles and spatial awareness
 - Start simple and build complexity in group activities – use ‘closed skills’ to get timing and confidence back before adding complexity / game sense / contact
- Had a growth spurt = their skill level may be less than previously, and they will need to rebuild their co-ordination and confidence
 - Ensure they warm up and cool down using the Knee program
 - When practicing skills such as passing and catching be patient as they build speed and accuracy
- Been working in a confined space e.g. back yard = activities with short, sharp changes of direction or long-distance running may increase the risk of injury
 - Consider the size of the area players are working in and build up intensity over time
- An increased risk for injury rate = maximise recovery with these top 3 strategies
 - Sleep
 - Nutrient high eating
 - Hydration



Social

Players have had a lengthy period in isolation, are returning to school and now can rejoin their teammates. This lengthy period may have impacted on group dynamics.

- Explore team building activities now they are physically in the same space to reconnect players
- Spend time chatting with players to connect with what else they have happening in their lives as well



Emotional

You and your players may be excited to be back and be wanting to make up for lost time so:

- Be patient, positive and enthusiastic
 - Allow frustrations for both coaches and players to ease out
- Understand that yours and the players emotions might fluctuate
 - Be patient
 - Avoid telling players to go hard to make up for lost time = be realistic and supportive to build the confidence in their skills
 - Focus on what they can do and what opportunities are still available

Netball Queensland would like to thank Netball New Zealand and reference **NetballSmart** for these considerations and recommend the Prepare to Play resource contained within this website for more guidance and ideas for the safe return to play.