



**METRO CLUB COACHING EDUCATION & MENTORING PROGRAM
2016
Melissa O'Brien – Energy Netball**

Objectives:

- To improve the coaching knowledge of club coaches
- To map all participants to assist in the accreditation process
- To improve the knowledge of players through improved coaching skills

Target Group:

- Club coaches

Times:

- Saturday 7.15-8.15 and same session repeated 12.30-1.30pm
- 10 sessions starting February
- Specialist sessions in the evening. These will be more specific with regards to refined skills eg. Shooting
- Mentoring – between 8.30 am and 12.00pm – times are to be booked in advanced

Projected Outcomes:

- To streamline coaches knowledge so as young players are taught correct technique
- Improve the standard of youth Netball at Metro in general with improved skills for future representative teams
- Accredited coaches moving onto Intermediate and Level Two Advanced
- More coaches available for Rep teams
- Improved skill level in both coaches and players

Costs:

- \$80.00 per hour for all sessions

Mentoring:

- Incorporated in the Coach Education Program is the offer to mentor coaches. This would be on a Saturday morning in between the two sessions. Mentoring would enable Melissa to work with the coaches individually with their teams. This is also at a cost of \$80 per hour so clubs would need to self-fund this fee.

Self-Funding:

- Coach Education can be self-funding. All clubs could contribute \$50 per coach to attend the Coach Education Program. For example a club may pay for 6 coaches which would be \$300. These funds would go into a Coaching Education fund. What would coaches get for their \$50.00? Metro could offer ten Coach Ed sessions or more if required. That would be \$5.00 per session. It would also be advisable to offer specialist sessions as part of this fee. Up to five specialist sessions in the evening over the season will be offered.