

SERIES

02

The Basics Part 2

WRITTEN AND PRESENTED BY HIGH PERFORMANCE COACHES
SUE GAUDION & LYN PEMBERTON

TIME	SESSION	CONTENTS
8:45am	Arrive for Registration	
9:00am	Eleven Minutes <i>Game Knowledge</i>	Sue will show you how to fine-tune your coaching approach during a game. Learn how to make the greatest impact using you eleven minutes. Or is it less than that?
9:45am	Footwork with Eight of Your Best Friends <i>Game Skills</i>	Important to have your feet ready for action prior to the start of the season. Sue brings eight of her best friends to show you how.
10:45am	Homework Kit <i>Game Skills</i>	We all know how much kids love their homework! In this session, Lyn will walk you through one of the most important homework kits for any budding netballer.
11:45pm	Shoot the Lights Out <i>Game Skills</i>	Lyn's seven step to shooting success will take you on a journey that extends beyond shooting technique.
12:45pm	Lunch Break	
1:30pm	The Golden Drill <i>Game Skills & Knowledge</i>	You would never make a chocolate cake without the chocolate, so you should never do a pre-season without mastering 'The Golden Drill'.
2:45pm	Yo-Yo <i>Game Sense</i>	Sue will take 'The Golden Drill' and show coaches how to finish this off in a Game Sense environment.
3:30pm	Quick Fire	This is your opportunity to put Sue and Lyn under the pump. You ask the questions, we give/show you the answers. On court or off court, it's up to you... load your guns!

Cost: \$100 (includes Series booklet)

Register online @

thegoodthebadandtheugly.org



PRINCIPAL PARTNER



This program is proudly endorsed by the netball governing bodies in Western Australia, South Australia and New South Wales.