



**Sue Gaudion & Lyn Pemberton**

## **SERIES 2**

**Sunday 22<sup>nd</sup> March 2015: Perth College: 31 Lawley Crescent, Mt Lawley**

**REGISTER ON LINE: [www.thegoodthebadtheugly.org/registration](http://www.thegoodthebadtheugly.org/registration)**

<b>TIME</b>	<b>SESSION</b>	<b>CONTENT</b>
8:30am – 9:30am	<b>Eleven Minutes</b> <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 your eleven minutes. Or is it less than that?
9:30am – 10:30am	<b>Footwork with eight of your best friends</b> <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 – 11:45am	<b>Homework Kit</b> <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!
11:45am – 12:45pm	<b>Shoot the lights out</b> <i>Game Skills</i>	Lyn's seven steps to shooting success will take you on a journey that extends beyond the shooting technique.
1:30pm – 2:30pm	<b>The Golden Drill</b> <i>Game Skills &amp; 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.
2:30pm – 3:30pm	<b>Yo-Yo</b> <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 – 4:30pm	<b>Quick Fire</b>	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 per Series or Register for both and pay \$180 only.**

**PAYMENT:** To be made on the day



This program is proudly endorsed by Netball WA, the governing body for Netball in Western Australia.

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**Sue Gaudion & Lyn Pemberton**

## **SERIES 3**

**Sunday 28<sup>th</sup> June 2015: Perth College: 31 Lawley Crescent, Mt Lawley**

**REGISTER ON LINE: [www.thegoodthebadtheugly.org/registration](http://www.thegoodthebadtheugly.org/registration)**

<b>TIME</b>	<b>SESSION</b>	<b>CONTENT</b>
8:30am – 9:30am	<b>Get your Defenders feet moving!</b> <i>Game Skills</i>	Defenders must develop specific footwork in order to perfect the craft of Defence. Join Lyn as she shows you how to 'move your feet'!
9:30am – 10:30am	<b>What's left to do when the Shooter has the ball?</b> <i>Game Skills</i>	Learn the four key skills a defender must develop once a goaler has the ball and is ready to shoot. 'Last line of Defence' with Lyn.
10:45am – 11:45am	<b>Hands Over - then what?</b> <i>Game Skills</i>	Applying pressure on the pass is a skill and Sue will show you the various ways to do this. But then what next? Learn what is 'V' Defence and how to coach it effectively.
11:45am – 12:45pm	<b>From 'Mine' to 'Ours'</b> <i>Game Units / Knowledge</i>	Defensive partnerships in the circle become more effective when defenders develop an awareness from 'mine' to 'ours', or otherwise known as 'Split Circle Defence'.
1:30pm – 2:30pm	<b>Know the Pattern - Create the Intercept</b> <i>Game Units / Knowledge</i>	Sue will take the 'Mine' to 'Ours' session one step further and show you the familiar patterns that happen inside the circle; and how defenders 'can' create intercepts.
2:30pm – 3:30pm	<b>Transition into Defence</b> <i>Game Sense</i>	It is essential to develop from an early age the importance of every player's role to defend and attack equally. Sue will show you some fun games to achieve this.
3:30pm – 4:30pm	<b>Quick Fire</b>	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!

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