

## HKNA Coach Education Programme

### NETBALL COACHING WORKSHOPS Saturday 11<sup>th</sup> – Sunday 12<sup>th</sup> March 2017



#### International Coaching Workshops Presenter: Yvonne Willering

Yvonne Willering played as a provincial representative netballer from 1968 until 1985 and for the Silver Ferns from 1974 to 1983.

She trained as a lab technologist at Auckland Hospital and was later employed as a microbiologist in New Zealand and the United Kingdom until 1985. In 1986, she returned to New Zealand and became Coaching Director for Netball New Zealand, a position she held for two years.

Over the next decade, she held the prestigious position of Silver Ferns coach, Regional Netball Co-ordinator for Netball New Zealand, Director for ASB Bank, Netball North Harbour Coaching Director, coach to Fujiforce, the LG Mystics and contract coach, on occasions, to the Vixens, Magic and Firebirds.

Her coaching career which started in 1986 has included national and international teams such as Silver Ferns, NZ Young Internationals, the Fijian national team and various provincial and regional teams.

Yvonne holds several New Zealand coaching awards and in 2002, was made an Officer of the New Zealand Order of Merit in the Queen's Birthday Honours.

#### **COACHING WORKSHOPS DETAILS:**

**The sessions will be conducted in English. No pre-requisites for these workshops. Open to coaches of all levels, players are welcome to! Registration is required in order to access the sessions.**

#### **Session 1: Saturday 11 March 2017. 8am to 10am at Shun Lee Tsuen Sports Centre**

Participants could observe Yvonne working with the Regional Academy 14's Squad working on 1 on 1 defence and making decisions on when to go for the ball..

#### **Session 2: Saturday 11 March 2017. 1pm to 5pm at Australian International School**

Topic: " Working together, rather than in isolation. Both on attack and defence."

#### **Session 3: Sunday 12 March 2017 At Wong Chuk Hang Recreation Ground (Aberdeen Outdoors)**

**10.30am – 12.30pm Nominated Team / Club training session lead by Yvonne Willering**

**1pm to 2pm Shooting Clinic** - for nominated **Junior Netball League (JNL)** and **Joint University Netball Tournament (JUNT)** participants. Yvonne will work with these players to give advice on their shooting technique and tips on how to combat taller defenders.

#### **Session 4: Sunday 12 March 2017. 3pm to 6:30pm at South Island School**

Participants observing Yvonne's session with the National U21's, Invitational and Regional 16's Academy Squad – working on various skills and drills.

**16's 3pm – 4:30pm:** Marking and dropping back in Defence.

**Youth and Invitational: 4:30pm to 6:30pm.** Options of bringing the ball through the court. Attack against different types of defence.

**YVONNE WILLERING COACHING WORKSHOPS**

**Please TICK the session/s that you would like to attend.**  
**It is FREE OF CHARGE to attend, but YOU MUST REGISTER in order to access the sessions.**

Saturday 11<sup>th</sup> March 2017  Session 1

Saturday 11<sup>th</sup> March 2017  Session 2

~~Sunday 12<sup>th</sup> March 2017~~  ~~Session 3~~

Sunday 12<sup>th</sup> March 2017  Session 4

**Deadline for enrolment : 5pm Wednesday 8<sup>th</sup> March 2017.**

**Please note that participants with coaching accreditation will be prioritise if numbers exceed venue capacity.**

**For Session 1,2 and 4**

Participant's FULL English name : \_\_\_\_\_

Contact Email: (please print clearly) \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Coaching Experience: \_\_\_\_\_

Coaching Accreditation (if any): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_