

Leeds Rhinos Netball Community Programme 2019-2020 Season

Partners and combined training options/playing

University and Club netball

College and club netball

School, county and club netball

School and club netball

University Netball

Futures Hub Network Age 16-19

U15 Hubs Network

U13 Hub Network

Mini Netball – Age 5 – 12

Rhinos internal playing opportunities

Intermural

Play days
internal league structure & end of season tournament

Workshops

Rhinos in school coaching

Camps

Pay and play sessions

Festivals with the Foundation team

Masterclass

Coach education

Leeds Rhinos are honoured to have been awarded the England Netball accredited Performance Pathway for the Yorkshire Region and have been running this since July 2018 with great success (you will find more information on our Pathway page, www.leedsrhinosnetball.net/pathway/This is important context for our Community Programme because it gives aspiration to the younger and less experienced players and sets a context for our programmes for coach development.

This work is connected to the work of Leeds Rhinos Foundation, whose mission is “changing lives through sport”. This diagram, description and some frequently asked questions give a guide to what is available, but it is important to recognise that every athlete journey/coach or partner requirement is different. The overall aims of the community programme are to provide many different opportunities, to a variety of age groups, in a range of locations – all with the hallmark of Rhinos quality coaching experience and aspirational context for everyone to be their best. It enables access to the broader Rhinos family, offering a range of different experiences aligned to the ambitions of the Club and the Foundation.

We see our Community Pathway as a way of engaging new players, coaches, teachers and partners, providing more opportunities for people to get involved in our great game and support the improvement of the overall standard of netball in Yorkshire.

The table below outlines the opportunities likely to be available. All the programmes are developed by the Leeds Rhinos Performance Coaching Team. Specific ages/times/locations will be subject to change and development.

Group	Training Opportunities	Playing Opportunities
MINI NETBALL		
Mini Netball 5- 7 years old	Mini netball has been developed to support the development of basic movement skills, body management, catching, passing and small sided fun games or activities. The environment is about having fun and getting to meet new friends, while building confidence through play.	Some play days (see below) and league games will be organised in Spring and Summer terms against other Minis groups. However, players that are ready may be asked to get involved in games earlier in the year.
Mini Junior 8 – 10 years old	Mini Junior netball is where we start to add more netball specifics into our delivery. At this stage we add footwork, attacking, shooting and defending along with High Five netball. Players learn the roles of each position and the rules of High Five netball	Play days (see below) at the end of each term and league games against other Minis groups at the end of every full term
Mini Senior 11 and 12 years old	Senior mini netball has been developed with two aims: complementing club and school netball and developing good technique and understanding of core netball skills i.e. attack, defence, shooting and positional coaching; and to help the transition from High Five to the seven a side game – so understanding the difference and how to play seven a side.	Play days (see below) at the end of each term and league games against other Minis groups at the end of every full term
HUBS		
U13 Hubs	The U13 Hub is in most cases a complementary session to support players already in club or in county pathways. We also aim to attract players that want to take school netball to the next level by attending our Hub. So, whatever your circumstances, this localised high quality training, may be for you! We are always keen to attract new talent. The programme is aimed on developing the	Players will represent their Hub in Playdays (see below) and regular internal fixtures in a Hub League (see below) throughout the season.

	individual through delivering fitness, basic skill development, attacking themes, defending themes and increase understanding of the game.	
U15 Hubs	The U15 Hub is in most cases a complementary session to support players already in club or in county pathways. We also aim to attract players that want to take school netball to the next level by attending our Hub. So, whatever your circumstances, this localised high quality training, may be for you! We are always keen to attract new talent. The programme is aimed on developing the individual through delivering fitness, basic skill development, attacking themes, defending themes and increase understanding of the game.	Players will represent their Hub in Playdays (see below) and regular internal fixtures in a Hub League (see below) throughout the season.
Futures Hub Aged 16-19 (aim to have one Futures Hub per county)	The Futures Hubs are set up to support those who may have found their love of netball at an older age, or for those who progress from the U13 and U15 Hubs. It is also for those who have come to the end of their County journey but want to continue a good standard of training and/or aim to get in the Leeds Rhinos Performance Pathway and into the Futures Academy. This might also support those who continue to play other sports at a good level but still want to play netball. This Hub will be more focused on performance and the development of the individual, also providing some access to S and C sessions as well as the quality technical training.	In addition to Playdays (see below) and the Hub League (see below), there will also be the opportunity for this Hub to play against the Futures Academy, where they can benchmark themselves.
OTHER ATHLETE DEVELOPMENT OPPORTUNITIES		
Fun Camps Aged 8-14 years	Our fun camps are open to all players aged 8-14 years and are usual run over four days where players enjoy technical work, fun games, a bit of fitness and match play. The main aim is for players to have fun while practising their netball skills and meeting new friends in a fun inclusive environment. The camps are well attended with a variety of ability from novice players to those in our Performance Pathway, who want to do some netball to keep their hand in over the holiday period. We group players on ability, but where never possible keep friends together	Matchplay in the afternoon, with a mixture of High Five and seven sided games
Boot Camp residential and non - residential AGE????	This is an intense camp for the serious netballer. The camp is normally over four days with non-residential hours 9am-5pm with a typical day involving on average of 2 technical sessions, a strength and conditioning or fitness session. Throughout the week there will be positional specific sessions. The residential camp is run by Performance Coaches, invited Superleague players and Leeds Rhinos staff.	Match play integrated into technical sessions and for residential match play in the evening. During the match play players will be given individual feedback on how to develop their game!
Masterclasses U15 and/or U13	This is a full day of expert netball coaching from 10am-3pm which takes place one day during each of the school holidays. Mainly offered to either U15 or U13, sometimes combined, sometimes separate. Players have to be in the county academies, Leeds Rhinos Pathway Academy or a Hub and/or playing regular club netball. The day is based on an England Training session with the morning covering an attacking theme and the afternoon a defence theme or vice versa. There is court	Match play takes play within the session to support learning and putting new skills into practice.

	time to put the learning into game play where players are given individual feedback. The coaching is provided by one of the Leeds Rhinos Performance Coaching team usually Anna Carter, Emily Perry or Maggie Birkinshaw. In the past we have also invited other Superleague players or coaches in such as England Roses Star Natalie Haythornthwaite.	
Workshops (for athletes)	<p>Leeds Rhinos Netball provide a number of workshops throughout the season to support player and coach development. We run positional specific workshops for two intense hours, so players can work and get specific insight into their positional job role and what makes them effective in that position.</p> <p>Coaches who observe this season will get to watch a top-class coach in action talking about the jobs of specific positions and how you set up practise to support the skill development and understanding amongst players of that position, so they can aim to specialise in that position(s).</p> <p>All coaches leading on the delivery of these Positional workshops have worked with, or been, international players and keen to pass their knowledge on to young aspiring players with a thirst for performance.</p>	Supportive type games or practises/set ups that aim to support skill development and understanding of job role
COMPETITION OPPORTUNITIES IN THE COMMUNITY PROGRAMME		
Hub League	The Hub league is to promote competition, with playing experience under match conditions, opportunity for coaches to give more individual feedback on game play and hub athletes to benchmark themselves, and allow coaches to assess player development and progression.	
Playdays	<p>Play days are for Mini netballers to play against each other in tournament conditions. They will play High Five netball, experience playing different positions and coaches get the opportunity to develop the game understanding of athletes through the event.</p> <p>U13 and U15 and Futures Hubs have the opportunity to participate in a playdays in a tournament environment with an overall winner at the end of each play day event. There may also be different conditions put into the playday to help players development which may include playing different positions or a scoring system that gives advantage to the “weaker” team</p>	
Festivals	These are like Playdays, but within the Performance part of the Leeds Rhinos Netball Programme. Eg where Academy squads play each other. Occasionally, Hub athletes may be invited into these.	
OTHER OPPORTUNITIES FOR PARTNERS		
School, college and university coaching	<p>Leeds Rhinos Netball work with different educational establishments to improve or support netball delivery to their students. This could take many forms and is for the ambitious institutions who want to use sport to improve outcomes and student confidence. Leeds Rhinos would support game play within this structure to encourage participation and enhance the student learning and experience.</p> <p>This might include running intramural programmes to encourage the student participation and access to competitive physical activity at university. This also gives</p>	

	<p>students an opportunity to volunteer and develop different skills in getting involved in student sport, such as umpiring or coaching.</p> <p>In school, coaching during PE lessons and/or after school club coaching. In some cases, providing a coach to be the lead coach providing a number of number of hours in the programme eg with a smaller group of athletes.</p> <p>Establishing a local Hub based on demand by the local school for more netball outside school eg where access to a local club is not available.</p>
High five festival support	<p>Leeds Rhinos Netball along with the Leeds Rhinos Foundation team will support the festivals that the Foundation teams put on throughout Leeds towards the spring term. This is to support the overall experience of a netball festival but also engage the local community to access more netball where individual children, schools and parents show an interest to get involved.</p>
Pay and play sessions	<p>New to Leeds Rhinos Netball – we hope to put on some pay and play sessions with the aim of making netball more accessible and affordable for all. It will also give young people the opportunity to access netball without a full commitment. This scheme might involve a number of weeks at a venue where young people can turn up and pay a low fee for an hour of skill and matchplay that will be fun and engaging. After initial engagement it will be decided what activity is feasible to continue at the particular venue eg an extension of pay and play weeks, a Hub base, or an ongoing partnership with a local club or school.</p>
OPPORTUNITIES FOR COACHES	
Coach Education Mentoring	<p>Leeds Rhinos Netball are keen to support coaches in their personal development. We are appointing a “Coach Developer” who will lead these programmes for coaches.</p> <p>The Coach Education available will be available in three main ways. A brief overview:</p> <ul style="list-style-type: none"> - Informal - coaches to sign up to the coaching series of 6 sessions where they will get the opportunity to learn more about “game based” themes, with each one consisting of a full day of learning. Different high-performance coaches will deliver these sessions who are experts in a particular topic. The Coach Educator will also be leading on the “how” we coach to support the “what” we coach. - Formal – this is a coach mentoring opportunity that coaches will apply for if their ambition is to become a performance coach in our Academy Programme. Coaches will be part of a small group in a supportive coach education training programme, including access to the six coach education series. In addition, there will be: <ul style="list-style-type: none"> o Attendance at Leeds Rhinos internal coach development sessions o One to one mentoring with a coach developer on a regular basis o Observation of Leeds Rhinos Elite coaching sessions o Access to above workshops and conferences o The aim is in two years the coaches within this programme will become Head Coaches in the Leeds Rhinos Pathway <p>Selective – Coaches can hand pick the above themes based on where they feel their learning needs are. This could also include the two conferences that Leeds Rhinos Netball will be running per year.</p>
Coaching Conference	<p>Leeds Rhinos Netball will run two coaching conferences a year delivered by international coaches or Superleague coaches. Performance sport is an ever-changing picture. The challenge for all coaches is to stay ahead of our players and refreshing the “what” and “how” we deliver to improve our coaching practise. We want to ensure our sessions aren’t dull because we recycle the same practises, so it is important to</p>

	learn from the best. These conferences will hand select coaches that are current and have a way of showing the building blocks of practise and delivery ideas.
Workshops (for coaches)	Coaches can book on our workshops and Masterclasses as a way of observing quality and experienced coaches in action. These are often positional workshops for two intense hours, giving the so coaches learn the detail about each positional job role and learn about skills and drills to put into practice in their own context. All coaches leading on the delivery of these Positional workshops have worked with, or been, international players and keen to pass their knowledge on to young aspiring players with a thirst for performance.

This table gives an illustration of what is likely to be available whether you are an athlete, parent, coach, teacher or partner. We have something for everyone. There are some Frequently Asked Questions below, as well as information on our website including details of the Performance Pathway.

For further assistance with bookings please email info@leedsrhinosnetball.co.uk.

Anna Carter
Director of Leeds Rhinos Netball
May 2019

Appendix - FAQs

Mini Questions 5-12 years of age

My daughter is at primary school and would like to start playing netball but as never done it before what do you suggest we do? At mini netball we cater for all ages from 5-12 years of age and all abilities we ensure we have enough coaches in the group to support their development and to make it a fun learning experience for all.

My daughter is in primary school and started doing mini netball and loves it what's next? At mini netball we aim to work closely with local clubs, so we can improve the overall standard of netball and build a clear pathway through community and performance. The best way for players to improve is to do both club and mini netball. Club so that they play in regular league games against other clubs, with weekly training at Leeds Rhinos Netball to support the players through the pathway and provide playing opportunities under different conditions.

Hub Questions

If I am a school/club player who has not yet been part of Leeds Rhinos Netball, but would like to do more netball If you're U13 or U15 you should trial for your Satellite/County Academy. If successful, your coach can nominate you to trial for the Regional Academy when appropriate. Alternatively, you can stay as part of a Rhinos hub in our community pathway (either by trial or sign up depending on the location of the Hub).

If I am currently in a Leeds Rhinos hub, what should I be trialling for? Each Hub coach can nominate a few players to attend U13 and U15 Regional Rhinos Academy trials. If you are nominated by your coach, ensure you meet the age criteria, and prepare yourself for the trial. If your Hub coach has not nominated you for Regional Academy trials, you should attend your relevant Satellite or County Academy trials to enter the performance pathway if you are eligible on the age criteria and of course want to access performance netball. If not, you can just continue within the hub you are in. There is more information about this in the description of our Performance Pathway that is available on our website. If you are too old for the Rhinos U15 Hubs, you may be able to trial for a Rhinos U17 Futures hub. More details will follow; we are trying to make sure that there is something for everyone!

If I am currently in a Hub what should I be trialling for? You can either continue to receive regular coaching through your hub, look at accessing a club if you don't attend one already with the aim to be nominated to satellite or county trials. Potentially you may be nominated from the hub to attend an academy trial. However if you are happy in the hub and don't wish to progress hub the performance pathway and just stay within the community pathway this is not a problem, we are keen to provide as many opportunities as possible.

How much training should my daughter be doing? This depends on their age and stage in the pathway. Netball is not an early specialisation sport so we encourage U16s to continue with other sports alongside netball where possible. Over 16 years of age we would expect players to specialise in netball with other sports becoming secondary to netball. Every journey is individual and unique, but we hope these guidelines are helpful. It is important for players to be exposed to a gradual increase in netball training and this should be the focus over achieving a set number of hours.

Coach Educations Questions

I am a coach of a club in Yorkshire and really keen to improve my knowledge Our suggestion would be you attend or sign up to the 6 series workshops for coaches based around different themes. It would also work in your interest to attend the conferences and workshop we provide. This will improve your overall knowledge and also give you an opportunity to network and gain confidence

I have coached for a number of years and really keen to get involved in Leeds Rhinos with the aim to coach within the pathway, what steps should I take to get involved? We would encourage you to apply for our mentoring programme to support your progress into coaching performance netball so within a two-year period you would be looking at gaining a Head Coach position within the Leeds Rhinos pathway.

I am new to coaching and want to increase my netball understanding what I should access Again, the best advice would be to watch and attend as much CPD as possible – conference, coaching series and our workshops