



COURSE CALENDAR

Sep 2015 - Feb 2015



Date & Time	Course	Address	Cost
Sep Sat 5th 10:00-15:00	Table Officials Course	Redbridge Leisure Centre, Forest Road, Barkingside, Essex, IG6 3HD	£30
Oct Sun 4th 09:00-18:00 Sun 25th 09:00-18:00	UKCC Level 1	Oasis Academy Coulsdon, Homefield Road, Old Coulsdon, Surrey, CR5 1ES	£150/£180
Oct Sat 31st 09:00-18:00 Sun 1st Nov 09:00-18:00 Sat 21st Nov 09:00-18:00 Sun 22nd Nov 09:00-18:00 Sat 12th Dec 09:00-18:00	UKCC Level 2	Sobell Leisure Centre, Hornsey Road, London, N7 7NY	£360/£395
Dec Sun 13th 10:00-13:00	High 5 Workshop	Christ Church Sports Centre, Pilgrims Way, Canterbury, CT1 1XS	£25/£35
Feb Sat 6th 09:00-18:00 Sun 7th 09:00-18:00 Sat 5th Mar 09:00-18:00 Sun 6th Mar 09:00-18:00 Sat 2nd Apr 09:00-18:00	UKCC Level 2	Leigh Technology Academy, Green Street Green Road, Dartford, Kent, DA1 1QE	£360/£395

To book on any of the courses or for more information visit our website or please contact the regional office.

www.londonandsoutheastnetball.co.uk/courses

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COURSE CALENDAR Course Descriptions



England Netball Coach Workshops

On the Ball

Focuses on catching and passing skills, observation and analysis of technique and practice design in relation to the development of ball skills.

On the Move

Introduces the coach to essential movement skills required for effective performance in netball.

Sharp Shooting

Examines the technique of shooting and associated game strategies including; shooter rotation, balance, 'T' position and supporting attacking players.

Getting Physical

Takes coaches through injury prevention strategies, efficient movement patterns and strength development exercises.

Activate

Examines the qualities of an attacking player and explores the methods a player can utilise to get free.

Winning the Ball

Examines defensive practices to ensure players are encouraged to make decisions on how, where and when to force errors and/or turnovers.

High 5

This workshop will allow attendee's to learn more about the game of High 5, the skills involved and how to get High 5 up and running in their school or club.

UKCC Courses

Level 1

Aimed primarily at coaches aged 16+ who wish to assist with sessions, this course supports coaches in developing 'how to coach' skills.

Level 2

Aimed primarily at coaches aged 18+ who wish to lead sessions, this course allows individuals to prepare, deliver & review coaching sessions.

Level 2 Conversion (Only until March 2015)

To support active coaches who hold the old Level 2 award, allowing them to gain a UKCC award in a timely & cost effective manner.

Level 3

Aimed at Level 2 coaches who have been regularly coaching for at least 3 years. Allows individuals to plan, implement, analyse and revise annual coaching programmes.

Other Courses/ Workshops

Step into Coaching (Exclusive to London & SE)

Introduces beginner level coaches to fundamental netball skills, including developing and progressing safe practices.

Safeguarding & Protecting Children

Raises awareness of signs of abuse, and outlines how to deal with safeguarding issues sensitively, appropriately and effectively.

Time to Listen

A netball-specific safeguarding, free for England Netball Club Safeguarding Officers (CSOs). The course above should be attended first.



Youth Umpiring Award

Youth Umpiring Award Orientation (For Teachers)

This course supports teachers to understand the fundamental skills of umpiring and also how to deliver these skills to their pupils as part of the Youth Umpiring Award.

Youth Umpiring Award

Aimed at young students who want to get involved with umpiring, this course introduces the principles of umpiring and the rules of netball. Prepares students to umpire in schools or at school games events.

Officiating Awards

Beginner Award

Aimed primarily at umpires aged 12+, this course supports officials by introducing them to the basic rules of the game of netball.
Prepares individuals to umpire local league matches.

C Award

Aimed primarily at umpires aged 14+, this course supports officials with knowledge of rules and competencies to umpire at average adult club level.

B Award

Aimed at umpires who have a minimum of 1 years' experience as a C Award, this course supports C Award officials with the knowledge of netball rules to umpire at a good club, county and national level.

Other Awards/ Courses

Match Bench Officials Course

Aimed at individuals with an existing knowledge of netball rules, this course aims to introduce officials to the role and be able to manage the scoreboard and timing of the match.

