



COUNTY AND SATELLITE ACADEMY NEWSLETTER

NETBALL FIRST CHALLENGE – WINNER!

Following the exciting launch of the Netball First Challenge competition on Twitter, we were extremely pleased to receive so many exciting and innovative entries!

After much deliberation from the panel a winning Academy has been selected to receive the training session with Sasha Corbin! Congratulations to the **East Midlands Regional Academy!!** Their entry featured a very different type of ball skill, which took place away from the netball court!

If you haven't done so already then follow @NetballFirst on Twitter and encourage your athletes to do the same! It's definitely worth checking out all the competition entries!



Sam Brightman @SamB_EMPPC · Nov 15

@NetballFirst have a look at this for a skills challenge! East Mids RA 🍌👍
vimeo.com/111936332

ENGLAND VS. MALAWI

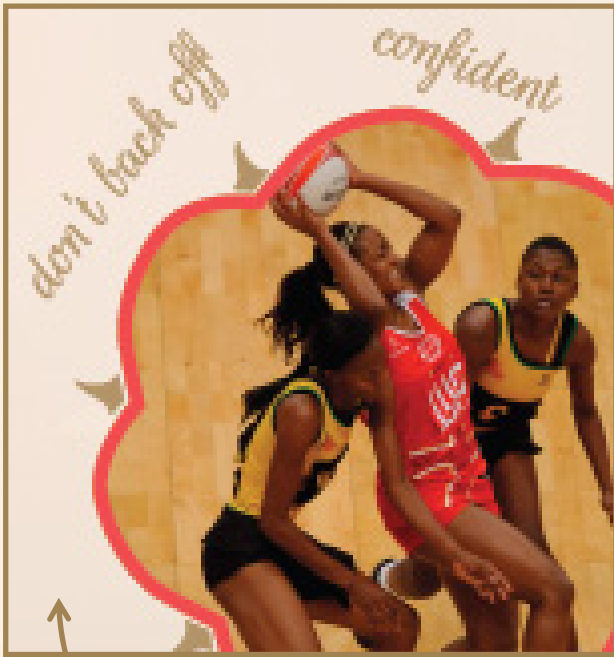
We are now a matter of days away from welcoming the Queens of Malawi to England for the much anticipated December Test Series!

Tickets have now sold out for Worcester, however there is still limited availability at The Echo Arena, Liverpool and the Copper Box, London, so if you haven't done so already, make sure you secure yourself a ticket!

Visit www.Englandnetball.co.uk for info on how to purchase tickets.

**KEEP READING FOR
DETAILS OF A
MATCH ANALYSIS
TASK FOR BOTH
ATHLETES AND
COACHES FOR THE
TEST SERIES.**





SNEAKY PEEK AT THE 2015 NETBALL FIRST WALL PLANNERS

WALL PLANNERS 2015

We are extremely pleased to once again be able to provide all Performance Pathway athletes with a Netball First Wall Planner for 2015.

The Wall Planners will be distributed to all counties and regions throughout December.

These have come highly recommended by England Netball's Performance Lifestyle Advisor, who ensures all the Senior Athletes plan their time using one!

When you distribute these to your athletes, please stress the importance of planning and the positive impact it can have on them and their performance. Encourage them to include everything on there that they commit to; holidays, training, family occasions, matches, exams, school deadlines etc.



Netball First @NetballFirst · Nov 14

The #NetballFirst Wall Planners for next year are nearly ready. Can't wait to send them out to all Academy Athletes! #earlyxmaspresents



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STRENGTH AND CONDITIONING ON YOUTUBE

We are pleased to make available to you the new **Netball First YouTube Channel**, bringing you exclusive videos of Andy Elkins, our Lead Strength and Conditioning Coach, performing each of the exercises from both the In-Season and Off-Season Strength and Conditioning Programmes. Use the **Playlists** tab on the channel to find the videos handily organised into each of the sections of the programmes.

<https://www.youtube.com/channel/UCGuCvqhkdeYdXZ5OeK7PqMA/feed>

ENGLAND VS. MALAWI: DECEMBER 2014 MATCH ANALYSIS FOR PERFORMANCE PATHWAY ATHLETES

As an Academy athlete, it is important that you get into the practice of carrying out match analysis whether that be of yourself and your team mates, or at a Superleague or International Match.

If you are lucky enough to have tickets to the England vs. Malawi Test Series this December or are just planning to watch it on the TV at home, this task will help you to get practicing your match analysis skills.

1. Choose a player from each team that play in the same area of the court as you. (If at any point your chosen player is taken off the court then continue to focus on the player that replaces them in their position).

ENGLAND PLAYER:

MALAWI PLAYER:

2. During the first quarter choose to record one statistic which you think will help you to analyse your players' performance (e.g. rebounds, interceptions, shots, feeds into the circle).

PLAYER	CHOSEN STAT	STAT RECORDS

3. During the second quarter choose to record a different statistic, which you think will help you to analyse your players' performance.

PLAYER	CHOSEN STAT	STAT RECORDS

4. What do these statistics tell you about their performance?

5. In the second half, relax and enjoy the game!

ENGLAND VS. MALAWI: DECEMBER 2014 MATCH ANALYSIS FOR ACADEMY COACHES

As an Academy Coach, it is important that you are aware of the benefits of performance analysis in both training and matches and incorporate it where possible into your coaching.

If you are lucky enough to have tickets to the England vs. Malawi Test Series this December or are just planning to watch it on the TV at home, aim to complete this task! Not only will it help to improve your analysis skills, but will focus your attention on the roles and responsibilities of each position on court.

Using the table below, identify a stat that you can record to measure the success of the athlete in this role (from either team). You may choose to focus on one or two positions, or try to record stats for all positions, it is entirely up to you. If you are able to record and play back on the television even better!

POSITION	CHOSEN PLAYER	ROLE/RESPONSIBILITY	CHOSEN STAT	STAT RECORDS
GK		Effective defence of the shot		
GD		Restrict possession and dictate circle entry of GA		
WD		Effective defence at centre pass		
C		Deliver centre pass effectively		
WA		Effective and accurate feeding of the circle.		
GA		Accuracy of Shot		
GS		Accuracy of Shot		