

Essex Met Netball - 2021/2022 Season: Coaching and Development Report

The Essex Metropolitan Netball Association clubs and coaches have held up well under these challenging times. The opportunity to deliver structured coaching sessions have been challenging, but it has been great to see the number of coaches back on the court delivering engaging and exciting sessions once again.

UKCC Coaching Courses

April 2021 was the start of round one of the England Netball UKCC Level 2 and Level 1 coaching courses. It is great news that some of the Essex Met coaches have been able to access these sessions with the new delivery and blended format.

Level 1 course information - There are 3 virtual sessions of 2 ½ hours and a professional discussion of 1 hour. Learners will also need to practice a coaching session in their own coaching environment between the third virtual session and the professional discussion.

Level 2 course information - The course delivery is spread over 3 months. The course consists of 3 virtual sessions of 3 hours spread over three different dates. There are 2 days of face to face delivery and 1 virtual professional discussion on a different date, lasting for an hour.

Level 3 course information - The course consists of 3 days' worth of virtual delivery and 3 days of face to face delivery, which normally take place over a 3-month period.

UKCC Coaching Bursary

The Essex Met coaching bursary continues to be available to individuals and clubs who meet the funding criteria. Essex Met will pay a percentage towards coaches attending and completing their UKCC Level 1,2 and 3 coaching award and Walking Netball coaching course. One application for a level 3 course was received and accepted this season.

Development

Essex Met coaches, members and the wider netball community have received development support this season through the following activities.

- All coaches were advised on how to obtain their DBS check via EN and Post Office at the start of the season
- A Safeguarding and Child Protection course was organised for coaches and volunteers
- Liaised with England Netball directly to request coach education courses in the county and neighbouring counties
- Promoted the UKCC coaching course and paid coaching opportunities in Essex Met
- Delivered a Teachers' High5 / Bee Netball training workshop to support junior netball delivery in Essex Met
- Delivered a Bee Netball workshop
- Supported a local club and in partnership with the University of East London to deliver the 'Sporting Futures' activity programme. Taster sessions were provided for kids to try out netball in Newham
- Support the Newham Primary Schools Netball competition support on behalf of Essex Met
- Supported the LYG Bee Netball competition on behalf of Essex Met
- An Emergency at Work First Aid course was organised

For further information or support before, during or after attending a UKCC course and to be added to the Essex Met coaching database for news and updates, please contact me at development@essexmet.co.uk

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