

## **Newsletter report back from the NSCC**

The Inter-district tournaments in Margate, Port Elizabeth and Edenvale last week was a refreshing experience in terms of Coaching principles.

I spoke to several coaches who either played in these events or was present during these events and it was quite clear that the practice of warming up and rolling up before each game has now been implemented by all districts, a practice that the coaching community has been advocating for several years now. In fact, there were times when there was no green space available before a game to warm-up, several players had to work in rotation to get green space, a sign that district players have recognised the benefits of warming up before a game.

It was also clear from the discussions that have been held with the team coaches for the various districts that most districts are now actively organising regular team practice sessions and many are also implementing skills training sessions as well.

The introduction of the National T-ID program should serve to augment and extend the quality of player practices, since the T-ID program embraces the key principles of effective training and skills development through carefully constructed training exercises that will extend the competence of players that participate in the T-ID program.

Talking about the T-ID, several Districts have already introduced the T-ID program, and we have received the first round of T-ID submissions from some of these districts.

The results reflected in the schedules received so far are both encouraging and impressive and definitely support the principle that is at the heart of the T-ID program, i.e. that it should make the National Academy aware of new talent and new competent players that exist around the country.

Several District Standing Committees have notified the NSCC of their intention to run Level 1 coaching courses during April, May and June.

We respectfully request that any districts that have not yet scheduled a Level 1 course for 2010, either at Refresher or at New coach level, to please urgently put plans in place for that during the next few months.

It is vital that we continue to grow the number of coaches in all districts, and that we bring all the existing coaches around the country up-to-spec via the Refresher course program.

Should any district need assistance with planning or running a Level 1 course, they should urgently contact the NSCC to get the help they need.

We would like to take the opportunity to remind all players countrywide that the new T-ID program is the ideal route to follow to make themselves eligible for selection to the National squads – in fact, it is only this program that will see new blood coming into the squads, so we need our coaches to become active practitioners of the principles of the T-ID program, details of which were given to every player in every district during the Inter-districts events.

Should any district require assistance settling up the T-ID program, please do not hesitate in contacting the NSCC member responsible for their district, or they can call Shaun Kennedy, the NSCC convenor directly on 076 907 0200 for help.