

# A qualitative study into the coaching methods used for netball with a focus on adult teams and why these are important to consider



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## Introduction

- Coaching has been massively impacted by the COVID-19 Pandemic (Whales et al, 2020).
- Coaching methods will differ between coaches in Netball (Armour, 2011;2013).
- Netball is an under-researched topic

### Aims:

- To identify the coaching methods used with adult Netball teams and how COVID-19 has impacted this.
- To highlight what should be used post COVID-19 that is most appropriate to Netball.

## Methods

### Participants:

A total of six coaches were recruited and five were used for the interviews. All coaches were currently coaching an adult Netball team and experience coaching with COVID-19 restrictions.

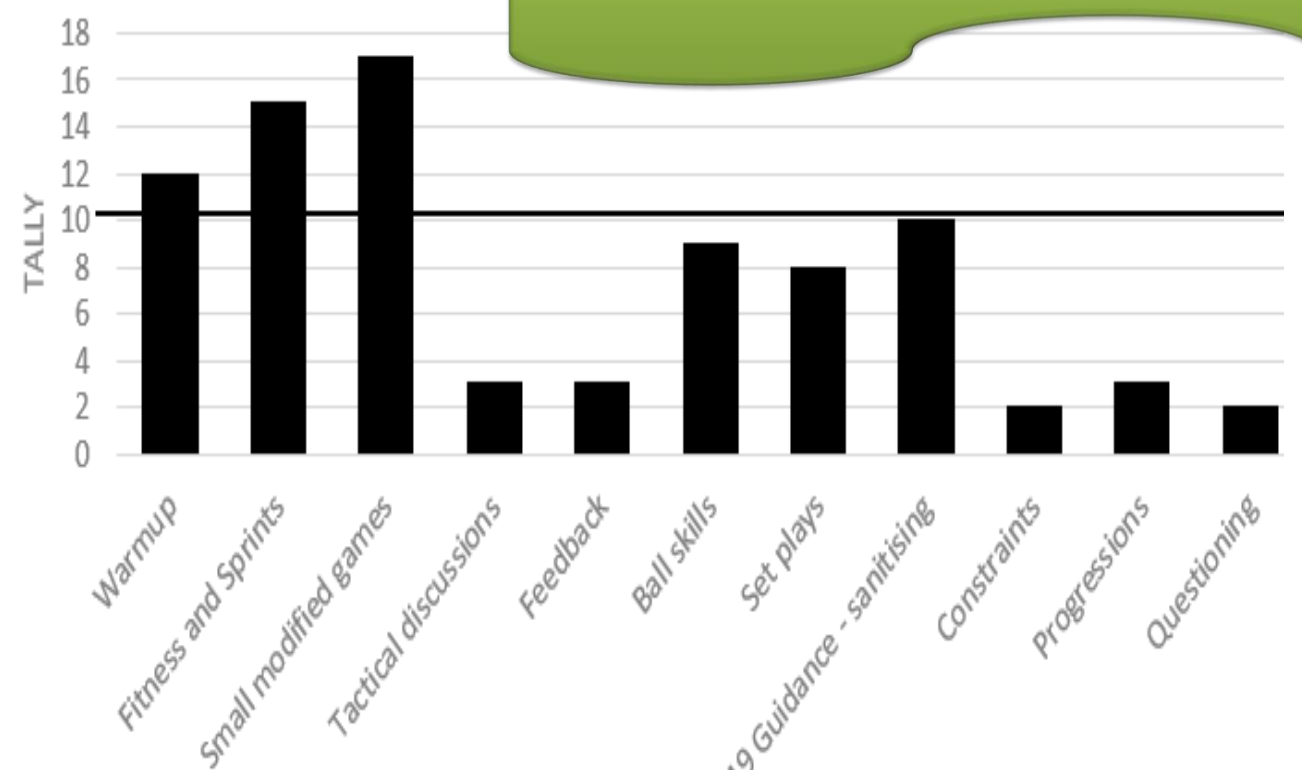
### Methods:

Semi-structured interviews were used and a checklist adapted from research was used to tally the coaching methods used (O'Leary, 2016).

### Data analysis:

Thematic analysis was used to code the data relevant to the coaching methods (Braun & Clarke, 2006).

## Results and Discussion



**Warmups.** This varied across the interviews with coaches have differing opinions on the approach to take, from a traditional warmup to more games based.

Coach GH "I like to follow and have a flow throughout my sessions so whatever warmup I'm doing needs to have some sort of connection to the skills that are being taught"

**Fitness.** Fitness was important for all coaches to focus on in their sessions

**Small Modified Games.** This was used pre-COVID but had to be changed to meet the restrictions.

Players perform better with a games based approach being used (Barba-Martín et al, 2020)

### Take home message

- Utilise observations before conducting interviews to get a more in-depth view
- Coaching Netball requires a combination of different elements and these should be focused on post COVID-19.

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