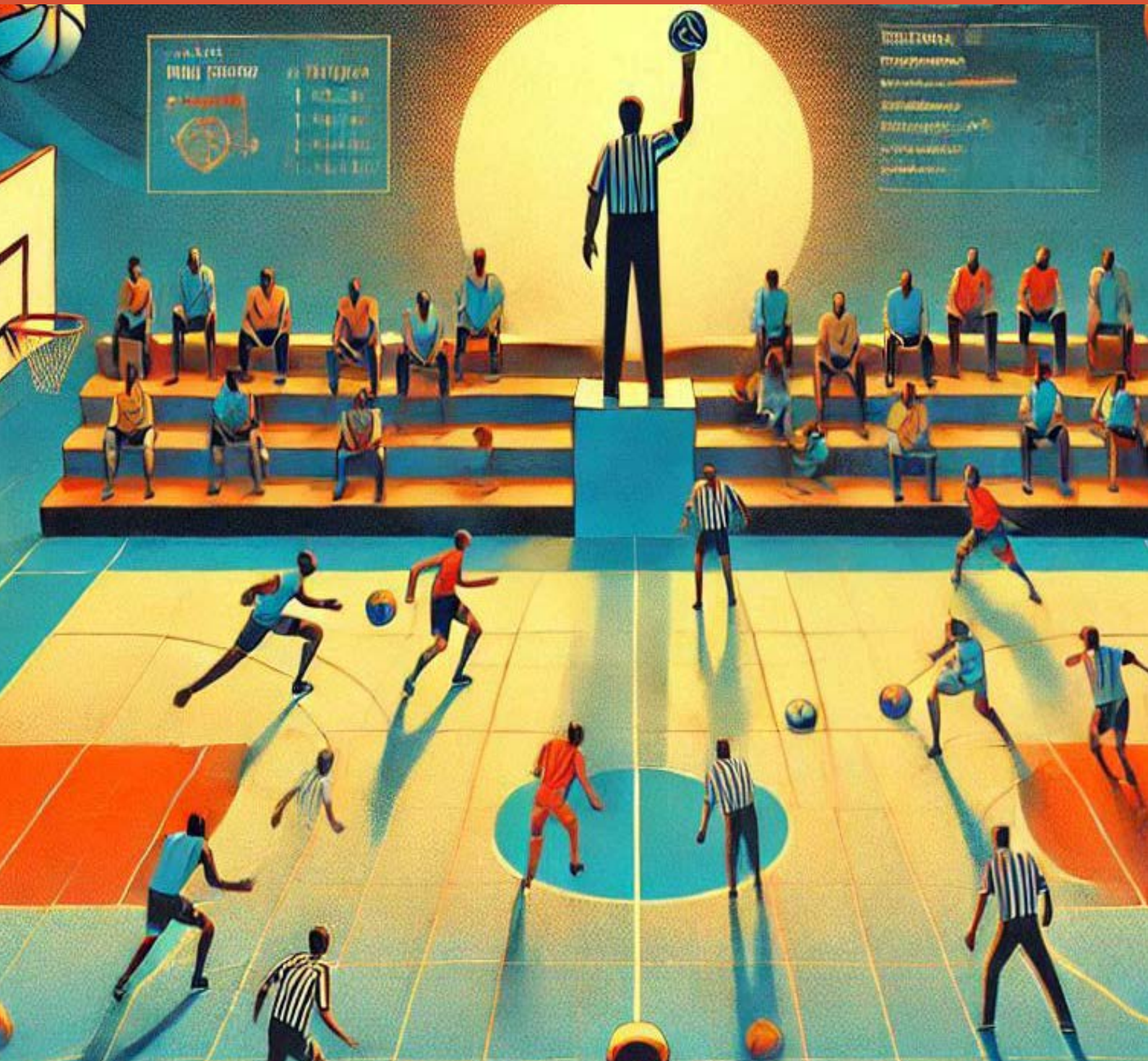


SECTION

7

COACHING AND
OFFICIATING OF NET
GAMES



ACADEMIC AND CAREER PATHWAYS

Coaching and Officiating of Games

INTRODUCTION

Great job! Your journey through Sections 1 to 6 has been outstanding. You have explored essential concepts of health and wellness, human diseases, physical activity, sports training, anatomy and physiology, and career pathways in these fields.

As we enter section 7, our focus will shift to the exciting world of coaching and officiating net games. This section is designed to help you understand and apply the principles of coaching and officiating, specifically in net games. Whether you are interested in guiding players to success or ensuring fair play, this section will provide you with the knowledge and skills needed to excel in these roles.

We will start by exploring the fundamental concepts and principles of coaching and officiating. You will learn about the responsibilities of coaches and officials, including game strategies, rules enforcement, and player management. We will also discuss the qualities that make an effective coach and the importance of fair play in sports.

We will end the section by applying the concepts and principles of coaching and officiating in the performance of net games and also put theory into practice. You will apply what you have learned by taking on roles as coaches and officials in simulated net game scenarios. This hands-on experience will help you develop your leadership and decision-making skills, as well as your understanding of game dynamics.

Throughout this section, we will engage in interactive activities, practical demonstrations, and role-playing exercises to bring these concepts to life. You will also have the chance to reflect on your experiences, discuss challenges, and explore strategies for effective coaching and officiating.

Are you ready to get involved with the world of coaching and officiating net games? Let's get started and discover the art of leading and managing players to success!

At the end of this section, you will be able to:

- Discuss the concepts and principles of coaching and officiating net games
- Put into use the concepts and principles of coaching and officiating in the performance of net games.

Key Ideas

- **Coaching** is the process of instructing, training, and guiding athletes or teams to enhance their skills, improve performance, and reach their full potential in a sport or activity.

- A **coach** is a person who trains and guides athletes or teams to improve their performance in a specific sport or activity by providing instruction, motivation, and strategy.
- **Officiating** is the act of overseeing and enforcing the rules of the game or competition to ensure fairness and proper conduct. It involves making decisions, calling fouls, and maintaining order in a sport or event. This role is carried out by an **officiator (referee/umpire)**.
- A **net game** is a sport or game where the players are separated by a net and must send the ball or object over the net to score points, such as volleyball, badminton, and tennis.
- A **service** in a net game is the action of putting the ball or object into play at the start of a point. In volleyball, it refers to hitting the ball over the net to the opposing team to begin the rally.
- **Reception** is the act of receiving or returning a serve in a net game, particularly in volleyball. It involves controlling the ball and setting up a play for teammates after the serve.
- **Dig Pass (Digging)** in volleyball is a defensive technique in volleyball where the player uses their forearms to intercept and return a hard-hit ball, usually a spike, to prevent it from touching the ground.
- An **underarm Serve** in volleyball is a serving technique where the player strikes the ball with an underhand motion, typically from below the waist height, to send it over the net to the opposing team. It is often used by beginners or in situations where accuracy is important.

CONCEPTS AND PRINCIPLES OF COACHING AND OFFICIATING NET GAMES

As you progress through the content, remember: "Every great athlete was once a beginner, but with hard work, discipline, and good coaching, they achieved greatness."

What is Coaching?

Coaching is the process of motivating, guiding, and training individuals or teams in preparation for sporting activities or competitions. A coach helps athletes or teams improve their skills, enhance their performance and reach their full potential.



Fig. 7.1: Coaching in Volleyball

Key skills required in coaching

- Knowledge and experience of the sport.
- Understanding how the human body works to reduce the risk of injuries and enhance performance.
- Good communication and teaching skills.
- Problem-solving and analytical skills.

Responsibilities of a coach

- Set a clear vision, goals and standards for training and competitions.
- Build good relationships and practice effective communication.
- Create a safe, inclusive environment.
- Encourage athletes by rewarding improvement and performance.
- Prepare athletes through practice and help them get ready for competitions.

Attributes of a good coach

- **Passion:** A good coach loves the sport and is always eager to learn more.
- **Confidence:** Confidence inspires trust from the team or athletes.
- **Observation:** A great coach watches their athletes closely to spot strengths and areas to improve.

“A coach’s job is to inspire confidence and passion, to believe in their athletes and bring out their best.”

Key principles of coaching

- **Responsibility:** A coach must set a clear direction and make sure everyone is on track.
- **Solution focused:** A good coach helps athletes find solutions and stay positive.
- **Challenge:** Athletes are encouraged to push their limits and work hard.
- **Self-belief:** Coaches help build athletes’ confidence by teaching them to learn from their mistakes.
- **Directing:** Leading and guiding athletes towards specific goals.

What are Net Games?

Net games are sports where players compete by hitting a ball or shuttlecock over a net. The objective is to send the ball or shuttlecock over the net in a way that the other player or team cannot return it. In net games, coaching and officiating is important as it helps improve performance, ensure fair play, and allows games to run smoothly.

Examples of net games:

- **Tennis:** Players use rackets to hit a ball over a net into the opponent's court trying to win points by forcing errors or hitting unreturnable balls.
- **Badminton:** Similar to tennis but with a shuttlecock instead of a ball, badminton involves hitting the shuttlecock over a net with rackets.
- **Volleyball:** Teams hit a ball over the net using their hands trying to land it on the opponent's court to score points.
- **Table Tennis:** Also known as ping-pong, this game involves hitting a small ball across a net on a table using paddles.

Characteristics of a good net game coach

- Must have good technical knowledge of the game.
- Must be a good communicator and listener.
- Must be flexible and adaptable to different situations.
- Must be responsible and organised.

Code of ethics for net game coaches

The net game coach should:

- Act with honesty and integrity.
- Always act in the best interest of the athletes.
- Follow the rules of the game and accept officials' decisions.
- Promote fair play and good sportsmanship.

Benefits of coaching to athletes

Coaching has helped athletes, in many ways, to become a better version of themselves. Some of the benefits athletes get from coaching include:

- Improved relations.
- Improved communication.
- Better time management.
- More positive thinking.
- Increased trust and respect.
- Improved health.
- Self-discovery.
- Greater ownership and responsibility.
- Developing self-awareness.

- Improves specific skills or behaviour.
- Greater clarity in roles and objectives.
- Improved athlete/player retention.
- Improved morale and satisfaction.
- Increased teams' performance.

What is Officiating?

Officiating means overseeing a sports competition in accordance with established rules. A good official should know the rules of the game and apply them fairly.

Officiating as a science and as an art

What do we mean by this? Well, officiating as a science has to do with the knowledge and interpretations of the rules, whereas as an art, it deals with the conduct of the game. The quality of officiating depends on the officials' knowledge of the rules while observing the requirements of sportsmanship, unbiased judgement, accuracy and relying on their experience.

What are the differences between coaching and officiating?

Table 7.1 : Comparisons of Coaching and Officiating

Coaching	Officiating
Coaching trains people or prepares them for participation in a sport.	Officiating supervises a sport while applying rules and regulations.
Coaching develops skills and tactics in athletes.	Officiating ensures the success and integrity of the sport.
A coach trains, supports, motivates and inspires athletes to achieve their best.	An official gives judgement by soundly interpreting the rules.
Coaching requires knowledge of sport-specific techniques, team dynamics and motivational skills.	Officiating needs a comprehensive understanding of game rules, quick decision-making skills and the ability to remain impartial.
Coaches have authority over their team or athletes but do not control game outcomes.	Officials have authority during games and can influence outcomes through their rulings.

Principles of officiating

- **Openness:** Communicate respectfully with coaches, athletes, and other personnel.
- **Knowledge of the rules:** Be up to date with the latest rules and competent in the interpretation.
- **Decisiveness:** Be confident when making decisions.
- **Enthusiasm:** Show excitement and passion for the job.
- **Safety:** Make sure the playing environment is safe. They also ensure players use the appropriate gear for competition.

Types of officials in net games

- **Referee/Umpire:** The main official who makes final decisions and resolves any disputes.
- **Assistant Referees:** Help the main referee officiate and monitor the game.
- **Scorer:** Keeps track of the game's scores.
- **Timekeepers:** Manage the game's clock and track time-outs.

The qualities of officiators include:

- **Trustworthiness:** Honest and impartial.
- **Responsibleness:** Have integrity and take the role seriously.
- **Prepared for their role:** Prepared physically and mentally for the task.
- **Competence:** Capable and further developing the skills for the task.

Code of conduct for sport officials

- Officials shall generate public confidence in the sport.
- Officials shall be impartial and fair in judging competitions.
- Officials shall hold and maintain the values of officiating e.g. integrity, neutrality, respect, sensitivity, professionalism, discretion and tactfulness.
- Officials shall master the rules of the sport.
- Officials shall uphold the honour and dignity of the sport.
- Officials shall have good communication skills, both verbal and non-verbal.

General Rules of Net Games

Net games constitute a variety of sports where players or teams are separated by a net and the net divides the playing area into two halves. Examples are table tennis, badminton, volleyball, and tennis.

The following is a summary of general rules common in net games:

- i. Net separation:** The central defining feature of net games is a net that separates opposing sides. Players or teams must not cross or interfere with the net during play, except in certain cases where the net may be intentionally attacked (like in volleyball).
- ii. Scoring:** Scoring in net games generally involves a team or player hitting a ball or shuttlecock over the net into the opponent's side, with the goal of landing it within a defined boundary or forcing an opponent's error. Points are typically scored when the opposing team/player fails to return the ball/shuttlecock within the boundaries, hits it into the net, or commits a fault.
- iii. Service rules:** Net games have specific rules for serving, such as serving from behind a baseline or serving within a designated service box. Generally, the serve must clear the net and land within the opponent's designated area. There may be restrictions on how many times a player can serve, who serves or the direction of service (like alternating sides in tennis and badminton).
- iv. Boundaries and out-of-bounds:** All net games have clearly defined boundaries. If the ball/ shuttlecock lands outside these boundaries, it is considered out and the opposing side is awarded a point or the serve. Boundary lines are typically part of the court, meaning a ball/shuttlecock landing on a line is considered in play.
- v. Rally-based gameplay:** Net games often involve rallies, where the ball/shuttlecock is hit back and forth across the net. The rally ends when one side fails to return the ball/shuttlecock, hits it into the net, or commits a fault.
- vi. Faults and violations:** Common faults in net games include hitting the ball/shuttlecock into the net, hitting it out of bounds, stepping over the baseline during a serve, or crossing the net during play. Some games (like volleyball) allow for specific exceptions, such as when blocking or spiking near the net
- vii. Equipment Regulations:** Each net game has specific equipment requirements, including the size, tension and height of the net, as well as specifications for rackets, balls or shuttlecocks. Players must use approved equipment to ensure fairness and safety

Note: It is important that you research further the specific rules of the particular net sport you wish to officiate.

Activity 7.1

With a partner, give three reasons why coaching and officiating require special skills. Note your reasons below:

Activity 7.2

Game time

- Visit any net game centre (in school or in your community) for observation.
- Focus your observation on coaching and officiating of the game.
- Write down your observations from the game observed.
- Present a report of your observation in class and answer questions from your classmates.

Activity 7.3

Net Game Rules Exploration

- The leader of your group will be assigned a different net game (e.g., tennis, badminton, volleyball, or table tennis).
- In your group research the rules of the game, particularly focusing on coaching and officiating and how the rules affect gameplay.
- Create a short presentation (e.g., using PowerPoint or creating a poster) explaining the key rules of the sport, how points are scored, and common faults or infractions.
- Other groups will evaluate the depth of research, the clarity of presentation, and ability to explain how rules impact the success of officiating.

Activity 7.4

As an officiator, select a net sport and design a plan on two basic things you will do before, during and after the game.

Before	During	After
1.	1.	1.
2.	2.	2.

Activity 7.5

Take time to reflect on the content covered. Give four reasons why you might venture into coaching or officiating for a net game.

APPLICATION OF THE CONCEPTS AND PRINCIPLES OF COACHING AND OFFICIATING IN THE PERFORMANCE OF NET GAMES

Let's now apply the concepts and principles of coaching and officiating net games. You will have the chance to step into the roles of coaches and officials in simulated net game scenarios.

This hands-on experience will allow you to practice coaching and officiating techniques. As future sports professionals or players, understanding how to coach and officiate will help you not only improve your game but also help others.

Coaching and Officiating Net Games

The table below can be used to help you to set up a good practice session.

Table. 7.1: Net Game Practice Session Guide

Phase	Description and principles	Length
Warm-up	<p>Important for preparing the body for more vigorous exercise that follows.</p> <p>Should be as varied as possible to maintain the interest of the players.</p> <p>As the players warm up, increase the pace and intensity of activities.</p> <p>Make activities more specific to the particular net game.</p>	10 minutes
Skills development and training	<p>Focus on the introduction and reinforcement of new skills.</p> <p>Time spent on specific skill development will depend on the progress made by players. Don't teach more advanced skills until mastering the basic skills.</p>	30 minutes
Match or game	<p>A short match is a great way to end a practice session and exposes players to proper play.</p> <p>Mini-games or 'attack vs. defense' matches work well.</p>	15 minutes

Cool-down and closure	Gentle activity such as a slow jog leading to a walking pace. Opportunity to get all players together at the end to reinforce key lessons of the practice.	5 minutes
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Volleyball Coaching (service and reception)

Volleyball is a team sport where players use their hands to hit a ball over a net into the opponent's court, aiming to score points by making the ball land on the ground or forcing the opponent to commit errors. Teams work together to block, pass and attack the ball to gain an advantage. The game relies heavily on teamwork, communication and agility.

Now, let's focus on two important skills in volleyball: 'serving' and 'receiving'. These are the foundation of a successful volleyball game.

a. The underarm serve

The underarm serve or underhand serve is a basic method to start a rally in volleyball. It is often used by beginners and requires a consistent technique.

i. Serve techniques

- *Stance:* Stand with your feet shoulder-width apart, placing your non-dominant foot slightly forward.
- *Grip:* Hold the ball with your non-dominant hand, keeping it steady.
- *Swing:* Use your dominant hand to swing in a pendulum-like motion. Keep your elbow slightly bent.
- *Contact:* Hit the ball with the heel of your hand or your forearm, aiming to send it over the net.
- *Follow-through:* Swing your arm in the direction you want the ball to travel.



Fig. 7.2. An underarm serve in volleyball

b. Digging (Reception)

Digging reception is a defensive skill used to receive serves, passes and spikes. It involves controlling the ball with a forearm.

i. Digging reception techniques

- *Stance:* Stand with your feet shoulder-width apart and knees slightly bent, keeping your weight forward.
- *Grip:* Bring your hands together with one palm over the other, thumbs aligned and pointing down.
- *Contact:* Meet the ball with your forearms, absorbing the impact to control the ball.
- *Follow-through:* Direct the ball upwards towards your setter, maintaining control.
- *Body movement:* Use your legs to help with balance and keep your body steady during contact.



Fig. 7.3: A Digging Technique in Volleyball

Volleyball officiating

a. Basic officiating skills in volleyball

- Rule knowledge:** An in-depth understanding of the official volleyball rules, including scoring, rotations and violations. This skill is fundamental to making correct decisions during the game.
- Signal familiarity:** Mastery of standard hand signals used in volleyball officiating to communicate decisions, such as those for points, faults, rotations, and timeouts.
- Attention to detail:** The ability to closely observe the game, watching for rule violations like double hits, lifts, net touches and out-of-bounds plays.



Fig. 7.4: A Volleyball Umpire

b. Basic rules in volleyball

Here are some important rules you should know about volleyball:

- i. Team composition:** Volleyball is played with two teams of six players each. The standard positions are setter, outside hitter, opposite hitter, middle blocker and libero.
- ii. Rotation and positions:** Teams rotate clockwise when they gain the serve from the opponent. Proper rotation must be maintained to avoid violations.
- iii. Serving rules:** A serve is initiated from behind the end line. The server cannot step on or over the line during the serve (foot fault). If the serve hits the net but goes over, it is still in play.
- iv. Scoring system:** Most volleyball games use rally scoring, where each point ends with a point for one team. A team wins a set by reaching 25 points with a minimum lead of two points. A match is typically best-of-five sets.
- v. Ball in and out of play:** The ball is in play if it lands within the boundary lines, including the lines themselves. The ball is out of play if it lands outside the lines or hits the antenna, net posts, or other non-playable areas.
- vi. Three-touch rule:** Teams can touch the ball a maximum of three times before sending it over the net. The same player cannot touch the ball twice consecutively, except after a block.
- vii. Net violations:** Players must not touch the net or cross under it into the opponent's court. The ball must also not be caught in or against the net on a play.
- viii. Double hits and lifts:** Double hits occur when a player makes contact with the ball twice in succession. Lifts occur when the ball is caught or thrown rather than hit cleanly. Both are considered faults.

- ix. **Attacking and blocking:** Front-row players are allowed to attack the ball above the net, while back-row players must be behind the attack line when doing so. Blocking is allowed but cannot interfere with the opponent's side of the net.
- x. **Libero rules:** The libero is a specialised defensive player who cannot attack or serve but can replace any back-row player without counting as a substitution. The libero wears a different coloured jersey to distinguish them.

Top tip: Remember to warm up before starting the activities below.

For Activities 7.6, 7.7 and 7.8, you will be in a group of three. You will need one ball per group.

Activity 7.6

Peer Coaching and Feedback

- You will take on the role as a coach for your group.
- As the coach guide your players through the serving and digging techniques and drills, below providing constructive feedback and tips for improving technique.
- Switch roles and repeat the activity until all group members have been the coach.

Top tip: As a coach remember to use positive reinforcement and to give specific advice (e.g., "Keep your arms straight when digging" or "Aim higher when serving").

Activity 7.7

Volleyball serve accuracy challenge

For this activity, you will have one coach and two players.

- Set up cones or targets on the opposite side of the court.
- Take turns serving, aiming to land the ball in specific target areas.
- Take five serves, and your goal is to hit different target zones for maximum points.
- Vary the distance of the targets based on skill levels.
- Keep scores and use it to track your progress.
- Your coach will provide feedback on how to improve your technique.

Activity 7.8

Digging/receiving practice

For this activity, you will have one coach and two players.

- Players stand approximately 3 metres apart facing your partner.
- Your partner will gently throw the ball to you using an underhand throw.
- Practice your digging technique by returning the ball to your partner.
- Once you are consistently returning the ball to your partner, mix it up by aiming to the left and right of your partner or at set targets.
- Switch roles to allow all members of the group to practice their digging and coaching skills.
- Your coach will provide feedback on how to improve your technique.

It's now time to move onto the court.

- Join up as a larger group, with half standing on one side of the net and half on the other side of the net.
- One group will serve and the other dig.
- Remember to switch roles.

Top tip: Your goal is serve, receive and return the ball over the net and is not to score points in a game situation.

How did you find the practice activities? Do you have any further coaching tips for your group or other groups?

Now that we've practiced our skills, let's combine these with a game and an opportunity to practice our officiating skills.

Activity 7.9

Officiating a game

Your teacher will divide you into three groups and give each group a role. Two groups will be players, and the other group will be the officiators.

Officiators

- Assign roles within your group. You will need referees, line officials, and scorers with whistles and official scorecards.
- Those acting as referees are responsible for calling fouls, keeping score, and making decisions based on the rules.

Players

- The remaining two groups are the players participating in a game of volleyball. Remember to practice your serving and digging skills in a game situation.
- After 10 minutes rotate around so that those who were players also have an opportunity to officiate. Continue until all groups have been both officiators and players.

Post activity reflection

- As a class, discuss any controversial calls after the game and analyse how the officiators handled the situation. What did they do well? What constructive feedback can you give to support their development as an officiator?

Reflection

Take time to reflect on the activities above. What roles did you enjoy? Why did you enjoy these roles? Make notes below.

Review Questions

1. Match the correct terms from the left column with the appropriate descriptions from the right column.

Term	Description
Coaching	A. Ensuring fair play and enforcing rules.
Officiating	B. Guiding and preparing athletes for sports performance.
Referee/Umpire	C. Making final decisions in a game.
Communication	D. Key skill for both coaches and officials in net games.

2. In net games like volleyball and tennis, coaches often focus on building team spirit and communication during practice. Explain how this can positively influence a team's performance during competition. Provide real-life examples from sports you are familiar with.
3. Select a net game (volleyball, badminton, tennis, or table tennis). Research its rules, then create a plan detailing how you, as an official, would prepare for the game and enforce its rules. Include two key challenges you anticipate and how you would address them.
4. During a volleyball match, you as the official call a double-hit violation on a player. The player's coach disagrees and argues that the ball was played cleanly.
Questions:
 - a. How would you handle the disagreement with the coach while maintaining fairness and authority as an official?
 - b. Explain the rule regarding double hits in volleyball, and why it is important for fair play.
5. During a volleyball practice session, you notice that many of the players struggle with their underarm serve. You, as the coach, are responsible for helping them improve their technique.
Questions:
 - a. Identify two key steps in the underarm serve that you would focus on to help improve your players' performance.
 - b. Design a short drill that could help your players practice and master the underarm serve.
6. As the official for a school volleyball match, you observe that one of the players repeatedly steps on the serving line when serving. The team's coach claims that this should not affect the point because the ball went over the net.

Questions:

- a. How would you handle this situation as an official?
- b. Explain the rule that applies to serving in volleyball, and why stepping on the line is considered a fault.

Answers to Review Questions

1. Match the correct terms from the left column with the appropriate descriptions from the right column.

Term	Description
Coaching	B. Guiding and preparing athletes for sports performance.
Officiating	A. Ensuring fair play and enforcing rules.
Referee/Umpire	C. Making final decisions in a game.
Communication	D. Key skill for both coaches and officials in net games

2. Communication is crucial for coaches to convey strategies and for officials to maintain order in the game. Problem-solving skills allow coaches to adapt tactics during matches and officials to handle disputes or unexpected game situations. Effective communication and problem-solving lead to improved performance, ensuring the game runs smoothly and players stay focused on their objectives.

3. For example, for a volleyball match, as an official, I would:

Preparation: Study the latest rules and regulations, especially updates or rule clarifications.

Pre-match checks: Inspect the court and equipment and ensure they meet standards.

Challenges: Handling disputes over calls and maintaining the pace of the game. I would address disputes by using clear communication and emphasising impartiality, and maintain game flow by keeping time on serves and rallies.

- 4.

- a. Calmly listen to the coach's concern, restate the rule regarding double hits, and explain the importance of following rules consistently for fair play.
- b. Double hit rule explanation: A double hit occurs when a player touches the ball twice in succession. This rule is important to maintain the flow of play and fairness in the game.

- 5.

- a. Two key steps in the underarm serve:
 - Step forward with the opposite foot from the hitting hand.
 - Swing the arm in a pendulum motion, making contact with the ball using the heel of the hand.

b. Drill to practice the underarm serve:

Line up players at the service line. Have them practice swinging their arm in the correct motion, aiming to hit the ball over the net into a target zone on the opposite side. Focus on technique before power, ensuring consistent ball contact.

6.

- a. Calmly listen to the coach's concern, restate the rule regarding double hits, and explain the importance of following rules consistently for fair play.
- b. According to volleyball rules, a serve that touches the net and lands inbounds is still considered valid. Therefore, Team B should not be awarded the point. The ball is in play, and the rally continues.

Extended Reading

1. The following links provide additional information on the concept of coaching and officiating net games:

Watch "Volleyball Referee Calls"



- <https://youtu.be/xOcCLiWEaCE?si=4em-k-uUn-yAVbE8>

Watch "Bad coaching example - unfairness and inequality"



- https://youtube.com/shorts/50PwRecynSw?si=grKGUSHU0_D0AfvR

Watch "Cross Dribble | Net Play Technique in Badminton Training"



- <https://youtube.com/shorts/ReZgiQDuFsU?si=-ZjjCqcM2AWMD5cq>

2. These links will assist you learn about the rules and regulations of net games.

Table tennis



- https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://www.ittf.com/statutes/&ved=2ahUKEwi82ur_qraIAxUN_rsIHQP8ASoQFnoECBAQAQ&usg=AOvVaw0rValohu9smG05qbx-6eX

Badminton



- https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://system.bwfbadminton.com/documents/folder_1_81/Regulations/Simplified-Rules/Simplified%2520Rules%2520of%2520Badminton%2520-%2520Dec%25202015.

Volleyball



- <https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://www.fivb.com/volleyball/the-game/official->



- [volleyball-rules/&ved=2ahUKEwicgtnRq7aIAxVzhv0HHXNTFjUQFnoECBAQAQ&usg=AOvVaw0gbIT-No_gve1nkodgTtE7](https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://www.fivb.com/volleyball/the-game/official-rules/&ved=2ahUKEwicgtnRq7aIAxVzhv0HHXNTFjUQFnoECBAQAQ&usg=AOvVaw0gbIT-No_gve1nkodgTtE7)

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2. <https://coachfoundation.com/blog/coaching-principles/>
3. <https://akilaavinuty.blogspot.com/2020/02/introduction-of-officiating-and-coaching.html> (Introduction of Officiating and Coaching)
4. <https://www.referee.com/principles-with-interest/>
5. <https://melbournesocialnetball.com.au/how-many-players-in-a-netball-team-new-rules-to-remember/>
6. <https://www.du.edu/sport-sense/news/why-sport-coaching-education-important>
7. https://www.discovery.co.za/microsites_za/vitality_schools/web/linked_content/pdfs/for_coaches/netball_coaching_manual.pdf

GLOSSARY

American Grip	A grip style used in javelin throwing where the thumb and first finger are used to hold the javelin.
Approach Run	The phase in javelin where the athlete runs towards the target to build speed and prepare for the throw.
Assistant Judges	Officials in throwing events who assist with measurements and ensure rules are followed.
Chief Judge:	The official responsible for overseeing and supervising the smooth operation of a throwing event.
Delivery Phase	The final phase in both javelin and shot put, where the athlete releases the implement.
Directing	The process of leading, instructing, and guiding athletes to achieve specific objectives in training or competition.
Enthusiasm	The excitement and passion displayed by both coaches and officials, which can motivate players and maintain a positive atmosphere.
Equipment Regulations	The specific requirements for the equipment used in net games, such as the size, tension, and height of the net or the specifications for balls and rackets.
Ethical Practices:	Conducting sports in a fair, responsible, and respectful manner, both in coaching and officiating.
Extrinsic Feedback	External feedback provided to athletes from coaches or teammates to improve their performance.
Fair Play	The principle of playing by the rules, showing respect for opponents, and demonstrating sportsmanship.
Finnish Grip	A javelin grip where the thumb and second finger used for holding.
Fork or V Grip	A javelin grip style where the index and middle fingers used to hold the javelin.

Impulse Stride	The phase in javelin throwing where the body prepares to deliver the throw by adjusting body posture.
Intrinsic Feedback	Feedback that athletes feel internally, based on their own perception of how well they executed a skill.
Main Acceleration	The phase in shot put where the athlete applies maximum force to throw the shot.
Net Game	A sport or game in which players or teams compete by hitting a ball or shuttlecock over a net, aiming to land it in the opponent's area.
Power Position	A body position in shot put where the athlete prepares to accelerate the shot by twisting and shifting weight.
Recovery Phase	The final phase after releasing the javelin or shot, where the athlete stabilizes to avoid fouls.
Sector Judges	Officials who ensure that the implement lands within the designated sector.
Service	The act of starting a point in net games by hitting the ball or shuttlecock over the net to the opponent
Shot Put	A throwing event in athletics where a heavy spherical object is or thrown.
Solution Focus	A coaching approach that emphasizes finding outcomes and focusing on strengths rather than weaknesses.
Timekeeper	An official who manages the game's clock and tracks timeouts and breaks.
Withdrawal	A step in the javelin approach where the athlete positions the javelin behind them in preparation for the throw.

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