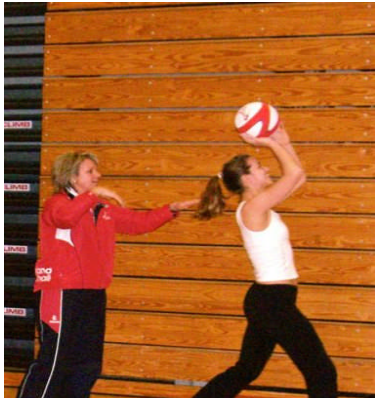


What an experience for Netball East Coaches!

Following a triumphant winning streak from the National squad under Coach Sue Hawkins, Sue travelled to Norfolk to deliver a workshop specifically for coaches. Sue expresses her enthusiasm to work with coaches at all levels, to support their development and inspire them.

Over 50 coaches from across the East Region attended the workshop observing coaching tips relating to Shooting techniques, Defending skills, Warm-ups, Ball drills, Passing skills, Feeding shooters and how to pass the ball around the circle, all being demonstrated using some of the 2009 Regional Talent Development Squad.



Sue's delivery and friendly personality enabled the coaches to interact and learn some valuable coaching tips to use within their own delivery.

This type of coaching workshop delivered from such a prestigious coach is the first to be delivered within the East Region, which is an immense pleasure to be able to offer to our coaches. Support such as this will enable our coaches to strive and further develop the great level of netball already being delivered across the Region. It was also a great way to round up the 2009 Regional Talent Development Programme enabling the squad to be coached by Sue, their aim now is to be coached by Sue regularly by making the National Squad!! Thank you those girls who also attended from the Junior Mavericks and Norfolk County Academy.



'Sue Hawkins was fantastic and worth every mile of the long journey! Thanks so much to all concerned for making it available and possible '



'Wow - how lucky were we last night! It was a superb evening giving plenty of insight to ALL and in such a comfortable atmosphere '

'I was excited when I received a phone call to say that Sue Hawkins was coming to the UEA. I found the session to be very interesting and am sure I will use many of the tips. The training also gave me an insight to the standard of the next level and something that I can inspire to'

The East Region will be working closely with Sue arranging another workshop, so watch this space!!!



Pictures courtesy of Donna Sullivan