



COACH NAME

Angela Phillips

TYPE OF ACTIVITY

Netball

LOCATION

Barrow in Furness

COACHING DETAILS

Coach with Furness Flames

"It's important to build relationships with your players both on and off the court.. Get to know your players strengths and areas that need developing".

#PassOnYourPassion

My Coaching Story

I coach and play for Furness Flames Netball Club in Barrow and we train Wednesday evenings at Furness College. Luckily I can call upon a few of our players (shout out to Katy and Lisa) with coaching experience in the club and we work together developing skills across all three teams. I teach at Greengate Junior School where I also coach our school netball club. Again I do this alongside another teacher so we can offer a more in depth session for the girls. A number of our school leavers last year were desperate to participate in netball outside of school but the opportunity for this was quite limited, so the girls did very well in persuading me to set up a youth section to FFNC. They meet just before our senior session to practice their netball skills during term time and some of the older ones

Be part of it!

stay on to practice with our senior teams. Eventually, should they so choose, they will have the chance to play in one of our teams that play in South Lakeland Netball League.

You could say the coaching of FFNC was 'passed on' when one of our player/coaches left the area. As a club we did well encouraging women back to the sport and playing competitively again, so I felt that offering a more structured, coached session would be beneficial to them. After receiving funding from Barrow Sports Council myself and my team mate Hannah decided to go for the accreditation and use the knowledge gained to help bring the club on. Alongside this I was also working towards my Umpires C award, now that has been achieved, I umpire in the South Lakeland Netball League on a Monday night.

I was lucky as a youngster to have benefitted from some brilliant coaches and if it wasn't for those people, I would not have had the same opportunities to play sport, make friends for life and have experiences and memories that I will never forget. As well as putting something back to the sport, coaching for me is about making a difference. It's really satisfying to notice the week in week out training sessions making a difference and getting the best out of people. High levels of participation and engagement lets me know things are going well!

Do you have any tips that would help the next generation of female coaches?

I would say it is important to build relationships with your players both on and off the court. It is also important to remember to play the players that will build a good team. Get to know your players strengths and areas that need developing. It's never too late to take up coaching and definitely enrol on the coaching courses. It'll give you a good starting point to plan and deliver purposeful sessions. Ask if people want to get involved and help out, it's much better to share the responsibilities. Finally, enjoy what you do!

Be part of it!