



#### COACH NAME

Sonia Dryden

#### TYPE OF ACTIVITY

Netball

#### LOCATION

West Cumbria

#### COACHING DETAILS

Netball Coach & Activity  
Coordinator

*"Remember why you started coaching in the first place, make sure it's fun for you and to find a mentor who will help you throughout your coaching journey – there are more of us than you think!"*

## #PassOnYourPassion

#### How long have you been coaching?

I first started coaching netball in 2010, to a range of groups including adult community clubs, junior clubs, back to netball groups, district squads and county squads mainly in West Cumbria but at times County wide.

#### How did you get into coaching?

My coaching evolved slowly as I gained more experience and confidence. Undertaking and completing the official qualification (UKCC Level 2 in coaching netball) really helped me to hone my skills; I also found it really helpful to be mentored by other coaches during this time who provided me with good feedback and top



Selfies are essential

*Be part of it!*

tips to help me improve. I have also undertaken 'top up' sport specific workshops and generic coaching workshops since I qualified which have really broadened my understanding of how and what to coach. Since then I have also coached a number of different sports in educational settings and have gained more qualifications such as Dodgeball Level 2.



The Team

### **What do you enjoy most about coaching?**

It's been tremendous fun over the last 7 years and I have learned an awful lot about myself and the sports I have coached. My favourite part of the coaching process is seeing the change in a person as they become more confident with a particular skill or element of the sport.

### **Why are you passionate about Coaching?**

I'm a true grassroots coach and for me it's all about enjoyment, I want people to walk away from my session having thoroughly enjoyed it and hopefully gaining a bit more knowledge from it – I just want them to keep playing! I have been lucky enough to coach junior athletes that have made it through to represent England at international level and that has made me proud but I also know that alone was not down to me but a team of coaches throughout the athlete's journey.

My coaching experience has helped me gain employment in the sports sector and currently I am enjoying a new role at Whinlatter with the Forestry Commission encouraging more people to get more active more often in the forest. You can look out for more opportunities to be involved with sport and physical activity – and yes my netball post has already made an appearance!



Coaching in action

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

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*Be part of it!*