



High Performance Program

Player Assessment and Monitoring

2022-23

Name of Athlete

Name of Coach

Provincial Team Player at U16 U18 U21 U23 Senior Women, Men

National Team Player at: U21 Senior

Canadian Sports Institute Card Holder:

List Competitions This Year:

Signed: Athlete: _____

Coach: _____

Skills Criteria

Movement Skills

Skills		Date	Date	Date
Take - Off	Demonstrate efficient technique from a stationary and moving start <ul style="list-style-type: none"> • Straight movement forward and backward • Diagonal movement right and left. 			
Footwork	Demonstrate efficient running technique <ul style="list-style-type: none"> • Ability to sprint and change direction • Side step • Speed of footwork • Recovery footwork • Working a number of combinations • Turning from a sprint movement 			
Jumping	Demonstrate effective technique <ul style="list-style-type: none"> • Able to jump off left and right foot • Able to jump from both feet simultaneously • Able to turn in the air 			
Landing	Demonstrate safe and balanced technique <ul style="list-style-type: none"> • Able to land on right and left foot • Able to land on both feet simultaneously • Able to pivot in all directions with outside turn • Safe technique afer a sprint 			

Ball Skills

Skills		Date	Date	Date
Catching	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Strong catch and snatch • Two hands • One hand control – both hands • 			
	One handed control – both hands <ul style="list-style-type: none"> • Able to catch a high and low ball with one hand • Hooking the ball into catch with either right or left hand • 			
Throwing	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Shoulder pass • Chest pass • Bounce pass • Lob pass 			

	<ul style="list-style-type: none"> • Able to use either side of the body • Two handed over head pass • Introduce fake pass • Hip pass • Step around pass • Consistency on placement of pass • Timing the release of pass • Variation of timing of release of pass • Using a variety of options under pressure 			
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Shooting

Skills	Date	Date	Date
Demonstrate a correct and accurate technique <ul style="list-style-type: none"> • Stationary short / medium/ long • Step forward • Step back • Side step • Jump shot • In and out shot 			
Variation on timing and release of shot			
Screens			
Rebounding			
Working together in and out of the circle			
Work rate and shot			
Communication skills			

Attacking Skills

skills	Date	Date	Date
Straight leads			
Diagonal leads			
Dodge			
Double dodge			
Change of direction			
Front cuts			
Holds			
Lunges			
Drive - Stop - Lung back			
Half roll and full roll			
Change of pace			
Double play			
Up and back <ul style="list-style-type: none"> • Up and back - • straight and diagonal 			
Two leads			
Creating space <ul style="list-style-type: none"> • clearing leads • clearing leads and drives • clearing leads and reoffer 			
Screens			
Vision			
Decision Making			
Space Awareness			
Communication skills			

Defending Skills

Skills	Date	Date	Date
Defensive footwork – shadowing			
Body control and repositioning <ul style="list-style-type: none">• recovery step			
One on One defending <ul style="list-style-type: none">• front position• side position• back position			
Two on one defending			
Adjusting body position as ball approaches			
Intercepting <ul style="list-style-type: none">• attack the ball•			
Hands over the ball - adjust body position to force ball wide			
Delay and deny			
Sagging			
Communication skills			
Working together in and out of the circle			
Split circle			

Strategies

Skills			
Centre Pass Attack <ul style="list-style-type: none"> • Simple set up positions - one on one/ two on one • Greater variety on initial set up – screens • Delivery of centre pass • Accurate and consistent delivery of centre pass 			
Centre Pass Defence <ul style="list-style-type: none"> • One on one • Two on one • Working as a unit • Communication skills • Wall • Forcing the attack wide • Keeping attackers off the edge of the circle 			
Base Line Throw – In Attack <ul style="list-style-type: none"> • Simple back line throw in • Greater variety in start positions and movement • Ability to read the play - space awareness/ decision making • Vision 			
Base – Line Throw in Defence <ul style="list-style-type: none"> • One on one • Two on one • Dictating space • Area/zone • Dictating and restricting • Communication skills • Working as a unit 			

Key Performance Areas

Key performance areas are rated on a scale of 1-5 in relation to the selection criteria for the player's age group.

Movement

Scale/Score	Descriptors
5. - Exceptional	Outstanding physical ability to accelerate, change direction, recover, has great balance, coordination and agility
4.- Excellent	Excellent agility and change of direction and is well balanced and able to recover
3.- Good	Good physical ability and recovery
2. - Marginal	Able to change direction but does not have agility or balance to work in small areas
1. - Poor	Reacts slowly when change of direction is required

Catching

Scale/Score	Descriptors
5. - Exceptional	Outstanding catching under pressure, able to catch difficult balls in one and two hands and moves the ball quickly into passing position.
4.- Excellent	Sometimes fumbles difficult passes but is in control
3.- Good	Occasionally fumbles balls but generally is in control and maintains ball
2. - Marginal	Fumbles when pass is on extension or under pressure
1. - Poor	Regularly fumbles passes

Throwing

Scale/Score	Descriptors
5. - Exceptional	Outstanding peripheral vision and depth perception executing with accuracy over all distances. Varies timing and makes excellent decisions. Can use non-dominant hand
4.- Excellent	Accurate and an excellent decision maker, occasionally makes an error under pressure. Can use non-dominant hand for short passing options.
3.- Good	Demonstrates correct technique and accurate execution. Rarely makes fundamental errors

2. – Marginal	Sound technique with most passes but sometimes makes poor decisions
1. – Poor	Technical problems and makes poor decisions

Attacking Ability

Scale/Score	Descriptors
5. – Exceptional	Great vision and space awareness, reads play consistently well, uses full variety of attacking moves to either gain possession of the ball or create space for her team mates.
4.- Excellent	Smart reader of the play with excellent vision and space awareness, uses full variety of attacking moves to gain possession of the ball.
3.- Good	Good vision and space awareness although occasionally crowds the area, uses a variety of attacking moves
2. – Marginal	At times lacks vision and awareness, relies on basic attacking skills
1. – Poor	Limited attacking skills, lacks space awareness

Defending Ability

Scale/Score	Descriptors
5. – Exceptional	Reads play consistently well, positions for interceptions or force turn overs
4.- Excellent	Smart reader of the play, can cover multiple moves.
3.- Good	Good defensive ability, recovery and can cover multiple moves
2. – Marginal	Takes eyes off ball or allows opponent easy access to ball and cannot cover multiple moves
1. – Poor	Chases opponent, is beaten on preliminary moves

Positional

Scale/Score	Descriptors
5. – Exceptional	Able to execute all skills and strategies required for the position at an exceptional standard
4.- Excellent	Executes skills and strategies required for position
3.- Good	Executes skills and strategies for the position, lacks some strategic understanding
2. – Marginal	Good grasp of basic skills required for the position, lacks strategic understanding

1. – Poor	Basic positional skills are still being developed, lacks strategic understanding.
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Team Strategies

Scale/Score	Descriptors
5. – Exceptional	Able to execute all strategies at an exceptional standard
4.- Excellent	Able to execute all strategies
3.- Good	Appears to understand strategies although at times not always executed
2. – Marginal	Lacks some strategic understanding
1. – Poor	Does not appear to understand strategies

Character/ Mental Skills

Scale/Score	Descriptors
5. – Exceptional	Outstanding work ethic, extremely coachable, and desires to improve. Plays best against the best and is always competitive.
4.- Excellent	Plays and trains at a high level of mental and physical intensity. Always remains competitive.
3.- Good	Prepares well and desires to improve.
2. – Marginal	Works hard in games but could improve at training. Can reduce level of competitiveness when confidence is low.
1. – Poor	Has natural ability but does not prepare at training which reflect in match work ethic. Not competitive.

Netball Smarts

Scale/Score	Descriptors
5. – Exceptional	Outstanding decision maker who chooses correct option with or without the ball. Has a great understanding of the game.
4.- Excellent	Excellent decision maker with or without the ball
3.- Good	Understands the game and usually chooses correct option
2. – Marginal	Occasionally makes decision errors
1. – Poor	Not a smart player

Leadership and Self Discipline

Scale/Score	Descriptors
5. - Exceptional	Leads through example at games and training. Gives positive feedback to other team members, is a good role model and stays in control
4.- Excellent	Only occasionally below exceptional standard
3.- Good	Can positively influence groups of players
2. – Marginal	Lacks in leadership and self discipline at times
1. - Poor	Lacks self discipline, does not lead, is a negative influence

Criteria for Inclusion in the High Performance Program.

Under 18

- **Must achieve a minimum score of 2-3 in each category**

Under 21

- **Must achieve a minimum score of 3-4 in each category**

Open

- **Must achieve a minimum of 4/5 in each category**