

NETBALL CANADA



SELECTION GUIDELINES

General Overview

Netball is a team game, yet to be selected into any team or squad players are on trial as individuals, how they get into that team is what selection is all about..

Netball is about DOING THE SIMPLE THINGS WELL, over and over again, every time with consistency. Before any player is selected, always ask – What is the selector looking for in a player? Is the player performing as required or just kicking her feet high so that she will look good. It is easy to choose the flashy player over the player who is performing well. Selectors should know what is required with the aim to select the best possible players and combination of players.

Selecting is not for the faint hearted. It is a difficult process with emotions involved. Players want to succeed and are always looking to better themselves. It is the selector's responsibility to give each player equal viewing and consideration prior to making decisions, players need a full opportunity to show why they are worthy of selection. The selection process must be seen to be fair, transparent and unbiased.

Role of the Selector

As a member of any selection committee the selector has a responsibility to select the team from the available candidates. The selector is an observer and note taker. Observe the players yourself before you listen to comments of others.

Expectations and Responsibilities of Selectors.

Each Selector should:

- Act with integrity and objectivity
- Ensure materials and discussions remain confidential to the selectors
- Observe skills in key performance areas
- Contribute to the discussions of the selectors committee in a positive respectful way
- Have reasons for your opinions

What Selectors are looking for

Skills to be Achieved? Key Performance Areas

Individual Movement skills

- Good footwork and change of direction
- Acceleration and deceleration
- High work rate
- Balance and control without the ball
- Balance and control with the ball
- Speed, agility, endurance, and elevation
- Body type, athletic ability, body control and coordination
- Good basics ball handling skills under pressure
- Good pass selection options under pressure
- Selection of ball delivery finesse and touch
- Accuracy of pass
- Catching ability – two hands/one hand

Attacking skills

- Ability to make appropriate decisions

- Effective use of space
- Timing
- Vision

Defending skills

- Good one on one defence
- Defence of pass

Strategies

- Recognises and adapts to attacking/defensive strategy changes by opposition

Netball Knowledge

- Court craft ability to read the game
- Flair and creativity
- Ability to combine
- Involvement in the game
- Knowledge of the rules and adjusts to umpiring decisions
- Position specifics
- Accuracy of shot

Character

- Consistency of performance
- Temperament, aggressiveness, competitiveness, intensity
- Ability to concentrate
- Coachability – understanding the application of coaching direction
- Commitment and reliability
- Ability to accept responsible actions
- Does the player listen?
- Do they re-act?
- Social skills

Skills Criteria

Movement Skills

Skills		Comments
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 of 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		Comments
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 • Able to use either side of the body • Two handed over head pass 	

	<ul style="list-style-type: none"> • 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	Comments
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	Comments
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	Comments
Defensive footwork – shadowing	
Body control and repositioning <ul style="list-style-type: none"><li data-bbox="284 380 488 411">• recovery step	
One on One defending <ul style="list-style-type: none"><li data-bbox="284 476 488 508">• front position<li data-bbox="284 510 488 541">• side position<li data-bbox="284 543 488 575">• back position	
Two on one defending	
Adjusting body position as ball approaches	
Intercepting <ul style="list-style-type: none"><li data-bbox="284 858 488 890">• 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	Comments
<p>Centre Pass Attack</p> <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 	
<p>Centre Pass Defence</p> <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 	
<p>Base Line Throw – In Attack</p> <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 	
<p>Base – Line Throw in Defence</p> <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 	

General attributes to look for in shooters

- High volume and accuracy under pressure
- Consistency in shot technique
- Shot selection – when to shoot and when to pass
- Shot variations – step-backs, step to side, step ins, penalty shots
- Variety of attacking moves
- Acceleration off the mark
- Strong leads to the ball
- Understanding of space and space protection
- Looks to the post
- Open vision
- Entry into the circle
- Ability to work in “partnership” with other shooter and attack unit
- Ability to use and understand screens
- Reads the play well
- Good understanding of what is happening around them
- Strong rebounder
- Good defensive skills(one on one, change of direction, recovery, hands over ball, delay and deny a drive)

General attributes to look for in Wing Attack

- Acceleration off the mark
- Clear and decisive pass selection
- Variation in timing of release of the ball in relation to the situation
- Range of attacking moves
- Speed in charge of direction (footwork)
- Selection of ball delivery (finesse and touch)
- Awareness of space and team mates
- Understanding of what happens around them
- Ability to get onto and deliver from the edge of the circle
- Ability to balance on edge of circle and control offside
- Positioning – ability to hold space on edge of circle
- Ability to get onto and deliver from the edge of the circle
- Ability to balance on edge of circle and control offside
- Open vision
- Good defensive skills(one on one, change of direction, recovery, hands over ball, delay and deny a drive)
- Ability to work in partnership with centre and the attack unit.
- Feeding or defence of feeds

General attributes to look for in Centre

- Good decision making
- Strong attacking drives with a range of attacking moves
- Selection of ball delivery (finesse and touch)

- Clear and decisive pass selection
- Variation in timing of release of ball in relation to the situation
- Good vision and space awareness
- Speed in change of direction (footwork)
- Ability to get onto and deliver from the edge of the circle
- Ability to balance on edge of circle and control offside
- Positioning – ability to hold space on edge of circle
- Ability to keep opponent off the circle edge
- Good defensive skills(one on one, change of direction, recovery, hands over ball, delay and deny a drive) ability to work with WD
- Feeding or defence of feeds
- Ability to read play and attempt to intercept (sometimes away from immediate opponent)
- Ability to work in partnership with WA and link both ends

General attributes to look for in Wing Defence

- Acceleration off the mark
- Quick footwork
- Strong one on one defence
- Strong defensive skills (ability to work in partnership with C) one on one, change of direction, recovery, hands over ball, delay and deny a drive)
- Forces opponent to run in restricted area
- Ability to work with defensive unit
- Good vision and space awareness
- Recognises and adapt to change of attacking strategies
- Ability to read the play and anticipate flight of the ball
- Ability to defend preliminary moves and then come off immediate opponent to intercept
- Strong delivery in attack
- Variation in timing of release in relation to the situation.

General attributes to look for in Circle Defence

- Strong one on one defence
- Anticipation – reading the play
- Acceleration off the mark
- Recognise and adapt to change of attacking strategies
- Ability to read the play and anticipate the flight of the ball
- Ability to defend preliminary moves and then come off immediate opponent to intercept
- Quick footwork
- Ability to work in partnership with other circle defender and defensive unit
- Ability to communicate
- Strong body control
- Variety of defence on shot – lean/ jump/ intensity/ timing
- Excellent rebound skills
- Forces opponent to run into restricted space

- Good vision and spce awareness
- Strong delivery into attack
- Selection of ball delivery
- Variation in timing of release in relation to the situation

Different methods of ranking:

A.

5. – Exceptional

4. – Excellent

3. - Good

2. - Average

1. – Poor

B.

++ Exceptional

+ Excellent

? Good

x Average

xx Poor

C.

Yes definetly

Yes but want another look

Not sure but will need another look

No but will have one last look

Definitely no