



## VALLEY REPRESENTATIVE NETBALL

### SELECTION GUIDE FOR PLAYERS AND PARENTS

The purpose of this guide is to set out the process by which players are selected for Valley representative teams.

#### TIPS FOR TRIALS

##### TO ALL PLAYERS:

- Try to relax and enjoy the trials. All that you can ask of yourself is that you do your best.
- Commit yourself fully to both rounds of trials. This is your opportunity to show the selectors what skills and attributes you have as a netballer.
- The selection of players, whether or not they have previously played representative netball is primarily based on their performances at these trials. In assessing a player for selection, the selectors will look for the skills and attributes that are set out below.
- Don't think that the selectors will only observe you when you are playing. They will also be observing you while you are off the court, between games, especially to assess whether you have the necessary character attributes.

##### TO CURRENT VALLEY PLAYERS:

- That you have played representative netball for Valley this year DOES NOT guarantee you a place in a squad for next year.

##### TO PARENTS:

- Trialling can be a stressful experience. Your child, especially if they are trialling for the first time, will look to you between trial games for support and encouragement. Be positive.
- We ask that you allow the selectors to do their job. If you have any concerns during the trials, please come to the office and raise them with either Peter Nicholas or Simon Grimes.
- If you wish to receive feedback from the selectors about your child's assessment, please address your request to Peter Nicholas, Rep Teams Coordinator, at [repteam@lyvna.com.au](mailto:repteam@lyvna.com.au). We will look to respond to your request within 7 days.

#### ASSESSMENT PROCESS

Each player will be ranked in every game she or he plays as:

1. Exceptional
2. Good
3. Average/poor



## WHAT WILL THE SELECTORS LOOK FOR?

### SKILLS AND ATTRIBUTES LOOKED FOR IN ALL PLAYERS, WHATEVER THEIR POSITION

#### ➤ 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

#### ➤ Ball Skills

- Good basic 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 defending
- 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 and application of coaching direction
- Commitment and reliability
- Ability to accept responsibility of actions
- Does the player listen?
- Do they react?
- Social skills

**SKILLS AND ATTRIBUTES LOOKED FOR IN GOALERS**

- 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 the side, step ins and 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 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)

#### **SKILLS AND ATTRIBUTES LOOKED FOR IN WING ATTACKS**

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

#### **SKILLS AND ATTRIBUTES LOOKED FOR IN CENTRES**

- 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 circle edge
- Ability to balance on circle edge and controlling offside
- Positioning – ability to hold space on circle edge
- Ability to keep opponent off the circle edge
- Feeding or defence of feeds
- Ability to read play and attempt to intercept (sometimes away from immediate opponent)
- Strong defensive skills (ability to work in partnership with WD) (one on one, change of direction, recover, hands over ball, delay and deny a drive)
- Ability to work in 'partnership' with the Wing Attack and link both ends of the court

#### **SKILLS AND ATTRIBUTES LOOKED FOR IN WING DEFENCES**

- 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, recover, hands over ball, delay and deny a drive)
- Forces opponent to run into restricted space
- Ability to work in partnership with the centre and the defensive unit
- Good vision and space awareness
- Recognise and adapt to change of attacking strategies
- Ability to read the play and anticipate flight of the ball
- Ability to defend preliminary moves then come off immediate opponent to intercept
- Strong delivery into attack



- Selection of ball delivery
- Variation in timing of release in relation to the situation

#### **SKILLS AND ATTRIBUTES LOOKED FOR IN DEFENDERS**

- 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 flight of the ball
- Ability to defend preliminary moves 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 space awareness
- Strong delivery into attack
- Selection of ball delivery
- Variation in timing of release in relation to the situation