

## MATCH PLAY ROLES AND RESPONSIBILITIES (SATELLITE AND COUNTY ACADEMIES)

GS	Movement and Ball Handling	<ul style="list-style-type: none"> <li>• Change direction &amp; change of pace.</li> <li>• Lands balanced, turns to goal</li> <li>• May be inconsistent in delivering correct pass accurately. Sound catching technique.</li> </ul>	Effectiveness in Position	<ul style="list-style-type: none"> <li>• Confident from a range of distances.</li> <li>• Aiming for <math>\geq 80\%</math>.</li> <li>• Is generally available when CC hit the circle edge.</li> </ul>	Transition	<ul style="list-style-type: none"> <li>• Dictates to opponent to limit her availability through the court.</li> </ul>
GA		<ul style="list-style-type: none"> <li>• Change direction &amp; change of pace.</li> <li>• Lands balanced, turns to goal</li> <li>• May be inconsistent in delivering correct pass accurately. Sound catching technique</li> </ul>		<ul style="list-style-type: none"> <li>• Confident from a range of distances.</li> <li>• Aiming for <math>\geq 80\%</math>.</li> <li>• Is generally available when CC hit the circle edge. Is generally available 1<sup>st</sup> phase on Centre Pass when required.</li> </ul>		<ul style="list-style-type: none"> <li>• Dictates to opponent to limit her availability through the court.</li> </ul>
WA		<ul style="list-style-type: none"> <li>• Change direction &amp; change of pace.</li> <li>• Lands balanced, turns to goal</li> <li>• May be inconsistent in delivering correct pass accurately. Sound catching technique</li> </ul>		<ul style="list-style-type: none"> <li>• Is generally available 1<sup>st</sup> phase on Centre Pass when required.</li> <li>• Accurate feed and can keep possession.</li> <li>• Generally available on circle edge.</li> </ul>		<ul style="list-style-type: none"> <li>• Dictates to opponent to limit her availability through the court and may take interceptions.</li> </ul>
C		<ul style="list-style-type: none"> <li>• Change direction &amp; change of pace.</li> <li>• Lands balanced, turns to goal</li> <li>• May be inconsistent in delivering correct pass accurately. Sound catching technique</li> </ul>		<ul style="list-style-type: none"> <li>• Deliver Centre pass.</li> <li>• Links and connects both attack defence. Accurate feed and possession.</li> <li>• Generally available on circle edge.</li> </ul>		<ul style="list-style-type: none"> <li>• Shows signs of working effectively with the WD for effective 2 on 1 at the centre pass.</li> </ul>
WD		<ul style="list-style-type: none"> <li>• Change direction &amp; change of pace.</li> <li>• Lands balanced, turns to goal</li> <li>• May be inconsistent in delivering correct pass accurately. Sound catching technique</li> </ul>		<ul style="list-style-type: none"> <li>• Puts pressure on receipt of WA on 1<sup>st</sup> phase of Centre pass.</li> <li>• Dictates WA movement in the attacking third and puts pressure on feeds.</li> <li>• Takes interceptions off opponent.</li> </ul>		<ul style="list-style-type: none"> <li>• Transitions from defence to attack providing option for the initial turnover</li> </ul>
GD		<ul style="list-style-type: none"> <li>• Change direction &amp; change of pace.</li> <li>• Lands balanced, turns to goal</li> <li>• May be inconsistent in delivering correct pass accurately. Sound catching technique</li> </ul>		<ul style="list-style-type: none"> <li>• Puts pressure on receipt of GA on 1<sup>st</sup> phase of Centre pass.</li> <li>• Limits shot volume.</li> <li>• Takes interceptions off opponent.</li> <li>• Challenges for rebounds</li> </ul>		<ul style="list-style-type: none"> <li>• Transitions from defence to attack providing option for the initial turnover.</li> </ul>
GK		<ul style="list-style-type: none"> <li>• Change direction &amp; change of pace.</li> <li>• Lands balanced, turns to goal</li> <li>• May be inconsistent in delivering correct pass accurately. Sound catching technique</li> </ul>		<ul style="list-style-type: none"> <li>• Dictates &amp; restricts GS movement.</li> <li>• Limits shot volume.</li> <li>• Takes interceptions off opponent.</li> <li>• Challenges for rebounds</li> </ul>		<ul style="list-style-type: none"> <li>• Transitions from defence to attack providing option 1<sup>st</sup> phase.</li> <li>• Delivery of the back line pass with success.</li> </ul>

## MOVEMENT/BALL HANDLING

<b>Take Off</b>	Demonstrate efficient technique from a stationary and moving start <ul style="list-style-type: none"><li>• Straight movement forward and backward</li><li>• Diagonal movement to the left and right</li></ul>
<b>Footwork</b>	Demonstrate efficient running technique <ul style="list-style-type: none"><li>• Able to sprint and change direction</li><li>• Side step</li><li>• Speed of footwork</li><li>• Recovery footwork</li><li>• Working a number of combinations</li><li>• Turning from a sprint movement</li></ul>
<b>Jumping</b>	Demonstrate efficient technique <ul style="list-style-type: none"><li>• Able to jump off left or right foot</li><li>• Able to jump from both feet simultaneously</li><li>• Able to turn in the air</li></ul>
<b>Landing</b>	Demonstrate safe and balanced technique <ul style="list-style-type: none"><li>• Able to land on left or right foot</li><li>• Able to land on both feet simultaneously</li><li>• Able to pivot in all directions with outside turn</li></ul>
<b>Ball Handling</b>	<ul style="list-style-type: none"><li>• Catching 2 and 1 handed</li><li>• Passing 2 handed and 1 handed</li><li>• Uses a variety of passes</li><li>• Successful passing with and without a defender</li></ul>

## **GAME SENSE**

Netball is an invasion game where athletes need to understand the Principles of Attack and Defence. We are therefore primarily looking for athletes who have a high degree of Game Sense and who have had an exposure to a wealth of invasion games.

There are six generic attacking tactical tasks:

1. Attacking the goal.
2. Taking ball near to goal.
3. Playing together.
4. Identification of gaps and width .
5. Feinting
6. Providing Options

In each of these attacking situations the defending athletes would be measured on their ability to defend against each of these and prevent them from happening e.g. dictating the ball away from goal. The transition from attack to defence or defence to attack is a very important criteria at this stage of the athletes development