

BCNETBALL

Canadian Sport Institute Pacific and British Columbia Netball Athlete and Coach Nomination Criteria

Criteria Approved: September 3 2024

CSI Pacific Representative	Andrew Latham	<i>Andrew Latham</i>	Sept 3 2024
	Name	Signature	Date (MM/DD/YYYY)
Sport Organization Representative	Maria Hodgins	<i>Maria Hodgins</i>	Sept 3 2024
	Name	Signature	Date (/DD/YYYY)

PURPOSE

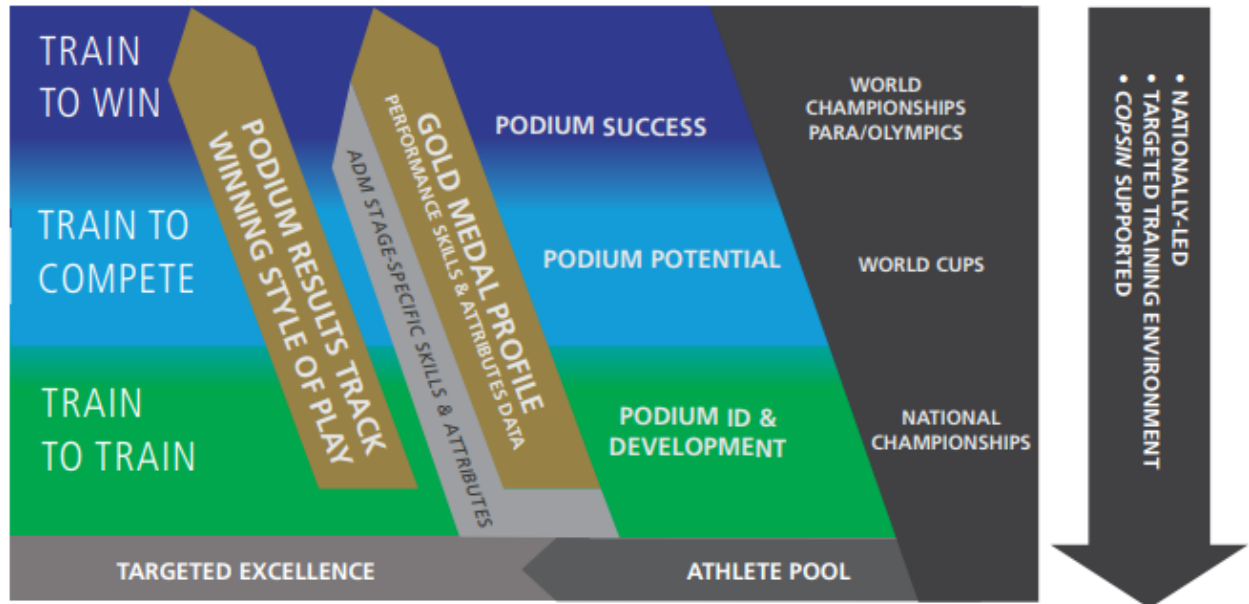
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Netball, collaborates to deliver programs and services to place BC athletes¹ on national teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process with which to identify athletes and coaches within the BC Netball high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeted pathway seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Sport Canada AAP Carded nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) and Gold Medal Profile. These athletes and teams represent the current generation of national team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic or World Championship medallists.

Figure 1 – Podium Pathway (LTAD 3.0)



¹ A BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three (3) months in a twelve (12) month period) in British Columbia.

DETAILS

Through the above partnership, and with the above purpose in mind, BC Netball may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon completion of enrollment and onboarding, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute / PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please see Appendix A for an outline of BC Netball targeted athlete benefits, programs, and services as delivered through BC Netball.

Targeted athletes are nominated by BC Netball based on the athlete criteria below. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Netball high performance program benchmarks to remain targeted. Maria Hodgins, the High-Performance Director works with the Canadian Sport Institute technical lead. Maria Hodgins has the final authority over the Canadian Sport Institute nomination process. Any inquiries regarding the sport-specific selection criteria can be made to maria Hodgins at mthodgins@yahoo.com.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Netball targeting runs October 1st to September 30th annually, and athletes are selected based on performances from the previous 24 months. Athletes meeting criteria throughout the annual nomination cycle may be added to the BC Netball targeted athlete list, on a case-by-case basis, by contacting the PSO/DSO Technical Representative Maria Hodgins at mthodgins@yahoo.com.

ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by BC Netball and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / Pacific Sport in order to receive athlete or coach supports and benefits.

CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with BC Netball as a competitive athlete and meet the definition of a BC athlete.
2. All athletes nominated should have a designated coach who is responsible for planned programming. Specific coach criteria must be identified under coach nominations
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on BC netball's nomination list at the discretion of the PSO/DSO when:
 - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred **AND**;
 - b. The athlete in question was nominated by BC Netball in the previous 24 months.

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Netball sport-specific criteria:

Sport Canada AAP Carded

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.
 - It is the responsibility of [PSO NA] MEto consult with the NSO, identifying and nominating any Sport Canada AAP Carded athletes in the province of British Columbia.

Canadian Development

Canadian Sport Institute Criteria:

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway **OR**;
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile) and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
 - Athletes who have been targeted as “NextGen” defined as the expectation to be selected to the senior national team in eligible events **within 24 months** and verified by the NSO.

BC Netball Association Sport-Specific Criteria:

Must have played for Canada (women Open or U21) in a minimum of one of the following international competitions in the last 24 months

- Nations Cup
- World Championships
- Commonwealth Games

- Americas Netball Regional Championships
- CanAm Cup
- Any Worlds Netball Ranking Games
- Have attended the Western Canadian National Training Camp and the Senior National Training Camp and are part of the Team Canada Athlete Pool as verified by Netball Canada.

Provincial Development Level 1

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
 - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
 - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
 - Competed at the appropriate² age group or junior world championships in an eligible event (or equivalent international developmental event) in the previous 24 months **OR**;
 - Won a medal in an eligible event at their sport-specific national senior/open, appropriate² age group or junior championships (or equivalent level of performance standard) in the previous 24 months.

BC Netball Association Sport-Specific Criteria:

- Competed for Team Canada women U21/U18/U16 and men in a minimum of one international competition in the previous 24 months
- OR**
- Have been selected to or participated in the Western Canadian National Training Camp **AND** Team Canada Training Camp as verified by the NSO
- OR**
- Be selected to the High-Performance Program for Team BC Open Athletes (please see appendix C) **AND** have competed for Team BC at the National Championships in the last 24 months

○

² Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

Provincial Development Level 2

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development One according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:
 - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
 - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete within a maximum duration of five years (combined Provincial Development Level One and Two) **AND**;
 - Competed in an eligible event at the appropriate² age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
 - Won a medal in an eligible event at their appropriate² age group provincial championships in the previous 12 months, **OR**;

BC Netball Sport Specific Criteria:

Athletes must:

- be selected to the Team BC High Performance Program for U16, U18, U21 or U23 Athletes (please see appendix B).

AND

- Have competed for Team BC in the U18, U21 or U23 Western Canadian Championships in the last 24 months

Coach Nomination

Canadian Sport Institute Criteria:

Coaches are nominated when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

AND,

- NCCP Competition Development Trained Status or ACD coach,

Appendix B



BC Netball - 2024-2025 PacificSport Application Form

To be completed and returned to BC Netball

Applicant Information

Athlete Name:			
Club:			
Address	Street	City	Postal
	Email	Phone	
BC Team represented:		Date (mm / yyyy)	Result
Provincial/Club Coach Name:			
Coach Declaration	<p>By signing this application as the coach of the athlete I declare that:</p> <ul style="list-style-type: none"> • I regularly coach the athlete structured netball program over 6 months in duration • The athlete attends training regularly and is available for games. • The athlete has above average training habits and work ethic (Fitness, netball, health) • The athlete is able to play more than 2 positions (Age grade athletes only) • I agree to provide BC Netball progress reports on athlete 		
Coach	Signature	Date	
	<p>By signing this application form I declare that:</p> <ul style="list-style-type: none"> • I am registered in a structured BC netball program over 6 months in duration • I will be available for selection to BC netball sanctioned representative teams • I will attend necessary camps / workshops required by BC netball • I attend netball training regularly and committed to ongoing fitness outside of netball training. • I am able to play more than 2 positions (Age grade athletes only) 		
Applicants Signature:	Signature	Date	

<p>Please send application to: Maria Hodgins High Performance Director 3468 Triumph Vancouver V5K1T8</p>
--

**BC Netball Targeted Athlete Criteria.
Fitness Standards**

Muscular Strength Endurance Test

Plank	All Players
Under 18/16	1.00 minute
Under 21	1.45 minute
seniors	2.30 minute

Lower Body Leg Power Test

Double Leg Vertical Jump	All Players
Under 18/16	40 cms
Under 21	45 cms
Senior	50 cms

Speed Acceleration and Agility

	Under 18/16	Under 21	senior
5 metre	< 1.12	< 1.10	< 1.08
10 metre	< 1.95	< 1.90	< 1.85
T - Test	< 11.5	< 10.5	< 9.5

Aerobic Capacity

Test			
Yo-Yo test	GS/GA	C/WA/WD	GK/GD
Under 18/16	15.1	16.1	17.1
Under 21/seniors	16.1	17.5	18.5

As a BC Elite athlete you will be required to provide sufficient evidence demonstrating that you:

- Are a registered athlete with BC Netball Elite Program.
- Meet all physical testing standards.
- Have been available for selection to the BC Teams competing in the national tournament for the last 2 years

- Attended 85% of Provincial Technical camps that are made available to you throughout the year

Key Performance Indicators and Individual profiles



High Performance Program



General Overview

The High-Performance Program is to provide players with the best possible coaching in all aspects of their development. The individual players are required to perform the skills of the game to the best of their ability. It is about doing the simple things well. Players must have the ability to complete all the required expectations.

Knowing the athletes their potential and what they need to become a Canadian National Team member is fundamental to our player development program. Our program will be flexible for athlete movement to ensure a place for athletes in the program whether they be early or late entry into the game. A player profile will be developed for each player to help:

- Better understand the athletes
- Better understand the development needs of the athletes
- Design a player – centred approach for development
- Identify and address the gaps in high performance coaching and program

There will be three components to the program. The physical preparation which will focus on netball and position specific fitness. Technical preparation which will focus on core netball skills and position specific requirements. Tactical preparation which will focus on the tactical requirements that influence the ability to deliver technical skills under pressure and to adjust to the opposition. These components will result in the wellbeing of the athlete that embraces:

- Physical
- Mental and emotional
- Social
- Spiritual (personal beliefs)

Players will be well balanced and successful.

Athlete identification starts at U16

Events

<u>U16/U18/U21</u>	<u>U23 and Open</u>
Provincial Championships	Western Canadian Championships
U21 National Team	FISU
U18/U21 National Team	National Championships
U16/U18 Western Canadian Championships	Americas Netball Regional Qualifying Championships (For World Cup) and Regional Championships
World Youth Cup	World Youth Cup
Youth Commonwealth Games	Nations Cup
	World Championships
	Commonwealth Games

Key Performance Areas/ Skills to be achieved

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, 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 defence
- Defence of pass

Strategies

- Recognizes and adapts to attacking/defensive strategy changes by position

Netball Knowledge

- Court craft – ability to read play
- Creativity
- Ability to combine
- Involvement in the game
- Knowledge of the rules and adjustment to umpire 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
- Listening skills
- Reaction skills - reaction in certain situations
- Social skills

Skills Criteria

Movement Skills

Skills		Under 16	Under 18	Under 21	Open &men
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. 	X	X	X	X
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 	X	X	X	X
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 	X	X	X	X
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 	X	X	X	X

Ball Skills

Skills		Under 16	Under 18	Under 21	Open &men
Catching	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Strong catch and snatch • Two hands • One hand control – both hands • 	X	X	X	X
	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 • 			X	X
Throwing	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Shoulder pass 	X	X	X	X

	<ul style="list-style-type: none"> • Chest pass • Bounce pass • Lob pass • 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 				
--	---	--	--	--	--

Shooting

Skills	Under 16	Under 18	Under 21	Open & men
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 	X	X	X	X
Variation on timing and release of shot			X	X
Screens			X	X
Rebounding	X	X	X	X
Working together in and out of the circle	X	X	X	X
Work rate and shot	X	X	X	X
Communication skills	X	X	X	X

Attacking Skills

Skills	Under 16	Under 18	Under 21	Open & men
Straight leads	X	X	X	X
Diagonal leads	X	X	X	X
Dodge	X	X	X	X
Double dodge	X	X	X	X
Change of direction	X	X	X	X
Front cuts	X	X	X	X
Holds	X	X	X	X
Lunges	X	X	X	X
Drive – Stop - Lung back			X	X
Half roll and full roll			X	X
Change of pace			X	X
Double play			X	X
Up and back <ul style="list-style-type: none"> • Up and back – • straight and diagonal 			X	X
Two leads	X	X	X	X
Creating space <ul style="list-style-type: none"> • clearing leads • clearing leads and drives • clearing leads and reoffer 	X	X	X	X
Screens			X	X
Vision	X	X	X	X
Decision Making	X	X	X	X
Space Awareness	X	X	X	X
Communication skills	X	X	X	X

Defending Skills

Skills	Under 16	Under 18	Under 21	Open &men
Defensive footwork – shadowing	X	X	X	X
Body control and repositioning <ul style="list-style-type: none"> recovery step 	X	X	X	X
One on One defending <ul style="list-style-type: none"> front position side position back position 	X	X	X	X
Two on one defending			X	X
Adjusting body position as ball approaches	X	X	X	X
Intercepting <ul style="list-style-type: none"> attack the ball 	X	X	X	X
Hands over the ball - adjust body position to force ball wide			X	X
Delay and deny			X	X
Sagging			X	X
Communication skills	X	X	X	X
Working together in and out of the circle	X	X	X	X
Split circle			X	X

Strategies

Skills	Under 16	Under 18	Under 21	Open &men
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 	X	X	X	X
Centre Pass Defence <ul style="list-style-type: none"> One on one Two on one Working as a unit Communication skillss Wall Forcing the attack wide Keeping attackers off the edge of the circle 			X	X
Base Line Throw – In Attack <ul style="list-style-type: none"> Simple back line throw- in 				

<ul style="list-style-type: none"> • Greater variety in start positions and movement • Ability to read the play - space awareness/ decision making • Vision 	X	X	X	X
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 			X	X

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 pass 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

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.

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 16

- Must achieve a minimum score of 3 in each category

Under 18

- Must achieve a minimum score of 3 in each category

Under 21

- Must achieve a minimum score of 4 in each category

Open

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

Individual Profiles



High Performance Program Player Assessment and Monitoring 2023

Name of Athlete

Name of Coach

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

National Team Player at: U18, U21, Senior Women, Men

Canadian Sports Institute Card Holder:

List Competitions This Year:

Signed: Athlete: _____

Coach: _____

Skills Criteria

Movement Skills

Skills		Score #1	Score #2	Score #3
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 after a sprint 			

Ball Skills

Skills		Score #1	Score #2	Score #3
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	<p>Demonstrate correct technique and accurate execution</p> <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 • 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 			

Shooting

Skills	Score #1	Score #2	Score #3
<p>Demonstrate a correct and accurate technique</p> <ul style="list-style-type: none"> • Stationary shot 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	Score #1	Score #2	Score #3
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	Score #1	Score #2	Score #3
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	Score #1	Score #2	Score #3
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 			

<p>Centre Pass Defense</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 Defense</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 			

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 pass 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.

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

High Performance Program Criteria.**Under 16**

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

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**

U16/U18 Program Alignment to Netball Long Term Athlete Development.

Netball Skills Development Plan for Learning to Train and Training to Train.

Athletes mature and develop at different rates. The constant monitoring and adjustment to their individual technical and tactical development needs to be considered in the planning of individual, group and team sessions. The support of the athlete's individual development whilst catering for a diverse group of skills the program content has been designed so that an athlete must be highly competent in a skill set before moving on to the next skill set irrespective of age.

Small Group Skill Development for Learning to Train and Train to Train.

Small Group Skills	Learning to Train	Training to Learn
Attacking	<ul style="list-style-type: none"> • Straight lead • Re-offer • Dodging • Change of direction • Double play • Clear and drive • Front cut • Use of back space • Stationary/movement • Feeding circle • Agility activities with ball 	<ul style="list-style-type: none"> • Roll and half roll • Hold • Screens • Advanced feeding • Linking the attack/especially centre
Defending	<ul style="list-style-type: none"> • Shadowing (1 on 1) • Anticipation/interceptions • Contesting the ball • 3' recovery • 2 on 1 defense • Positioning front/side • Hands over pass – high/ ball/windmill alternating • Agility activities with ball • Combine movements into defending actions 	<ul style="list-style-type: none"> • Working the ground • Sagging • Positioning – back • Working together in and out of circle • GK/GD/C/WD defending around circle edge • Variations of hands over balls – windmill/hidden arm • Defending channels • Defense of the roll/cut
Shooting	<ul style="list-style-type: none"> • Working together • Rebounding • Roll of non-shooter • Rotations • In/out of circle • Balance in circle • Entry into circle 	<ul style="list-style-type: none"> • Holds • Screens • Shot • Stationary • Movement • Shuffle shot (passing back) • Reading off partner • Entry into circle – working with feeders
Team Skills Set Plays Strategies/Game Knowledge	<ul style="list-style-type: none"> • Basic throw-ins • Variation of throw-ins • Basic centre passes C/WA • Variation of centre passes – wide pass back WD/GD • Defense of above • Positional roles • Court principles • Turnovers and responses 	<ul style="list-style-type: none"> • Variation of centre passes – overhead and screens • Variation of throw-ins • Defense of above • Penalties and free passes • Transition • Set-up and defense of - zone, split circle off-line and closed circle
Performance Psychology	<ul style="list-style-type: none"> • Goal-setting – review and feedback • Concentration and attention 	<ul style="list-style-type: none"> • Consolidate/advance and add • Game day – deep breathing, visualisation and imagery, positive self-talk
	•	•

Small Group Skills	Learning to Train	Training to Train
Decision-Making	<ul style="list-style-type: none"> • Timing of movements • Passing angles • Timing of passes • Reading off play • Choice of a variety of passes • Awareness of space-space for self, sharing space with team mate • Peripheral vision 	<ul style="list-style-type: none"> • Awareness and balance of space for team mates • Timing • Vision • Awareness of players in relation to the ball and situation • Communication skills – attack and defense
Performance analysis	<ul style="list-style-type: none"> • Individual analysis of training skills • Decision – making 	<ul style="list-style-type: none"> • Individual analysis

Individual Skill Development for Training to Compete

Individual Skills	Training to Compete (national)
Ball	<ul style="list-style-type: none"> • Any other inventive pass
Body	<ul style="list-style-type: none"> • Sprinting with change of pace • Acceleration
Centre Court	<ul style="list-style-type: none"> • Intensity • Work ratio
Defense of shot	<ul style="list-style-type: none"> • Intensity • Work ratio
Goal Shooting	<ul style="list-style-type: none"> • Intensity • Work ratio • Consolidate and advance

Small Group Skill Development for Training to Compete

Small Group Skills	Training to Compete (national)
Attacking	<ul style="list-style-type: none"> • When, where and how to utilize all attacking moves
Defending	<ul style="list-style-type: none"> • When, where and how to utilize all defending moves
Shooting	<ul style="list-style-type: none"> • When, where and how to utilize all shooting skills
Team skills Set Plays/Strategies/Game Knowledge	<ul style="list-style-type: none"> • Consolidate and advance • Set-up and Break --- box defense -triangles
Performance Psychology	<ul style="list-style-type: none"> • Consolidate, advance and add • Game day -- tension/relaxation <ul style="list-style-type: none"> • Thought stopping
Decision- Making	<ul style="list-style-type: none"> • Reading the game -- techniques in resource to team mates and opposition
Performance analysis	<ul style="list-style-type: none"> • Opposition analysis • Pattern plotter

