



netball
AUSTRALIA

SELECTORS RESOURCE



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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. There should be a clearly defined pathway to the top for any player to aspire should they be good enough.

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 their feet high so they 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 for each relevant competition.

Selecting is not for the faint hearted, it is time consuming with players' futures at stake. 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, whatever the level, players need a full opportunity to show why they are worthy of selection. If the selection process is clearly and widely understood, seen to be fair, transparent and unbiased, then selection disputes will be minimised and results will be optimised.

Before selecting any team or squad it must be known what it is those players are being chosen for. Parameters should be provided depending upon whether a squad or team is being selected and the number of players required. This will differ depending on the event e.g. one off match, tournament (multiple matches) or a season (one match per week).

Some of the issues that must be taken into consideration before selecting a team/squad are:

- Covering the "What If's" – injury or illness or both
- Covering each position at least twice if not three times
- How long does the coach have to prepare the team/squad
- Whether the focus is on individual or team success
- Whether it is a development team/squad or a team to win
- The team is only as good as the last player selected so don't choose anyone that cannot be put on court as they may be needed at a critical stage

When selecting for the future what is it that attracts the eye to one player over another? This selection is more difficult because the "potential" that a player possesses cannot be measured.

Do you look for the skilled/unfit player or the fit/unskilled player as your first option?

Selectors watch not only for individual talents but for a fine blend of SKILLS, FITNESS and COMPETIVENESS. They look for individuals who will blend together to create a team that is capable of reaching its goals. The hardest aspect at the higher level is leaving very good players out.

The implications for selectors are to understand and recognise the capabilities of players of different ages. Players will learn and develop when they are physically and mentally ready. Variables such as perception and fine motor co-ordination may be slower to develop in some players. Taller players can take longer to develop and should be supported as they can have low self esteem.

Fitness levels can be tested to assess the players conditioning but there is a danger that it is given too much weight in the selection process. Players should be tested against themselves and results assessed relative to the playing position. Physical attributes such as height cannot be changed however many physical aspects such as speed, power, agility, balance and co-ordination can be improved greatly over a relatively short time with good coaching and training methods.

Psychological aspects relating to attitude and personality take years to develop and can take years to change.

Selecting is a stressful position dealing with players futures. So above all be fair and honest to all.

ROLE OF THE SELECTOR

As a member of any selection panel the selector has a responsibility to select the squad/team from the available candidates. The selector is an observer and note taker. Observe the players yourself before you listen to the comments of others. Observe the players on as many occasions as possible. Consider the potential to develop with further coaching.

Expectations of Selection Personnel

The following are expectations of persons holding a position on a selection panel. Each Selector should:

- Attend all selection activities (i.e. meetings, Championships, trainings) as deemed necessary
- Act with integrity and objectivity in all aspects of the selection process
- Ensure all selection materials, discussions and meetings remain confidential to the Selection Panel and appropriate personnel
- Declare a conflict of interest and notify the appropriate person of the conflict as soon as they become aware it exists and remove herself/himself from the selection or resign as a selector

Responsibilities of Selectors

Prior to selection each Selector shall:

- Be familiar with the relevant Selection Policy for the team/squad they are selecting
- Be aware of the level and type of competition/event for which the team is being selected
- Review the details of:
 - Team lists
 - Dates of birth of players for squad/team eligibility
 - Playing positions of players

During selection each Selector shall:

- Ensure that the Selection Policy and or the Selection Guidelines are implemented
- View all teams participating in the event at least twice during preliminary rounds
 - Note: it is expected that selectors will be present and viewing games throughout the duration of the event
- Gather and record statistical and other information to support the decisions taken during the selection process
- Know if selecting a Team or a Squad
- If it is a squad know the relevant number of players to be selected and if there is a requirement of players for each position

COMMON ERRORS IN SELECTION

Errors can occur in a systematic manner during selection. Correction of errors can be difficult because selectors are often unaware they are making errors which can result in inappropriate selection. Listed below are some selection pitfalls and possible solutions to avoid them:

Contrast effects

This occurs when athletes are evaluated relative to other athletes rather than to the requirements of the position.

To avoid this effect:

- Evaluate a large number of athletes at the same time as the error is more frequently made when only a few athletes are observed
- Base evaluation on specific criteria for the position
- Compare players for the same position after evaluating the individuals

First impression

First Impressions, either favourable or unfavourable, often bias for or against the athlete and may influence later judgements, especially if negative points are observed first.

To avoid this effect:

- Reserve all judgements regarding a player until after the observation period

Halo or Horns effect

One aspect of an athlete's performance, either favourable or unfavourable, influences judgement about other aspects e.g. a player could be outstanding in one area but below standard in others.

To avoid this effect:

- The selector should not listen to comments from others until after their evaluation
- Selection panels should complete individual evaluations prior to discussions

Similar to me

The athlete is judged more favourably when the selector perceives that they are similar to them.

To avoid this effect:

- Base evaluation on specific criteria for the position
- Ensure the selection panel comprises of selectors from different back grounds

Central Tendency or Negative or Positive Leniency

A central tendency is when all athletes are rated as average to avoid making mistakes in judgement. A negative or positive leniency is when athletes are assessed too easily or too hard e.g. a known strong performer is assessed more stringently than a lesser performer or vice versa.

To avoid this effect:

- Record observations of exactly what is seen and compare with the specific criteria
- Most players will have good and poor areas of performance so if a player does not have a range of ratings there may be a leniency

Sequence effect

The order in which athletes are viewed affects the assessment made e.g. view an exceptional athlete first and all others pale and vice versa.

To avoid this effect:

- Record observations of exactly what is seen and compare with the specific criteria
- Only compare athletes once evaluations are made

WHAT SELECTORS LOOK 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

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 re-act?
- Social skills

GRID OUTLINING SELECTION CRITERIA FOR EACH AGE GROUP

Selection criteria are outlined in the appendix for each age separately.

Movement Skills

Skills		15 & Under	17 & Under	19 & Under	21 & Under
Take-Off	Demonstrate efficient technique from a stationary and moving start <ul style="list-style-type: none"> • Straight movement forward and backward • Diagonal movement to the left and right 	✓	✓	✓	✓
Footwork	Demonstrate efficient running technique	✓	✓	✓	✓
	Able to sprint and change direction	✓	✓	✓	✓
	Side step	✓	✓	✓	✓
	Speed of footwork	✓	✓	✓	✓
	Recovery footwork	✓	✓	✓	✓
	Working a number of combinations	✓	✓	✓	✓
	Turning from a sprint movement				✓
Jumping	Demonstrate efficient technique <ul style="list-style-type: none"> • Able to jump off left or 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 left or right foot • Able to land on both feet simultaneously • Able to pivot in all directions with outside turn 	✓	✓	✓	✓
	<ul style="list-style-type: none"> • Safe technique after a sprint 			✓	✓

Ball Skills

Skills		15 & Under	17 & Under	19 & Under	21 & Under
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 hand control – both hands <ul style="list-style-type: none"> • Able to catch a high and low ball one hand • Hooking ball into catch with either right or left hand 			✓	✓
Throwing	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Shoulder pass <ul style="list-style-type: none"> ○ Dominant hand • Chest pass • Bounce pass • Lob pass 	✓	✓	✓	✓
	<ul style="list-style-type: none"> • Introduce use of the ball on either side of the body <ul style="list-style-type: none"> ○ Shoulder pass <ul style="list-style-type: none"> ▪ Non-dominant hand 		✓	✓	✓
	<ul style="list-style-type: none"> • Able to throw from either side of the body 			✓	✓
	<ul style="list-style-type: none"> • Two hand overhead pass • Introduce the fake pass 		✓	✓	✓
	<ul style="list-style-type: none"> • Hip pass • Fake pass • Step around pass 			✓	✓
	Placement of pass	✓	✓	✓	✓
	Consistency on placement of pass				✓
	Timing on release of pass	✓			
	Variation on timing of release of pass		✓	✓	✓
	Using a variety of options under pressure		✓	✓	✓

Attacking Skills

Skills		15 & Under	17 & Under	19 & Under	21 & Under
Straight leads		√	√	√	√
Diagonal leads		√	√	√	√
Dodge		√	√	√	√
Double dodge		√	√	√	√
Change of Direction		√	√	√	√
Front cut		√	√	√	√
Holds		√	√	√	√
Lunges		√	√	√	√
Drive, stop and lunge back				√	√
Half roll and full roll			√	√	√
Change of pace			√	√	√
Double play				√	√
Up and back	<ul style="list-style-type: none"> • Straight • Diagonal 			√	√
Two leads		√	√	√	√
Creating Space	<ul style="list-style-type: none"> • Clearing leads • Clearing leads and drives • Clearing leads and re-offers 	√	√	√	√
Screens			√	√	√
Vision		√	√	√	√
Decision Making		√	√	√	√
Space Awareness		√	√	√	√
Communication skills		√	√	√	√

Defending Skills

Skills		15 & Under	17 & Under	19 & Under	21 & Under
Defensive footwork	Shadowing	√	√	√	√
Body control and re-positioning	Recovery step	√	√	√	√
One on one defending	<ul style="list-style-type: none"> • Front position • Side position 	√	√	√	√
	<ul style="list-style-type: none"> • Back position 		√	√	√
Two on one defending			√	√	√
Adjusting body position as ball approaches		√	√	√	√
Intercepting	Attack on the first ball	√	√	√	√
Hands over the ball		√	√	√	√
	Adjusting body position to force ball wide			√	√
Delay and deny space		√	√	√	√
Sagging			√	√	√
Communication skills		√	√	√	√
Working together in and out of circle		√	√	√	√
Split circle			√	√	√

Shooting

Skills		15 & Under	17 & Under	19 & Under	21 & Under
Demonstrate correct and accurate technique	<ul style="list-style-type: none"> • Stationary <ul style="list-style-type: none"> ○ Short ○ Medium ○ Long • Step forward • Step back • Side step 	√	√	√	√
	<ul style="list-style-type: none"> • Jump shot • Shuffle shot 			√	√
Variation on timing and release of shot				√	√
Screens			√	√	√
Rebounding		√	√	√	√
Working together in and out of the circle		√	√	√	√
Work rate and shot			√	√	√
Communication skills		√	√	√	√

Strategies

Skills		15 & Under	17 & Under	19 & Under	21 & Under
Centre Pass - Attack	<ul style="list-style-type: none"> • Simple set up positions <ul style="list-style-type: none"> ○ One on one ○ Two on one 	√	√	√	√
	<ul style="list-style-type: none"> • Greater variety on initial set up <ul style="list-style-type: none"> ○ Screens 			√	√
	<ul style="list-style-type: none"> • Delivery of centre pass 	√	√	√	√
	<ul style="list-style-type: none"> • 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 	√	√	√	√
	<ul style="list-style-type: none"> • Wall • Forcing the attack wide 			√	√
	<ul style="list-style-type: none"> • Keeping attackers off the circle edge 				√
Base Line Throw-in – Attack	<ul style="list-style-type: none"> • Simple back line throw-ins 	√	√	√	√
	<ul style="list-style-type: none"> • Greater variety in start positions and movement 			√	√
	<ul style="list-style-type: none"> • Ability to read the play <ul style="list-style-type: none"> ○ Space Awareness ○ Decision Making 	√	√	√	√
	<ul style="list-style-type: none"> ○ Vision 		√	√	√
Base Line Throw-in – Defence	<ul style="list-style-type: none"> • One on one • Two on one 	√	√	√	√
	<ul style="list-style-type: none"> • Dictating space • Area/zone 			√	√
	<ul style="list-style-type: none"> • Dictating and restricting space 				√
	<ul style="list-style-type: none"> • Communication skills 	√	√	√	√
	<ul style="list-style-type: none"> • Working as a unit 		√	√	√

Shooting Circle – Attack	<ul style="list-style-type: none"> • Demonstrate the ability to apply and understand unit skills <ul style="list-style-type: none"> ○ Shooter/Goal Attack leads ○ Timing of leads ○ Rotations in the circle ○ Holds ○ Shooter to shooter passes ○ Rebounding 	√	√	√	√
	<ul style="list-style-type: none"> • Exploring variations of rotations in the circle 		√	√	√
	<ul style="list-style-type: none"> • Screens 		√	√	√
Shooting Circle – Defence	<ul style="list-style-type: none"> • One on one • Two on one • Communication skills • Change of body position as ball approaches 	√	√	√	√
	<ul style="list-style-type: none"> • Split circle 		√	√	√
	<ul style="list-style-type: none"> • Area/zone defence 			√	√
	<ul style="list-style-type: none"> • Working together as a unit 				√
	<ul style="list-style-type: none"> • Defence of shot <ul style="list-style-type: none"> ○ Lean ○ Jump ○ Box out 	√	√	√	√
	<ul style="list-style-type: none"> • Defence of shot <ul style="list-style-type: none"> ○ Lean <ul style="list-style-type: none"> ▪ Same arm and leg ▪ Opposite arm and leg ▪ Two arms and both feet ○ Jump <ul style="list-style-type: none"> ▪ Same arm and leg ▪ Opposite arm and leg ▪ Two arms and both feet ▪ Crouch ▪ From a lean to a jump 			√	√
	<ul style="list-style-type: none"> • Rebound • Outlet pass 	√	√	√	√

POSITION SPECIFIC ATTRIBUTES

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 the side, step ins & penalty shots
- Variety of attacking moves
- Acceleration off the mark
- Strong leads to the ball
- Understanding of space & 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)

General Attributes to Look For In Wing Attack

- 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 & 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

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 & 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 & 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

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, 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 & 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

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 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 & space awareness
- Strong delivery into attack
- Selection of ball delivery
- Variation in timing of release in relation to the situation

ASSESSMENT PROCESS/RECORDING OF STANDARDS

Different methods to Rank

- Ranking Scale
 - 5. Exceptional
 - 4. Excellent
 - 3. Good
 - 2. Average
 - 1. Poor
- Ranking Scale
 - √√ Definite Yes
 - √ Yes but want another look
 - ? Not sure need another look
 - x No but will have one last look
 - xx Definite No
- Ranking Scale
 - Rank the game - A, B or C depending on standard
 - Then rank the player a, b or c according to performance
 - Eg Aa = very good / Cc = poor

Sample Recording Proformas

Athlete Feedback: «Firstname» «Surname»

Session:

Coach:

Session expectations

Coach feedback

- Individual movement
- Ball skills
- Attacking
- Defending
- Position specific
- Team strategies
- Decision making

Self evaluation

Notes

KEY PERFORMANCE AREAS

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

Movement Ability

<i>Scale</i>	<i>Descriptors</i>
5 – Exceptional	Outstanding physical ability to accelerate, change direction and recover and 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

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

Throwing

<i>Scale</i>	<i>Descriptors</i>
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	Technique problems and makes poor decisions

Attacking Ability



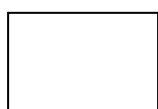
<i>Scale</i>	<i>Descriptors</i>
5 – Exceptional	Great vision and space awareness and reads play consistently well, uses full variety of attacking moves to either gain possession of the ball or create space for team mates
4 – Excellent	Smart reader of the play with excellent vision and space awareness,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

Defending Ability



<i>Scale</i>	<i>Descriptors</i>
5 – Exceptional	Reads play consistently well and positions to intercept or force turnovers
4 – Excellent	Smart reader of the play and can cover multiple moves
3 – Good	Good physical ability and recovery and can cover multiple moves
2 – Marginal	Takes eyes off the ball or allows opponent easy access to ball and cannot cover multiple work moves
1 – Poor	Chases opponent and beaten on preliminary moves

Positional



<i>Scale</i>	<i>Descriptors</i>
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 the position
3 – Good	Executes skills required for the position, lacking in some strategic understanding
2 – Marginal	Good grasp of basic skills required for the position but lacks strategic understanding
1 – Poor	Basic positional skills are still being developed and lacks strategic understanding

Team Strategies

<i>Scale</i>	<i>Descriptors</i>
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

<i>Scale</i>	<i>Descriptors</i>
5 – Exceptional	Outstanding work ethic, extremely coachable and desires to improve. Plays best against the best and 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 down.
1 – Poor	Has natural ability but does not prepare at training which reflects in match work ethic. Not competitive.

Netball Smarts

<i>Scale</i>	<i>Descriptors</i>
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 normally chooses correct option
2 – Marginal	Occasionally makes decision making errors
1 – Poor	Not a smart player

Leadership and Self Discipline

<i>Scale</i>	<i>Descriptors</i>
5 – Exceptional	Leads through example at games and trainings. Gives positive feedback, 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 or self discipline at times
1 – Poor	Transgresses self discipline, does not lead, negative influence

SELECTION CRITERIA – 15 & UNDER

Movement Skills

- Take-Off
 - Demonstrate efficient technique from a stationary and moving start
 - Straight movement forward and backward
 - Diagonal movement to the left and right
- Footwork
 - Demonstrate efficient running technique
 - Able to sprint and change direction
 - Side step
 - Speed of footwork
 - Recovery footwork
 - Working a number of combinations
- Jumping
 - Demonstrate efficient technique
 - Able to jump off left or right foot
 - Able to jump from both feet simultaneously
 - Able to turn in the air
- Landing
 - Demonstrate safe and balanced technique
 - Able to land on left or right foot
 - Able to land on both feet simultaneously
 - Able to pivot in all directions with outside turn

Ball Skills

- Catching
 - Demonstrate correct technique and accurate execution
 - Strong catch and snatch
 - Two hands
 - One hand control – both hands
- Throwing
 - Demonstrate correct technique and accurate execution
 - Shoulder pass
 - Dominant hand
 - Chest pass
 - Bounce pass
 - Lob pass
 - Placement of pass
 - Timing on release of pass

Attacking Skills

- Straight leads
- Diagonal leads
- Dodge
- Double dodge
- Change of Direction
- Front cut
- Holds
- Lunges
- Two leads
- Creating Space
 - Clearing leads
 - Clearing leads and drives
 - Clearing leads and re-offers
- Vision
- Decision Making
- Space Awareness
- Communication skills

Defending Skills

- Defensive footwork
 - Shadowing
- Body control and re-positioning
 - Recovery step
- One on one defending
 - Front position
 - Side position
- Adjusting body position as ball approaches
- Intercepting
 - Attack on the first ball
- Hands over the ball
- Delay and deny space
- Communication skills
- Working together in and out of circle

Shooting

- Demonstrate correct and accurate technique
 - Stationary
 - Short
 - Medium
 - Long
 - Step forward
 - Step back
 - Side step
- Rebounding
- Working together in and out of the circle
- Communication skills

Strategies

- Centre Pass – Attack
 - Simple set up positions
 - One on one
 - Two on one
 - Delivery of centre pass
- Centre Pass – Defence
 - One on one
 - Two on one
 - Working as a unit
 - Communication skills
- Base Line Throw-in – Attack
 - Simple back line throw-ins
 - Ability to read the play
 - Space Awareness
 - Decision Making
- Base Line Throw-in – Defence
 - One on one
 - Two on one
 - Communication skills
- Shooting Circle – Attack
 - Demonstrate the ability to apply and understand unit skills
 - Shooter/Goal Attack leads
 - Timing of leads
 - Rotations in the circle
 - Holds
 - Shooter to shooter passes
 - Rebounding
- Shooting Circle – Defence
 - One on one
 - Two on one
 - Communication skills
 - Change of body position as ball approaches
 - Defence of shot
 - Lean
 - Jump
 - Box out
 - Rebound
 - Outlet pass

SELECTION CRITERIA – 17 & UNDER

Skills in italics are in addition to the 15 & under criteria.

Movement Skills

- Take-Off
 - Demonstrate efficient technique from a stationary and moving start
 - Straight movement forward and backward
 - Diagonal movement to the left and right
- Footwork
 - Demonstrate efficient running technique
 - Able to sprint and change direction
 - Side step
 - Speed of footwork
 - Recovery footwork
 - Working a number of combinations
- Jumping
 - Demonstrate efficient technique
 - Able to jump off left or right foot
 - Able to jump from both feet simultaneously
 - Able to turn in the air
- Landing
 - Demonstrate safe and balanced technique
 - Able to land on left or right foot
 - Able to land on both feet simultaneously
 - Able to pivot in all directions with outside turn

Ball Skills

- Catching
 - Demonstrate correct technique and accurate execution
 - Strong catch and snatch
 - Two hands
 - One hand control – both hands
- Throwing
 - Demonstrate correct technique and accurate execution
 - *Introduce use of the ball on either side of the body*
 - Shoulder pass
 - Dominant hand
 - *Non-dominant hand*
 - Chest pass
 - Bounce pass
 - Lob pass
 - *Two hand overhead pass*
 - *Introduce the fake pass*
 - *Variation on timing of release of pass*
 - Placement of pass
 - *Using a variety of options under pressure*

Attacking Skills

- Straight leads
- Diagonal leads
- Dodge
- Double dodge
- Change of direction
- Front cut
- Holds
- Lunges
- Two leads
- Creating space
 - Clearing leads
 - Clearing leads and drives
 - Clearing leads and re-offers
- *Half roll and full roll*
- *Change of pace*
- *Screens*
- Vision
- Decision making
- Space awareness
- Communication skills

Defending Skills

- Defensive footwork
 - Shadowing
- Body control and re-positioning
 - Recovery step
- One on one defending
 - Front position
 - Side position
 - *Back position*
- *Two on one defending*
- Adjusting body position as ball approaches
- Intercepting
 - Attack on the first ball
- Hands over the ball
- Delay and deny space
- *Sagging*
- Communication skills
- Working together in and out of circle
- *Split circle*

Shooting

- Demonstrate correct and accurate technique
 - Stationary
 - Short
 - Medium
 - Long
 - Step forward
 - Step back
 - Side step

- *Screens*
- Rebounding
- Working together in and out of the circle
- *Work rate and shot*
- Communication skills

Strategies

- Centre Pass – Attack
 - Simple set up positions
 - One on one
 - Two on one
 - Delivery of centre pass
- Centre Pass – Defence
 - One on one
 - Two on one
 - Working as a unit
 - Communication skills
- Base Line Throw-in – Attack
 - Simple back line throw-ins
 - Ability to read the play
 - *Vision*
 - Space Awareness
 - Decision Making
- Base Line Throw-in – Defence
 - One on one
 - Two on one
 - Communication
 - *Working as a unit*
- Shooting Circle – Attack
 - Demonstrate the ability to apply and understand unit skills
 - Shooter/Goal Attack leads
 - *Exploring variations of rotations in the circle*
 - Holds
 - *Screens*
 - Shooter to shooter passes
 - Rebounding
- Shooting Circle – Defence
 - One on one
 - Two on one
 - *Split circle*
 - Communication
 - Change of body position as ball approaches
 - Defence of Shot
 - Lean
 - Jump
 - Box out
 - Rebound
 - Outlet pass

SELECTION CRITERIA – 19 & UNDER

Skills in italics are in addition to the 17 & under criteria.

Movement Skills

- Take-Off
 - Demonstrate efficient technique from a stationary start and moving start
 - Straight movement forward and backward
 - Diagonal movement to the left and right
- Footwork
 - Demonstrate efficient running technique
 - Able to sprint and change direction
 - Side step
 - Speed of footwork
 - Recovery footwork
 - Working a number of combinations
- Jumping
 - Demonstrate efficient technique
 - Able to jump from left or right foot
 - Able to jump from both feet simultaneously
 - Able to turn in the air from high or low catch
- Landing
 - Demonstrate safe and balanced technique
 - Able to land on left or right foot
 - Able to land on both feet simultaneously
 - Able to pivot in all directions with outside turn
 - *Safe technique after a sprint*

Ball Skills

- Catching
 - Demonstrate correct technique and accurate execution
 - Strong catch and snatch
 - Two hands
 - One hand control – both hands
 - *Able to catch a high and low ball one hand*
 - *Hooking ball into catch with either right or left hand*
- Throwing
 - Demonstrate correct technique and accurate execution
 - *Able to throw from either side of the body*
 - Shoulder pass
 - Chest pass
 - *Hip Pass*
 - Bounce pass
 - Lob pass
 - Two hand overhead pass
 - *Fake pass*
 - *Step around to pass*
 - Variation on timing of release of pass
 - Placement of pass
 - Using a variety of options under pressure

Attacking Skills

- Straight leads
- Diagonal leads
- Dodge
- Double dodge
- Change of direction
- Front cut
- *Back cut*
- Holds
- Lunges
- *Drive, stop and lunge back*
- Change of pace
- *Double play*
- *Up and back*
 - *Straight*
 - *Diagonal*
- Two leads
- Creating Space
 - Clearing leads
 - Clearing leads and drives
 - Clearing leads and re-offers
- Half roll and Full roll
- Screens
- Vision
- Decision Making
- Space Awareness
- Communication skills

Defending Skills

- Defensive footwork
 - Shadowing
- Body control and re-positioning
 - Recovery step
- One on one defending
 - Front position
 - Side position
 - Back position
- Two on one defending
- Adjusting body position as ball approaches
- Intercepting
 - Attack on the first ball
- Hands over the ball
 - *Adjusting body position to force ball wide*
- Delay and deny space
- Sagging
- Communication skills
- Working together in and out of circle
- Split circle

Shooting

- Demonstrate correct and accurate technique
 - Stationary
 - Short
 - Medium
 - Long
 - Step forward
 - Step back
 - Side step
 - *Jump shot*
 - *Shuffle Shot*
- *Variation on timing on release of shot*
- Screens
- Rebounding
- Working together in and out of the circle
- Work rate and shot
- Communication skills

Strategies

- Centre Pass – Attack
 - *Greater variety on initial set up*
 - One on one
 - Two on one
 - *Screens*
 - Delivery of centre pass
- Centre Pass – Defence
 - One on one
 - Two on one
 - Working as a unit
 - Communication skills
 - *Wall*
 - *Forcing the attack wide*
- Base Line Throw-in – Attack
 - *Greater variety in start positions and movement*
 - Ability to read the play
 - Vision
 - Space Awareness
 - Decision Making
- Base Line Throw-in – Defence
 - One on one
 - Two on one
 - *Dictating space*
 - *Area/Zone*
 - Communication
 - Working as a unit
- Shooting Circle – Attack
 - Demonstrate the ability to apply and understand unit skills
 - Shooter/Goal Attack leads
 - Exploring variations of rotations in the circle
 - Holds
 - Shooter to shooter passes
 - Screens

- Shooting Circle – Defence
 - One on one
 - Two on one
 - Split circle
 - *Area/Zone defence*
 - Communication
 - Change of body position as ball approaches
 - Defence of Shot
 - Lean
 - *Same arm and leg*
 - *Opposite arm and leg*
 - *Two arms and both feet*
 - Jump
 - *Same arm and leg*
 - *Opposite arm and leg*
 - *Two arms and both feet*
 - *Crouch*
 - *From a lean to a jump*
 - Box out
 - Rebound
 - Outlet pass

SELECTION CRITERIA – 21 & UNDER

Skills in italics are in addition to the 19 & under criteria.

Movement Skills

- Take-Off
 - Demonstrate efficient technique from a stationary start and moving start
 - Straight movement forward and backward
 - Diagonal movement to the left and right
- Footwork
 - Demonstrate efficient running technique
 - Able to sprint and change direction
 - Side step
 - Speed of footwork
 - Recovery footwork
 - Working a number of combinations
 - *Turning from a sprint movement*
- Jumping
 - Demonstrate efficient technique
 - Able to jump from left or right foot
 - Able to jump from both feet simultaneously
 - Able to turn in the air from high or low catch
- Landing
 - Demonstrate safe and balanced technique
 - Able to land on left or right foot
 - Able to land on both feet simultaneously
 - Able to pivot in all directions with outside turn
 - Safe technique after a sprint

Ball Skills

- Catching
 - Demonstrate correct technique and accurate execution
 - Strong catch and snatch
 - Two hands
 - One hand control – both hands
 - Able to catch a high and low ball one hand
 - Hooking ball into catch with either right or left hand
- Throwing
 - Demonstrate correct technique and accurate execution
 - Able to throw from either side of the body
 - Shoulder pass
 - Chest pass
 - Hip Pass
 - Bounce pass
 - Lob pass
 - Two hand overhead pass
 - Fake pass
 - Step around to pass
 - Variation on timing of release of pass
 - Consistency on placement of pass
 - Using a variety of options under pressure

Attacking Skills

- Straight leads
- Diagonal leads
- Dodge
- Double dodge
- Change of direction
- Front cut
- Back cut
- Holds
- Lunges
- Drive, stop and lunge back
- Change of pace
- Double play
- Up and back
 - Straight
 - Diagonal
- Two leads
- Creating Space
 - Clearing leads
 - Clearing leads and drives
 - Clearing leads and re-offers
- Half roll and Full roll
- Screens
- Vision
- Decision Making
- Space Awareness
- Communication skills

Defending Skills

- Defensive footwork
 - Shadowing
- Body control and re-positioning
 - Recovery step
- One on one defending
 - Front position
 - Side position
 - Back position
- Two on one defending
- Adjusting body position as ball approaches
- Intercepting
 - Attack on the first ball
- Hands over the ball
 - Adjusting body position to force ball wide
- Delay and deny space
- Sagging
- Communication skills
- Working together in and out of circle
- Split circle

Shooting

- Demonstrate correct and accurate technique
 - Stationary
 - Short
 - Medium
 - Long
 - Step forward
 - Step back
 - Side step
 - Jump shot
 - Shuffle Shot
- Variation on timing on release of shot
- Screens
- Rebounding
- Working together in and out of the circle
- Work rate and shot
- Communication skills

Strategies

- Centre Pass – Attack
 - *Greater variety on initial set up exploring all options*
 - One on one
 - Two on one
 - Screens
 - *Accurate and consistent delivery of centre pass*
- Centre Pass – Defence
 - One on one
 - Two on one
 - Working as a unit and communication skills
 - *Wall*
 - Forcing the attack wide
 - *Keeping attackers off the circle edge*
- Base Line Throw-in – Attack
 - Greater variety in start positions and movement
 - Ability to read the play
 - Vision
 - Space Awareness
 - Decision Making
- Base Line Throw-in – Defence
 - One on one
 - Two on one
 - *Dictating and restricting space*
 - Area/Zone
 - Communication
 - Working as a unit
- Shooting Circle – Attack
 - Demonstrate the ability to apply and understand unit skills
 - Shooter/Goal Attack leads
 - Exploring variations of rotations in the circle
 - Holds
 - Shooter to shooter passes
 - Screens

- Shooting Circle – Defence
 - One on one
 - Two on one
 - Split circle
 - Area/Zone defence
 - Communication
 - *Working together as a unit*
 - Change of body position as ball approaches
 - Defence of Shot
 - Lean
 - Same arm and leg
 - Opposite arm and leg
 - Two arms and both feet
 - Jump
 - Same arm and leg
 - Opposite arm and leg
 - Two arms and both feet
 - Crouch
 - From a lean to a jump
 - Box out
 - Rebound
 - Outlet pass

NETBALL AUSTRALIA SELECTION GUIDELINES

National Underage Talent Camp

The National Netball Championships provide competition at the very highest level and are of importance and relevance in developing successful athletes.

The objective of this selection process is to talent identify athletes with the potential to be prospective national representatives and to provide these athletes with a development opportunity at the National Talent Camp based at the Australian Institute of Sport (AIS).

Age Eligibility

- 17/U
Athletes selected must be 17 years old or younger as at 31 December of that year
- 19/U
Athletes selected must be 19 years old or younger as at 31 December of that year
- 21/U
Athletes selected must be 21 years old or younger as at 31 December of that year

Selection

Selectors shall identify athletes for the National Underage squads from performance during the National Netball Championships. In exercising their discretion the selectors may consider any factor that is in the opinion of the selectors relevant for consideration when selecting athletes with the potential to be a prospective national representative.

Selection criteria

In exercising discretion selectors may select based on the following selection criteria:

- Previous national performances
- Current national performances
- Current level of skill and physical fitness
- Current or potential injury or condition which will impair, inhibit or prevent the participant's performance to the requisite level
- Composition and balance of team including but not limited to position coverage
- Other factors considered by the Selectors to be important