

# Trials and Selection Policy

The philosophy of our Netball Club is to encourage participation while striving for excellence; emphasis is placed on having fun but remaining competitive. Whatever a participant's standard of play there will be a place for them at John XXIII College Netball Club. We encourage girls to play with their friends and year groups but to ensure there is scope for development of very strong players and so they remain at John XXIII College Netball Club we have a flagship "Diamonds" team.

This policy aims to clarify our Team Selection.

## Registration

To participate all members must register and pay online through the Club website [www.johnxxiiicnc.wa.netball.com.au](http://www.johnxxiiicnc.wa.netball.com.au).

At the beginning of each academic year all previous club members will be send an email with the registration information attached. Information will also be published in the school newsletter. Year 7's will be advised via their online information pack and will be visited in the 1st week of the academic year.

Any player who requires financial assistance for netball fees should contact the Treasurer at their earliest convenience and suitable arrangements can be made so that no girls is disadvantaged.

## Selection

Netball is about doing simple things well, over and over again, every time with consistency. Every team is only as good as the sum of the player selected and the potential a player possesses cannot be measured. Selectors look for not only individual talent but for a fine blend of skill, fitness and competitiveness and individuals who will blend well as a team and are capable of achieving their goals. What selectors are looking for: Skills to be achieved / Key Performance Areas

### Individual Movement Skills

- Good footwork and change of direction
- Acceleration and change of direction
- High work rate
- Balance and control without the ball
- Balance and control with the ball
- Speed, agility, endurance and elevation
- 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

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- 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

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

## Netball Knowledge

- Court craft – ability to read the game
- Flair and creativity
- Involvement in the game
- Knowledge of the rules and adjust to umpiring decisions
- Position specifics
- Accuracy of shots

## 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 for actions
- Does player listen
- Does player react
- Social skills

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