



# FOUNDATIONS OF TEAM SELECTIONS

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October 2020



# SESSION OVERVIEW

## Foundations of selecting

- 1. Introductions (5 minutes)**
- 2. Preparing for selections (15 minutes + 5 minutes question time)**
  - ▶ Policies, choosing selectors, establish and align club priorities / direction
- 3. Running selections(10 minutes + 5 minutes question time)**
  - ▶ Check-in, warm up, tactical tests, matchplay and feedback
- 4. Selecting the team (10 minutes + 5 minutes question time)**
  - ▶ Age groups and position specific, balance skills and attributes, align to club direction



# SESSION OVERVIEW

## Details

- Ask any questions in the chat box
- Time allocated at the end of each section for questions
- Pack will be available after



# HELLO!

- ▶ Gerard / Gez
- ▶ Osteopath, CEO of a Digital & innovation consulting business
- ▶ B. Sci (Human Biology), B. Clinical Sci, Master Health Science, PG Dip Business
- ▶ Mens & Mixed state and Australian player
- ▶ High performance accredited in 2018
- ▶ Started coaching in 2006
- ▶ Head Coach at Geelong Cougars VNL since 2014
- ▶ Vic State teams 2011-14 and 2020
- ▶ Melbourne Vixens List Management committee



# TEST THE CHAT

A little about you

- ▶ Suburb/town?
- ▶ Your favourite netball team?
- ▶ Age group you coach?
  
- ▶ Chat questions are welcome throughout the presentation 😊



# 1. PREPARING FOR SELECTIONS



# 1. PREPARING FOR SELECTIONS

## Overview

1.1 Policies

1.2 Choosing selectors

1.3 Establish and align club priorities / direction



# 1.1 POLICIES





# 1. PREPARING FOR SELECTIONS

## 1.1 Policies

- An essential part of consistency, transparency and fairness is to establish a selection policy
- The selection policy should be available to everyone and mitigate any risks that might come up later from athletes, parents and others
- They represent your culture and vision
- Any state-based member organisation e.g. Netball Victoria has examples. You will also find them on most state league club websites.
- Example: <https://vic.netball.com.au/victorian-fury>



### Selection Policy Document 2020

#### CONTENTS

#### 1. Victorian Fury Selection Policy

##### 1.1. Objectives of the High-Performance Selection Panel

###### 1.1.1 Victorian Fury Selection Panel

###### 1.1.2 Other Considerations

##### 1.2. High Performance Squad to be selected

###### 1.2.1 Victorian Fury

##### 1.3. Selection Panel

###### 1.3.1 Composition of the Victorian Fury Selection Panel

#### 2. General Fury Squad Information

##### 2.1 Athlete Eligibility

##### 2.2 Screening and Selection Process

##### 2.3 Inability to attend Selections or trainings

##### 2.4 Final Team Announcement

##### 2.5 Athlete Feedback

##### 2.6 Terms of Athlete Selection

##### 2.7 Captain and Vice-Captain

#### 3. Disputes and Appeals

#### 4. Victorian Fury

##### 4.1 Grounds for Replacement

##### 4.2 Replacement Process



# 1. PREPARING FOR SELECTIONS

## 1.1 Policies

### Contents of the policy

- Eligibility or age restrictions
- Selection process
- How many trials
- Attendance expectations
- Feedback yes or no?
- Communication of key dates for selections and during the season especially relating to booking holidays or school commitments during the season (unavoidable)
- Expectations on attendance
- Injured/unable to trial?
- Fees or costs
- Minimum court time?



# 1. PREPARING FOR SELECTIONS

## 1.1 Policies

### Contents continued

- Number of players per team
- Training partners/squad extras
- Selecting players on past performance as well as trials (what about parental leave?)
- Have you included/covered the 'what if's?' e.g. injury, absence, illness
- Will you reduce numbers after 1 trial?
- Will you provide any written individual feedback?



# 1. PREPARING FOR SELECTIONS

## 1.1 Policies

### Consider the club principles

- If we consider the athlete situation, it is inevitable that they will have school, work or family commitments at some point...

### How do you mitigate player absence in advance?

- Select extra athletes?
- Have training partners/extended squad?
- Be open with players about having a large squad?

**I recommend always having extra players and maintaining written and regular communication with the squad**



# 1.2 SELECTORS



# 1. PREPARING FOR SELECTIONS

## 1.2 Selectors

### Considerations for picking a selector

- For junior selections – consider someone coaching in older or open age groups to consider longer term prospects/pathway
- Experience selecting in the age group?
- Avoid having a parent selecting their child unless there is adequate transparency and number of selectors
- Generally recommend 3 selectors with one independent of the coaching group
- Be familiar with the competition



# 1. PREPARING FOR SELECTIONS

## 1.2 Selectors

### Selector preparation

- Hold a briefing session for all selectors
- Awareness of confidentiality and for feedback and conversations to follow the agreed process
- Number of players in the team or squad
- Attend two selections
- Make sure they understand the selection policy



# 1. PREPARING FOR SELECTIONS

## 1.2 Selectors

### Selector preparation

- Inform them of the club strategy/objectives
- Review selector bias material
- Be clear on the rating process and criteria
- An easy method is 3-2-1 - 3 = Definite next round, 2 = Maybe, 1 = No
- This enables you to then focus on the players in the Maybe group and identify any gaps in positions
- Link to selectors resource: <https://drive.google.com/file/d/1o41nXoxoFOPsxDQ-ASdbywgkbA411oPy/view?usp=sharing>





# 1. PREPARING FOR SELECTIONS

## 1.2 Selectors

Contrast effect	First impression	Halo/horns
<p>This occurs when athletes are evaluated relative to other athletes rather than to the requirements of the position.</p> <p>To an extent this is still required but should be secondary and be position specific</p>	<p>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.</p> <p>Especially at trials when players are in multiple positions</p>	<p>One aspect of an athlete's performance, either favourable or unfavourable, influences judgement about other aspects</p> <p>e.g. a player could be outstanding in one area but below standard in others</p>
<p><b>To avoid:</b></p> <ul style="list-style-type: none"><li>- Base evaluation on specific criteria for the position</li><li>- Compare players for the same position after evaluating the individuals</li></ul>	<p><b>To avoid:</b></p> <ul style="list-style-type: none"><li>- Reserve all judgements regarding a player until after the observation period</li></ul>	<p><b>To avoid:</b></p> <ul style="list-style-type: none"><li>- The selector should not listen to comments from others until after their evaluation</li><li>- Selection panels should complete individual evaluations prior to discussions</li></ul>

# 1. PREPARING FOR SELECTIONS

## 1.2 Selectors

Similar to me	Central tendency or leniency	Sequence effect
The athlete is judged more favourably when the selector perceives that they are similar to them.	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.	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.
<b>To avoid:</b> <ul style="list-style-type: none"><li>- Base evaluation on specific criteria for the position</li><li>- Ensure the selection panel comprises of selectors from different backgrounds</li></ul>	<b>To avoid:</b> <ul style="list-style-type: none"><li>- Record observations of exactly what is seen and compare with the specific criteria</li><li>- 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</li></ul>	<b>To avoid:</b> <ul style="list-style-type: none"><li>- Record observations of exactly what is seen and compare with the specific criteria</li><li>- Only compare athletes once evaluations are made</li></ul>

# 1. PREPARING FOR SELECTIONS

## 1.2 Selectors

### Common things I observe

1. Selectors being overly focused on one negative thing that can be improved with coaching! Stepping, heavy/large footwork, passing decisions, frustration
2. Expecting all players to be 'perfect' or have 'perfect attitudes'
3. Matchplay bias – some athletes thrive in matchplay and perform better than others, it suits instinctive players – at top level you need both instinct and coachability/learnability
4. Junior athletes – physical development varies significantly and picking 'the best players now' is likely to limit your athlete pool in the future in open ages



# 1. PREPARING FOR SELECTIONS

## 1.2 Selectors

### Common things I observe

- Matchplay isn't always the best way to observe all athletes
- It can be difficult to assess:
  - Coachability – the players ability to adapt and learn when given instruction
  - Tactical/Strategic - understanding of the game and game plans



# **1.3 ESTABLISH AND ALIGN CLUB PRIORITIES / DIRECTION**



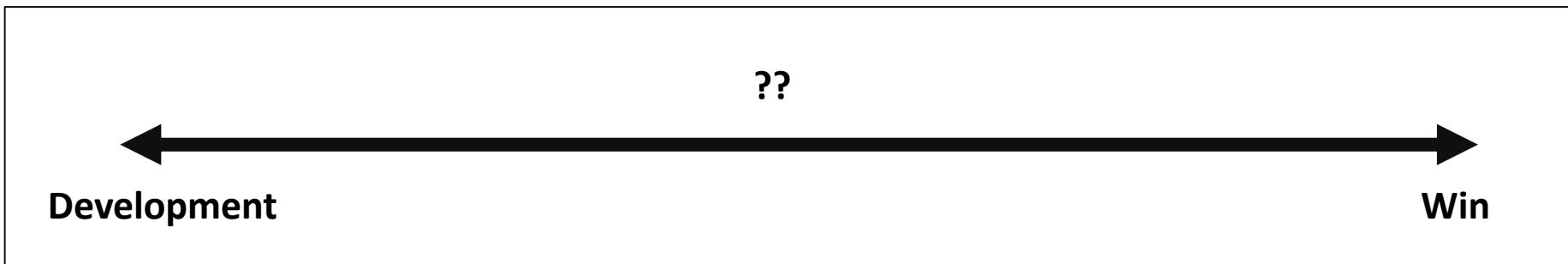
# 1. PREPARING FOR SELECTIONS

## 1.3 Establish and align club priorities / direction

Each club should have clear objectives agreed across all levels of the club from the committee to coaches and officials

1. Individual or team success = Athletes being picked in squads or ladder position?
2. Development, to win or somewhere in between - think of it as a range like below

**NB: it is very hard to achieve both, one will almost always take priority**



# 1. PREPARING FOR SELECTIONS

## 1.3 Establish and align club priorities / direction

**The objectives can vary by team also if you have junior and senior teams or multiple senior teams**

- Are your junior teams acting as development squads to support and grow future athletes, and winning is a bonus?
- This would change your focus to be broader than looking at the best player “now”
- You would be looking more at “potential” – which is more difficult to measure and can direct who you put on your selector panel. You would be looking for someone who has been in talent identification roles and selected players from juniors who have developed to top level athletes



# 1. PREPARING FOR SELECTIONS

## 1.3 Establish and align club priorities / direction

**The objectives can vary by team also if you have junior and senior teams or multiple senior teams**

- One of the most important considerations is court time commitments

**What message does these send/what objective to they align with?**

- A minimum of a half per match (development or win?)
- No minimum court time (development or win or in between?)

You can also explore structures like a rotating squad of 15 where you only take 10 players per match night





# End of Section 1 – Preparing for selections

## Questions?



## 2. RUNNING SELECTIONS



# 2. RUNNING SELECTIONS

## Overview

2.1 Check-in

2.2 Warm up

2.3 Tactical tests

2.4 Matchplay

2.5 Feedback



## 2. RUNNING SELECTIONS

### 2.1 Check-in

- There are great resources available online to help
- Get players to register prior via online ticketing or specific website
- Check-in with players as they arrive and number and photo
- Use a template for match-runs – support team start allocating match runs as players arrive
- If you have a high portion of no-shows/cancellations you can take deposits (e.g. \$5) to help modify behaviour via the online ticketing portal also helps cover the cost of umpires



## 2. RUNNING SELECTIONS

### 2.1 Check-in

- Example site: [www.netballtrials.com](http://www.netballtrials.com)
- [www.thenetballcoach.com](http://www.thenetballcoach.com) members get free access or \$25 for 12months
- Note a small charge per transaction

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*Only \$25 + GST*

*For 12 Months Access*

*Or free access with a [thenetballcoach.com](http://thenetballcoach.com) club subscription*

*Players pay a small processing fee per trial*

[Sign Up](#)

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# 2. RUNNING SELECTIONS

## 2.2 Warm-up

- **Run a supervised warm-up** - a good way for staff not involved in selection to participate
- **Coaches and selectors get involved** - Encourage all coaches and selectors to observe and be involved in coaching the warm-up
- **1) Movement warm-up**
- **2) Skills in small groups** – all selectors and coaches should be coaching and moving around to observe players and given technical/technique feedback
  - This is the perfect way to consider/assess coachability and see players up close to observe physical characteristics



# 2. RUNNING SELECTIONS

## 2.3 Tactical test

- **3) Advance the basic skills to include more challenge/thinking**
  - Add a defender or add a constraint or another variable like a condition or additional requirement (receive 2 balls and then defend, a certain type of pass, must be on circle edge, balance channels)
- **Why?**
  - Opportunity for players to learn something/get feedback from your session
  - Opportunity for players to get an understanding of coaches and coaching style
  - Observe coachability and how players cope with adding variables
- **4) Matchplay runs**



# 2. RUNNING SELECTIONS

## 2.4 Matchplay

- Use real umpires to improve quality of play
- **Visibility** - Stick the matchplay run sheet on a wall with player positions up so players can prepare
- **Feedback –**
  - Provide some guidance for players trialling about what the selectors are looking for
  - Provide feedback in the intervals to the group if there are specific things the selectors have noticed or want to see
- **2 preferred positions** - Make sure you have regular intervals to check that all players have been in their 2 preferred positions





# 2. RUNNING SELECTIONS

## 2.4 Matchplay

- Your main objective is to align with your club objective and make sure you are selecting for **now or potential or a bit of both**
- **Take notes as you go** - Ask selectors to make any brief obvious feedback on players as they go
- **Review ratings** - after each run and discuss any outliers or variations
- **Seek justification for any variation** or outliers – i.e. if 2 selectors rate a 3 = definite and the 1 selector rates a 1 = no, the 1 would need to explain factually according to attributes or criteria why, flag this person for review next run
- You don't have to reach a consensus of all 3 selectors agreeing
- Different assessments are good and respectful



# 2. RUNNING SELECTIONS

## 2.5 Feedback

- Make sure your selection policy is clear on providing feedback
- If you have 100s of players in your first trial you may commit to only providing some general feedback by position
- Will you cut players?
- Always remind players that everyone develops at different times and to continue to pursue their goals
- Many top athletes were not successful in their state programs first time and sometimes not at all



# End of Section 2 – Running selections

## Questions?



# 3. SELECTING THE TEAM



# 3. SELECTING THE TEAM

## Overview

3.1 Age groups and position specific attributes

3.2 Balance skills and attributes

3.3 Align to club direction



# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific

- Selectors need to be aware of the different expectations on athletes at each age group and the birth year of players
- There can be significant development in 12 months at all age groups physical and mental



# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific

### 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"> <li>• Straight movement forward and backward</li> <li>• Diagonal movement to the left and right</li> </ul>	✓	✓	✓	✓
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"> <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>	✓	✓	✓	✓
Landing	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>	✓	✓	✓	✓
	• 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"> <li>• Strong catch and snatch</li> <li>• Two hands</li> <li>• One hand control – both hands</li> </ul>	✓	✓	✓	✓
	One hand control – both hands				
	<ul style="list-style-type: none"> <li>• Able to catch a high and low ball one hand</li> <li>• Hooking ball into catch with either right or left hand</li> </ul>			✓	✓
Throwing	Demonstrate correct technique and accurate execution				
	<ul style="list-style-type: none"> <li>• Shoulder pass <ul style="list-style-type: none"> <li>◦ Dominant hand</li> </ul> </li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Lob pass</li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>• Introduce use of the ball on either side of the body <ul style="list-style-type: none"> <li>◦ Shoulder pass <ul style="list-style-type: none"> <li>▪ Non-dominant hand</li> </ul> </li> </ul> </li> </ul>		✓	✓	✓
	• Able to throw from either side of the body			✓	✓
	<ul style="list-style-type: none"> <li>• Two hand overhead pass</li> <li>• Introduce the fake pass</li> </ul>		✓	✓	✓
	<ul style="list-style-type: none"> <li>• Hip pass</li> <li>• Fake pass</li> <li>• Step around pass</li> </ul>			✓	✓
	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		✓	✓	✓

# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific

### 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"> <li>• Straight</li> <li>• Diagonal</li> </ul>			✓	✓
Two leads		✓	✓	✓	✓
Creating Space	<ul style="list-style-type: none"> <li>• Clearing leads</li> <li>• Clearing leads and drives</li> <li>• Clearing leads and re-offers</li> </ul>	✓	✓	✓	✓
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"> <li>• Front position</li> <li>• Side position</li> </ul>	✓	✓	✓	✓
	• 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			✓	✓	✓



# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific

### Shooting

Skills		15 & Under	17 & Under	19 & Under	21 & Under
Demonstrate correct and accurate technique	<ul style="list-style-type: none"> <li>Stationary               <ul style="list-style-type: none"> <li>Short</li> <li>Medium</li> <li>Long</li> </ul> </li> <li>Step forward</li> <li>Step back</li> <li>Side step</li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Jump shot</li> <li>Shuffle shot</li> </ul>			✓	✓
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"> <li>Simple set up positions               <ul style="list-style-type: none"> <li>One on one</li> <li>Two on one</li> </ul> </li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Greater variety on initial set up               <ul style="list-style-type: none"> <li>Screens</li> </ul> </li> </ul>			✓	✓
	<ul style="list-style-type: none"> <li>Delivery of centre pass</li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Accurate and consistent delivery of centre pass</li> </ul>				✓
Centre Pass – Defence	<ul style="list-style-type: none"> <li>One on one</li> <li>Two on one</li> <li>Working as a unit</li> <li>Communication skills</li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Wall</li> <li>Forcing the attack wide</li> </ul>			✓	✓
	<ul style="list-style-type: none"> <li>Keeping attackers off the circle edge</li> </ul>				✓
Base Line Throw-in – Attack	<ul style="list-style-type: none"> <li>Simple back line throw-ins</li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Greater variety in start positions and movement</li> </ul>			✓	✓
	<ul style="list-style-type: none"> <li>Ability to read the play               <ul style="list-style-type: none"> <li>Space Awareness</li> <li>Decision Making</li> </ul> </li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Vision</li> </ul>		✓	✓	✓
Base Line Throw-in – Defence	<ul style="list-style-type: none"> <li>One on one</li> <li>Two on one</li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Dictating space</li> </ul>			✓	✓
	<ul style="list-style-type: none"> <li>Area/zone</li> </ul>				✓
	<ul style="list-style-type: none"> <li>Dictating and restricting space</li> </ul>				✓
	<ul style="list-style-type: none"> <li>Communication skills</li> </ul>	✓	✓	✓	✓
	<ul style="list-style-type: none"> <li>Working as a unit</li> </ul>		✓	✓	✓

# 3. SELECTING THE TEAM

## 3.1 Age groups and 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)



# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific attributes

### 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



# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific attributes

### 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



# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific attributes

### 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

# 3. SELECTING THE TEAM

## 3.1 Age groups and position specific attributes

### 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



# 3. SELECTING THE TEAM

## 3.2 Balance skills and attributes

- **Have you covered all positions?**
- **Do you have back up for all positions?**
- **Do you have another back–up for all positions or players from a squad or division below?**



# 3. SELECTING THE TEAM

## 3.2 Balance skills and attributes

### **Shooters:**

- Tall, mobile, speed

### **Mid court:**

- Coverage of attack and defense or GA/WA, or GD/WD?

### **Defenders:**

- Height, mobility, speed, intensity





# 3. SELECTING THE TEAM

## 3.2 Balance skills and attributes

**What about players who ‘play both ends’ or ‘haven’t decided on their position’?**

- All players should have the opportunity to play multiple positions including Challenge/learning, Understand the role of the other position, adaptability
- Physical attributes can be a limitation like height, fitness, speed, but **not the only factor** to consider it is the **overall attributes** of the athlete/player



# 3. SELECTING THE TEAM

## 3.3 Align to club direction

Your selections, training structure, team planning and match day approach should all be consistent with your objectives



# 3. SELECTING THE TEAM

## 3.3 Align to club direction

As discussed through the previous sections it is important to have alignment across the club so you can set expectations, manage expectations and communicate a consistent message

There are always exceptions, but these can be minimized when everyone is clear on the objectives



# End of Section 3 – Selecting the team

## Questions?

# THANK YOU

- Example selection policy: <https://vic.netball.com.au/victorian-fury>
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- Example selection support:  
<https://drive.google.com/file/d/1o41nXoxoFOPsxDQ-ASdbywgkbA411oPy/view?usp=sharing>
- [www.netballtrials.com](http://www.netballtrials.com)

