

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 with 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 - 2 hand / 1 hands

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 with other players

**GOOD LUCK TO ALL OF THE PLAYERS AT THE TRIALS AND REMEMBER TO
GIVE IT YOUR BEST SHOT !!!!**