

RBNC 2018 Trials J1 Player Feedback



Players Name: _____ DOB: _____

Age/Division Trialling: _____

Skills			
Movement Skills		Ball Skills	
Take- Off Demonstrate efficient technique from a stationary and moving start	✓ Straight movement forward and backward ✓ Diagonal movement to the left and right	Catching Demonstrate correct technique and accurate execution One hand control – both hands	✓ Strong catch and snatch ✓ Two hands ✓ One hand control – <ul style="list-style-type: none"> • dominant hand • both hands ✓ Able to catch a high and low ball one hand ✓ Hooking ball into catch with either right or left hand
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	Throwing Demonstrate correct technique and accurate execution	✓ Shoulder pass <ul style="list-style-type: none"> • Dominant hand ✓ Chest pass ✓ Push (Bounce) pass ✓ High Overhead Two Hand pass ✓ Short distant high ball pass ✓ Able to throw from either side of the body ✓ Introduce/Attempt the fake pass ✓ Hip pass ✓ Fake pass ✓ Introduce/Attempt 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
Jumping Demonstrate efficient jumping 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 ✓ Safe technique after a sprint		

Skills			
Attacking Skills	Defending Skills	Strategies	
✓ Straight leads ✓ Diagonal leads ✓ Dodge ✓ Double dodge ✓ Change of Direction ✓ Front cut ✓ Holds ✓ Lunges ✓ Drive, stop and lunge back ✓ Change of pace ✓ Straight	✓ Defensive footwork ✓ Shadowing ✓ Body control and repositioning ✓ Recovery step ✓ One on one defending <ul style="list-style-type: none"> • Front position • Side position 	Centre Pass Attack	✓ Simple set up positions <ul style="list-style-type: none"> • One on one • Two on one ✓ Greater variety on initial set up <ul style="list-style-type: none"> • Screens ✓ Delivery of centre pass ✓ Accurate and consistent delivery of centre pass
		Centre Pass Defence	✓ One on one ✓ Two on one ✓ Working as a unit ✓ Communication skills ✓ Wall ✓ Forcing the attack wide

