RBNC 2018 Trials SI Player Feedback



Players Name:_____ DOB: _____

Age/Division Trialling: _____

	Skills									
Movement S	Skills	5	Ball Skills							
Take- Off Demonstrate efficient technique from a stationary and moving	✓ ✓	Straight movement forward and backward Diagonal movement to the left and right	Catching Demonstrate correct technique and accurate execution	 ✓ Strong catch and snatch ✓ Two hands ✓ One hand control – dominant hand both hands ✓ Able to catch a high and low ball 						
start			One hand control – both hands	 one hand ✓ Hooking ball into catch with either right or left hand 						
<u>Footwork</u>	* * * * * *	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	Demonstrate correct technique and accurate execution	 Shoulder pass Dominant hand Chest pass Push (Bounce) pass High Overhead Two Hand pass Short distant high ball pass Able to throw from either side of 						
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		 ✓ Able to throw from either side of the body ✓ Introduce/Attempt the fake pass ✓ Fake pass ✓ Introduce/Attempt Step around 						
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		 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 						

	Skills									
Attacking Skills		Defending Skills	Strategies							
× × × × × × ×	Straight leads Diagonal leads Dodge Double dodge Change of Direction Front cut Holds	 ✓ Defensive footwork ✓ Shadowing ✓ Body control and repositioning ✓ Recovery step ✓ One on one 	Centre Pass Attack	 ✓ Simple set up positions One on one Two on one ✓ Greater variety on initial set up Screens ✓ Delivery of centre pass ✓ Accurate and consistent delivery of ✓ centre pass 						
\rightarrow \rightarrow \rightarrow \rightarrow	Lunges Drive, stop and lunge back Change of pace Straight	defending • Front position • Side position	Centre Pass Defence	 ✓ One on one ✓ Two on one ✓ Working as a unit ✓ Communication skills ✓ Wall ✓ Forcing the attack wide 						

✓	Diagonal		• Back		\checkmark	Keeping attackers off the circle edge
\checkmark	Up and back		position			
	 Straight 					
	 Diagonal 	~	Two on one			
			defending	Base Line	✓	Simple back line throw-ins
\checkmark	Creating Space	\checkmark	Adjusting body	Throw-in	\checkmark	Greater variety in start positions and movement
	Clearing		position as ball	Attack	\checkmark	Ability to read the play
	leads		approaches			Space Awareness
	Clearing					Decision Making
	leads and					Vision
	drives	~	Intercepting	Base Line	✓	One on one
	Clearing		Attack on the	Throw-in	\checkmark	Two on one
	leads and		first ball	Defence	\checkmark	Dictating space
	reoffers	\checkmark	Hands over the		\checkmark	Area/zone
\checkmark	Works channels	ľ	ball		\checkmark	Dictating and restricting space
\checkmark	Screens	\checkmark	Adjusting body		\checkmark	Communication skills
\checkmark	Vision (Read the	•	position to force		\checkmark	Working as a unit
	play)		ball wide	Shooting	\checkmark	Demonstrate the ability to apply and understand unit skills
\checkmark	Decision Making	\checkmark	Delay and deny	<u>Circle</u>		Shooter/Goal Attack leads
\checkmark	Space Awareness		space	Attack		Timing of leads
\checkmark	Communication		00000			Rotations in the circle
	skills	\checkmark	Communication			Holds
\checkmark	Clearing leads and		skills			Shooter to shooter passes
	drives					Rebounding
~	Clearing leads and				\checkmark	Exploring variations of rotations in the circle
	reoffers	\checkmark	Working together	<u>Shooting</u>	\checkmark	One on one
			in and out of	<u>Circle –</u>	\checkmark	Two on one
			circle	Defence	~	Communication skills
		\checkmark	Split circle		\checkmark	Change of body position as ball approaches
					✓	Split circle
					√	Area/zone defence
					√	Working together as a unit
		1			~	Defence of shot
						Lean/ Jump/ Box out
					√	Defence of shot
1		1			√	Lean/Same arm and leg /Opposite arm and
					√	Leg /Two arms and both feet –Jump/ Crouch
					\checkmark	Rebound & Outlet pass

Comments