## **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	<ul> <li>✓ Strong catch and snatch</li> <li>✓ Two hands</li> <li>✓ One hand control –</li> <li>dominant hand</li> <li>both hands</li> <li>✓ Able to catch a high and low ball</li> </ul>						
start			One hand control – both hands	<ul> <li>one hand</li> <li>✓ Hooking ball into catch with either right or left hand</li> </ul>						
<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	<ul> <li>Shoulder pass</li> <li>Dominant hand</li> <li>Chest pass</li> <li>Push (Bounce) pass</li> <li>High Overhead Two Hand pass</li> <li>Short distant high ball pass</li> <li>Able to throw from either side of</li> </ul>						
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		<ul> <li>✓ Able to throw from either side of the body</li> <li>✓ Introduce/Attempt the fake pass</li> <li>✓ Fake pass</li> <li>✓ Introduce/Attempt Step around</li> </ul>						
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		<ul> <li>Introduce/Attempt step around pass</li> <li>Placement of pass</li> <li>Consistency on placement of pass</li> <li>Timing on release of pass</li> <li>Variation on timing of release of pass</li> <li>Using a variety of options under pressure</li> </ul>						

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

✓	Diagonal		• Back		$\checkmark$	Keeping attackers off the circle edge
$\checkmark$	Up and back		position			
	<ul> <li>Straight</li> </ul>					
	<ul> <li>Diagonal</li> </ul>	~	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	<b>Defence</b>	$\checkmark$	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	<b>Shooting</b>	$\checkmark$	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
					<b>√</b>	Area/zone defence
					<b>√</b>	Working together as a unit
		1			~	Defence of shot
						Lean/ Jump/ Box out
					<b>√</b>	Defence of shot
1		1			<b>√</b>	Lean/Same arm and leg /Opposite arm and
					<b>√</b>	Leg /Two arms and both feet –Jump/ Crouch
					$\checkmark$	Rebound & Outlet pass

## Comments