

RBNC 2018 Trials U10/U11 Player Feedback



Players Name: _____ DOB: _____

Age/Division Trialling: _____

Skills			
Movement Skills		Ball Skills	
Take- Off Demonstrate efficient technique from a stationary and moving start	<ul style="list-style-type: none"> ✓ Straight movement forward and backward ✓ Diagonal movement to the left and right 	Catching Demonstrate correct technique and accurate execution	<ul style="list-style-type: none"> ✓ 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
Footwork	<ul style="list-style-type: none"> ✓ Demonstrate efficient running technique ✓ Able to sprint and change direction ✓ Side step ✓ Speed of footwork ✓ Recovery footwork 	Throwing Demonstrate correct technique and accurate execution	<ul style="list-style-type: none"> ✓ Shoulder pass <ul style="list-style-type: none"> • Dominant hand ✓ Chest pass ✓ Push (Bounce) pass ✓ High Overhead Two Hand pass ✓ Placement of pass ✓ Consistency on placement of pass ✓ Timing on release of pass ✓
Jumping Demonstrate efficient jumping technique	<ul style="list-style-type: none"> ✓ Able to jump off left or right foot ✓ Able to jump from both feet simultaneously 		
Landing Demonstrate safe and balanced technique	<ul style="list-style-type: none"> ✓ Able to land on left or right foot ✓ Able to land on both feet simultaneously ✓ Able to pivot in all directions with outside turn 		

Skills			
Attacking Skills	Defending Skills	Strategies	
<ul style="list-style-type: none"> ✓ Straight leads ✓ Diagonal leads ✓ Change of Direction ✓ Front cut ✓ Change of pace ✓ Straight ✓ Diagonal ✓ Up and back <ul style="list-style-type: none"> • Straight • Diagonal ✓ Creating Space <ul style="list-style-type: none"> • Clearing leads and drives • Clearing leads and reoffers ✓ Decision Making ✓ Space Awareness ✓ Communication skills ✓ Clearing leads and drives ✓ Clearing leads and reoffers 	<ul style="list-style-type: none"> ✓ Defensive footwork ✓ Shadowing ✓ Body control and repositioning ✓ One on one defending <ul style="list-style-type: none"> • Front position • Side position ✓ Two on one defending ✓ Hands over the ball ✓ Communication skills ✓ Working together in and out of circle 	Centre Pass Attack	<ul style="list-style-type: none"> ✓ Simple set up positions <ul style="list-style-type: none"> • One on one • Two on one ✓ Delivery of centre pass ✓ Accurate and consistent delivery of centre pass
		Centre Pass Defence	<ul style="list-style-type: none"> ✓ One on one ✓ Two on one ✓ Working as a unit ✓ Communication skills
		Base Line Throw-in Attack	<ul style="list-style-type: none"> ✓ Simple back line throw-ins ✓ Ability to read the play <ul style="list-style-type: none"> • Space Awareness • Decision Making
		Base Line Throw-in Defence	<ul style="list-style-type: none"> ✓ One on one ✓ Two on one ✓ Dictating space ✓ Communication skills ✓ Working as a unit
		Shooting Circle Attack	<ul style="list-style-type: none"> ✓ Demonstrate the ability to apply and understand unit skills <ul style="list-style-type: none"> • Shooter/Goal Attack leads • Timing of leads • Rotations in the circle • Holds • Shooter to shooter passes • Rebounding

		<u>Shooting</u> <u>Circle –</u> <u>Defence</u>	<ul style="list-style-type: none">✓ One on one✓ Two on one✓ Communication skills✓ Change of body position as ball approaches✓ Working together as a unit✓ Defence of shot<ul style="list-style-type: none">• Lean/ Jump/ Box out✓ Same arm and leg /Opposite arm and✓ Leg /Two arms and both feet✓ Rebound & Outlet pass
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Comments
