



RUNAWAY BAY  
NETBALL CLUB

## 2018 J1 Player

# Development Goals

Player Name: \_\_\_\_\_

Team: \_\_\_\_\_

## Coach's Feedback

Skills			
Movement Skills		Ball Skills	
<p><b>Take- Off</b> Demonstrate efficient technique from a stationary and moving start</p>	<ul style="list-style-type: none"> <li>✓ Straight movement forward and backward</li> <li>✓ Diagonal movement to the left and right</li> </ul>	<p><b>Catching</b> Demonstrate correct technique and accurate execution</p> <p>One hand control – both hands</p>	<ul style="list-style-type: none"> <li>✓ Strong catch and snatch</li> <li>✓ Two hands</li> <li>✓ One hand control –               <ul style="list-style-type: none"> <li>• dominant hand</li> <li>• both hands</li> </ul> </li> <li>✓ Able to catch a high and low ball one hand</li> <li>✓ Hooking ball into catch with either right or left hand</li> </ul>
<p><b>Footwork</b></p>	<ul style="list-style-type: none"> <li>✓ Demonstrate efficient running technique</li> <li>✓ Able to sprint and change direction</li> <li>✓ Side step</li> <li>✓ Speed of footwork</li> <li>✓ Recovery footwork</li> <li>✓ Working a number of combinations</li> <li>✓ Turning from a sprint movement</li> </ul>	<p><b>Throwing</b> Demonstrate correct technique and accurate execution</p>	<ul style="list-style-type: none"> <li>✓ Shoulder pass               <ul style="list-style-type: none"> <li>• Dominant hand</li> </ul> </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 the body</li> <li>✓ Introduce/Attempt the fake pass</li> <li>✓ Hip pass</li> <li>✓ Fake pass</li> <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>
<p><b>Jumping</b> Demonstrate efficient jumping technique</p>	<ul style="list-style-type: none"> <li>✓ Able to jump off left or right foot</li> <li>✓ Able to jump from both feet simultaneously</li> <li>✓ Able to turn in the air</li> </ul>		
<p><b>Landing</b> Demonstrate safe and balanced technique</p>	<ul style="list-style-type: none"> <li>✓ Able to land on left or right foot</li> <li>✓ Able to land on both feet simultaneously</li> <li>✓ Able to pivot in all directions with outside turn</li> <li>✓ Safe technique after a sprint</li> </ul>		

# 2018 JI Player Development Goals

## Coach's Feedback *continued*

Skills			
<b>Attacking Skills</b>	<b>Defending Skills</b>	<b>Strategies</b>	
<ul style="list-style-type: none"> <li>✓ Straight leads</li> <li>✓ Diagonal leads</li> <li>✓ Dodge</li> <li>✓ Double dodge</li> <li>✓ Change of Direction</li> <li>✓ Front cut</li> <li>✓ Holds</li> <li>✓ Lunges</li> <li>✓ Drive, stop and lunge back</li> <li>✓ Change of pace</li> <li>✓ Straight</li> <li>✓ Diagonal</li> <li>✓ Up and back                             <ul style="list-style-type: none"> <li>• Straight</li> <li>• Diagonal</li> </ul> </li> <li>✓ Creating Space                             <ul style="list-style-type: none"> <li>• Clearing leads</li> <li>• Clearing leads and drives</li> <li>• Clearing leads and reoffers</li> </ul> </li> <li>✓ Works channels</li> <li>✓ Screens</li> <li>✓ Vision (Read the play)</li> <li>✓ Decision Making</li> <li>✓ Space Awareness</li> <li>✓ Communication skills</li> <li>✓ Clearing leads and drives</li> <li>✓ Clearing leads and reoffers</li> </ul>	<ul style="list-style-type: none"> <li>✓ Defensive footwork</li> <li>✓ Shadowing</li> <li>✓ Body control and repositioning</li> <li>✓ Recovery step</li> <li>✓ One on one defending                             <ul style="list-style-type: none"> <li>• Front position</li> <li>• Side position</li> <li>• Back position</li> </ul> </li> <li>✓ Two on one defending</li> <li>✓ Adjusting body position as ball approaches</li> <li>✓ Intercepting Attack on the first ball</li> <li>✓ Hands over the ball</li> <li>✓ Adjusting body position to force ball wide</li> <li>✓ Delay and deny space</li> <li>✓ Communication skills</li> <li>✓ Working together in and out of circle</li> <li>✓ Split circle</li> </ul>	<b><u>Centre Pass</u></b> <b><u>Attack</u></b>	<ul style="list-style-type: none"> <li>✓ Simple set up positions                             <ul style="list-style-type: none"> <li>• One on one</li> <li>• Two on one</li> </ul> </li> <li>✓ Greater variety on initial set up                             <ul style="list-style-type: none"> <li>• Screens</li> </ul> </li> <li>✓ Delivery of centre pass</li> <li>✓ Accurate and consistent delivery of centre pass</li> </ul>
		<b><u>Centre Pass</u></b> <b><u>Defence</u></b>	<ul style="list-style-type: none"> <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> <li>✓ Keeping attackers off the circle edge</li> </ul>
		<b><u>Base Line</u></b> <b><u>Throw-in</u></b> <b><u>Attack</u></b>	<ul style="list-style-type: none"> <li>✓ Simple back line throw-ins</li> <li>✓ Greater variety in start positions and movement</li> <li>✓ Ability to read the play                             <ul style="list-style-type: none"> <li>• Space Awareness</li> <li>• Decision Making</li> <li>• Vision</li> </ul> </li> </ul>
		<b><u>Base Line</u></b> <b><u>Throw-in</u></b> <b><u>Defence</u></b>	<ul style="list-style-type: none"> <li>✓ One on one</li> <li>✓ Two on one</li> <li>✓ Dictating space</li> <li>✓ Area/zone</li> <li>✓ Dictating and restricting space</li> <li>✓ Communication skills</li> <li>✓ Working as a unit</li> </ul>
		<b><u>Shooting</u></b> <b><u>Circle</u></b> <b><u>Attack</u></b>	<ul style="list-style-type: none"> <li>✓ Demonstrate the ability to apply and understand unit skills                             <ul style="list-style-type: none"> <li>• Shooter/Goal Attack leads</li> <li>• Timing of leads</li> <li>• Rotations in the circle</li> <li>• Holds</li> <li>• Shooter to shooter passes</li> <li>• Rebounding</li> </ul> </li> <li>✓ Exploring variations of rotations in the circle</li> </ul>
		<b><u>Shooting</u></b> <b><u>Circle –</u></b> <b><u>Defence</u></b>	<ul style="list-style-type: none"> <li>✓ One on one</li> <li>✓ Two on one</li> <li>✓ Communication skills</li> <li>✓ Change of body position as ball approaches</li> <li>✓ Split circle</li> <li>✓ Area/zone defence</li> <li>✓ Working together as a unit</li> <li>✓ Defence of shot                             <ul style="list-style-type: none"> <li>• Lean/ Jump/ Box out</li> </ul> </li> <li>✓ Defence of shot                             <ul style="list-style-type: none"> <li>• Lean/Same arm and leg /Opposite arm and Leg /Two arms and both feet –Jump/ Crouch</li> </ul> </li> <li>✓ Rebound &amp; Outlet pass</li> </ul>



# 2018 JI Player Development Goals

Player Name: \_\_\_\_\_

Team: \_\_\_\_\_

<b>Phase 1 Goals</b>	<b>Negotiated Goals</b>	<b>Review Date</b>	<b>Comments</b>
<b>Phase 2 Goals</b>	<b>Negotiated Goals</b>	<b>Review Date</b>	<b>Comments</b>
<b>Phase 3 Goals</b>	<b>Negotiated Goals</b>	<b>Review Date</b>	<b>Comments</b>