



2018 Under 12/13

Development Goals

Player Name: _____

Team: _____

Coach's Feedback

Skills			
Movement Skills		Ball Skills	
<p>Take- Off Demonstrate efficient technique from a stationary and moving start</p>	<ul style="list-style-type: none"> ✓ Straight movement forward and backward ✓ Diagonal movement to the left and right 	<p>Catching Demonstrate correct technique and accurate execution</p> <p>One hand control – both hands</p>	<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 one hand ✓ Hooking ball into catch with either right or left hand
<p>Footwork</p>	<ul style="list-style-type: none"> ✓ 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 	<p>Throwing Demonstrate correct technique and accurate execution</p>	<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 ✓ 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
<p>Jumping Demonstrate efficient jumping technique</p>	<ul style="list-style-type: none"> ✓ Able to jump off left or right foot ✓ Able to jump from both feet simultaneously ✓ Able to turn in the air 		
<p>Landing Demonstrate safe and balanced technique</p>	<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 ✓ Safe technique after a sprint 		

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Coach's Feedback *continued*

Skills					
Attacking Skills	Defending Skills	Strategies			
<ul style="list-style-type: none"> ✓ Straight leads ✓ Diagonal leads ✓ Dodge ✓ Double dodge ✓ Change of Direction ✓ Front cut ✓ Holds ✓ Lunges ✓ Drive, stop and lunge back ✓ 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 • Clearing leads and drives • Clearing leads and reoffers ✓ Works channels ✓ Screens ✓ Vision (Read the play) ✓ 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 ✓ Recovery step ✓ One on one defending <ul style="list-style-type: none"> • Front position • Side position • Back position ✓ Two on one defending ✓ Adjusting body position as ball approaches ✓ Intercepting Attack on the first ball ✓ Hands over the ball ✓ Adjusting body position to force ball wide ✓ Delay and deny space ✓ Communication skills ✓ Working together in and out of circle ✓ Split circle 	<u>Centre Pass Attack</u>	<ul style="list-style-type: none"> ✓ 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 		
				<u>Centre Pass Defence</u>	<ul style="list-style-type: none"> ✓ One on one ✓ Two on one ✓ Working as a unit ✓ Communication skills ✓ Wall ✓ Forcing the attack wide ✓ Keeping attackers off the circle edge
				<u>Base Line Throw-in Attack</u>	<ul style="list-style-type: none"> ✓ Simple back line throw-ins ✓ Greater variety in start positions and movement ✓ Ability to read the play <ul style="list-style-type: none"> • Space Awareness • Decision Making • Vision
				<u>Base Line Throw-in Defence</u>	<ul style="list-style-type: none"> ✓ One on one ✓ Two on one ✓ Dictating space ✓ Area/zone ✓ Dictating and restricting space ✓ Communication skills ✓ Working as a unit
				<u>Shooting Circle Attack</u>	<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 ✓ Exploring variations of rotations in the circle
				<u>Shooting Circle – Defence</u>	<ul style="list-style-type: none"> ✓ One on one ✓ Two on one ✓ Communication skills ✓ Change of body position as ball approaches ✓ Split circle ✓ Area/zone defence ✓ Working together as a unit ✓ Defence of shot <ul style="list-style-type: none"> • Lean/ Jump/ Box out ✓ Defence of shot ✓ Lean/Same arm and leg /Opposite arm and ✓ Leg /Two arms and both feet –Jump/ Crouch ✓ Rebound & Outlet pass



RUNAWAY BAY
NETBALL CLUB

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Team: _____

Phase 1 Goals	Negotiated Goals	Review Date	Comments
Phase 2 Goals	Negotiated Goals	Review Date	Comments
Phase 3 Goals	Negotiated Goals	Review Date	Comments