

## Arana Netball Club – Team Selection Process

# Key points to note



Trialling is a selection process to form the best teams possible. Selectors are looking for a fine blend of **SKILLS, FITNESS and COMPETIVENESS.**



It is important to attend both trial dates, so mark your diaries with these dates:

Week 1 - 11 & 12 February

Week 2 – 18 & 19 February

Timetable for trial times per age group will be available on [Facebook](#) and [Instagram](#). If you are unable to attend trials, please email [arananetballregistrar@gmail.com](mailto:arananetballregistrar@gmail.com).



**Team announcements will be made via an email from Arana Netball Registrar.**



Enquires post team announcement process is outlined below. All enquires or concerns must be submitted via this process.



**List of skills per position are outlined in the information below.**

## General information

Thank you for signing up to play netball. A valuable and essential part of the season is the formation of teams. To assist us in doing trials we would ask that parents and players read this document and parents discuss the process with your netballers. It is the committee's aim that by outlining the process it will enable a better understanding and assist our netballers in trialling to the best of their ability.

Netball is a team game, yet to be selected into any team, players are on trial as individuals, how they get into that team is what selection is all about.

Netball is about DOING THE SIMPLE THINGS WELL, over and over again, every time with consistency. Before any player is selected, selectors are provided with tools that aim to select the best possible players and combination of players for each relevant team. Arana Netball ensures that the selectors are independent to the group of players they are assessing and for our opens and inters team's external selectors are used.

Selecting is not for the faint hearted, it is time consuming with players' season at stake. It is a difficult process with emotions involved. Players want to succeed and are always looking to better themselves. It is the selector's responsibility to give each player equal viewing and consideration prior to making decisions, whatever the level, players need a full opportunity to show why they are worthy of selection. If the selection process is clearly and widely understood, seen to be fair, transparent and unbiased, then selection disputes will be minimised, and results will be optimised.

Some of the factors that the committee and selectors must take into consideration when selecting a team are:

- Covering the "What If's" – injury or illness or both
- Covering each position at least twice if not three times
- The focus is on team success.
- Covering if players will be away for part of the season (Please notify the club registrar on [arananetballregistrar@gmail.com](mailto:arananetballregistrar@gmail.com) if you will miss more than two consecutive games throughout the season, prior to trials)
- The team is only as good as the last player selected so don't choose anyone that cannot be put on court as they may be needed at a critical stage.
- Please check the draft training schedule to ensure players can train on the afternoon allocated to that age group.

Selectors watch not only for individual talents but for a fine blend of SKILLS, FITNESS and COMPETIVENESS. They look for individuals who will blend to create a team that is capable of reaching its goals. Players will learn and develop when they are physically and mentally ready. Variables such as perception and fine motor co-ordination may be slower to develop in some players. Players will be tested against themselves, and results assessed relative to the playing position. Physical attributes such as height cannot be changed however many physical aspects such as speed, power, agility, balance and co-ordination can be improved greatly over a relatively short time with good coaching and training methods. Psychological aspects relating to attitude and personality take years to develop and can take years to change.

Selectors will be looking for the following skills:

- Movement Skills – take-off, footwork, jumping, landing
- Ball Skills – Catching, Throwing

- Attacking Skills
- Defending Skills
- Shooting – specifically for those trialling in shooting positions
- Game Strategies – communication, attitude, sportsman ship, knowledge of rules

## Trial Process

Trialling occurs over two weeks it is easier for selectors to assess players skills if they get to see them on both weeks so, please try to make both trial days.

Week 1 - 11<sup>th</sup> & 12<sup>th</sup> February 2025

Week 2 – 18<sup>th</sup> & 19<sup>th</sup> February 2025

Timetable for trial times per age group will be available on [Facebook](#) and [Instagram](#). If you are unable to attend trials, please email [arananetballregistrar@gmail.com](mailto:arananetballregistrar@gmail.com).

Non-competitive players are assessed more on their age and previous playing experience as they are still learning or developing skills.

After trials are completed, the executive committee reviews the selectors notes and forms teams based on these notes. Teams are announced via an email that is sent to the registered email in Netball Connect, this email will detail the team players were placed in, their coach and their training time.

## Enquires post Team Announcement

Any parents or players who wish to enquire or express concerns regarding their team placement are to email [arananetballregistrar@gmail.com](mailto:arananetballregistrar@gmail.com) within 72 hrs of team announcements. The executive committee will review the emails and provide a written response to the sender with the outcome of the review and the reasoning, the executive committees decision is final.

Teams will then commence training with their coaches ready for the upcoming netball season.

## Detailed list of skills for individual positions

### General attributes for Shooters:

- High volume and accuracy under pressure
- Consistency in shot technique.
- Shot selection – when to shoot and when to pass.
- Shot variations – step backs, step to the side, step ins & penalty shots.
- Variety of attacking moves
- Acceleration off the mark
- Strong leads to the ball
- Understanding of space & space protection
- Looks to the post.
- Open vision
- Entry into circle
- Ability to work in ‘partnership’ with other shooter and attack unit.
- Ability to use and understand screens.
- Reads the play well.
- Good understanding of what is happening around them.
- Strong rebounder
- Good defensive skills (one on one, change of direction, recovery, hands over ball, delay and deny a drive)

### General Attributes for Wing Attack:

- Acceleration off the mark
- Clear and decisive pass selection
- Variation in timing of release of ball in relation to the situation
- Range of attacking moves
- Speed in change of direction (footwork)
- Selection of ball delivery (finesse and 'touch')
- Awareness of space & teammates
- Understanding of what is happening around them.
- Ability to get onto and deliver from the circle edge.
- Ability to balance on circle edge and controlling offside.
- Positioning – ability to hold space on circle edge.
- Feeding or defence of feeds
- Open vision
- Good defensive skills (one on one, change of direction, recover, hands over ball, delay and deny a drive)
- Ability to work in 'partnership' with the centre and the attack unit.

### General Attributes for a Centre:

- Good decision making
- Strong attacking drives with a range of attacking moves.
- Selection of ball delivery (finesse and 'touch')
- Clear and decisive pass selection
- Variation in timing of release of ball in relation to the situation
- Good vision & space awareness
- Speed in change of direction (footwork)
- Ability to get onto and deliver from the circle edge.
- Ability to balance on circle edge and controlling offside.
- Positioning – ability to hold space on circle edge.
- Ability to keep opponent off the circle edge.
- Feeding or defence of feeds
- Ability to read play & attempt to intercept (sometimes away from immediate opponent)
- Strong defensive skills (ability to work in partnership with WD) (one on one, change of direction, recover, hands over ball, delay and deny a drive)
- Ability to work in 'partnership' with the Wing Attack and link both ends of the court.

### General attributes to for Wing Defence:

- Acceleration off the mark
- Quick footwork
- Strong one on one defence
- Strong defensive skills (ability to work in partnership with C) (one on one, change of direction, recover, hands over ball, delay and deny a drive)
- Forces opponent to run into restricted space.
- Ability to work in partnership with the centre and the defensive unit.
- Good vision & space awareness
- Recognise and adapt to change of attacking strategies.
- Ability to read the play and anticipate flight of the ball.
- Ability to defend preliminary moves then come off immediate opponent to intercept.

- Strong delivery into attack
- Selection of ball delivery
- Variation in timing of release in relation to the situation

General attributes to look for in Circle Defence:

- Strong one on one defence
- Anticipation – reading the play.
- Acceleration off the mark
- Recognise and adapt to change of attacking strategies.
- Ability to read the play and anticipate flight of the ball.
- Ability to defend preliminary moves then come off immediate opponent to intercept.
- Quick footwork
- Ability to work in partnership with other circle defender and defensive unit.
- Ability to communicate.
- Strong body control
- Variety of defence on shot – Lean/Jump/Intensity/Timing
- Excellent rebound skills
- Forces opponent to run into restricted space.
- Good vision & space awareness
- Strong delivery into attack
- Selection of ball delivery
- Variation in timing of release in relation to the situation