



High Performance Program



General overview

The high performance program is to provide players with the best possible coaching in all aspects of their development. The individual players are required to perform the skills of the game to the best of their ability. It is about doing the simple things well. Players must have the ability to complete all the required expectations.

Knowing the athletes their potential and what they need to become a Canadian National Team member is fundamental to our player development program. Our program will be flexible for athlete movement to ensure a place for athletes in the program whether they be early or late entry into the game. A player profile will be developed for each player to help:

- Better understand the athletes
- Better understand the development needs of the athletes
- Design a player – centred approach for development
- Identify and address the gaps in high performance coaching and program

There will be three components to the program. The physical preparation which will focus on netball and position specific fitness. Technical preparation which will focus on core netball skills and position specific requirements. Tactical preparation which will focus on the tactical requirements that influence the ability to deliver technical skills under pressure and to adjust to the opposition. These components will result in the wellbeing of the athlete that embraces:

- Physical
- Mental and emotional
- Social
- Spiritual (personal beliefs)

Players will be well balanced and successful.

Athlete identification starts at U18

Events

U18	U21 and Open
Provincial Championships	Western Canadian Championships
	FISU
Winter Games	National Championships
Western Canadian Championships	American Federation of Netball Associations(AFNA) Regional Qualifying Championships (For World Cup) and Regional Championships
U21 National Team	World Youth Cup
World Youth Cup	Nations Cup
	World Championships
	Commonwealth Games

Key Performance Areas/ Skills to be achieved.

Individual Movement Skills

- Good footwork and change of direction
- Acceleration and deceleration
- High work rate
- Balance and control without the ball
- Balance and control with the ball
- Speed, agility, endurance, elevation
- Body type, athletic ability, body control and coordination

Ball Skills

- Good basic ball handling skills under pressure
- Good pass selection options under pressure
- Selection of ball delivery finesse and touch
- Accuracy of pass
- Catching ability – two hands, one hand

Attacking skills

- Ability to make appropriate decisions
- Effective use of space
- Timing
- Vision

Defending skills

- Good one on one defence
- Defence of pass

Strategies

- Recognises and adapts to attacking/defensive strategy changes by position

Netball Knowledge

- Court craft – ability to read play
- Creativity
- Ability to combine
- Involvement in the game
- Knowledge of the rules and adjustment to umpire/position specifics
- Accuracy of shot

Character

- Consistency of performance
- Temperament, aggressiveness, competitiveness, Intensity
- Ability to concentrate
- Coachability – understanding and application of coaching direction
- Commitment and reliability
- Ability to accept responsibility of actions
- Listening skills
- Reaction skills How do they react in certain situation
- Social skills

Skills Criteria

Movement Skills

Skills		Under 18	Under 21	Open
Take – Off	Demonstrate efficient technique from a stationary and moving start <ul style="list-style-type: none"> • Straight movement forward and backward • Diagonal movement right and left. 	X	X	X
Footwork	Demonstrate efficient running technique <ul style="list-style-type: none"> • Ability to sprint and change direction • Side step • Speed of footwork • Recovery footwork • Working a number of combinations • Turning from a sprint movement 	X	X	X
Jumping	Demonstrate effective technique <ul style="list-style-type: none"> • Able to jump off left and right foot • Able to jump from both feet simultaneously • Able to turn in the air 	X	X	X
Landing	Demonstrate safe and balanced technique <ul style="list-style-type: none"> • Able to land on right and left foot • Able to land on both feet simultaneously • Able to pivot in all directions with outside turn • Safe technique after a sprint 	X	X	X

Ball Skills

Skills		Under 18	Under 21	Open
Catching	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Strong catch and snatch • Two hands • One hand control – both hands • 	X	X	X
	One handed control – both hands <ul style="list-style-type: none"> • Able to catch a high and low ball with one hand • Hooking the ball into catch with either right or left hand • 		X	X
Throwing	Demonstrate correct technique and accurate execution <ul style="list-style-type: none"> • Shoulder pass • Chest pass • Bounce pass • Lob pass • Able to use either side of the body • Two handed over head pass • Introduce fake pass 	X	X	X

	<ul style="list-style-type: none"> • Hip pass • Step around pass • Consistency on placement of pass • Timing the release of pass • Variation of timing of release of pass • Using a variety of options under pressure 			
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Shooting

Skills	Under 18	Under 21	Open
Demonstrate a correct and accurate technique <ul style="list-style-type: none"> • Stationary short / medium/ long • Step forward • Step back • Side step • Jump shot • In and out shot 	X	X	X
Variation on timing and release of shot		X	X
Screens		X	X
Rebounding	X	X	X
Working together in and out of the circle	X	X	X
Work rate and shot	X	X	X
Communication skills	X	X	X

Attacking Skills

skills	Under 18	Under 21	Open
Straight leads	X	X	X
Diagonal leads	X	X	X
Dodge	X	X	X
Double dodge	X	X	X
Change of direction	X	X	X
Front cuts	X	X	X
Holds	X	X	X
Lunges	X	X	X
Drive – Stop - Lung back		X	X
Half roll and full roll		X	X
Change of pace		X	X
Double play		X	X
Up and back <ul style="list-style-type: none"> • Up and back – • straight and diagonal 		X	X
Two leads	X	X	X
Creating space <ul style="list-style-type: none"> • clearing leads • clearing leads and drives • clearing leads and reoffer 	X	X	X
Screens		X	X
Vision	X	X	X
Decision Making	X	X	X
Space Awareness	X	X	X
Communication skills	X	X	X

Defending Skills

Skills	Under 18	Under 21	Open
Defensive footwork – shadowing	X	X	X
Body control and repositioning <ul style="list-style-type: none"> • recovery step 	X	X	X
One on One defending <ul style="list-style-type: none"> • front position • side position • back position 	X	X	X
Two on one defending		X	X
Adjusting body position as ball approaches	X	X	X
Intercepting <ul style="list-style-type: none"> • attack the ball • 	X	X	X
Hands over the ball - adjust body position to force ball wide		X	X
Delay and deny		X	X
Sagging		X	X
Communication skills	X	X	X
Working together in and out of the circle	X	X	X
Split circle		X	X

Strategies

Skills	Under 18	Under 21	Open
Centre Pass Attack <ul style="list-style-type: none"> • Simple set up positions - one on one/ two on one • Greater variety on initial set up – screens • Delivery of centre pass • Accurate and consistent delivery of centre pass 	X	X	X
Centre Pass Defence <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 edge of the circle 		X	X
Base Line Throw – In Attack <ul style="list-style-type: none"> • Simple back line throw in • Greater variety in start positions and movement • Ability to read the play - space awareness/ decision making • Vision 	X	X	X
Base – Line Throw in Defence <ul style="list-style-type: none"> • One on one • Two on one • Dictating space • Area/zone • Dictating and restricting • Communication skills • Working as a unit 		X	X

Key Performance Areas

Key performance areas are rated on a scale of 1-5 in relation to the selection criteria for the player's age group.

Movement

Scale/Score	Descriptors
5. – Exceptional	Outstanding physical ability to accelerate, change direction, recover, has great balance, coordination and agility
4.- Excellent	Excellent agility and change of direction and is well balanced and able to recover
3.- Good	Good physical ability and recovery
2. – Marginal	Able to change direction but does not have agility or balance to work in small areas
1. – Poor	Reacts slowly when change of direction is required

Catching

Scale/Score	Descriptors
5. – Exceptional	Outstanding catching under pressure, able to catch difficult balls in one and two hands and moves the ball quickly into passing position.
4.- Excellent	Sometimes fumbles difficult passes but is in control
3.- Good	Occasionally fumbles balls but generally is in control and maintains ball
2. – Marginal	Fumbles when pass is on extension or under pressure
1. – Poor	Regularly fumbles passes

Throwing

Scale/Score	Descriptors
5. – Exceptional	Outstanding peripheral vision and depth perception executing with accuracy over all distances. Varies timing and makes excellent decisions. Can use non-dominant hand
4.- Excellent	Accurate and an excellent decision maker, occasionally makes an error under pressure. Can use non-dominant hand for short passing options.
3.- Good	Demonstrates correct technique and accurate execution. Rarely makes fundamental errors
2. – Marginal	Sound technique with most passes but sometimes makes poor decisions
1. – Poor	Technical problems and makes poor decisions

Attacking Ability

Scale/Score	Descriptors
5. – Exceptional	Great vision and space awareness, reads play consistently well, uses full variety of attacking moves to either gain possession of the ball or create space for her team mates.
4.- Excellent	Smart reader of the play with excellent vision and space awareness, uses full variety of attacking moves to gain possession of the ball.
3.- Good	Good vision and space awareness although occasionally crowds the area, uses a variety of attacking moves
2. – Marginal	At times lacks vision and awareness, relies on basic attacking skills
1. – Poor	Limited attacking skills, lacks space awareness

Defending Ability

Scale/Score	Descriptors
5. – Exceptional	Reads play consistently well, positions for interceptions or force turn overs
4.- Excellent	Smart reader of the play, can cover multiple moves.
3.- Good	Good defensive ability, recovery and can cover multiple moves
2. – Marginal	Takes eyes off ball or allows opponent easy access to ball and cannot cover multiple moves
1. – Poor	Chases opponent, is beaten on preliminary moves

Positional

Scale/Score	Descriptors
5. – Exceptional	Able to execute all skills and strategies required for the position at an exceptional standard
4.- Excellent	Executes skills and strategies required for position
3.- Good	Executes skills and strategies for the position, lacks some strategic understanding
2. – Marginal	Good grasp of basic skills required for the position, lacks strategic understanding
1. – Poor	Basic positional skills are still being developed, lacks strategic understanding.

Team Strategies

Scale/Score	Descriptors
5. - Exceptional	Able to execute all strategies at an exceptional standard
4.- Excellent	Able to execute all strategies
3.- Good	Appears to understand strategies although at times not always executed
2. - Marginal	Lacks some strategic understanding
1. - Poor	Does not appear to understand strategies

Character/ Mental Skills

Scale/Score	Descriptors
5. - Exceptional	Outstanding work ethic, extremely coachable, and desires to improve. Plays best against the best and is always competitive.
4.- Excellent	Plays and trains at a high level of mental and physical intensity. Always remains competitive.
3.- Good	Prepares well and desires to improve.
2. - Marginal	Works hard in games but could improve at training. Can reduce level of competitiveness when confidence is low.
1. - Poor	Has natural ability but does not prepare at training which reflect in match work ethic. Not competitive.

Netball Smarts

Scale/Score	Descriptors
5. - Exceptional	Outstanding decision maker who chooses correct option with or without the ball. Has a great understanding of the game.
4.- Excellent	Excellent decision maker with or without the ball
3.- Good	Understands the game and usually chooses correct option
2. - Marginal	Occasionally makes decision errors
1. - Poor	Not a smart player

Leadership and Self Discipline

Scale/Score	Descriptors
5. - Exceptional	Leads through example at games and training. Gives positive feedback to other team members, is a good role model and stays in control
4.- Excellent	Only occasionally below exceptional standard
3.- Good	Can positively influence groups of players
2. - Marginal	Lacks in leadership and self discipline at times
1. - Poor	Lacks self discipline, does not lead, is a negative influence

Criteria for Inclusion in the High Performance Program.

Under 18

- **Must achieve a minimum score of 3 in each category**

Under 21

- **Must achieve a minimum score of 4 in each category**

Open

- **Must achieve a minimum of 4/5 in each category**

Athlete Feedback

Name: _____ Coach: _____

Coach Feedback

Individual Movement	
Ball skills	
Attacking	
Defending	
Position specific	
Team strategies	
Decision making	
Self evaluation	

Notes _____

Core Criteria.

Athlete Eligibility

A Player Shall:

1. Be a Canadian Citizen or have permanent resident status
2. Be a registered member in good standing of the British Columbia Netball Association
3. Be qualified to compete for Canada under the rules and regulations of the International Netball Federation and the Canadian Commonwealth Games Association
4. Be born or developed in British Columbia
5. Be a member of the High Performance Program in BC
6. Must be certified in writing by a doctor to be fully fit and able to participate in an athletic program
7. Be training in BC for a minimum of three months a year
8. Have parental consent if under the age of 18
9. Must be committed to training and attend 100% of practices
10. Complete all fitness tests and requirements as set out by the program.
11. Meet a standard of behaviour acceptable to the Association

Physical Fitness

Players are required to follow a physical fitness program. They are tested regularly. They are required to achieve a minimum standard of fitness to be accepted into the program. During the program they will be required to improve their results at intervals throughout their training. The tests chosen are ones that have no cost required to administer them.

The Purpose of Fitness Testing.

- To assess the physical strengths and weaknesses of the players at various stages throughout the season so that appropriate training can be incorporated
- To determine whether or not a player is ready for the physical demands of representative play in tournament situations where there is play on consecutive days
- To assess whether a player has returned to adequate fitness levels following an injury or period away from training

What to test.

Tests that can be done without cost but still measure the components needed for netball are the tests that have been chosen for the high performance program. The following tests will be used:

- Aerobic capacity test -- yo-yo test
- Muscular strength endurance test -- prone bridge(plank)
- Lower body leg power test -- vertical and broad jump
- Speed, acceleration and agility -- 5m 10m sprint, T-test

Standards

Aerobic Capacity Test

Test			
Yo-Yo test	GS/GA	C/WA/WD	GK/GD
Under 18	15.1	16.1	17.1
Under 21/seniors	16.1	17.5	18.5

Muscular Strength Endurance Test

Plank	All Players
Under 18	1.00 minute
Under 21	1.45 minute
seniors	2.30 minute

Lower Body Leg Power Test

Double Leg Verticle Jump	All Players
Under 18	40 cms
Under 21	45 cms
Senior	50 cms

Speed Acceleration and Agility

	Under 18	Under 21	senior
5 metre	< 1.12	< 1.10	< 1.08
10 metre	< 1.95	< 1.90	< 1.85
T - Test	< 11.5	< 10.5	< 9.5