



OMEGA NETBALL CLUB - 'PLAYER' GRADING SHEET

Age Group Current Team..... Coach.....

Players Name:									
POSITIONS PLAYED									
ATTACKING:									
Throwing									
Catching									
Footwork									
Leading (forward)									
Dodge/Change Direction									
Anticipation/ Spacing/ Timing									
DEFENDING:									
Defending									
Chasing									
Jumping/Rebounding/ High Catch									
Takes Instruction									
Team Commitment									
Training Attendance									
Attitude – Training / Games									
Total Score /65									

Advanced (5) Established (4) Adequate (3) Developing (2) Beginner (1)

Person undertaking Review..... Date.....

COMMENTS:

CRITERIA	Age 5-10	Age 11-13	Age 14-16	Age 17+
Footwork/ Movement	<ul style="list-style-type: none"> • Landing (1/2 foot) • Pivoting • Sprinting • Side Stepping 	<ul style="list-style-type: none"> • Landing (1 foot -2 feet) • Pivoting (outside turn) • Sprinting and stopping • Side Stepping 	<ul style="list-style-type: none"> • Landing (1 foot -2 feet) • Pivoting (outside turn) • Sprinting and change of direction • Side Stepping • Speed of footwork • Recovery of footwork • Working a number of combinations 	<ul style="list-style-type: none"> • Landing (1 foot -2 feet) • Pivoting (outside turn) • Sprinting and change of direction • Side Stepping • Speed of footwork • Recovery of footwork • Working a number of combinations • Consolidate and advance
Defending	<ul style="list-style-type: none"> • Shadowing • Hands over the Ball 	<ul style="list-style-type: none"> • Shadowing • Hands over the Ball • Three feet (0.9m) • Defend the shot • Combine simple movements into defending actions 	<ul style="list-style-type: none"> • Shadowing • Working hands over the ball • Recovery to three feet (0.9m) • Defending the shot • First ball • One on one/two on two • Positioning front and side • Body control/repositioning • Defensive footwork • Interception • Working the ground • Working together in/out of the circle • Communication skills 	<ul style="list-style-type: none"> • Shadowing • Working hands over the ball • Recovery to three feet (0.9m) • Defending the shot • First ball • One on one/two on two • Positioning front and side • Body control/repositioning • Defensive footwork • Interception • Working the ground • Working together in/out of the circle • Communication skills • Consolidate and advance • Sagging • Split circle • Zone
Ball Handling	<ul style="list-style-type: none"> • Chest Pass • Shoulder Pass • Catch 	<ul style="list-style-type: none"> • Chest Pass • Shoulder Pass • Catch • Bounce Pass • Introduce one hand control 	<ul style="list-style-type: none"> • Chest Pass • Shoulder Pass • Catch - snatch • Bounce Pass • One hand control • Hip pass • Lob • Introduce the fake • Working hands at stretch • Speed/release of pass • Introduce use of ball on either side of body 	<ul style="list-style-type: none"> • Chest Pass • Shoulder Pass • Catch - snatch • Bounce Pass • One hand control • Hip pass • Lob • Fake • Working hands at stretch • Speed/release of pass • Use of ball on either side of body • Consolidate and advance • Variety of options under pressure
Shooting	<ul style="list-style-type: none"> • Basic Shooting Action 	<ul style="list-style-type: none"> • Basic Shooting Action • Introduce working together • Rebounding 	<ul style="list-style-type: none"> • Technique • Working together • Rebounding • Shooting situation • Concentration • Communication skills • Introduce mental strategies 	<ul style="list-style-type: none"> • Technique • Working together • Rebounding • Shooting situation • Concentration • Communication skills • Consolidate mental strategies • Work rate and the shot
Attacking	<ul style="list-style-type: none"> • Straight Lead • Dodge • Change of direction 	<ul style="list-style-type: none"> • Straight Lead • Dodge • Change of direction • Combine into simple movements on court 	<ul style="list-style-type: none"> • Straight Lead • Dodge • Change of pace • Double Dodge • Two Leads • Re-offer • Hold • Half roll and full roll • Clear and drive • Sprint and change of direction • Space awareness • Front cut • Communication skills 	<ul style="list-style-type: none"> • Straight Lead • Dodge • Change of pace • Double Dodge • Two Leads • Re-offer • Hold • Half roll and full roll • Clear and drive • Sprint and change of direction • Space awareness • Front cut • Communication skills • Consolidate and advance • Screens
Strategies/ Games	<ul style="list-style-type: none"> • Introduce competition through minor games 	<ul style="list-style-type: none"> • Establish competition through minor games • Continue 	<ul style="list-style-type: none"> • Develop court principles and strategies • Consolidate knowledge of positional roles 	<ul style="list-style-type: none"> • Develop the ability to read the game and apply • Extend knowledge of positional roles

	<ul style="list-style-type: none"> • Experience all positions 	<p>development of all positions</p> <ul style="list-style-type: none"> • Introduce positional roles 		
Perception/Cognition	<ul style="list-style-type: none"> • Introduce awareness of space 	<ul style="list-style-type: none"> • Awareness of space and passing angles • Timing of movement • Introduce decision making – simple options in practices (eg throw to either player) 	<ul style="list-style-type: none"> • Space awareness • Introduce awareness of space, player and pass • Introduce movement on/off the ball • Timing • Movement in relation to court situations • Release of pass • Vision • Basic peripheral vision exercises • Awareness of players in relation to ball and situation • Decision making • Introduce selection of pass for situation • Simple options to players • Balancing space on the court • Selection of appropriate options in court situations • Introduce reading the game techniques in response to opponent's movements 	<ul style="list-style-type: none"> • Space awareness • Understanding of awareness of space, player and pass • Understanding movement on/off the ball • Timing • Movement • Release of pass • Vision • Awareness of players in relation to ball and situation under pressure • Decision making • Balancing space on the court • Create/Select appropriate options in court situations (eg double play [give and go]) • Reading the game techniques in response to opponent's movements • Able to apply to pressured situations
Attitude	<ul style="list-style-type: none"> • Takes Instruction • Team Commitment • Training Attendance • Attitude in Training/Games 	<ul style="list-style-type: none"> • Takes Instruction • Team Commitment • Training Attendance • Attitude in Training/Games 	<ul style="list-style-type: none"> • Takes Instruction • Team Commitment • Training Attendance • Attitude in Training/Games 	<ul style="list-style-type: none"> • Takes Instruction • Team Commitment • Training Attendance • Attitude in Training/Games