



# NETBALL SCOTLAND: PATHWAY TO INTERNATIONAL MOVEMENT & BALL SKILLS

## KEY

1. Displays this skill infrequently
2. Sometimes shows the ability to perform this skill
3. Shows a frequent ability to perform this skill but inconsistent under pressure.
4. Consistently executes this skill under pressure

## SENIOR

## UNDER 21

## UNDER 17

## UNDER 15

### JUMPING, LANDING & TURNING

Can take off & land with control with & on 1 or 2 feet. Can keep body control on landing when falling out of court/area. Can turn in/out appropriately. Will land on outside foot to turn. Can turn in the air fully.

Can take off & land with control with & on 1 or 2 feet. Can keep body control on landing when falling out of court/area. Can turn in/out appropriately. Will land on outside foot to turn. Can turn in the air fully.

Can take off with 1 or both feet. Can land under control with 2 feet, or 1-2. Can land on outside foot & turn in/out depending on situation. Can turn fully to look at the forward option.

Can take off with 1 or both feet. Can land under control with 2 feet, or 1-2. Can land & turn in/out or pivot depending on situation.

### BALL CONTROL (INCLUDING WHEN UNDER PRESSURE)

Can take ball on the ground & in the air, with 1 & 2 hands, both sides, confidently and securely. Can hold off defenders in the air & on the ground to take & control the ball. Can deliver ball in unorthodox positions/situations i.e., in the air, falling out of court.

Can take ball on the ground & in the air, with 1 & 2 hands, both sides, confidently and securely. Can hold off defenders in the air & on the ground to take & control the ball.

Takes the ball confidently with 2-hands and can take with 1, pull in with 2. Can take the ball in a variety of situations - high, low, on extension. Regains control after contest and can balance and offload.

Takes the ball confidently with 2 hands. Can take the ball in a variety of situations - high, low, on extension.

### PASSING VARIETY, ACCURACY & RELEASE POINT

Has full range of passes (chest, shoulder, overhead, bounce, underarm) & uses them appropriately & accurately. Can deliver with speed, power & touch. Can lead into space. Can deliver with high/wide release point around 3ft marker.

Has full range of passes (chest, shoulder, overhead, bounce, underarm) & uses them appropriately & accurately. Can deliver with speed, power. Can deliver with high/wide release point around 3ft marker.

Can accurately deliver a shoulder, chest, overhead & bounce pass. Will get the ball up against a 3ft marker & place the ball away from the defenders arms.

Can accurately deliver appropriate and varied passes. Will get ball up against a 3 ft marker

### ACCELERATION, COD & COP

Subtle use of movement. Utilises speed appropriately. Changes pace & direction at the correct time to shift defenders or track attackers. Can deliver over 60 minutes.

Has a variety of attacking & defensive movement. Has ability to accelerate and change direction quickly. Good timing when using speed, COD.

Is able to change direction effectively & efficiently on both sides when attacking & defending. Can accelerate with good timing to receive ball or when tracking an opponent.

Can change direction, forward, backwards and left and right .



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## GAME SENSE

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### ATTACK

#### AWARENESS OF SPACE - USING & CREATING

Understands which space to use & when. Can hold their timing & stay out when appropriate to allow play to unfold or to create space for others. Uses tactics to open up space - overload, screens, body. Uses verbal & non-verbal communication to work space as a unit.

Can see space and decide when/if to use it. Starting to understand how to attack space as a unit/pair and the tactics involved. Can use their body to protect space for themselves and others.

Will see available space & attack with intent. Will exit space if appropriate for other attackers to use. Beginning to understand when not to enter a space/area.

In isolation, sees available space and attacks with intent.

#### ABILITY TO MAINTAIN POSSESSION

Is comfortable on the ball & demands the ball under pressure. Understands when & where to offer. Confident to go direct to goal but knows when to recycle. Wide range of ball skills to execute & maintain possession under pressure.

Is comfortable on the ball & demands the ball under pressure. Understands where & when to be available. Can keep the ball alive by using lateral/reset ball.

Will reoffer to be an available option & has a variety of ways to get free (COD, COP). Has the ability to deliver the ball with/without a 3ft mark. Can deliver forwards, diagonally, lateral & reset.

Will reoffer to try to be an available option. When on the ball will look forward, but also happy to go lateral/backwards.

### DEFENCE

#### WORKING WITH OTHERS

Can communicate effectively, leading and following instructions. Can play open positions to see the whole defensive unit and understand different tactical elements, changing accordingly to different teams and players

Is confident communicating with all other defensive players and can play an open defensive position to work within a tactical defensive unit

Can play open defensive positions and communicate directly with their defensive partner leading to switches

Can play an open defensive position to see other players and begin to communicate with a person in their unit

#### WINNING BALL

Can sit in different defensive positions, sight ball and challenge in effective ways. Working on and off the body with good timing to cleanly come through, around, back and onto ball. As well as sight ball to win in tactical situations

Is comfortable sitting in aggressive front position to challenge on ball through the court and will challenge back and ups in the circle around the edge/through court, and begins to understand the tactical elements of winning ball.

Can challenge going forwards and back and up to win ball, as well as showing other key elements like rebounding

Can challenge their opponent coming onto the ball



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#### GOAL SHOOTER AVAILABLE OPTION IN SHOOTING POSITION

Strong dominant option. Variety of ways to get free - hold, COD, Drive, screen. Applies skills at appropriate time under pressure.

Can provide a dominant hold and use forward, backwards, sideways COD. Is beginning to understand & apply screens/overloads

Can hold strongly on an angle and can offer in the front & back space. Can provide a drive out of the circle when needed.

Can use their body to hold space - forward or backwards. Can change direction to get free within the circle.

#### SHOOTING %

Short 90%; Medium 85-90%; Long 75%

Short 85% Medium 80% Long 75%

Short 85% Medium 80% Long 70%

Short 80% Medium 75% Long 70%

#### ACCURATE BALL PLACEMENT

Turn Fully to see all options & make appropriate decision. Who, what, where? shooter to shooter, back to circle edge, back to transverse line. Can deliver accurately.

Turns fully to see all options & make appropriate decision. Will look shooter to shooter. Can deliver accurately around the circle edge & is developing variety of offload.

Turns fully to see all options & make appropriate decision. Will look into circle first. Developing variety and accuracy in & around the circle.

Turns fully to see all options. Can pass to mid-court/shooter on near side of circle. Developing ability to pass across the circle.

#### GOAL AVAILABILITY

Use a variety of movements inside and out of circle; Change of pace, direction, front & back cut

Can get free outside & inside the circle from opponent using speed, COD, front & back cuts. Is developing Change of pace.

Can get free from opponent using speed, COD, front & back cut; Showing elements of good timing

Can get free from opponent using speed & change of direction.

#### SHOOTING %

Short 90% Medium 85-90% Long 75%

Short 85% Medium 80%; Long 75%

Short 85% Medium 80% Long 70%

Short 80% Medium 75% Long 70%

#### ACCURATE BALL PLACEMENT

Turn Fully to see all options - Centre Pass, through court attack, Circle edge, shooter to shooter ball placement

Turn Fully to see all options - Has variety & accuracy when delivering in open court and in/around the circle. High release point with 3ft defender

Turn fully to see all options - looking to the forward &/or circle first. Can deliver with accuracy with appropriate chest, shoulder, overhead pass. Will get ball 'up' with a 3ft marker.

Turns fully to look down the court & into the circle. Can deliver with accuracy without a 3ft marker & tries to get ball 'up' with a 3ft marker. Can deliver a chest pass, shoulder & overhead pass.



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WING  
ATTACK

AVAILABLE  
OPTION FOR THE  
BALL

Change of Direction, Change of Pace, front and back cut, straight lead, top & pocket, holding strong on the circle edge

Can get free from opponent using speed, COD, front & back cuts. Is developing Change of pace & availability around circle

Can get free from opponent using speed, COD, front & back cut; Showing elements of good timing

Can get free from opponent using speed & change of direction.

CP WORK WITH  
GA - VARIETY

Ability to get free, early preparation, opening up the middle and depth on 2nd phase

Works with the GA to provide a 1st and 2nd phase option. Clear communication/working together. Can deliver accurate, driving 2nd phase ball

Can get free from the defenders to receive 1st phase. If not an option, can transition into 2nd phase

Can get free from a defender and drive strongly across the line to receive the CP

ACCURATE BALL  
PLACEMENT -  
LOOK TO FEED

Turn fully see all options; Accurate feed into shooters direct and leading into space. Recycling of ball

Turns fully to see all options; Accurate feed into shooters both front ball & into back space. Will look to feed first before going back to the line.

Turns fully and looks at the forward option first. Can deliver over arms into the forward. Confident to feed when on the edge to front & back options and will sometimes try from off the edge.

Turns fully to look at the forward option first. Can pass front ball into and around circle. Will try to feed the back space (may not always be successful but is sighting it)

AVAILABILITY

Change of Pace through court and to the circle edge, top & pocket drives, hold strong on circle edge and see space and other players

Can get free from opponent using speed, COD, front & back cuts. Is developing Change of pace & availability around circle

Can get free from opponent using speed, COD, front & back cut; Showing elements of good timing

Can get free from opponent using speed & change of direction.

TRANSITION

Hands over ball; Restricts Opponent. Immediate movement into attack to get depth or provide a short option

Hands over ball; Restricts Opponent. Immediate movement into attack to get depth or provide a short option

Finds player immediately in defence and restricts their movement. In attack, immediately looks to find space with awareness of others.

Looks to find player immediately in defence. Finds space to be available in attack.

BALL  
PLACEMENT

Turn fully see all options, accurate delivery of centre pass - speed & placement, accurate feed into shooters direct and into space, recycling of ball effectively.

Turn fully see all options, accurate delivery of centre pass - speed & placement, accurate feed into shooters direct and into space, recycling of ball effectively.

Turn fully see all options, accurate delivery of centre pass & feed into shooters direct. Can deliver forward over 3ft marker & can decide when to use a lateral/reset option.

Turn fully see all options, accurate delivery of centre pass & feed into shooters direct.

KEEP WA HIGH  
& WIDE

Effectively communicate with unit and contest circle edge ball, track and dictate the WA; good body angles

Can sit in a variety of positions to force the WA wide, can step up to maintain their position and get them on their back to challenge ball

Can sit in front and behind of the WA to dictate and track. Can get the WA on their back to keep them wide or track the cut

Can force an attacker one side, track and get arms over

CAN RESTRICT  
AND DICTATE AT  
THE CP

Setting up early, delaying WA from getting 1st phase, getting ball lifted and/or wide

Can sit comfortably in front of the WA, dictating where they offer on both 1st/2nd phase. Communicates and works with the C and GD

Can force the WA out wide on the CP or begin to work a 2 on 1 shut down with the C. Can Pick up 2nd phase drive

Can keep the attacker on one side at the CP

AVAILABILITY IN  
ATTACK

Turn fully to see all options; availability and drive from turnover and positioning on the line, strong, long ball delivery

Can get free from opponent using variety of movements and is developing Change of pace. Can turn both ways relevant to attacker and positions on and off 3rd line for ball

Can get free from opponent using variety of movements can turn inwards and outwards; Shows elements of good timing driving through court

Can get free from a defender driving towards and away from the ball

CENTRE

WING  
DEFENCE



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#### GOAL

BODY ANGLES  
TO DICTATE  
AND SEE BALL

Do own job first; good body angle to work GA on the court, quick footwork to track or work around body

Can move effectively between dictating the GA to coming off the body to reposition and/or challenge ball

Can sit in an open and closed defensive position in front and to the side of the GA to be able to see and challenge the ball

Can perform an open and closed defensive position on the attacker

#### DEFENCE

COURT  
AWARENESS

Work with the unit on court and in the circle; side & backline 1st & 2nd phase; CP set ups & role

Can communicate and work with both the GK in the end third and WD/C on the CP, can effectively switch in the circle, can recognise ball landing outside the circle and the impact on the feed.

Can move between defensive positions whilst communicating with other circle defender, beginning to recognise switching in the circle

Can work an open defensive position to see other players and the ball

AVAILABILITY  
IN ATTACK

Turn fully to see all options; availability and drive from turnover and positioning on the line, strong, long ball delivery

Can get free from opponent using variety of movements and is developing Change of pace. Can turn both ways relevant to opposition and positions on and off 3rd line for ball

Can get free from opponent using variety of movements can turn inwards and outwards; Shows elements of good timing driving through court

Can get free from a defender driving towards and away from the ball

#### GOAL

RESTRICT/  
PRESSURE GS  
POSSESSION

Strong side, front or back position, comfortable off the body, recognise ball side. Able to go back & up and drive onto ball forward and down. Challenge off the body

Can work front, side and behind the shooter, challenge on the body from all 3 positions

Can sit in front and to the side of the GS and be able to challenge on the body

Can sit ball side on the GS

#### KEEPER

VISION TO SEE  
OPPORTUNITIES

Own job first, head up; hunt the ball with good footwork; In & out of the circle.

Can work an open defensive position and feel comfortable to step off and recover to hunt ball

Can work an open defensive position to see other players and the ball

Can work an open defensive position to see own player and the ball

ACCURATE  
BALL  
PLACEMENT

Delivery of strong, accurate ball from a turnover as well as backline, sidelines, through court

Can choose from a variety of passes and see at least 3 options to deliver a strong ball - either forward, driving or holding

Can deliver an overhead and one handed pass to a driving, forward and holding player

Can throw an overhead pass to a forward or holding option