



**KINGSTON BLUES
NETBALL CLUB**

Selection Policy

Approved: Kingston Blues Netball Club Committee

Date: 19 July 2021

Review Date: 24 July 2023

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1. POLICY STATEMENT

This policy applies to the selection of all teams for the Kingston Blues Netball Club.

2. SCOPE

Selection is based on integrity, objectivity and discretion of a selection panel and the Kingston Blues Netball Club Committee.

This policy and procedures are reviewed annually and may be altered to meet the needs of selection. Any change will be notified to relevant persons and in accordance with the provisions of the Kingston Blues Netball Club Constitution and By Laws.

3. PURPOSE

The purpose of this policy is for players to be rated, ranked, and selected to teams within each age group or grade.

4. OBJECTIVE

To select as many teams in each age/grade group as is viable taking into account the following factors:

- Accredited coaches are available to take teams;
- Enough umpires to cover each team duty as required by competition; and
- Court space available to undertake training.
- Court space limitations as required by the competition

Ideally teams of nine players should be selected, to allow for fair court time to all players and effective coaching however at times the numbers may vary between eight and ten.

5. DEFINITIONS

- The Club - Kingston Blues Netball Club
- KNA – Kingborough Netball Association
- Committee – means the Committee of Management of The Club

Other Policy references:

- Constitution – Kingston Blues Netball Club Constitution
- By Laws – Kingston Blues Netball Club By Laws

6. RESPONSIBILITY

COMMITTEE

- Ensure all aspects of the selection process comply with this policy and other related policies and documents
- Ratify teams prior to teams being announced

SELECTION MANAGER

The Selection Manager is appointed by the Committee and is required to be a Committee member. The Selection Manager has a responsibility to administer selections in particular:

- Set dates, book venue and advertise all selections
- Set date and administer Registration Day (if required)
- Appoint Selection Co-ordinators and Selectors in consultation with and approval from the Committee.
- Provide policy and relevant information as required to Selection Co-ordinators and Selectors.
- Facilitate supply of equipment for Selections.
- Ensure the Umpire Delegate organises umpires for selections.
- Ensure the Secretary collates and communicates to the Selection Co-ordinators all registrations received for selections.
- Ensure the Register collates all registrations and initial team lists are provided to Selection Co-ordinator for selections.
- Ensure final judgement on all selections is presented by Selection Co-ordinators to Committee for ratification.
- Ensure the Secretary communicates decisions to all participants within set timeframe.

The Selection Manager will:

- Act with integrity and objectivity in all aspects of the selection process in complying with this policy and other related policies and documents.
- Ensure all selection materials, discussions and meetings remain confidential to the selection panel and appropriate Selection Co-ordinator or Committee.

The Selection Manager is NOT to enter into any discussion with players or parents directly relating to a decision of an individual selection of any player. All enquiries relating to selection decisions are to be directed to the Committee and must be in writing to either:

Email: kingstonbluesnetball@gmail.com

Post: PO BOX 375, KINGSTON, TAS, 7051

SELECTION CO-ORDINATOR

A Selection Co-ordinator is appointed by the Committee for each selection group or division and is required to be a Committee member. The Selection Coordinator is to facilitate the selection process for the division allocated to them by the Committee. The main responsibilities are:-

- Assist selectors to determine final player selections as a selector.
- Present the final teams to the Committee for ratification.
- Ensure all selectors are aware of the Club selection policy prior to commencement of selections.
- Ensure that all selections are conducted according to the Club selection policy set out herein.
- Address the players / parents attending selections to welcome them and give an overview of the process. Refer to Selection Co-ordinator Notes attached to this Policy.
- Take part in any discussions/meetings to determine final team selections.
- Take part in any decision of player movement as required based on ranking provided by panel of selectors in consultation with Selectors and Committee.

The Selection Co-ordinator will:

- Act with integrity and objectivity in all aspects of the selection process in complying with this policy and other related policies and documents.
- Ensure all selection materials, discussions and meetings remain confidential to the selection panel and appropriate Selection Co-ordinator or Committee.

Selection Co-ordinators are NOT to enter into any discussion with players or parents directly relating to a decision of an individual selection of any player. All enquiries relating to selection decisions are to be directed to the Committee and must be in writing to either:

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SELECTORS

- All selectors will be appointed by the Committee.
- All selectors will have a demonstrated coaching experience or have a sound knowledge of netball practices.
- It is desirable, but not essential that the composition of the selection panel should consist of a minimum three (3) members (two (2) with knowledge of players within the age group and one (1) independent of age group).
- Selectors with a direct conflict of interest with player's trialling should not be appointed to a panel and where a selector becomes aware of any conflict of interest they must notify the Selection Coordinator as soon as possible.
- Every endeavour is made for Selectors to be appointed no later than one (1) month prior to the end of the current season to allow time for selectors to assess players in games prior to end of season.
- Selectors are to be available for all selection activities:-
 - All set selection dates and times as determined by the Committee.
- A selector who is unable to fully meet all the requirements may be replaced by the Committee as deemed necessary
- Selectors will:-
 - Act with integrity and objectivity in all aspects of the selection process in complying with this policy and other related policies and documents.
 - Ensure all selection materials, discussions and meetings remain confidential to the selection panel and appropriate Selection Co-ordinator or Committee.
- Selectors are NOT to enter into any discussion with players or parents directly relating to a decision of an individual selection of any player. All enquiries relating to selection decisions are to be directed to the Committee and must be in writing to either:

Email: kingstonbluesnetball@gmail.com

Post: PO BOX 375, KINGSTON, TAS, 7051

PLAYERS

- Players agree to Club expectations, values and codes of conduct as per Club policy.
- Players are to be available for complete competition roster including finals.
- Players who have played for a previous Club within the previous three (3) years must indicate this on the registration form in anticipation of clearance requirements if selected.

7. REGISTRATION

REGISTRATION FORM

- Registration is completed electronically via Trybooking. The link will be posted on the club website at www.kingstonblues.org.au
- All sections of the registration form are to be completed, including any preferences.
- All players under 18 years of age require a parents contact details.
- Registration forms must be completed prior to the day of selections to ensure team match plays can be completed in advance.

REGISTRATION FEE

- A registration fee of \$70 per player is payable prior to trials. This must be paid electronically prior to the registration day.
- If selected the registration deposit will be deducted from the fees payable for the season for that player.
- The registration deposit will only be refunded under the following circumstances:
 - the player is not selected;
 - the player is not selected in the age/grade group preference as listed on the registration form; or
 - upon receipt in writing no later than 31 January in the intended playing year, notifying of pregnancy, injury or work/study commitments preventing the player to participate in competition.
- A refund of the registration deposit will NOT be considered for any reason after the 31st January in the intended playing year as the Club will have already paid the official registration through Netball Tasmania.

WHY A REGISTRATION FEE

- This fee is required in an endeavour to secure a commitment from players and alleviate many changes to teams if players change their minds after teams are already set.
- The Club is committed to finding a team for all those trialling and the outcome of players who change their minds after teams are set can ultimately mean some players who were selected may, through no fault of their own, be unable to be included in a team for that season, they can be placed onto a waiting list.
- Once registered at selections, the Club assumes they intend to play for Kingston Blues if selected.

8. SELECTION PROCESS & CRITERIA

TIMEFRAME

Due to competition registration and administrative requirements for the following season, selections should be held toward the end of the previous year of competition during October / November (e.g., selections for 2024 season will be held in October / November 2023).

Every endeavour is made for Selectors to be appointed at least one (1) month prior to end of current season to ensure time for appointed selectors to see match play as required.

COMMUNICATION

Selection dates will be posted by social media, listed on our website and advertised as determined by the Committee.

Players are not notified of outcomes of selections on the day. Further discussion by the panel of selectors and ratification by Committee is required before final decisions are made.

Players will receive written communication within (2) two weeks of last selection date.

Players are required to communicate in writing to the Club (via letter or email) in relation to any selection matter. Verbal communication will NOT be considered.

ELIGIBILITY

Club selections are open to existing and all new players. The Club is inclusive and will make every effort to accommodate all players dependant on competition regulations.

All players should trial in their correct age group (i.e., if trialing for 15/U must be 15 years or under by 31st December in the year playing).

If a player wishes to trial in an age group above their age, they are welcome to do so but must trial in their own age group as well. Preference of the age group a player would like to play for MUST be noted on registration form so that consideration may be given to this.

INABILITY TO PARTICIPATE IN SELECTIONS

- It is expected that everyone intending to play for the Kingston Blues Netball Club make a conscious effort to attend the nominated selection dates.
- Consideration will be given to players who are unable to participate in selections.
- Written notice of inability to participate MUST be sent to the Club Secretary prior to the selection date or handed to the Club Registrar on the day prior to commencement of selections.
- A legitimate reason for not being able to participate in selections is required (e.g., work, illness or injury).
- If injury prevents a player taking the court at selections, it is preferred that they attend unless unable due to incapacity.
- Medical certificate should be provided in case of illness / injury.

RANKING

From all observations and taking into account:-

- Performance on the day;
- Any preference listed by player on the registration form;
- Information given via coach player assessments for previous season;
- Expressions of Interest from players unable to attend selections; and
- Core playing groups from previous season.

Selectors are to rank players across the three main areas of the court – e.g., Attack (Goal) - Centre Court – Defence. The outcome of rankings should provide a list of those trialling selected into teams of not less than 8 and no more than 10 that are evenly allocated across the three areas of the court.

Players should be ranked on a scale between 0 and 10, with 0 being of no skill and 10 being highly skilled.

In final determinations, Club and KNA players should be considered before selecting players from other Clubs or Associations with similar ability. It is the Club's policy to consider Club and Association players as a high priority during selections – all selectors need to take this into consideration.

OUTCOME

At the completion of selections all players will be:

- Sorted into three categories - Attack (Goals), Centre Court, Defence
- Ranked within these groups and listed from 1 onwards (1 being first preference)
- Ranked, taking into consideration the criteria as stated above under 'RANKING'
- Ensure a mix of all court positions in the final teams (i.e., it is desirable not to select strong goal shooters and no goal attack to balance this).

No final decisions are notified to players on the day of selections.

Final ranking and team selections are to be provided to Selection Co-ordinator at conclusion of selections.

Once the final ranking and team selections have been finalised the role of the selectors cease except in the case of further discussions regarding any movement of players. This discussion will be facilitated by the Selection Co-ordinator.

The Selection Co-ordinator then ratifies all selections with the Committee. Written notification will be forwarded to players within two (2) weeks after selections. If a player does not intend to play with Kingston Blues once they have been selected, they must notify the Club in writing within two weeks of being notified of their team placement. Verbal notification is not accepted.

9. AGE SPECIFIC SELECTION ELEMENTS

Selections includes elements specific to age groups. Clarification of the guidelines and selection process appropriate to each age group is as follows:

AGE GROUP – U9

This will comprise of EOI's in the first instance, dependent on numbers a selection day may need to take place.

AGE GROUP – 11/U, 13/U & 15U

In these age groups the emphasis is placed on participation and enjoyment. Additional goals are the acquisition of sound netball skills and the nurturing of physical and emotional development and well-being.

At selections players may be required to undertake skills activities as well as match play designed to demonstrate each player's ability

Selections will be held over one or two dedicated times (dependent on numbers) to ensure fair and reasonable selection process.

Players will be notified within two (2) weeks of completion of selections.

AGE GROUP – 17/U

The Club aspires to provide players the pathway opportunities to play in the highest

level. In these age groups development within these pathways is desired with greater emphasis placed upon individual and team performances.

At selections players will be required to undertake a rotation of match play situations designed to demonstrate each player's ability and skill.

Selections will be held over one or two dedicated times (dependent on numbers) to ensure fair and reasonable selection process.

Players will be notified within two (2) weeks of completion of selections.

21/U & GRADE & PREMIER LEAGUE

The Club is committed to providing opportunity for individuals to play in the highest level competition. Grade teams are not "social" netball and a commitment from players to aspire to train and play at their highest level is expected.

At selections players will be required to undertake a rotation of match play situations designed to demonstrate each player's ability and skill.

Selections will be held over a predetermined period to ensure fair and reasonable selection process

Players will be notified within two (2) weeks of completion of selections.

17U BOYS & MENS

This will comprise of EOI's in the first instance, dependent on numbers a selection day may need to take place.

STATE LEAGUE

State League selections will comprise of an evening selection process or longer depending on the number of players attending trials.

State League Selections will comprise of warm up and match play from which teams will be selected.

Players will be notified within two (2) weeks of completion of selections.

ATTACHMENT A – SELECTION PROCESS INFORMATION

General

- On arrival at selections, players are to ensure they are registered and have their allocated number placed on their arm and leg to be clearly visible to Selection Co-ordinator and selectors.
- Players warm up and stretch.
- Whilst stretching the Selection Co-ordinator will address the group and give an overview of selection process and expected outcomes for the day.

Skills Activities (13/u & 15/u age groups only) – *only to be conducted if required/requested by the committee prior to selections.*

- Players will be divided into even groups and spread out on court.
- Each group will have group coordinator (preferably a senior player or coach) who is given a set session of basic skills that should be covered. The group co-ordinator is to remember that this is NOT training, and as such, should not spend too much time on specifics of the drill or “coaching” the players.
- Each group is to work through the basic skills session at direction of group coordinator.
- Selectors are to break into two groups to cover two courts and assess players whilst they work through skills session. Players should be ranked on a scale between 0 and 10, with 0 being of no skill and 10 being highly skilled.
- Once skills session complete, players are to have a break of up to 15 minutes.
- During the break selectors are to discuss their assessments so far.
- Players will then progress to Match Play

Match Play – All Junior Age Groups (11/U, 13/U, 15/U, 17/U,) (U9, 17 Boys if required)

- Teams are to be organised ready for match play with players’ preferred positions taken into account. The first round of teams for match play is to be done from registrations to ensure preference of playing positions is accommodated.
- Every effort is to be made to ensure each player is put on court during match play at a minimum of two times.
- During match play, selectors are to sort players into three categories – Goalies, Centre Court, Defenders and rank these players within these categories on a scale between 0 and 10, with 0 being of no skill and 10 being highly skilled. Endeavour to have an even number of players in each category
- After all players have taken the court at least twice in initial match play, selectors are to revise the rankings in an endeavour to place players in the team most appropriate to the players’ skill level and playing ability. Further match play can then progress to determine final rankings.
- Teams are to be selected from the final rankings and final decisions passed to the selection co-ordinator for finalisation and notification to the Committee.

21/U, Grade, Premier League and State League Selections (Men’s if required)

- After a warm up, players are to be placed on the court in teams for match play and ranking.
- Teams are to be organised ready for match play with players’ preferred positions taken into account.
- The first round of teams for match play is to be done from registrations to ensure preference of playing positions is accommodated.

- Every effort is to be made to ensure each player is put on court during match play at a minimum of two times.
- During match play, selectors are to sort players into three categories – Goalies, Centre Court, Defenders and rank these players within these categories on a scale between 1 and 10, with 1 being of little skill and 10 being highly skilled. Endeavour to have an even number of players in each category
- After all players have taken the court at least twice in initial match play, selectors are to revise the rankings in an endeavour to place players in the team most appropriate to the players' skill level and playing ability. Further match play can then progress to determine final rankings.
- Teams are to be selected from the final rankings and final decisions passed to the selection co-ordinator for finalisation and notification to the Committee.

ATTACHMENT B – SELECTION COORDINATOR INFORMATION NOTES

Thank you for agreeing to be a Selection Co-ordinator. Please read the Selection Policy prior to selections. The below will help you cover all responsibilities on the day. You will also be provided with details of umpires for match play, any other helpers as well as provision of equipment for the selection day.

Remember to be aware of the time allocated for the venue and keep selectors on track. It is also a good idea to allocate someone to time match play as required.

Initial team lists will be provided to ensure players have opportunity in preferred positions and take the court twice. After this the selectors will be responsible for allocating teams they wish to see for match ups.

Welcome

- Thank everyone for coming
- Introduce yourself and advise that you are the Selection Co-ordinator for the group.
- Remind them that we have a selection policy that is available on the website if they want to read it.
- Explain the role of the Selection Co-ordinator
 - to ensure that selections proceed as per our selection policy
 - liaising with the selectors determine final player selections
 - present the final teams to the committee for approval
- Introduce the Selectors, advise that they are not to be approached, but you as Selection Co-ordinator are available for any questions players or parents may have.
- Advise how selections will be conducted;
 - Warm-up
 - Match play sessions, (and in the case of 13's & 15's Skills Activities if applicable)
 - Endeavouring to have players play in their preferred positions.
 - Please advise players that they may need to take the court in another position to field a team on the court.
- Remind players of the selection criteria (i.e., it is not just about trials)
 - Performance on the day;
 - Information given via coach player assessments for previous season; and
 - Previous grade/division played as well as preferences indicated on registration forms
- Double check players don't have any additional information or considerations that need to be advised of (e.g., only here for the first session). If so ask them to speak to you directly.
- Advise players;
 - To remove all jewellery
 - Ask if there are any injuries that you need to be aware of that may prevent them participating in match play or playing to their best ability.
 - **Fees** - must be paid prior to the start of the season.
 - **Coaching** - EOI forms are available if they are interested in Coaching (players and parents).
 - **Umpiring** – Please contact the club Umpire Delegate
 - **Committee** – If they are interested in the Committee, please speak with Emma our President.
 - **AGM** – usually falls within the month of December, it is advertised, and everyone is welcome to attend.

- **Uniforms:**

- If you require a uniform, these can be tried on and purchased at The Cricket Hub (Dresses are compulsory, all other uniform is also available)

During

- Ensure all players have been on the court at least twice (with larger groups this may be all that we can do in one session). Ask players regularly if they have been on the court twice and in their preferred position.
- If a player hasn't, ensure that the teams are re-jigged so that they are put on the court.
- Ensure that any players who have submitted EOI's are noted to selectors and must be considered within their determinations
- Be available for player and parent enquiries/questions

After

- Ensure all players who require uniforms that these can be tried on and purchased from The Cricket Hub. (Dress and Long Sleeve Top are compulsory)
- Advise what happens next – if another session, when and where.
- Thank players for participating
- Thank the umpires
- Friendly reminder about social media is not a forum to discuss selections, please if you have any concerns, email, or phone the Selection Coordinator, and there is a Club process that will be followed.
- Reminder of our Club Expectations which are available on our website and will be emailed out across the Club.

- If the final session – that decisions will be communicated within 2 weeks
- Any questions?

NB: You should also have a copy of any player assessments provided by current season coaches. Please keep these very confidential and ensure that if they are shared with selector panel that they are returned to you and then returned to the Club Registrar. Under no circumstance are they to be shared with any other person or the contents discussed outside of selection process.

ATTACHMENT C – SELECTOR INFORMATION NOTES

Thank you for agreeing to be a Selector for Kingston Blues. As a Selector you have certain responsibilities. The following information is a brief overview of those responsibilities. Please ensure that you read the Club's Selection Policy which details all criteria and responsibilities for Selections.

General Information:

It is a good idea for one selector is to be nominated to write up a selection report which lists the final determinations and team allocation and player ranking outcomes. A pro forma will be provided by the Club for this. This report is to be handed to the Selection Co-ordinator together with all selection notes stapled to the back.

If further discussion is necessary before final decisions can be made regarding selections, a meeting may be held either directly after selections or within the week following selections to determine final decisions on teams. This meeting should include the Selection Co-ordinator and selectors.

Selectors have a responsibility to -

- Act with integrity and objectivity in all aspects of the selection process in complying with this policy and other related policies and documents.
- Ensure all selection materials, discussions and meetings remain confidential to the selection panel and appropriate Selection Co-ordinator or Committee.
- NOT to enter into any discussion with players or parents directly relating to a decision of an individual selection of any player. All enquiries relating to selection decisions are to be directed to the Committee and MUST be in writing to the Club Secretary.

If a player is unable to attend and/or take part in selections, the Selection Co-ordinator will provide information on these players.

Initial team lists will be provided to ensure players have the opportunity in trial in their preferred positions (as recorded on their registration form) and take the court twice. After this, the selectors will be responsible for determining practise match teams they wish to see for match ups.

Player Assessments:

Please note that the Selection Co-ordinator will be provided with player assessments if provided by the players' last Blues coach. Please ask if you require to see these. Please remember the assessments are strictly confidential and content is not to be shared outside of the selection process. All forms are to be returned to the Selection Co-ordinator.

Ranking

From all observations and taking into account:-

- Performance on the day;
- Any preference listed by player on the registration form;
- Information given via coach player assessments for previous season;
- Expressions of Interest from players unable to attend selections; and
- Core playing groups from previous season.

Selectors are to rank players across the three main areas of the court – e.g., Attack (Goal) - Centre Court – Defence. The outcome of rankings should provide a list of those trialling

selected into teams of not less than 8 and no more than 10 that are evenly allocated across the three areas of the court.

Players should be ranked on a scale between 0 and 10, with 0 being of no skill and 10 being highly skilled

In final determinations, Club and KNA players should be considered before selecting players from other Clubs or Associations with similar ability. It is the Club's policy to consider Club and Association players as a high priority during selections – all selectors need to take this into consideration.

Outcome

At the completion of selections all players will be:

- Sorted into three categories - Attack (Goals), Centre Court, Defence
- Ranked within these groups and listed from 1 onwards (1 being first preference)
- Ranked, taking into consideration the criteria as stated above under 'RANKING'
- Ensure a mix of all court positions in the final teams (i.e., it is desirable not to select strong goal shooters and no goal attack to balance this).

No final decisions are notified to players on the day of selections.

Final ranking and team selections are to be provided to Selection Co-ordinator at conclusion of selections.

Once the final ranking and team selections have been finalised the role of the selectors cease except in the case of further discussions regarding any movement of players. This discussion will be facilitated by the Selection Co-ordinator.

The Selection Co-ordinator then ratifies all selections with the Committee.

Written notification will be forwarded to players within four weeks after selections.

If a player does not intend to play with Kingston Blues once they have been selected, they must notify the Club in writing within two weeks of being notified of their team placement. Verbal notification is not accepted.

ATTACHMENT D - PLAYER, PARENT / SPECTATOR INFORMATION NOTES

Age Groups

- Selections start from 11/U and proceed up in age, through to State League.
- Selections may not always occur in age order.
- All players should trial in their correct age group (i.e., if you are trialling for 15/U you must be 15 years or under by 31st December in the year you will be playing).
- If a player wishes to trial in an age group above their age, they are welcome to do so after initially trialling in their own age group first. Please note the preference of age group you would like to play for on your registration form so that consideration may be given to this.

Registration Fee

- A registration fee of \$70 per player is payable with lodgement of the registration form. This must be done electronically prior to the registration day
- If selected the registration deposit will be deducted from the fees payable for the season for that player.
- The registration deposit will only be refunded under the following circumstances:
 - the player is not selected;
 - the player is not selected in the age/grade group preference as listed on the registration form; or
 - upon receipt in writing no later than 31 January in the intended playing year, notifying of pregnancy, injury or work/study commitments preventing the player to participate in competition.
- A refund of the registration deposit will NOT be considered for any reason after the 31st January in the intended playing as the Club will have already paid the official registration through Netball Tasmania.

Why a Registration Fee

- This fee is required in an endeavour to secure a commitment from players and alleviate many changes to teams if players change their minds after teams are already set.
- The Club is committed to finding a team for all those trialling and the outcome of players who change their minds after teams are set can ultimately mean some players who were selected may, through no fault of their own, be unable to be included in a team for that season.
- Once registered at selections, the Club assumes they intend to play for the Kingston Blues if selected.

Inability to Participate in Selections

- It is expected that everyone intending to play for the Kingston Blues Netball Club make a conscious effort to attend the nominated selection dates.
- Consideration will be given to players who are unable to participate in selections.
- Written notice of inability to participate MUST be sent to the Club Secretary prior to the selection date or handed to the Club Registrar on the day prior to commencement of selections.
- A legitimate reason for not being able to participate in selections is required (e.g., work, illness or injury).
- If injury prevents a player taking the court at selections, it is preferred that they attend unless unable due to incapacity.

- Medical certificate should be provided in case of illness / injury.

Feedback

- If for any reason you have any concerns, questions or feel that the selection process has not been satisfactory you must address your concerns in writing to the Club as soon as possible.
- In an endeavour to protect everyone's rights, please remember that selectors are not at liberty to discuss any details of selections. All queries should be directed to the Committee in writing.
- The Club also has a grievance procedure and forms which are available to you at the registration desk on selection day, via Club Web page or by emailing the Club.

Contact

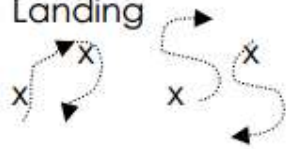
All correspondence can be forwarded to the Club via

Email: kingstonbluesnetball@gmail.com

Post: PO BOX 375, KINGSTON, TAS, 7051

ATTACHMENT E – SKILL ACTIVITIES – *If required*

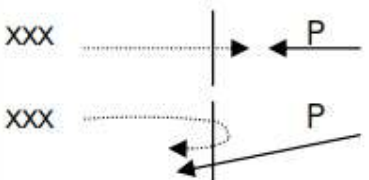
In a large group - warm up – can use this landing exercise within warm up

<p>1. Landing</p> 	<p>Players moving around and stopping in the whistle. As above, jump on whistle and land balanced. As above but moving using sideslipping, backwards etc</p>
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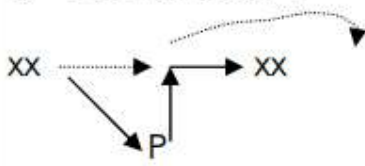
Then with some general passing in a large group or break up in smaller groups – e.g.

- 10 shoulder passes,
- 10 lob passes (one runs and touches ball in throwers hand and then goes backward to take lob pass),
- Fast feet - high low passes (thrower passes ball to partner who is moving on spot with fast feet and alternates 10 passes high, chest height and low passes randomly

In smaller groups progress to some direction change and footwork drills

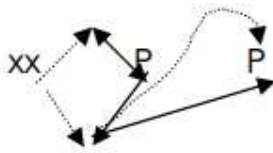
<p>2. Changing direction</p> 	<p>Player x runs towards passer P, receives pass and land over line. Vary the landing foot As above, player places foot over the line, changes direction and receive pass over the line. Vary the pass – bounce, lob, chest</p>
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3. Footwork drill 1



Players lined up in 2 groups xx with passer in the middle.
First player runs to middle and receives pass, lands 1,2, steps back and lifts 1st grounded foot then passers to front of the line. Repeat landing on other leg
As above, land simultaneous and step to the side and pass

4. Footwork drill 2



Players xx, line up with 2 passers P1, P2. P1 has the ball. X2 moves out to left, receives pass, landing left leg first, returns pass to P1 and moves to right to receive pass, landing on right foot first. X2 then passes to P2 and runs between P1 and P2 to receive a pass back from P2. X2 passes to P2 who has moved to P1 position. P1 goes to the end of line behind X1. Drill starts again

REMEMBER:

- Skills activities should take no longer than 30 - 45 minutes in total with each separate activity taking 5 – 10 minutes depending on activity
- Explain and have players walk through each activity to demonstrate the idea as required
- Do not spend a lot of time correcting movements allow the activity to flow as much as possible – remember this is not a coaching session
- Encourage players to relax and do their best and don't worry if they “muck” up, just keep going.