



TEAM EVALUATION GUIDELINE

2017 we bought in a skills audit by coaches for players over the age of 11 to help future coaches and also to help the committee organise development for players and coaches in future seasons To help with this we ask that all coaches for age groups 11U+ fill out the attached form and return to registrar@quinnsnetballclub.net before the 1st Dec 2018 for each player in your team. Excel version will sent out prior to the end of the season Please use the teaching points noted on page 12 and the below scores to help with the auditing.

- 4 - Exceeds Average (can carry out task needs no further coaching)
- 3 - Above Average (can carry out task needs fine tuning)
- 2 - Average (sometimes can carry out task, needs further coaching)
- 1 - Below Average (coaching required cannot carry out task)

1 Foot Landing

- Players are in the air when receiving wall, landing on one foot. Ankles, knees and hips flex to cushion the landing

2 Foot Landing

- Players are in the air when receiving wall, landing on two feet. Ankles, knees and hips flex to cushion the landing, Impact on landing is even between both feet.

Pivot

- Land on outside foot, turn to the outside so defender will not interfere with the pass. Allows balance and stability

Chest Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Flexion of elbows to draw ball towards the chest	Optimal angle of release with force transferred to ball with full arm extension and wrist flick
Front on target	Force is transferred by stepping toward target transferring weight to front foot	Arm follows through wrists and fingers extend in direction of target
Ball is held with two hands at chest height	Simultaneously pushing the ball with wrist and fingers	Ball flight has flat trajectory
Fingers spread around ball, thumbs behind with elbows in.	Ball is released evenly from both hands	

Shoulder Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Arms lead trunk in rotation towards throwing side	Optimal angle of release with force transferred to ball with full arm extension and wrist flick
Opposite foot to throwing arm is forward	Ball is transferred to one hand with arm back behind shoulder	Arm follows through wrists and fingers extend in direction of target
Feet are shoulder width apart	Elbow is away from hip	Ball flight has flat trajectory
Ball is held in two hands with fingers spread wide behind ball.	Weight is transferred forward as throwing arm moves through	
	Hips and shoulders rotate towards target	
	Lead foot steps forward towards target	



Bounce Pass

Preparation	Execution	Completion
Body balanced upright with stable trunk	Flexion of elbows to draw ball towards the chest	Optimal angle of release with force transferred to ball
Feet are shoulder width apart	Weight is transferred forward onto opposite foot	Arm follows through wrists and fingers extend in direction of target
Fingers spread around ball, thumbs behind with elbows in.	Low body position is maintained throughout the action	End height of ball after bounce equal to knee height of receiver
	Front foot leads towards target	
	Ball is transferred to one hand	
	Arm is extended so the ball is placed into the space 2/3 of the way to the target	

Overhead

Preparation	Execution	Completion
Body balanced upright with stable trunk	Flexion of elbows to draw ball above and slightly behind head	Optimal angle of release with force transferred to ball
Feet are shoulder width apart	Force is transferred by stepping toward target transferring weight to front foot	Arm follows through wrists and fingers extend in direction of target
Fingers spread around ball, thumbs behind with elbows in.	Simultaneously pushing the ball with wrist and fingers	End height of ball after throw to just above head into waiting hands
	Ball is released evenly from both hands	

Two Hand Catch

Eyes on the ball Extend hands forward with fingers spread and thumbs behind the ball (make a 'W') keeping hands "soft" Pull / grab / snatch the ball towards your body

3 Feet

- Both arms up and in a position appropriate to dictate desired direction of pass. Weight is balanced on balls of feet. Body leans forward from hips, eyes up and tracking ball. Weight balanced over two feet, hips, knees and ankles are slightly flexed.

Hands Over

- Two hands over the ball dictating direction of pass

Defence on Shot

- Body is square to the opponent, knees flexed, back is straight, body balanced.

Single Arm

- Arm fully extends to the highest point up and forward over ball, balance on front foot and extend toes, extend through trunk, spread fingers.

Inside Hang

- Arm fully extends to highest point up and forward over ball, balance is on one leg and other knee is lifted towards the torso.



1 on 1 defence

- Positioned to cover half of opponents body, arms close to body, trunk twists slightly as shoulders open to play. Chin is up and eyes are up, head positioned to see both ball and opponent.

Shooting

Ready Position

- Feet in a comfortable forward facing position, not too far apart
- Balanced position, with equal weight on both feet and hips facing the front
- Ball held by dominant hand and high above the head. Fingers point back and are slightly open, ball sits in your hand.
- Second hand is placed at the side of the ball to steady its position
- Elbows slightly flexed, lined in the direction of the post.

Execution

- Focus on a point above the ring to give height to your shot
- Power through the ankles by pushing up through slightly flexed knees
- Maintain balanced position
- Flex elbows not allowing the ball to drop behind your head
- Wrist flicks as the ball is released off the fingers in order to create a backwards spin
- Fingers follow the ball on a high trajectory towards the post, dropping in to the ring
- Aim to drop the ball through the net without it touching the ring