

# Performance Nominator Guidance Document



For Teachers &  
Coaches nominating  
athletes for  
U13/U15  
County Academies



# Thank you

Thank you for taking the time to read this document

These guidelines provide information to assist you when making decisions for nominating athletes for U13 and U15 County Academy Screening.

Ultimately, we want the academy screening environment to be a positive experience for all players where they feel that they are able to compete favourably with other talented athletes. Those attending will always feel nervous but we do not want them to feel out of their depth or overanxious



*To help us achieve this vision we are developing a high-quality scouting and selection workforce that begins at grassroots with the Performance Nominator*



## **Memorandum of Understanding (MoU)**

*Between*

*Saracens Mavericks Club & Netball East*

*&*

*The 7 East Region Counties*

**Vision :** More athletes with talent in performance netball from the East Region progressing from County Academy to Futures Academy to Saracens Mavericks age group and senior squads and ultimately into the England programme.

**Mission :** The development and delivery of an integrated, inclusive and progressive Performance Pathway within the East Region that maximises the opportunities for the improved recruitment, development and progression of talented young netballers in the catchment area.



## These guidelines have been produced to assist you in your role as a Performance Nominator:

- To understand the role of the Performance Nominator and understand the challenges you may face
- To understand the U13 & U15 County Academies & the Saracens Mavericks Pathway
- To understand the key qualities/characteristics of a talented netballer & recognize effective play and common errors
- To understand the advantages of using a game sense approach to assist in the identification of talented athletes
- To identify key contacts within your county where you can gain additional information

# The Role of a Performance Nominator



- To identify and nominate appropriate athletes at U13 & U15 age for the County Academy based on the information and guidance within this document
- To keep all information regarding individual athletes confidential
- To give athletes guidance on what to expect during the screening process
- To ensure that athletes/parents/carers are fully aware of the commitment required if athletes are successful
- To support unsuccessful athletes by remaining positive & working with them to develop areas that have been identified during the screening process. (Athletes are entitled to ask for feedback)



*For details of the Performance Nominator Pathway & how you can become a Performance Identifier please contact your County Lead Performance Identifier (this can be found at the end of the document)*

**FAMILIARITY** – An athlete that you see regularly in club/school environment – always works hard

**BEST** player in your school/club

If you nominate an athlete just for experience – will the experience be a beneficial one? Will they be able to compete favourably with the other athletes? How will they feel if they can't

**Pressure** from Parents/Carers/Other players

SARACENS  
**Mavericks**

**TALENTED** School/Club team

Look at the key criteria. Are you able to match their performance with the majority of the attributes identified?

**CHALLENGE**

**ENVIRONMENT** – have you only seen the athlete in match play?

Be honest & refer them to the key criteria

Does she have a Growth Mindset? How does she respond to coaching? An academy athlete needs more than just talent.



# Performance Nominators preparing the athlete for screening



Each county will organise their screening events in line with local requirements and using the guidelines in the East Region U15 Selection Policy

Athletes may:

- Be given a number for identification purpose
- Take part in a warm up & cool down
- Need to provide a Size 5 netball
- Participate in Game Sense activities
- Work on a skill that is developed
- Take part in match play
- Be given a date & location for the results
- Be given information regarding requests for individual feedback



# Athlete Pathway

- The National Performance Pathway is the England Netball process for developing athletes with the attributes to attain excellence.
- The grass roots of this pathway are the U13 and U15 academies, which in turn feed into the Netball Super League Performance Pathway and ultimately into the National Performance programme.
- Athletes in the East Region generally feed into Saracens Mavericks.
- **YOU** will usually be nominating athletes for the U13/U15 academies

# Understanding County Academies

## What is it that you are nominating athletes for?



### The Purpose of U13/U15 County

#### Academies:

- To identify, educate and develop talented athletes and support their progress to the next level of the Pathway
- Academies have a Player Centered approach
- Athletes will be learning to train
- To prepare the athletes to cope in competitive environments

**More information regarding the County Academies can be obtained by contacting your County Performance Lead**

### What's involved for the players?

#### What are the expectations?

Full commitment to the programme including:

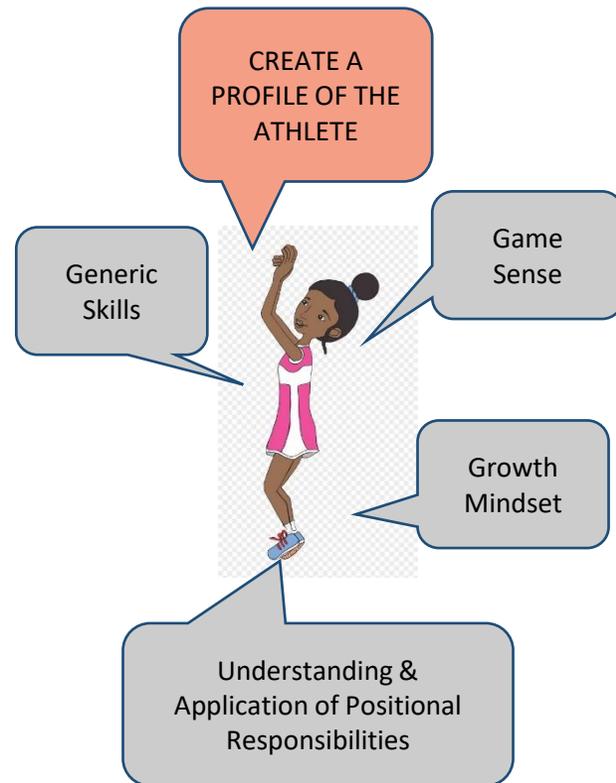
- Regular attendance
- Home training – training outside academy sessions
- To train with Purpose and Intent
- Taking responsibility for own development
- Effective time management
- Willingness to listen, learn and adapt their game
- Being a member of a netball club

**“Talent  
comes in  
many forms”**



# Identifying a Talented U13/U15 Athlete

Use the information on the following 4 slides to create a profile of the athlete that you intend to nominate



## What are we looking for?

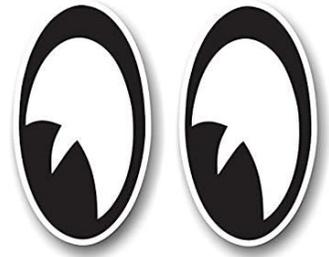
- Generic skills
- Evidence of game sense
- An understanding and application of the positional responsibilities
- A Growth Mindset

At U15 the majority of the qualities identified should be evident

At U13 some of the skills may still need to be developed

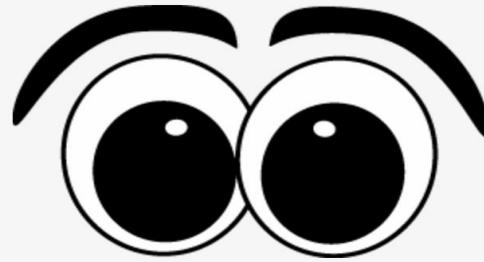


# What are we looking for in an U13/U15 athlete?



## Generic Skills & Evidence of Game Sense

### Thinking Players



- Use of space/width/depth
- Aware of others - can clear when appropriate
- Dictate space
- Quick transition

- High One handed release - accurate pass
- Keeping possession



- Movement skills - sprint/change of direction/pace/ability to move in multi directions/body angle
- Balanced footwork
- Able to turn fully
- Ability to go & go again - re-offer

- Able to apply some defensive pressure by using stage 1 & 2. Possibly some evidence of stage 3.
- Able to win possession of the ball

Athletes may not necessarily show all of these qualities

- Intensity – Playing with Purpose and Intent



# Understanding and Application Of Positional Responsibilities

(Athletes may not necessarily show all of these qualities)

## Essential Criteria

## Observation Nudges

<b>GK</b>	<p>Dictate availability of GS Gain possession / win ball Available and able to deliver an accurate pass</p>	<b>GK</b>	<p>Regaining possession Volume of shots</p>
<b>GD</b>	<p>Dictate movement of GA Gain possession / win ball Available and able to deliver an accurate pass</p>	<b>GD</b>	<p>Regaining possession Volume of shots</p>
<b>WD</b>	<p>Effective defending at a Centre Pass Gain possession and win ball Available and able to deliver an accurate pass</p>	<b>WD</b>	<p>Positioning of WA when feeding Regaining possession</p>
<b>C</b>	<p>Deliver a Centre pass Link between an attack and defence Maintain possession and able to deliver an accurate pass to shot</p>	<b>C</b>	<p>Variety of passes Effectively getting free</p>
<b>WA</b>	<p>Available at a Centre Pass Maintain possession and an accurate feed Available at the circle edge</p>	<b>WA</b>	<p>Variety of passes Effectively getting free - where centre pass is received</p>
<b>GA</b>	<p>Prepared to shoot and accurate shot Available in the attacking circle and in the attacking third Able to deliver an accurate pass</p>	<b>GA</b>	<p>Volume and accuracy recorded</p>
<b>GS</b>	<p>Prepared to shoot and accurate shot Available in a 1:1 situation Able to deliver an accurate pass</p>	<b>GS</b>	<p>Volume and accuracy recorded</p>

# Essential Positional Criteria that Selectors are looking for

Prepared to shoot & accurate shot  
Available in a 1:1 situation  
Able to deliver an accurate pass  
Volume & accuracy recorded



Deliver a Centre pass  
Link between an attack and defence  
Maintain possession and able to deliver an accurate pass to shot  
Variety of passes  
Effectively getting free



Effective defending at a Centre Pass  
Gain possession and win ball  
Available and able to deliver an accurate pass  
Positioning of WA when feeding  
Regaining possession

Dictate availability of GS  
Gain possession / win ball  
Available and able to deliver an accurate pass  
Regaining possession  
Volume of shots

Prepared to shoot & accurate shot  
Available in attacking circle & in the attacking third  
Able to deliver an accurate pass  
Volume & accuracy recorded



Available at a Centre Pass  
Maintain possession and an accurate feed  
Available at the circle edge  
Variety of passes  
Effectively getting free-where centre passes are received

Dictate movement of GA  
Gain possession / win ball  
Available and able to deliver an accurate pass  
Regaining possession  
Volume of shots



What position/s does the athlete that you are nominating play?  
Check the criteria in the bubble – does she have these qualities?

# THE IMPORTANCE OF A GROWTH MINDSET FOR A PERFORMANCE ATHLETE

Does the athlete that you intend to nominate have a Growth Mindset?

I am willing to listen

I have a Growth Mindset

I understand the importance of playing for a club

I am determined to improve

I play another sport at performance level

I want to learn to train

I can learn from failure

I am motivated & want to succeed



SARACENS  
*Mavericks*



## • Effective Play

- Movement into appropriate space
- Recognising when to clear/interchange – not asking for every other ball
- Attacking the circle edge to feed shooters
- Ability to track opponent & see ball
- Determination to regain possession of the ball
- Appropriate release point

Appropriate  
release  
points



Effective play -  
contesting to  
regain  
possession

## • Common Errors

- Following the ball – not aware of others
- Turning back on ball - not adjusting body angle
- Asking for the ball when defended - unaware that they are defended
- Not adapting to defender – doing the same thing
- Head goes down when loses possession of ball
- Do they keep passing to the same player/friends

Not  
adapting  
to  
defender

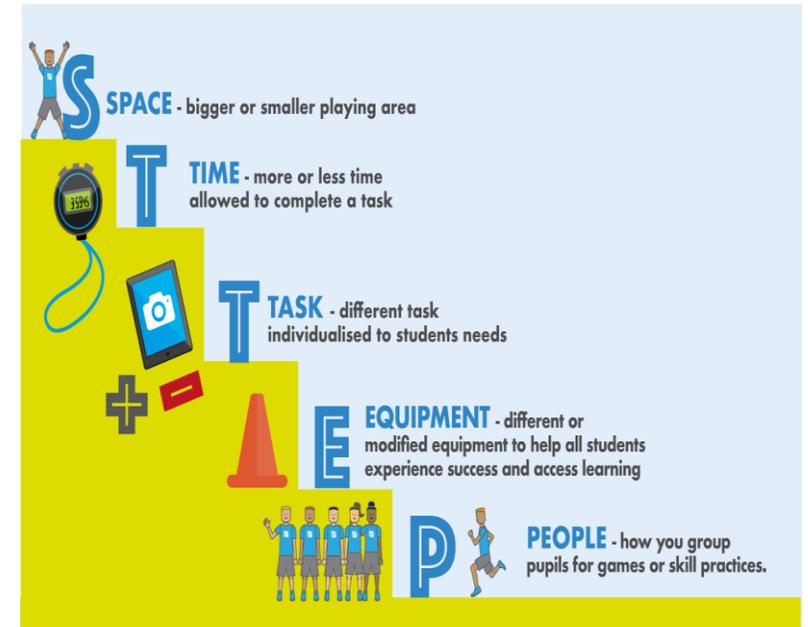


Common  
Error – Calling  
for the ball  
when not free



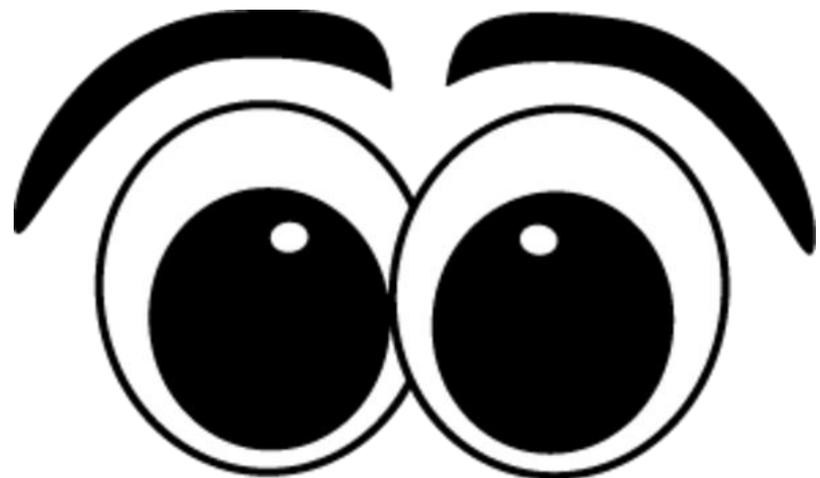
# Developing game sense activities/practices to help identify talented athletes

- What do you want to see?
- Do you need to extend/adapt/modify the activity?
- What does the player do naturally?
- Does the athlete understand the concept?
- Drip feed & overload – how does the athlete react?
- Does the athlete's performance change?



**What attributes do you think that you might see during these activities/practices that might confirm your decision to nominate?**

**Examples of generic Invasion & Game Sense activities can be found on your County website**



To assist in your identification of talented U13 and U15 athletes, it would be beneficial to watch this video clip below:

[http://m.youtube.com/watch?v= 829nwicU6Q&feature=youtu.be](http://m.youtube.com/watch?v=829nwicU6Q&feature=youtu.be)

This video link shows Athletes competing in the U15 School Games. These players will be at regional level representing their franchise

Practice applying the selection criteria during school/club activities

Attend U13/U15 Academy Sessions

Practice Observation Skills – watch online clips/footage

Use Game Sense Activities

# What's Next?

Key Contact Details  
Hayley Greenhill  
[suffolktalentid@hotmail.com](mailto:suffolktalentid@hotmail.com)

Liaise with Lead County Performance Identifier

Attend Workshops in order to up skill

Learn to recognise Effective Play & Common Errors

*Thank you*

