

Year 7 Netball Scholarship Testing – Video Assessment

Videos submitted must be unedited and include all drills below in succession. Only shooters with access to a post need to submit video evidence of shooting.

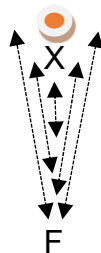
We understand (and expect) that players will make mistakes within the drills, please do not stop the video. We would prefer to see how a player reacts and adapts to this, rather than videos being cut so that only perfect drills are seen.

Equipment required:

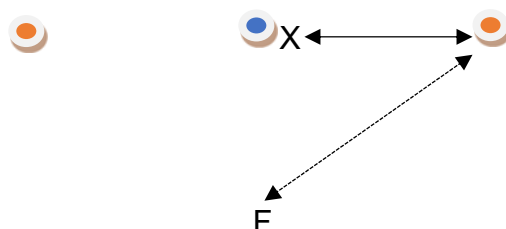
- Netball – Size 5
- Cones x 5 (or equivalent markers that are not a trip/slip hazard)
- Tape measure x 10m

Drills:

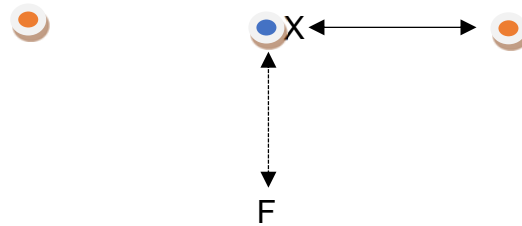
- **Chest passes** 4m away from partner. x 20
- **Shoulder pass** 5m away from partner. x 20
- **Two handed overhead passes** 5m away from partner. x 20
- In pairs, 1metre apart '**anywheres**' – imagine metre square box around worker. Play the ball anywhere in the meter square (Sides, high, drop ball). Work for 30 seconds.



- **Outside Foot** - In pairs, player runs out 2m to receive a ball, returns ball, runs to central point, turns and receives the ball on outside again. 5 x each side.

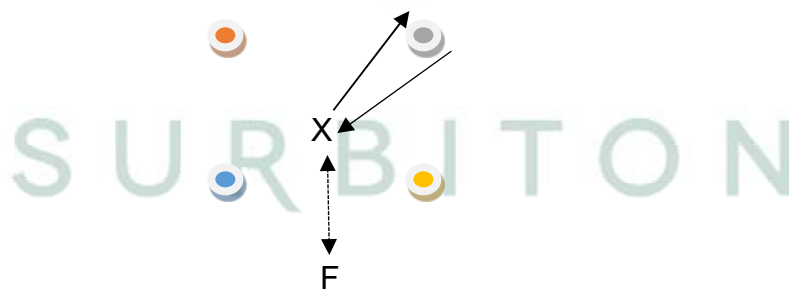


- **In and outs** - As above but run to outside, turn and receive the ball in the central point. 5 x each side.

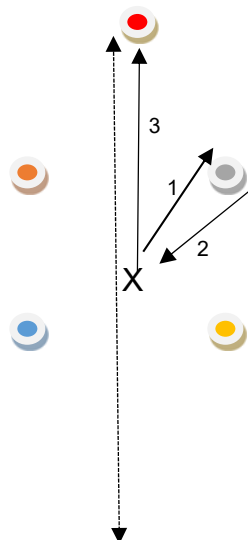


- **High Ball** - In pairs, 1 metre apart – Receive a high vertical ball landing on take-off point x 5.

- **Dice** - 4 cones in a square 2m apart. Move around each cone to receive a ball in the centre. Go around each cone in a clockwise direction, twice around each cone.

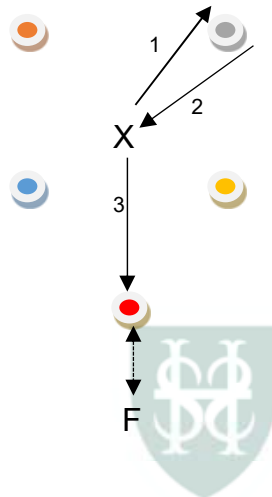


- **House** - 4 cones in a square 2m apart. Move around each cone and drive up to a central point to receive and return an overhead/shoulder pass. Go around each cone in a clockwise direction, twice around each cone.



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- **Reverse House** - 4 cones in a square 2m apart. Move around each cone and drive down to a central point to receive and return a chest pass. Go around each cone in a clockwise direction, twice around each cone.



- **Goal Shooting** – *Only if you are a shooter and have access to a post.*

(20 x shots)

- 5x 1m away from post
- 5x 2m away from post
- 5x 3m away from post
- 5x run to a cone 10m away from post, shoot from wherever you want