



Australian Government

Department of Education, Employment and Workplace Relations

SISSNTB201A Use intermediate level netball skills

Release: 2

SISSNTB201A Use intermediate level netball skills

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required by players to participate in netball activities at an intermediate level. It requires the ability to prepare for and participate in drills, activities, games and competitions using intermediate level skills and to review and evaluate self and team performance.

Application of the Unit

This unit applies to both junior and senior netball players who compete at a local level and those playing at an intermediate level in regional competitions. They are closely guided by their coach.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

Nil

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Prepare for drills, activities, games and competitions.

- 1.1. Seek information on and comprehend the role of the coach and support staff in developing intermediate player skills for netball games.
- 1.2. Participate in discussions on individual and team ***strengths and weaknesses*** to improve individual and team skills in intermediate games.
- 1.3. Seek and comprehend information on the ***basic biomechanical principles*** for netball players and apply these in playing activities to avoid injury.
- 1.4. Seek information on ***intermediate skills of netball*** for individual player positions in attack and defence and use skills in-game.

2. Participate in drills, activities, games and competitions.

- 2.1. Safely participate in netball ***drills and activities, games and competitions*** to an intermediate level.
- 2.2. Interpret International Federation of Netball Associations' Rules of Netball, ***regulations, policies and procedures*** and apply to netball activities.
- 2.3. Link and perform the intermediate level skills of netball to form a sequence of movements in competition conditions.
- 2.4. Maintain ***effective communication*** with team members and coach during drills, activities, games and competitions.

3. Review performance of intermediate skills.

- 3.1. Participate in post-activity discussions and evaluate strengths and weaknesses of self and other players.
- 3.2. Review performance of intermediate skills utilised in drills, activities and games, identify areas requiring improvement and discuss with team and coach.
- 3.3. Identify own personal progress and satisfaction with performance of intermediate skills and provide feedback to team and coach.

ELEMENT**PERFORMANCE CRITERIA**

- 3.4. Identify *conditions and external influences* affecting conduct of activities and use contingency strategies to improve future sessions.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills on and off the netball court to:
 - actively participate in pre-activity briefings
 - read play and predict other player's intentions and movements
 - use calls, hand signals, eye signals and other communication methods to interact with players in-game
 - communicate with coaching staff to determine instructions and discuss skill development issues
 - discuss and clarify positions, rules and required skills
 - seek feedback and instructions from team members, coaches, support staff and umpires
 - provide feedback on self and team performance
- literacy skills to access, interpret and comprehend netball rules and the content of relevant player policies and procedures
- numeracy skills to calculate effective time use during drills, activities and games
- teamwork skills to:
 - encourage and support team members
 - respect other player's decisions
 - participate effectively in team training activities and games
- problem-solving skills to:
 - respond appropriately to changing conditions during training and game situations
 - to resolve disputes related to the conduct or outcome of a game
- self-management skills to:
 - review and reflect on own performance
 - organise time and priorities effectively
 - set short, medium and long term goals
- analytical skills to discuss and evaluate strengths and weaknesses of self and other players and to monitor self progression
- player attack and defence skills to participate in netball activities at an intermediate level.

Required knowledge

- the existence and basic aspects of occupational health and safety legislation
- terms and conditions that apply to player use of and behaviour at private and public netball facilities and gyms
- the essential elements of player policies, procedures and codes for appropriate participation in netball activities

- the complete content of rules applicable to the game of netball
- the on court roles and responsibilities of all netball positions
- the essential features and use of intermediate level netball skills
- the basic aspects of biomechanical principles to enable safe and effective performance of intermediate netball skills
- the key characteristics and use of equipment used in intermediate level netball drills, activities and games
- the essential elements and appropriate use of communication systems used by players, coaches, support staff and umpires during netball drills, activities and games
- self-reflection principles to enable effective self-evaluation for future improvement.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- performs intermediate level skills relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance
- utilises knowledge of intermediate level netball skills and relevant rules, regulations and policies when playing at an intermediate level
- communicates appropriately with team members, coaches, umpires and support staff throughout drills, activities, games and competitions, and responds to feedback
- reviews own and team's performance to identify strengths and areas requiring improvement or modifications.

Context of and specific resources for assessment

Assessment must ensure access to:

- netball training and competition facilities
- equipment such as netballs, goal posts, uniforms and positional bibs
- groups of intermediate level netball players to train and play with and against
- an accredited coach who has achieved intermediate status to instruct and address players
- support staff and scorers
- umpires qualified to manage at least an intermediate level players' game
- rules of netball
- current relevant regulation, player policies, procedures and codes that apply to participation in netball activities, games and competitions.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of performance of intermediate level netball skills during drills, activities, games and competitions

- oral or written questioning to assess knowledge of relevant rules, regulations and policies
- evaluation of third-party reports from coaches or umpires detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSNTB202A Use intermediate level tactics and game strategy in netball play
- SISSNTB203A Participate in conditioning for netball.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Rules, regulations and policies may include:

- International Federation of Netball Association's rules of netball
- Netball Australia Coaches Code of Ethics
- Australian Sports Commission Harassment-free Sport policy
- Netball Australia Anti-doping policy.

Basic biomechanical principles may include:

- balance
- motion
- force
- momentum
- power.

Intermediate skills of netball may include:

- game sense and decision making at an intermediate level
- one and two hand catch
- throwing:
 - chest pass
 - shoulder pass
 - bounce pass
 - overhead pass
 - lob pass
 - fake or baulk pass
- footwork and movement skills:
 - take off and sprint
 - change of pace
 - one and two foot landing
 - inside pivot
 - outside pivot
 - movement patterns in combination
- attacking skills:
 - straight lead
 - lead and drop
 - single dodge
 - double dodge

- change of direction
- hold
- split and re-offer
- double play
- clear and drive
- front cut
- roll and half roll
- one on one defending:
 - interception
 - recovery
 - hands over
 - positioning at front, side and behind
 - repositioning
 - first ball pressure to a contest
 - dictating or denying space
 - defence of goal shot through leaning, jumping and blocking out
- goal shooting methods in stationary and dynamic environments.
- goal circle movements including rotation
- rebounding.

Drills, activities may include:

- developing intermediate skills through appropriate sequencing of skills
- progressive skill acquisition
- breaking down skills
- modifying skill drills
- coordinated positional plays
- warm-ups and cool-downs.

Games and competitions may include:

- simulated games
- competition games
- modified games to meet specific player and team needs
- practice matches to develop intermediate skills.

Regulations may relate to:

- occupational health and safety (OHS) legislation
- terms and conditions of permits from land management authorities or local council
- terms and conditions of authorities or permissions from netball clubs or associations
- environmental protection regulations.

Policies and procedures may involve:

- risk management
- safety
- management of current or recurring injuries and illnesses
- conflict resolution
- communication protocols
- use, care and maintenance of equipment and court
- training and scheduling commitments
- Australian Sports Commission Harassment-free Sport policy
- Netball Australia's Member Protection Policy
- Netball Australia Anti-doping policy
- Netball Australia's Junior Policy.

Effective communication may involve:

- calls
- hand signals
- eye signals.

Conditions and external influences may include:

- environmental and weather conditions
- other facility users
- spectators
- parents
- umpires and administrators
- other coaches.

Unit Sector(s)

Sport

Competency Field

Netball