



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSNTB306A Use advanced level netball skills**

**Release: 2**

## **SISSNTB306A Use advanced 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 advanced level. It requires the ability to prepare for and participate in drills, activities, games and competitions using advanced level skills and to review and evaluate self and team performance.

### **Application of the Unit**

This unit applies to senior and experienced netball players who compete at a local, regional or state level. They are closely monitored by their coach. It may also apply to those in sports development or netball coaching roles.

### **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.

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|--|--|
| <p>1. Prepare for drills, activities, games and competitions.</p>    | <p>1.1. Seek information on and comprehend the role of the coach and support staff in developing advanced player skills for netball games.</p> <p>1.2. Participate in discussions on individual and team <b><i>strengths and weaknesses</i></b> to improve individual and team skills in advanced games.</p> <p>1.3. Seek and comprehend information on the <b><i>basic biomechanical principles</i></b> for netball players and apply these in playing activities to avoid injury.</p> <p>1.4. Seek information <b><i>on advanced skills of netball</i></b> for individual player positions in attack and defence and use skills in-game.</p> |
| <p>2. Participate in drills, activities, games and competitions.</p> | <p>2.1. Safely participate in netball <b><i>drills and activities, games and competitions</i></b> to an advanced level.</p> <p>2.2. Interpret International Federation of Netball Associations' Rules of Netball, <b><i>regulations, policies and procedures</i></b> and apply to netball activities.</p> <p>2.3. Link and perform the advanced level skills of netball to form a sequence of movements in competition conditions.</p> <p>2.4. Maintain <b><i>effective communication</i></b> with team members and coach during drills, activities, games and competitions.</p>   |
| <p>3. Review performance of advanced skills.</p>                     | <p>3.1. Participate in post-activity discussions and evaluate strengths and weaknesses of self and other players.</p> <p>3.2. Review performance of advanced skills utilised in drills, activities and games, identify strengths and areas requiring improvement and discuss with team and coach.</p> <p>3.3. Identify own personal progress and satisfaction with performance of advanced skills and provide feedback to team and coach.</p>  |

**ELEMENT****PERFORMANCE CRITERIA**

- 3.4. Identify *conditions and external influences* affecting conduct of activities and identify 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 skills 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 advanced 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 advanced level netball skills
- the basic aspects of biomechanical principles to enable safe and effective performance of advanced netball skills
- the key characteristics and use of equipment used in advanced 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 advanced level skills relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance
- utilises knowledge of advanced level netball skills and relevant rules, regulations and policies when playing at an advanced 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 also ensure access to:

- netball training and competition facilities
- equipment such as netballs, goal posts, uniforms and positional bibs.
- groups of advanced level netball players to train and play with and against
- an accredited coach who has achieved advanced status to instruct and address players
- support staff and scorers
- umpires qualified to manage at least an advanced 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 advanced level skills with speed and accuracy 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:

- SISSNTB305A Use advanced 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.

***Strengths and weaknesses*** may relate to:

- fitness components:
  - speed
  - agility
  - balance
  - endurance
  - strength
  - power
  - flexibility
  - repeated sprint ability
- height
- ability to successfully implement unit work and set team plays
- skills in attack and defence .

***Basic biomechanical principles*** may include:

- balance
- motion
- force
- momentum
- power.

***Advanced skills of netball*** may include:

- ball handling - passing on the move
- attacking skills:
  - screens
  - creating space for self and others
  - reading the play - vision, anticipation and body cues
  - timing
- defending skills:
  - one-on one including switching and sagging
  - two on one
  - defending off the player
- shooting technique:
  - step in, back and to the side
- shooting unit:

- shooter to shooter pass
- leads
- circle exit and entry
- Wing Attack centre unit:
  - feeding the circle
  - driving onto the circle
  - holding around the circle
- Centre Wing Defence unit:
  - working together to keep attackers off the circle
  - defence around the circle
- Defence Unit:
- split circle

***Drills, activities*** may involve:

- developing advanced 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 advanced 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

***Effective communication*** may involve:

***Conditions and external influences*** may include:

- Harassment-free Sport policy
- Netball Australia's Member Protection Policy
- Netball Australia Anti-doping policy
- Netball Australia's Junior Policy.
- calls
- hand signals
- eye signals.
- environmental and weather conditions
- other facility users
- spectators
- parents
- umpires and administrators
- other coaches.

## **Unit Sector(s)**

Sport

## **Competency Field**

Netball