EPIP Helpsheet for Netball

**Section One – Skills**

Remember you will **need to identify three skills that you saw as particular strengths** of that participant, as well as **three skills that you saw as particular weaknesses**.

Skills within Netball could be:

Footwork Chest pass Shoulder pass 2 handed bounce pass Underarm pass

Overhead pass Shooting Interceptions Getting free (Dodging) Defending the shot

Defending the pass Defending the player Defending the space Running with the ball (into space)

Feeding the ball into the circle

Think about the timing of these techniques as any moment where they mis-time would mean that this could be a weaker area e.g. mis-timed interception, mis-timed jump for an interception/pass etc.

Once you have found the strength or weakness, **explain WHY it was a strength or weakness**. Think about the phases of the technique:

* Preparation (what was their body position like prior to the start of the technique?)
* Execution (what was the actual technique like in terms of action – flowing, jerky etc.)
* Recovery (what happened with the follow-through of the technique action?)
* Result (Did the technique end up exactly like it was supposed to e.g. did the shot go in? did the pass reach the target?)

**E.g.** *A strength of the GD was their interceptions. This was because in preparing to intercept the ball, they had a very balanced body position and they effectively timed their jumps in order to meet the ball. The action was fluent and they always made contact with the ball and not the player which could have resulted in contact.*

Or

**E.g.** *A weakness of the WA was their getting free for the pass. This was because they were flat footed and not on their toes ready to anticipate the right time to move. They had their defender the wrong side of them and didn’t change their speed to give them a better chance of moving out ahead of their defender.*

**Section Two – Tactics**

Remember you will **need to identify three tactics that you saw as particular strengths** of that participant, as well as **three tactics that you saw as particular weaknesses**.

Tactics within netball could be:

Individual Defending (man marking) Zone defending Defending a shot

Defending from backline passes Centre passes (attack & defence) Defending a penalty pass/shot

Working as part of a counter-attack Attacking positioning at corners Attacking positions from a free pass

Breaking free from a marker Effective communication Blocking

Again, once you have found the strength or weakness, **explain WHY it was a strength or weakness**. Try to think of how the tactic relates to the individual first, and then how this could affect the team performance.

**E.g.** *A weakness of the centre was their positioning during the centre pass. They double marked the same player for every centre which meant that the attacking team were able to play the same centre pass every time, therefore remaining with possession of the ball.*

*This impacts on the team as it would mean that they are unable to overturn the centre and therefore allowing the opposing team to continue in their flow to get the ball to the shooting circle. It puts the team under greater pressure to try and prevent the attacking team keeping possession.*

**Section Three – Fitness**

Remember you will **need to identify three fitness components that you saw as particular strengths** of that participant, as well as **three fitness components that you saw as particular weaknesses**.

Fitness components within football could be:

Speed Strength Power Aerobic Endurance Muscular Endurance

Flexibility Body Composition Agility Reaction Time (Simple)

Reaction Time (Choice) Balance (Static) Balance (Dynamic) Co-ordination

(Common weaknesses are highlighted in yellow)

Again, once you have found the strength or weakness, **explain WHY it was a strength or weakness**. Try to think about why this particular fitness component would be a strength or a weakness – **explain in the context of the game you are watching!**

**E.g.** *A weakness of the striker was their flexibility. The target striker was often played high balls aimed towards his chest, but as the passes were weak in to him, he often had to stretch his legs to reach the ball in higher positions, and he often failed. This showed particularly weak rectus femoris and gastrocnemius muscle groups and this ultimately meant that he did not have the ability to control the ball from height. A weakness in these muscles groups would also reduce the range of movement available to the striker when running or controlling the ball.*

**E.g.** *A strength of the winger was their agility. As she collected the ball, she was able to effectively weave in and out of defenders aided with close control of the ball. She did this with great speed, and so the action was fluent; this may have been due to fast glycolytic fibres within her lower body which may have enabled her to develop quick reactions to oncoming defenders. Her agility became an effective outlet for the team when counter-attacking as she could effectively beat two or three players.*

**Section Four – Designing a Training Programme**

Once you have identified ALL of the strengths and weaknesses from your observation, you must highlight what you feel is the biggest weakness of the areas you have discussed.

THINK! **Don’t just select something that you are comfortable with** – you must show that you have considered all of the weaknesses and prioritised the most important one to the performance that you watched. The best thing to do is justify your choice – **make the EPIP examiner understand why you have selected this**.

E.g. *I watched the performer and I felt that there were three major weaknesses. However,* ***the most important weaknesses*** *was their lack of ball control within the game as without this they could not become effective as part of a successful team and would lack basic technical ability to support their performance.*

Once you have identified the biggest weakness, you then need to create a training plan for this. The examiner will observe your use of the following principles:

**FITT** – Frequency, Intensity, Time, Type

**SPORT** – Specificity, Progression, Overload, Reversibility, Tedium / Variance / Variety

**WIMP** – Warm-up and Cool-down, Individuality, Moderation, Periodisation

The best way to start this is to write down a simple plan regarding how you would develop the main weakness. As a rough guide:

* **To improve a skill weakness, this can be 3-6 weeks in duration**
* **To improve a tactical weakness, this can be 3-6 weeks in duration**
* **To improve a fitness component weakness, this can be 6-8 weeks in duration**

You must discuss this with the EPIP examiner before you start to discuss your specific plan. It is always best to begin with the Frequency component of FITT and outline this to the examiner as it shows your basic thinking.

Before deciding on your plan – THINK! They may already be doing lots of training, so you may just need to plan around this. This can save you some planning time **if you explain this to the EPIP examiner**.

**E.g**. *I have decided to focus on the fitness component of muscular endurance. In order to develop this for my performer,* ***I have created a 6 week training programme****, which will initially be one session per week but progress by week 3 to two sessions and by week 5 to three sessions. This is added to his / her regular football coaching sessions each week and every session will last no longer than thirty minutes.*

**Training Plan – Coaching Points**

**BEFORE** you start to plan your training plan, you will need to think about specific coaching points as your training plan needs to show that you have understood how to develop these.

For skills, think about the perfect skill being performed to identify the coaching points.

E.g.

|  |  |
| --- | --- |
| Skill for Football | Coaching Points |
| Dribbling | Head up  Laced area of the foot  Close control  Dribble at speed |
| Shooting | Laced area of the foot  Body over the ball  Hit the centre of the ball  Follow-through  Non-kicking foot next to the ball |
| Passing | Inside of the foot for control  Non-kicking foot next to the ball  Follow-through  Hit the centre of the ball |
| Lofted Passing | Non-kicking foot next to the ball  Hit the bottom of the ball  Use the laced area of the foot, or inside for swerve / spin  Follow-through  Lean back slightly as you connect |

If you have selected a **component of fitness** for your weakness to improve, this is often more difficult. Try to think about how you could **include coaching points within any of the specific drills** you would be using.

This table may help you with this on this particular area:

|  |  |  |
| --- | --- | --- |
| Component of Fitness to Improve | Specific drill or method used to improve this that you might discuss | Coaching Points in relation to specific technique within the drill used |
| Strength, Power | Bench Press | Whilst on the bench, ensure your feet are flat on the ground  Exhale when pushing the bar upward  Inhale as the bar is brought downward  2 secs to push up, 2secs to bring the bar down again. |
| Speed | Interval Running | Running technique whilst performing the drill should be:  Head upright  Arms bent at 90 degrees  Relaxed hands  Land on balls of the feet  Knee drive should be between 45 – 90 degrees |
| Muscular Endurance | Repeated press-ups | Whilst performing the press-up, back should remain level  Bring the chest as close to the ground as possible  Arms bent at 90 degrees on downward phase  Fully extend arms in upward phase  Breathe correctly during upward and downward phases |

With regards to improving a tactical weakness – this is by far and away the most difficult aspect to discuss. If you wish to attempt this, **please see a member of staff for assistance with this**!

**Designing the Training Programme**

The last part of this section requires you to actually design the programme.

**Remember to use the principles of training** mentioned above when constructing – especially progression, frequency, intensity, moderation and tedium / variety.

Each training plan will be independent to each person designing it, but as mentioned before a good way to start is to **think about the amount of training the performer may be doing already and base your training programme around this initially**. This would mean that your sessions could then be shorter initially, and gradually expanding.

**Do:**

* Read and research specific drills for the main weakness - e.g. explore how to improve dribbling, turning, speed, strength etc.
* Plan a rough outline of your training plan and check it with a member of staff
* Think about drills you have participated in during previous training sessions and explore how they could be used or adapted to meet the needs of your specific weakness for the performer

**Don’t**

* Just ‘wing it’ and create a plan based on previous experiences in being weak in that area
* Create a random plan that does not address the weakness you have identified. **Check your drills or activities actually improve the weakness you have selected!**
* Create plans that do not adhere to the principles of fitness – again, if you need help with this see a member of staff for support

Remember – you will actually have to SPEAK about the training programme in the EPIP. You cannot just show the EPIP examiner your plan as the exam does not work like this.

Take time and practice explaining your training timetable to friends, family and staff members. **A good way to do this is to speak to individuals who know absolutely nothing about training or your sport – if you can explain it clearly to them, you have a good base to start your EPIP discussion.**