**Netball Observation Sheet s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Physical factors key: √** = effective x = ineffective

**Emotional/Social/Mental factors key (circle the one that applies to you each quarter)**

**** = positive  = average  = negative

**Position on the team** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BEFORE Training**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Passing** | **Catching** | **Shooting** (if GS/GA) | **Dodging away from opponent** | **Marking opponent** | **Emotional** (managing emotions, confidence) | **Social** (co-operation) | **Mental** (Concentration) |
| 1st quarter |  |  |  |  |  |  |  |  |
| 2nd quarter |  |  |  |  |  |  |  |  |
| 3rd quarter |  |  |  |  |  |  |  |  |
| 4th quarter |  |  |  |  |  |  |  |  |

**Physical factors key: √** = effective x = ineffective

**Emotional/Social/Mental factors key (circle the one that applies to you each quarter)**

**** = positive  = average  = negative

**Position on the team** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**HALF WAY THROUGH Training**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Passing** | **Catching** | **Shooting** (if GS/GA) | **Dodging away from opponent** | **Marking opponent** | **Emotional** (managing emotions, confidence) | **Social** (co-operation) | **Mental** (Concentration) |
| 1st quarter |  |  |  |  |  |  |  |  |
| 2nd quarter |  |  |  |  |  |  |  |  |
| 3rd quarter |  |  |  |  |  |  |  |  |
| 4th quarter |  |  |  |  |  |  |  |  |

**Physical factors key: √** = effective x = ineffective

**Emotional/Social/Mental factors key (circle the one that applies to you each quarter)**

**** = positive  = average  = negative

**Position on the team** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**AFTER Training**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Passing** | **Catching** | **Shooting** (if GS/GA) | **Dodging away from opponent** | **Marking opponent** | **Emotional** (managing emotions, confidence) | **Social** (co-operation) | **Mental** (Concentration) |
| 1st quarter |  |  |  |  |  |  |  |  |
| 2nd quarter |  |  |  |  |  |  |  |  |
| 3rd quarter |  |  |  |  |  |  |  |  |
| 4th quarter |  |  |  |  |  |  |  |  |