

# Player Welfare Programme

## PREPARATION FOR TRIALS

No matter how good you are or what team you were in last year, trials can be a stressful situation. Players are given short amounts of time, under pressure, in unfamiliar combinations to showcase their abilities as an athlete and team member.

I have had years of experience as both a coach and player with the trial process, below are some of my top tips for increasing success and decreasing stress!

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**PHYSICAL:** Don't leave it till the trial date to pick up a ball!

- As well as general aerobic fitness (general running 3-5km and circuits) now is the time to work on multi directional movements.
- Skipping is a great activity for getting the feet and lungs working.
- Working in pairs or against a wall on your ball skills.
- If you are a shooter daily practice is vital, better yet get one of your defence friends to come and mark your shot. It will be great preparation for both of you.
- Auckland Netball centre has posts up and free outdoor courts for public use.

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**MENTAL:** Being mentally ready for the challenge is just as important as the physical prep

- Set yourself 3 goals for the new year (review these and reset if needed after the teams are named).
- Be confident, remind yourself why you are trialling, for most of us it's because we love the game, friends and competitive nature of netball.
- Enjoy the process, its not the Silver Fern trials (yet).
- The nights leading up to trials, when you first go to bed try visualising yourself at trials playing well. The more realistic you can make this imaging the stronger the impact.

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**PRACTICAL:** Coaches & selectors actively look at your off court attitude to see if you are a good fit for the team.

- Check and double check trial dates, times and location then make sure you are at least 15 minutes early. If you arent sure talk to the school sports co-ordinator or your homeroom teacher.
- Have your equipment ready the night before. Lay out all the clothes, socks, shoes, drink bottle, hand towel etc so you arent running around stressing about finding things.
- Be open and excited about trying different positions during the trial, the selectors may see something great about your play that you arent aware of.
- Speak up if you havent been on court at least twice during the trials.
- Bring 2 water bottles and a small snack. Then you dont have to worry about finding a tap during the short breaks.
- If you are struggling with nerves during the games, focus on a couple of deep slow breaths, and refocus on what the next immediate task is you need to do i.e centre pass.