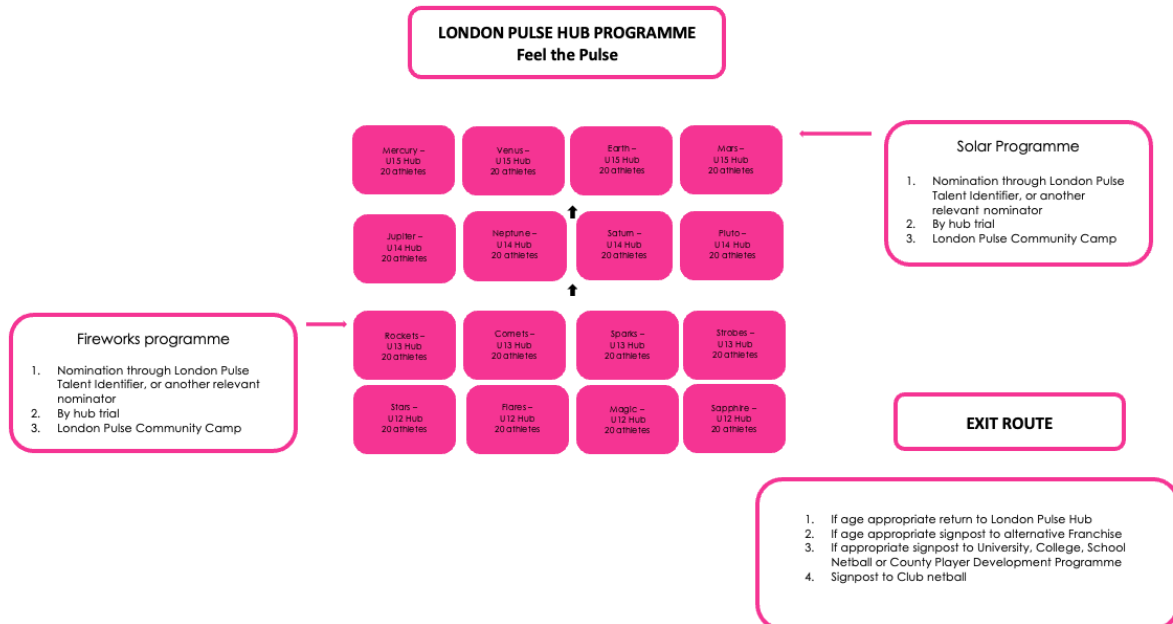


## London Pulse Hub Trials – FAQ

The London Pulse Hubs are back with a brand new format!



London Pulse Hubs will provide a 20 week (2 hours per session) training programme led by dedicated London Pulse coaches who will deliver a coaching programme formulated by our CEO and Director of Netball Sam Bird. Additional Extras include:

- As well as working hard in training athlete will be provided with a London Pulse age appropriate Development plan
- Our London Pulse club digital membership (you may upgrade this membership if you wish to a physical membership, which provides benefits such as access to players on game day etc. Please take a look on our website for more information)
- London Pulse inter-hub competition which mimics the Academy tournament to a degree with a large round robin final tournament, where athletes will have an opportunity to put into practice their progress from London Pulse training sessions. All 16 Hubs compete in their age groups.
- Attend with their hub to a London Pulse NSL home fixture at the London Copperbox Arena

This season athletes from aged 11 upwards can apply to be part of the London Pulse family.

Our London Pulse explosive Fire Works Programme for our younger athletes will consist of the following:

### U12 hubs focus on:

- Ball work, controlled passing
- Co-ordination of movement and variety of footwork skills
- Good landing mechanics and body management
- Good take-off
- Understanding the game
- Getting free from 1v1
- 1<sup>st</sup> stage defence
- Maintain 3ft distance when marking the player with the ball

### U13 hubs focus on:

- Fitness and/or circuits with netball focus
- Fast dynamic movement, efficiency while under fatigue
- Ball work, catch and pass wherever ball is caught
- Full extension control on right and left hand body Management
- Game understanding
- Adapt to situations quickly and communicate to others
- Input basic set plays
- Attacking – options down court, opposition positioning, and type of pass
- Defence - stage 2 variety, blocking players up court or away from the ball, different defence set ups – open and closed etc

The stream of particles and energy emitted in our Solar Programme for our slightly older athletes will consist of the following:

### U14 hubs focus on:

- Fatigue work with a ball inclusive of challenges and pressure
- Speed and Agility drills with physical robustness
- Combination movements with defence pressure on ball catch
- Footwork patterns using a variety of quick footwork to defend or attack
- Passing releasing the ball around 3ft mark
- Placement of path of ball, feeder lead and receiver lead expectations
- Set plays executed under pressure
- Attacking court balance and mixing it up
- Defence holding a player up
- Feedback contribution of games
- Knowing and respecting the groups outcomes
- Starting to learn how to drive your intensity and that of others

### U15 hubs focus on:

- Speed and agility drills again include a ball while working under fatigue
- Passing, type of pass- situational with right touch on ball and placement of pass in relation to defender
- Weight the ball into space and add the right touch
- Game understanding and execute positional role under different pressures
- Set plays executed under pressure and under a variety of conditions (fatigue)
- Attacking variation of through court set ups
- Defence working off- line defence
- Players focusing on their own individual improvements both at and away from team practice
- Development Pulse factor – what is there key strength and how can this be utilised
- Players driving the team's vision and being accountable
- Be able to assess session and feedback

### **Will Pulse be running any higher age group hubs this season?**

No, all athletes aged 16 and above will need to attend our age appropriate Academy Pathway trials.

## **Eligible criteria**

### **U12 Firework hub**

- YEAR 6 & 7 = Athletes eligible must be over 10 years of age and under 12 years of age

### **U13 Firework hub**

- YEAR 8 = Athletes eligible must be over 12 years of age and under 14 years of age

### **U14 Solar hub**

- YEAR 9 = Athletes eligible must be over 13 years of age and under 15 years of age

### **U15 Solar hub**

- YEAR 10 = Athletes eligible must be over 14 years of age and under 16 years of age

## **If I am not able to attend trials, is there anything that can be done?**

We have given as much notice as we possibly could and would respectfully request that you keep both days available.

## **When will I be notified with my trial slot allocation (time, day etc)?**

You will be sent a trial slot week ending 9 July 2023, providing you with full details of your trial. Please do not arrive any earlier than the time slot you will be provided with.

## **Can I choose a trial slot time?**

No, due to the volume of trialist a slot will be allocated and will not be changed. Please do not email to request this.

## **If I sustain an injury ahead of trials, will I be able to have a late trial?**

Yes, you will be required to submit a progress report to keep us updated and a revised trial date will be provided for you.

## **If I need to isolate or have tested positive prior to trials, what will I need to do?**

Please notify us at [info@londonpulsenetball.com](mailto:info@londonpulsenetball.com) and follow the most recent Government guidelines.

## **What should I wear to my trial?**

A black top or a Pulse kit with black bottoms, please note no club or school kit can be worn. Trialist will be sent a trial number as part of their slot notification and this number must be written (clearly visible) on their arm and/or leg in black marker

## **What do I need to bring with me on the day?**

Trialist must bring the following items:

- A Ball – Pumped
- First Aid Kit – Inclusive of Ice packs and plasters
- Plenty of water
- Healthy snack to consume after your trial
- Any medication you are required to take for health issues

## **Will I be able to access the changing rooms at The Score?**

No, please ensure you come in clothing ready to play in and that all strapping is done before hand.

## **Is there a place to store my valuables?**

No, trialists will be responsible for their own belongings, please bring as little as possible

**Will spectators be allowed**

No, due to the number of trialists, space is limited

**Is parking available?**

There is a small carpark on Osier Way, however parking will be limited due to a separate event taking place on the same day.

An alternative option is to travel by tube. The nearest tube station is Leyton on the Central Line, once you arrive it is approximately a 10 minute walk to The Score:

- Head north on High Road toward Maud Road
- Turn left onto Buckingham Road
- Turn right onto Oliver Road

**When will I be advised on the outcome of my trial?**

All trialists will be sent an email by 11 August 2023, with the outcome of their trials. If our selectors indicate that a trialist has the potential to compete within one of the following squads these athletes will be invited via email to attend one of the following second trials:

- U17 - 9 September 2023 – full details to be confirmed
- PDP/U19/U21 – 17 September 2023 – full details to be confirmed

**Will I receive feedback if I am unsuccessful at trials?**

No, due to the volume of athletes trialling we will be unable to provide any feedback.