

# What can you do to prepare for trials?

## Ball skills & Fitness

Your footwork and ball handling is so important - make sure you are ready to meet the demands of U17 level, where we focus on tactical plays rather than basic footwork and passing skills. The [Pathway Online Sessions](#) on the Netball NI Youtube channel will help, along with your school and club sessions to improve your speed, agility and ball handling skills.

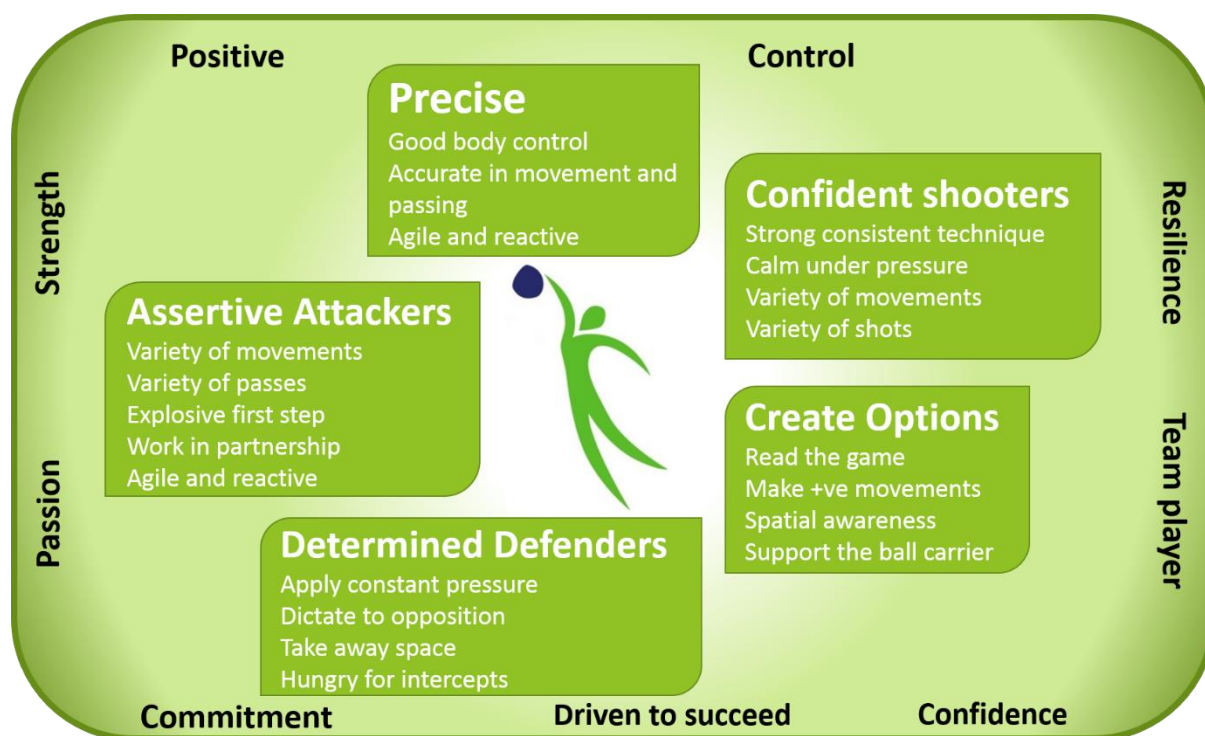
Netball NI also have an at home training fitness training programme that can help build your strength and conditioning ahead of trials – it can be accessed here: <https://netballni.org/wellbeing/>

There are links to videos explaining each exercise on our youtube channel as well

## Watch Netball

Youtube is a brilliant resource for you to see the best players in the world in your position – search for the 2022 Commonwealth Games, or Netball World Cup in 2019 to watch Northern Ireland in action and see the speed and precision at which the top nations in the world play at.

These are the characteristics we see in the Northern Ireland Warriors – these are the sort of things we are looking for our U17 netballers to show in their matchplay:



Finally, ENJOY the journey!

Remember, we want to see what you can do – don't worry about making mistakes or being nervous. And if you aren't successful this time round there will be more opportunities to join into the NI Pathway in the future.