



## MATCH REPORT

### RG7 Rockets Vs Business Moves

22/05/2019

POM: Rachel Green (Business Moves)

POM: Alex Palmer (RG7 Rockets)

Almost at the end of the season rg7 and business moves took the court on a pleasantly warm evening, perfect for netball.

Business moves started strong with excellent shooting by GS Charlotte not missing a thing to pull away to a 6 goal lead at quarter time.

In the second quarter rg7 settled in with their borrowed GS jane and GA Alex Palmer finding their rhythm, and the defence starting to get more interceptions and had a good quarter to pull the difference back to just 3 goals.

Business moves switched the defence positions for the second half and this change had the right impact. With great play between their GA Rachel green and GS allowing easier feeding with a high accuracy converting the goals. Rg7 were still putting pressure on in defence and also benefiting from accuracy in the circle with their GA making strong runs in, but the goal difference extended to 6 goals in business moves favour.

The last quarter though saw business moves really into their game now, pulling away to win.

**Final Score: RG7 Rockets 29 – Business Moves 41**



## MATCH REPORT

### RG7 Rockets Vs RG7 Jets

24/04/2019

POM: Rachael Wilkinson (RG7 Jets)

POM: Katie Norris (RG7 Rockets)

Fierce competition was expected ahead of Wednesday's inter club game - which did not disappoint with both teams fielding a strong contingent. Rockets started well, turning the first centre pass with some strong defensive play from established pairing of Laura Milne (GD) and Lesley Myers (GK). An experienced centre court formation of Charlotte Maskell (WA) and Amy Mulroy (borrowed from RG7 Comets) at C helped Rockets gain an early lead. They finished the first quarter ahead 7-3.

The second quarter was low scoring, mainly due to excellent defence from both Rockets and Jets (GD Natalie Duncan-Brown and GK Laura Callaway), making it very difficult for both teams to feed in to their shooters. Rockets extended their lead slightly during this quarter, to 11-6.

Both teams were warmed up well by this point and play in the third quarter became much more equal, with Jets shooters Morag Bell (GS) and Rachael Wilkinson (GA and POM) now creating some excellent opportunities in the circle. Leanne Hammond (WA) showed excellent support with some strong feeds in to her shooters. An unfortunate injury to Sarah Mullen (Jets C) during this quarter saw some adjustment within the Jets team, notably movement of Natalie Duncan-Brown into the C bib and Laura Hunt moving into the defensive circle at GD. Jets were luckily aided by an able borrow of versatile Jo Starling (RG7 Comets) and continued to play strongly in their new formation. Both teams scored 8 goals apiece in this quarter, leaving the score 19-14 to Rockets with 10 minutes left to play.

Rockets came out determined to fight in the final quarter and some powerful drives down the court from Ollie Thompson (WD) saw several shots perfectly converted by Katie Norris (GS and POM), with GA Alix Palmer always in support. Jets continued to play strongly to the end but were ultimately unable to catch up with Rockets and the game ended 28-20 to Rockets.

**Final Score: RG7 Rockets 28 – RG7 Jets 20**



## MATCH REPORT

### Volume Vs RG7 Rockets

20/03/2019

POM: Lauren Jennings (Volume)

POM: Laura Milne (RG7 Rockets)

Volume were quick off the blocks scoring the first 4 goals and looked strong with plenty of space and movement in mid court and fast on court play especially from GA Andrea Varney

RG7 Rockets were playing their joker so had a mixed team who'd not played together before so they initially struggled to keep up making some basic errors. They soon settled down though and turned over a few centres with some great interceptions from C Suzie Maroof allowing them to bring the score line almost level with Q1 finishing 5-4

RG7 Rockets kept up the pace throughout this quarter and defended well in the goal circle with tight marking by player of the match GD Laura Milne putting the pressure on Volumes shooters who struggled to find space and the net. Volume remained patient and their player of the match WD Lauren Jennings also kept up the pressure on WA Megan Walmsley from LP Hurricanes managing to gain possession and keeping Volume in the game with both teams scoring 4 goals in this quarter. Q2 finished 9-8 to Volume

Another even quarter. RG7 Rockets had great space mid court allowing them time to focus on their passing. Volume GK Katie Antcliffe took full advantage of her height in the circle grabbing the rebounds pushing the ball straight back up court meaning Volume scored 7 to RGs 5. The quarter finished 16-13 to Volume

All to play for in the final quarter and both teams came out fighting. RG worked hard in attack with GA Alix Palmer driving in to the post and creating space in the circle but Volumes defence managed to get some turnovers keeping RGs goals to 2. Some great shooter to shooter passing from volumes attack gave their GS time to focus on finding the net meaning they scored 5. RG kept up the pace but time ran out for them to make a full comeback.

**Final Score: Volume 21 - 15 RG7 Rockets**



## MATCH REPORT

### Volume Vs RG7 Rockets

27/02/2019

POM: Andrea Varney (Volume)

POM: Alix Palmer (RG7 Rockets)

Volume got off to a flying start scoring the first 3 goals. RG responded with some fast on court play especially from C Suzie Maroof who pushed the ball to the circle allowing their shooters to find their feet and convert their chances. Volume's defence marked tightly all the way down court & some fantastic interceptions from WD Lauren Jennings meant they turned over a few centres and took control with the quarter ending 6 goals to 3 in their favour

Volume started to settle at the beginning of Q2, taking time with their passing and keeping possession. Their GK Katie Antcliffe took advantage of her height & managed to get a few rebounds which went to their player of the match C Andrea Varney who linked their defence & attack well. RG kept up the pace throughout Q2 with some great space and feeding from WA Charlotte Maskell who unfortunately then had an ankle injury & was replaced by Lucy Farrell from Razzlers. Lots of shooter to shooter passing from Volume allowed them to get closer to the post managing to score 7 to RGs 5 and the quarter ended 13- 8 to Volume

RG came out fighting in Q3 determined to close the gap. Their defence really put on the pressure forcing Volume to make some long passes which were not received & went off court. RGs player of the match GA Alix Palmer did some great drives into the circle, finding space & converting some long range shots. Volume responded with quick accurate passing into the circle by WA Charlotte Denniss straight to their GS Elizabeth Craig who was holding her space well. Basic errors from both teams meant possession changed hands several times but it remained an even quarter with RG scoring 7 to Volumes 8. Q3 ended 21-15 to Volume

An even final quarter with both teams scoring 6 goals. RG's GK Lesley Myers managed to intercept some bounce passes into the circle with her tight marking & RG capitalised on some missed shots sending the ball back up court to their GS. 100% effort from everyone on court particularly from Volumes WA Charlotte Denniss & RG's WD Ollie Thompson who were both playing very fast & were a great match in terms of speed & dodging. RG were unable to make up the gap from the first half of the game and the enjoyable and friendly game ended with a volume win 27-21

**Final Score: Volume 27 - 21 RG7 Rockets**



## MATCH REPORT

### RG7 Rockets Vs Thunderbirds 1

30/1/2019

POM: Alix Palmer (RG7 Rockets)

POM: Stacey Delve (Thunderbirds 1)

In an impressive show of dominance and an epic performance from POTM and Thunderbirds centre, Stacey Delve Thunderbirds scored an incredible 46 goals to RG7 Rockets' 10.

Off to a strong start, the fluid play of Thunderbirds saw them take the first quarter 8-4.

With fabulous linking play in attack and super shooting the attacking trio of Abbie Walker (GS), Holly Humphreys (GA) and Anna Kerry (WA), Thunderbirds extended their lead in Q2 going in to half time ahead 19-7.

Despite dynamic play from the POTM Alex Palmer (GA) RG7 we only able to score a further three goals in Q3. Unfortunately RG7s' hard working defensive unit of Myers (GK) and Callaway (GD) powered by the relentless effort of Olivia Thompson at WD they were unable to prevent Thunderbirds from running away with a lead of 31-10.

The intuitive play of Thunderbirds defensive duo Laura Alldis and team captain, Jo Healing, paired with the intense pressure from WD, Karisha Browne, RG7 failed to score in the final quarter, whilst Thunderbirds netted a further 15 goals to take the game 46-10.

**Final Score: RG7 Rockets 10 - 46 Thunderbirds 1**



## MATCH REPORT

### RG7 Rockets Vs LP Hurricanes

16/1/2019

POM: Alix Palmer (RG7 Rockets)

POM: Charlotte Ostrowski-Roberts (LP Hurricanes)

The cold night began with a steaming start for both teams. LP Hurricanes won the toss and quickly converted their centre from speedy play between WA Jade Waite and GS L. Cousins. However RG7 were quick to follow this play and the first 5 minutes were goal for goal between the two teams with fast accurate feeds from WA Ollie Thompson into GS Katharine Norris converting them with ease. After some outstanding interceptions from LP Hurricanes WD, they managed to take the lead ending the 1st quarter 11-7.

The second quarter saw LP Hurricanes storm ahead and further their lead even more as they consistently played the ball into the D without struggle and with lovely play down the court from C Jodie Penny. GK and GD put pressure on Rockets shooters and with vital and accurate interceptions from Libby Covell, LP Hurricanes furthered the scoreline ending the quarter 26-12.

The penultimate quarter was a strong fight between the two teams with Rockets WD Millie Thompson making it difficult for LP Hurricanes WA Jade. However this did not stop the interceptions up and down the court amongst the LP Hurricanes players which they successfully converted with ease thanks to crucial tips and excellent shooting by best player GA Charlotte Ostrowski-Roberts. The quarter ended 34-16.

The final quarter saw rockets fight back in an attempt to win their point and this was achieved by the strong team play from rockets across the court. The great communication and defence from GD Laura Milne and GK Lesley Myers put pressure on LP Hurricanes shooters causing forced errors upon which Rockets acted quickly upon and turned over with fast drives from best player GA Alix Palmer and accurate feeds by C Suzie Maroof. It was a strong fight and enough to win the point but LP Hurricanes ultimately won the well contested match. Great play by all.

**Final Score: RG7 Rockets 23 - 43 LP Hurricanes**



## MATCH REPORT

### RG7 Rockets Vs RG7 Jets

14/11/2018

POM: Katie Norris (RG7 Rockets)

POM: Jess Hodgson (RG7 Jets)

With this being the first meeting of the season for the two promoted RG7 teams, this promised to be a competitive encounter and Jets got the match underway having won the toss. Both teams were playing in untested formations but Rockets settled the more quickly of the two. Accurate feeds into the shooting circle by Rockets C Maroof and WA Maskell, playing her first game of the season after injury, made it difficult for the Jets defensive pairing of GK Callaway and GD Duncan-Brown. Rockets capitalised with GS Norris dominating and barely missing a shot, well supported by GA Palmer, to take the lead 11-3 at the end of the first quarter.

A switch in centre court for Jets at the break saw them work the ball through the court more consistently with Hodgson, having moved to WD, reading the passes to pick up a few interceptions before helping Jets C Humphries and WA Hunt work the ball up towards their shooters (GA Wilkinson and GS Bell) who were gaining in confidence. Half time saw Rockets retain the lead at 19-7.

Both teams kept their playing personnel in the same positions for the remainder of the match, each staying focussed and positive throughout. Rockets kept the pressure on for the duration of the match to maintain and then stretch their early lead. WD Thompson worked hard to keep the Jets GA out of the shooting circle. GK Myers and GD Milne played well as a pair, each picking off some of the passes in with well timed movement to intercept the ball. At the other end, the Jets GK and GD stayed tight to the Rockets shooters, forcing Rockets to play the extra pass, with the support and direction of their energetic WD, Thompson, whilst the shooters worked themselves free. Rockets, ultimately, won 31-14.

**Final Score: RG7 Rockets 31 - 14 RG7 Jets**



## MATCH REPORT

### Laurel Park Thunder Vs RG7 Rockets

19/09/2018

POM: Palmer (LP Thunder)

POM: McDonough (RG7 Rockets)

From the whistle it was clear that this was going to be a fast-paced game with both teams coming out strong and determined. RG7 started to take the lead after capitalising on some missed opportunities from Laurel Park's shooters, bringing the ball patiently down to their attack where Norris (GS) and Palmer (GA and POM) created some well thought through passages of play to enable them to convert to goal. The quarter finished 9-4 to RG7.

A change in attack for Laurel Park saw Gillard move to GA and instantly this opened up more opportunities as she worked concisely with Purdy (GS). The defensive duo of Milne (GD) and Myers (GK) did well to protect the post and forced Laurel Park to move around the circle to find better shooting positions. This quarter saw some very quick and direct play from both teams, with clinical centre passes that were hard to break down. The quarter was much more matched from both teams and finished 16-10 to RG7.

The intensity remained the same going into the third quarter, with very little separating the RG7 centre court of Myers (WA), Maroof (C) and Thompson (WD) from the Laurel Park opposition of West (WA), Harkness (C) and Wilson (WD). RG7 did well to use the width of the court to draw the Laurel Park defenders off the post to create more space in attack. Laurel Park matched this with some fast paced counter attack and some very direct and forward play through the mid court. This prevented RG7 pulling any further ahead, finishing the quarter 21-16 to RG7.

The Laurel Park defence pulled through the last quarter fatigue to make some fantastic interceptions, and took advantage of some silly mistakes from RG7. Having an eighth player in Larcombe made all the difference by having fresh legs on court. Starting the quarter five behind they clawed back to within 1. The defensive duo of McDonough (GD and POM) and Corscadden (GK) moved around the circle effortlessly making vision difficult for RG7. Unfortunately there just weren't enough minutes on the clock for Laurel Park and RG7 came away with a win.

**Final Score: Laurel Park Thunder 24 - RG7 Rockets 25**