# HNC SELECTION CRITERIA
# 15 - 18 yrs old - U16 - U18

***Movement Skills***

- SBP (stable body position)
- Landing, stopping, take off using either leg 1 foot/2 feet
- Body control
- Driving to the ball
- Meeting the ball hard & turning fully
- Multi-directional & combinations of movements
- Using footwork to advantage e.g. stepping around a defence
- Quick recovery

***Ball Skills***

- Passing variety
- Passing length - up to 20m
- Varying release time
- Releasing from where received
- Passing to space
- Passing in the air
- Using both sides of body
- Taking high passes
- Contesting on the ground & aerially
- Peripheral vision
- Release time
- Deception with the ball
- Directed bat - left and right

***On Attack - Technical***

- Change of direction, pace
- Front cuts
- Rolls, half rolls
- Pass and cut
- Lead up to go back
- Using screens
- Linking a variety of movements

***On Attack - Tactical***

- Changing the timing
- Play from turn over
- Play from stoppages
- Play from penalties
- Throw ins - all thirds

- Centre pass 1st & 2nd phase
- Transition onto attack
- Circle edge positioning
- Inside/outside circle links
- Using triangles
- Feeding on and off the circle

***On Defence - Technical***

- Movement around attack
- Open/closed marking
- Back, back and up

***On Defence - Tactical***

- Centre pass - 1st, 2nd and 3rd phase
- Confusing the space
- Phases of defence
- Space/zone
- Directing
- 2 on 1
- Isolate
- Unit defence
- Inside/outside links
- Play from turnovers
- Play from penalties
- Restricting
- Transition onto defence

***Game***

- Good rules knowledge
- Substitutions/changes
- Scenarios

***Specialist - Shooting***

- 80% + accuracy
- Using footwork - bk, fwd, side
- Varying release of shot
- Rebounding

***Specialist – Defence of Shot***

- Variety
- Screening out
- Covering another shooter
- Outlet pass
- Rebounding
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***Strength & Conditioning***

- Fitness components - speed, strength, endurance, flexibility
- Core strength
- Cross training
- Recovery procedures

***Mental Skills***

- Activation Control
- Confidence
- Self-awareness
- Work ethic - self reliance, consistency, continuous improvement
- Time management

***Sports Medicine***

- Warm up & cool down
- Functional movement
- Muscle balance
- Injury self-management

***Values***

- Enjoyment
- Role modelling
- Being a team member
- Foster team culture and teamwork on and off the court
- "We" before "I" philosophy