HNC SELECTION CRITERIA
Seniors, U23, U18, & Social + Men's

Movement Skills

- Body control, SPB (stable body position) landing & stopping
- Able to maintain dynamic and static balance on the ground or at speed on either leg or both
- Movement recovery
- Multi-directional & combinations of movements
- Acceleration/deceleration at varying speeds
- Using footwork to advantage
- Meeting ball hard & turning fully

Ball Skills

- Pass variety and length on and off balance
- Contesting on the ground and aerially
- Able to release quickly and accurately in all situations on the ground or in the air
- Complex decision making under pressure and on the move
- Varying release time
- Releasing from where received
- Passing to space
- Passing in the air
- Using both sides of the body
- Taking high passes
- Peripheral vision
- Release time
- Directed bat - left and right
- Deception with the ball

On Attack - Technical

- Work ball through confined congested space fluently and smoothly using a
- variety of movements
- Screens - stationary and moving
- Change of direction, pace
- Front cuts
- Rolls, half rolls
- Pass and cut
- Lead up to go back
- Linking a variety of movements
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On Attack - Tactical

- Changing the timing
- Playing at speed while maintaining possession and accuracy
- Play from turn over
- Play from stoppages
- Play from penalties
- Throw ins - all thirds

- Centre pass
- Transition onto attack
- Court use width and depth
- 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
- Countering screens

On Defence - Tactical

- Centre pass - 1st, 2nd, 3rd + phases
- 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
- Combinations of strategies

Game

- Very good rules knowledge
- Substitutions/changes
- Pressure scenarios

Specialist - Shooting

- 85% + accuracy
- Using footwork - bk, fwd, side
- Varying release time of shot
- Lay up, falling out of court
- Rebounding

Specialist – Defence of Shot

- Variety
- Screening out
- Covering another shooter
- Outlet pass
- Rebounding

Strength & Conditioning

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

Mental Skills

- Self reflection
- Activation control
- Confidence
- Self -awareness
- Work ethic - self reliance, consistency, continuous improvement
- Time Management
- Performance under pressure
- Resilience
- Overcoming road blocks
- Conflict resolution
- Leading change

Sports Medicine

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

Values

- Enjoyment
- Role modelling
- Core personal & team characteristics to achieve the best within a successful team environment
- Foster team culture and teamwork on and off the court
- "We" before" I" philosophy