# HNC SELECTION CRITERIA

## 8-10 years old - Yrs 3-6

***Movement Skills***

- SBP (stable body position)
- Landing
- Jumping
- Running - fwds,bkwds
- Pivoting

***Ball Skills***

- Catching - stationary, moving
- Passing - chest, bounce, lob, 1-handed
- Passing to space

***On Attack – Technical***

- Straight Leads
- Change of direction
- Dodge

***On Attack – Tactical***

- Spatial awareness
- Court balance
- Through court
- Centre pass

***On Defence – Technical***

- 1 on 1 defence
- Intercepting

***On Defence - Tactical***

- Centre pass

***Game***

- Basic rules knowledge

***Specialist – Shooting***

- Technique
- Rebounding

***Specialist – Defence of Shot***

- Technique
- Rebounding

***Sports Medicine***

- Warm up & cool down

***Values***

- Enjoyment
- Fair play
- Being a team member