# HNC SELECTION CRITERIA
## 11-14 years old - Yrs 7-10

***Movement Skills***
- SBP (stable body position)
- Landing, stopping, take off using either leg 1foot/2 feet
- Angle running
- Meeting the ball hard
- Turning in the air
- Driving to the ball
- Running - fwds, bkwds, sideways
- Jumping 1 foot/2 feet
- Take off

***Ball Skills***
- Passing variety
- Passing to space
- Reading the space
- Using both sides of the body
- Taking high passes
- Peripheral vision
- Contesting on the ground
- Toss ups

***On Attack – Technical***
- Straight leads
- Change of direction
- Change of pace
- Dodge

***On Attack – Tactical***
- Court balance
- Timing of movements and passes
- Play from turn over
- Throw ins
- Centre pass - 1st phase
- Straight line play
- Using the square pass
- Play from stoppages

***On Defence - Technical***
- 1 on 1 defence including 0.9m on the ball
- Intercepting

***On Defence - Tactical***
- Play from turnovers
- Throw ins
- Unit defence
- Centre pass

***Game***

- Rules knowledge
- Substitutions/changes

***Specialist - Shooting***

- 70% + accuracy
- Shooting technique
- Using footwork - step back
- Rebounding

***Specialist – Defence of Shot***

- Lean, jump
- Screening out
- Rebounding
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***Strength & Conditioning***

- Fitness components - speed, strength, endurance, flexibility
- Core strength

***Mental Skills***

- Concentration
- Commitment

***Sports Medicine***

- Warm up & cool down
- Functional movement

***Values***

- Enjoyment
- Fair play
- Being a team member