

The coaches will be using the following process for selection:

1. Performance at trials
2. Performance at training throughout the year
3. Performance previously representing Atlantis at all age groups
4. Performance during current season (In age group and playing up an age grade)

## **Selection Criteria**

### **Fitness**

- Swimming Speed
- Swimming Endurance
- Leg Strength
- Leg movement
- Explosive speed

### Fundamental Skills

- Individual/team play characteristics
- Individual ball handling
- Application of skills to the game situation
- Passing under pressure
- Ability to maintain possession
- Ability to make and execute correct decisions under pressure
- Game and shot clock awareness
- Technical abilities in specific positions

### **Drivers**

- Ability to shoot – technical and shot selection
- Ability to create a passing option / assist a team mate/ good pass selection
- Ability to earn an advantage or exclusion

### Centre Defenders

- Ability to read the game (attack and defense)
- Ability to front mark
- Ability to counter attack
- Ability to communicate with defence and follow tactical instructions

## **Centre Forwards**

- Ability to control opposition
- Ability to control the ball
- Ability to execute range of shoots
- Good shot selection
- Ability to earn exclusions
- Ability to cover and participate in team defense

## **Outside Shooters**

- Good shot selection
- Ability to shoot under pressure
- Ability to shoot around blockers
- Ability to score from different positions/angles

## **Goalkeepers**

- Ability to block shots
- Ability to communicate with defense
- Reaction to rebounds/ CF shots
- Long accurate passes
- Technical able depending on shot (lob etc.)
- Ability to anticipates
- Ability to read the game and steal balls

## **Team Work - ALL PLAYERS**

- Work effectively with the team
- Play and co-operate within the team
- Good communication skills - in and out of the pool
- Display leadership qualities
- Ability to adhere to the game plan

### General Attributes

- Strength
- Speed
- Aerobic ability
- Endurance
- Resilience
- Tactical knowledge - defense, attack, extra player systems
- Self-motivated
- Determined
- Hard working
- Coachable
- Commitment to the team and training attendance
- Team Culture