

| | Foundation NSG | Development 13/U | Advanced 17/U | Elite 17+ |
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| Movement Skills | <ul style="list-style-type: none"> • Balance • Jump/leap/hop and landing (1 foot / 2 feet) • Pivot • Sprint • Side step | <ul style="list-style-type: none"> • Take off and sprint • Sprint and stop • Working a number of combinations • Jump off right and left foot and both feet simultaneously • Land and balance on right or left foot and both feet • Pivot (outside turn) | <ul style="list-style-type: none"> • Sprint and change direction • Change of pace • Side running • Speed of footwork • Recovery footwork • Turn in the air • Pivot in all directions | <ul style="list-style-type: none"> • Turning from a sprint movement • Safe landing after sprint |
| Ball Skills | <ul style="list-style-type: none"> • Catch • Chest pass • Shoulder pass | <ul style="list-style-type: none"> • Introduce one hand control • Bounce Pass • Lob | <ul style="list-style-type: none"> • Catch – snatch • Overhead pass • Use of ball on either side of body • Introduce the fake • Speed and timing on release of pass • Variety of options under pressure | <ul style="list-style-type: none"> • Catch high and low balls one handed • Hook ball into catch • Advanced use of ball on either side of body • Fake • Hip pass • Step around pass |
| Attacking Skills | <ul style="list-style-type: none"> • Straight lead • Single dodge • Change of direction | <ul style="list-style-type: none"> • Double Dodge • Two leads • Re-offer • Combine into simple movements on court | <ul style="list-style-type: none"> • Lunge • Lead and drop • Clear and drive • Hold • Half roll, full roll • Front cut • Feeders hitting the circle • Space awareness • Vision • Timing • Decision making • Communication skills | <ul style="list-style-type: none"> • Drive, stop and lunge back • Double play • Screens • Attack against area defence and off-line |

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| <p>Defending Skills</p> | <ul style="list-style-type: none"> • Shadow movement • Hands over the ball | <ul style="list-style-type: none"> • Defensive footwork • Shadow defence • First ball pressure to a contest • Interception • Recovery to three feet (0.9 metres) • Combine simple movements into defending actions • Defend the shot – lean and jump • Rebounding | <ul style="list-style-type: none"> • Body control/ repositioning • Positioning side and back • Two on one • Two back and up • Sagging • Hands over the ball to dictate pass • Delay and deny space • Defending around the goal circle • Split circle • Work together in/out of the circle • Communication skills • Defend the shot – inside hang and block out | <ul style="list-style-type: none"> • Keeping attackers off edge of circle • Area/Zone • Off-line • Defend the shot – greater variation including windmill and double jump |
| <p>Shooting Skills</p> | <ul style="list-style-type: none"> • Basic shooting action | <ul style="list-style-type: none"> • Basic shooting action increasing distance from post • Rebounding • Introduce working together in and out of circle | <ul style="list-style-type: none"> • Technique correct and accurate • Step forward/back/side • Fake shot • Falling out of court shot • Work rate and the shot • Working together in and out of circle with greater variation – including screens • Communication skills | <ul style="list-style-type: none"> • Jump shot • Shuffle shot • Variation on timing and release |
| <p>Strategies</p> | <ul style="list-style-type: none"> • Learn rules of centre pass • Learn rules of base line throw-ins | <ul style="list-style-type: none"> • Basic centre pass attack and defence – one on one • Basic throw-ins | <ul style="list-style-type: none"> • Variation of centre pass – two on one • Variation of basic throw-ins • Outlet pass • Transition from attack to defence and vice versa • Penalty pass/shot and free pass | <ul style="list-style-type: none"> • Greater variety on centre pass attack set up – screens/overload • Greater variety on centre pass defence set up – wall, forcing attack wide • Greater variety on throw-ins • Work rate and intensity |