

## MID HILLS NA Trial Skills

	<b>11 and Under</b>	<b>13 and Under</b>	<b>15 and Under</b>	<b>17 and Under</b>
Movement Skills	<ul style="list-style-type: none"> <li>• Basic directional footwork</li> <li>• pivoting skills</li> <li>• jump, land, and balance</li> </ul>	<ul style="list-style-type: none"> <li>• change of direction/dodge</li> <li>• consolidate change of pace</li> <li>• jump, land, and balance</li> </ul>	<ul style="list-style-type: none"> <li>• Pivot- inside/outside</li> <li>• Consistent balance</li> <li>• Change of direction/dodge/pace</li> </ul>	<ul style="list-style-type: none"> <li>• Balance and control</li> <li>• Correct pivot</li> <li>• Change of direction/dodge/pace</li> </ul>
Ball Skills	<ul style="list-style-type: none"> <li>• consistent catch</li> <li>• correct chest pass</li> </ul>	<ul style="list-style-type: none"> <li>• consistent catch</li> <li>• correct chest pass</li> <li>• correct shoulder pass</li> </ul>	<ul style="list-style-type: none"> <li>• Strong catching skill</li> <li>• Correct chest/shoulder/basic lob</li> <li>• Control of pass</li> </ul>	<ul style="list-style-type: none"> <li>• Strong catching skill</li> <li>• Strong, controlled &amp; accurate passing</li> </ul>
Attacking Skills	<ul style="list-style-type: none"> <li>• basic angled lead</li> <li>• basic drive to ball</li> </ul>	<ul style="list-style-type: none"> <li>• angled lead</li> <li>• drive to ball</li> <li>• re-offer</li> <li>• basic space understanding</li> </ul>	<ul style="list-style-type: none"> <li>• strong angled leads</li> <li>• strong drive to ball</li> <li>• re-offer</li> <li>• timing of lead</li> <li>• space awareness</li> </ul>	<ul style="list-style-type: none"> <li>• strong angle leads</li> <li>• strong drive to ball</li> <li>• re-offer</li> <li>• accurate timing of lead</li> <li>• space awareness</li> <li>• Front cut/hold</li> </ul>
Defending Skills and strategies	<ul style="list-style-type: none"> <li>• discipline</li> <li>• consistent 3ft</li> <li>• hands over ball</li> <li>• basic shadowing</li> </ul>	<ul style="list-style-type: none"> <li>• discipline</li> <li>• consistent 3ft</li> <li>• shadowing</li> <li>• Basic understanding of 3 phase of defence –               <ol style="list-style-type: none"> <li>1. first ball pressure</li> <li>2. intercept attempt</li> <li>3. hands over ball</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• discipline</li> <li>• consistent 3 ft</li> <li>• shadowing</li> <li>• body control</li> <li>• Understanding and execution of 3 phase of defence –               <ol style="list-style-type: none"> <li>1. first ball pressure</li> <li>2. intercept attempt</li> <li>3. hands over ball</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>• Discipline</li> <li>• Consistent 3ft</li> <li>• Shadowing - front, side, behind</li> <li>• Body control</li> <li>• Reading play/timing</li> <li>• Consistent execution of 3 phases of defence -               <ol style="list-style-type: none"> <li>1. first ball pressure</li> <li>2. intercept attempt</li> <li>3. hands over ball</li> </ol> </li> </ul>
Shooting Skills and strategies	<ul style="list-style-type: none"> <li>• basic shooting action</li> <li>• basic rebounding</li> </ul>	<ul style="list-style-type: none"> <li>• shooting action</li> <li>• rebounding</li> <li>• increasing distance from post</li> <li>• basic circle balance</li> </ul>	<ul style="list-style-type: none"> <li>• correct and accurate technique</li> <li>• circle balance</li> <li>• circle lead options</li> </ul>	<ul style="list-style-type: none"> <li>• correct and accurate technique</li> <li>• circle balance/rotations</li> <li>• Holds</li> <li>• Shooter to shooter connections</li> </ul>
Strategies	<ul style="list-style-type: none"> <li>• throw in options - correct feet, distance</li> </ul>	<ul style="list-style-type: none"> <li>• throw in options - correct feet, distance</li> <li>• centre pass strategies</li> </ul>	<ul style="list-style-type: none"> <li>• throw in options - correct feet, distance</li> <li>• centre pass strategies</li> <li>• court transition/drive</li> <li>• court balance</li> </ul>	<ul style="list-style-type: none"> <li>• throw in options - correct feet, distance</li> <li>• centre pass strategies</li> <li>• court transition/drive</li> <li>• court balance/corridors</li> <li>• reset</li> </ul>