

Training Squads and Selection Policy Guidelines:

There will be 3 training squads: Cyclones, Tornadoes and Force.

Over the course of the pre-season training, coaches have been evaluating players and their level of skill, ability, knowledge, fitness and based on a recent survey, availability. Players will now be placed into the various training squads with players of similar abilities and skills. This will then allow the coaches to streamline and tailor the sessions to meet the demands of that group, providing a fun but challenging environment advantageous to all players and will hopefully promote a more enjoyable experience.

These are **only** training squads. Teams have not been selected yet and due to numbers there may be teams that are made up of players from different training squads.

Each training squad will have a set of targets to provide players and coaches with a benchmark for achievement at each level.

One of our main priorities is player development, therefore at any stage, a player can request an evaluation to see their level of progress and pending that evaluation, can request to move into another squad.

But players should remember that Coaches must agree to any movement between squads also.

Cyclones

<u>Targets:</u>	Pass off left and right hands and on the move Catch on the move Dump (play ball on ground with minimum movement of ball) Scoop Execute 4's Execute buddies
<u>Availability:</u>	Initiate touch 50% training attendance

Tornadoes

<u>Targets:</u>	All of the targets set for Cyclones AND Knowledge of attacking policies Knowledge of defensive policies Knowledge of driving policies Ability to execute policies at training The ability to sustain a reasonable level of performance for a 40mins game
<u>Availability:</u>	50% training attendance 2 x STS tournaments

Force

Targets:

Advanced skill set of targets for Cyclones
AND Tornadoes as well as:
Knowledge and understanding of all
attacking policies
Knowledge and understanding of all
defensive policies
Knowledge and understanding of all
driving policies
Ability to execute policies under pressure (game)
Ability to sustain a high level of performance for a
40mins game

Availability:

60% training attendance
3 x STS tournaments attendance