Practical Skills Assessment Marking Sheet Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Skill | Adequate skill level never demonstrated | Adequate skill level rarely demonstrated | Adequate skill level demonstrated less than 50% of the time | Adequate skill level demonstrated approximately 50% of the time | Reasonable skill level demonstrated more than 50% of the time | Almost always demonstrated | Always demonstrated |
| Shoulder pass |  |  |  |  |  |  |  |
| Lob pass |  |  |  |  |  |  |  |
| dodge |  |  |  |  |  |  |  |
| Outside foot land and pivot |  |  |  |  |  |  |  |
| 3 feet recovery |  |  |  |  |  |  |  |

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| **Conditioned Performance total 20 marks** | |
| Use of space, Positioning, Execution, and Decision-making | |
| 9–10 Always demonstrated at an exceptional level of skill and pressure | |
| 7–8 Consistently demonstrated skill and pressure | |
| 5–6 Frequently demonstrated, but not as intense as (7–8) | |
| 4–5 Adequate skill level demonstrated | |
| 2–3 Low level of skill demonstrated | |
| 1 Poor skill level demonstrated | |
| 0 Adequate skill levels never demonstrated | |
| **Offense (10 marks)** | **Defence (10 Marks)** |
| Execution:  Centre pass following a score, sideline throw-in – attack and defence, end line throw-in – attack  and defence and penalty pass / infringement  Maintaining possession  • Off-the-ball skills - strong leads, reading off front person and vision of options  • On-the-ball skills - passing – chest, shoulder, bounce, overhead, catching – 2 hands, ball  in space and pivot, land and turn outside foot and ball fake  Attacking the Goal Circle  Shooting  • Off-the-ball skills - circle rotations, angled drives, short and sharp drives, space  awareness and ability to create space  • On-the-ball skills - quick ball movement, strong hands, run on to the catch and turn  quickly and look down court first  Winning possession  • Off-the-ball skills - defence off the ball, running through on intercept, footwork, body  management  • On-the-ball skills - defence on the ball, 2 hands on intercept and balance  Using space:  Use of Space  • Off-the-ball skills - starting positions and quick transition into position  • Off-the-ball skills - set a screen, 2 leads – split and re-offer, give-and-go, quick, strong  drives and timing  • On-the-ball skills - give-and-go, fake and choice of pass / execution  Creating space:  • Off-the-ball skills - clearing lead, dodge, drive and re-offer and front-cut and back-cut  • On-the-ball skills - fake on pass and choice of pass / execution | Decision making:  Defending the opponent  • Off-the-ball skills - ball side defence, shadow, 1-on-1 and first ball defence  • On-the-ball skills - intercept the ball and outlet pass on transition  Defending the Goal Third  • Off-the-ball skills - 1-on-1, double defence, set ups on C-pass, block out, off line, zone  defence and offline defence  • On-the-ball skills - hands over pressure, quick footwork – cut off step and rebound, outlet  pass  Decision Making  • On-the-ball skills - decisive quick movements, choice of pass, placement of pass and  strong hands on catch  • On-the-ball skills - decisive quick movements, choice of pass, placement of pass and  strong hands on catch |