

UNDER 22 MIXED METRO TEAM SELECTION CRITERIA

We are looking for a group of positive, committed athletes with a strong desire to develop their individual skills and grow within a supportive team environment. The selection criteria below outline some of the key skills we are looking for. These are designed as a guide to help you perform your best at the tryouts.

Attitude [stated and demonstrated desire to improve yourself and the team]

- Have a positive attitude that empowers individuals on your team and creates a strong, united team culture
- Give and receive constructive feedback well, follow-up and demonstrate a change of behaviour based on new information/advice
- Demonstrate intensity and focus when required at training and inspire that behaviour in others
- Demonstrate and uphold Spirit of the Game, including good rules knowledge, respectful communication and a fair-minded approach
- Respect your teammates, coaches and administrators

Commitment [train and play with the team]

- Commitment to trainings - we expect you to attend both training camps barring special circumstances and at least one strength/conditioning session a week outside of training
- Commitment to the tournament - you must be able to attend the National Championships in June

Physical condition [be fast and fit]

- Good levels of physical fitness and athleticism, including speed, vertical leap, footwork and agility
- Demonstrate commitment to resolving injuries and maintaining your levels of fitness

Offence [be an effective player in your role and valuable to your team]

- Demonstrate good decision-making with the disc in hand
- Demonstrate a consistent and penetrating range of throws that matches your position on the field
- Demonstrate the ability to make intelligent, efficient and effective cuts

Defence [be smart and get blocks]

- Effectively contain the opposition according to a team plan, either in one-on-one situations or in a zone. Build and maintain sustained pressure
- Get blocks without causing deliberate or unnecessary physical contact

Overall on-field abilities [be field-aware and adaptable]

- Confidently play a role on the field, with a focus on team success above individual ambitions
- Demonstrate an ability to understand, adapt to and execute a range of offensive and defensive structures