Selection Criteria – 2019 Victorian Under 22s Mixed team

Disc skills

- Reliable catching (especially with two hands) and also catching above the head.
- Steady flat throws over a minimum of 15m.
- Confident in throwing break passes over distance of 5m-10m.
- Can throw for distance (30m+) at will when unmarked.

Fitness

- Reasonable aerobic capacity, should be comfortable playing out a 5 minute point at full pace.
- Demonstrates that additional training is done outside of team trainings.
- Durability (ability to maintain training and match fitness over the campaign)

Offense

- Actively offers cutting options other than "open-under".
- Can clear quickly out of active space when not thrown to.
- Willing to offer cutting options that are likely to be unrewarded by throwers.
- Plays a role in a particular structure, however has the ability to change roles when necessary.
- Comfortable playing any position (handler, cutter, receiver) when needed.

Match Defense

- Understands and holds the force on the mark. Does not reach over for hand blocks on open side.
- When guarding cutters, positions body to take away most damaging cutting option.
- Is able to reposition appropriately, based on where the disc is on the field.
- Keeps ~80% of their focus on player they are guarding (rather than the thrower).
- Willing to accept incidental physicality in contested disc situations.

Zone Defense

- Keeps more than 50% of their focus on offensive players, rather than the disc.
- Repositions appropriately based on where the disc is on the field.
- Plays role in structure, however also understands when to change role.
- Talks and listens to teammates when on the field.

Decision Making

- Understands that they have six teammates on the field and uses all players effectively
- Turns whole body to face the dump when engaged, not just their head.
- Looks to centre field early when in possession of the disc close to the sideline.
- Comfortable in losing yardage when close to the endzone.
- Understands and engages in basic principles of help D (e.g. flashing, switching)
- Hucks from centre field and not the sideline.

Team engagement

- Participates in all warmups and cooldowns with the team.
- Shows respect to the person addressing the group at the time.
- Maintains positive body language and attitude.
- Maintains involvement in supporting the team while on the sideline.
- Able to regulate emotion/attitude during and after game time (ie: no negative outbursts, giving up, etc).

Bonus criteria
(Not essential, but players who excel in these areas will receive favourable weighting after the above criteria)

- *Outstanding aerobic capacity*
- *Outstanding aerial ability (vertical elevation, high catches etc.)*
- *Outstanding top speed over ~40m distance*
- *Can throw for distance (40m+) at will (marked or unmarked)*
- *Confident in throwing break passes over 15-20m*
- *Consistently lands pulls in-bounds within 10m of goal line.*