

INTERMEDIATE

Swimming - Technique

- Applies head up freestyle stroke and breaststroke kick with speed and agility
- Applies head-up backstroke with speed and agility

Swimming - Distance

- 100 m head-up freestyle stroke and breaststroke kick (**TEST**)
- 50 m head-up backstroke (**TEST**)
- 8 x 50 m (on 45/50/55) spring - freestyle (**TEST**)
- 300 m freestyle swim (**TEST**)

Dribbling

- 100 m swim (in under 1m 30s) maintaining control of ball (**TEST**)

Legwork

- Egg-beater with 1kg ball above head for 60 secs (**TEST**)
- Jumps – 8 sets (30 secs on & 15 secs off) (**TEST**)

Offensive Ability

- Moves into space and creates free space strategically and with speed
- Executes correct ball handling technique (both catching & passing) with control and accuracy
- Understands and demonstrates ability to force exclusion fouls
- Able to transition to attack to defence efficiently
- Understands the multiple positions in attack
- Able to catch and pass one-handed 50 times @ 1m, 3m, 8m, 10m (**TEST**)

Defensive ability

- Can apply defensive pressure
- Can provide defensive help
- Able to steal the ball to regain possession
- Able to transition from defence to attack efficiently
- Plays multiple positions in defence
- Able to block shots

Shooting

- Attempting to execute different shooting techniques:
 - Perimeter shooting
 - Close range shooting
 - Wing shooting
 - Man-up perimeter shooting
 - Man-up close range shooting
 - Man-up wing shooting skill
- Shooting @ 5 m from 3 points of the mushroom (**TEST**)
- Shooting @ 8 m from 3 points (**TEST**)

Basic Rules (TEST)

- Has a good understanding of the rules
- Demonstrates a good understanding of the game