



## Appendix 3

### Player Characteristics

#### Commonwealth Games Birmingham 2022, Nomination Policy and Selection 3x3 Wheelchair Basketball

##### **Player Characteristics; Off Court:**

- Committed to playing international wheelchair basketball for Northern Ireland.
- Committed to making training and lifestyles choices that will enhance individual and national team performance.
- Committed to engaging and learning from training and competition analysis.
- Committed to all aspects of team development including; individual and team training, competitions, education workshops and any other activities that support the growth of the NI team.
- Exhibiting positive behaviours conducive to the growth and performance of the national team and the sport.

##### **Player Characteristics; On Court:**

- Exhibit the ability to play within a team and contribute towards a cohesive national team performance.
- Exhibit wheelchair basketball skills that will enhance team performance such as shooting/scoring, rebounding, chair control, chair-ball handling and passing.
- Exhibit athletic ability and optimal physical readiness including speed, agility, repeat sprint ability, power, strength, height and muscular robustness.
- Exhibit strong interpersonal and leadership skills that will contribute to team cohesion and performance, including strong communication skills, decision making abilities, mental toughness and reliability.
- Exhibit an understanding of offensive and defensive processes and decision-making abilities that will enhance team performance.
- Exhibit the capacity to play offense and defence to an optimal level in a performance environment.

##### **Team Behaviours:**

Collectively, players will be expected to display the following behaviours on and off the court:

- Accountability: take responsibility of our actions.
- Collaboration: work and compete as one, we before me mentality.



- Resilience: possess the ability to recover quickly from a setback and continue to be goal orientated, individually and collectively.
- Dedication: as a team we have a commitment to work hard and care for one another.
- Industrious: work hard and diligently with purpose towards our goals.