

## ATHLETE CHARACTERISTICS

### **Athlete Characteristics; Off Court:**

- Committed to playing wheelchair basketball for Northern Ireland.
- Committed to making training and lifestyles choices that will enhance individual and 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 team and the sport.

### **Athlete Characteristics; On Court:**

- Exhibit wheelchair basketball skills that are relevant to the athlete's classification and which will enhance team performance including:
  - o **Low-Point Athletes** - Setting Picks in O and D, Ball Handling, Shooting (in identified ranges), Setting Screens, 1v1 Defence (up to 2.5), Game Management and Awareness.
  - o **Mid-Point Athletes** - Team Defence, Ball Handling, Game Management and Awareness, 1v1 Defence (up to 4.0), Shooting (from a range of distances), Range of Passing Options.
  - o **High-Point Athletes** - Offensive and Defensive Rebounding, Use of 2-Player Game in O and D, Ball Handling (passing and receiving high), Shooting (at all ranges with different varieties), 1v1 Defence (all classes), Game Management and Awareness.
- Exhibit the ability to play within a team and contribute towards a cohesive team performance.
- Exhibit athletic ability and optimal physical readiness including speed, agility, repeat sprint ability, power, strength 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, Athletes will be expected to display the following CARE behaviours:

- C – Commitment - (Committed to our development, to the programme, to ourselves and each other and to the sport)
- A – Accountability - (Taking responsibility of our actions positively and negatively, appropriately holding others to account and Next Play Speed)
- R – Respect - (For; the opposition, the officials, the coaching staff, our teammates, the programme, the sport and ourselves)
- E – Effort - (Work rate and application demonstrated on-court and off-court)