

Hockey

Hands

Push pass, receiving the ball (from right, left),

running with the ball (open stick dribble, Indian dribble , feints, close control)

Tackling,

Evasion (stick side, non-stick side) defending (man to man)

Head

Use of skills in game situations

Consistency of skills and techniques

Impact of communication during the game

Tactical awareness.

Heart

Ability to influence the performance and motivation of self and others

Impact of communication during the game

Basketball

Hands

passing – chest and bounce pass

shooting – lay-up, set shot

dribbling – either hand, changes of direction

rebounding

footwork – pivot

Head

Use of skills in a game situation

Half court defence

Out of bounds

Decision making

