

WAIS Women's Football Selection Criteria Guidelines 2009-10

	Performance	Physical	Technical	Tactical	Psychological	External
	Decision Making, Adaptability skills are key elements that occur in all categories in all the separate areas. Dependence in these skills allows the athlete to have success across all areas					
World Class International competitor in an individual athletes event with a current world ranking of 1-8 or a member of a national team which has a current world ranking of 1-4 and is considered capable of maintaining this level of performance	* Top 4 teams in World @ benchmark Tournament * Team member					
International International competitor in an individual athletes event or a member of a national team at benchmark competitions and is considered capable of retaining or progressing their level of performance	WAIS Key Performance Indicators are: * National Team member @ Benchmark Tournament * Capable of retaining or progressing their level	The athlete will take part in the testing protocols of the National Team program aiming to improve with further performances. MULTISTAGE FITNESS TEST - Level 13 / 1 + VQ2 - 57ml.kg 20m SPRINT - 3.2secs 10m Split - 1.90secs 5m Split - 1.18secs VERTICAL JUMP - 50cm + Musculoskeletal screening Physiotherapy screening	The athlete, in all game and isolated situations, consistently displays an outstanding ability to perform the following skills: TECHNIQUE Fundamentals - passing, heading, chesting, dribbling, juggling, etc. Receiving / Ball Control Passive or Closed Skill Or no Pressure Under Pressure Utilise both sides of body HABITS & BEHAVIOURS Scanning Body Position Using inside of feet Keep ball moving, etc	* The athlete, as second nature, adapts and adjusts to variations and complications in: PRINCIPLES IN ATTACK / DEFENCE Individual Group GAME AWARENESS / KNOWLEDGE Roles & Responsibilities - Position / Department Specific Ability to play in a variety of positions Understands various systems / shapes Ability to maintain possession in tight areas Understands 'cues' - e.g. time on the ball	The athlete consistently displays these attributes to a high standard: Mentally tough Coachability Goal setting Sport Intelligence Ability to cope Competitiveness Confidence Focus High Drive Intrinsic Motivation High Optimism Adaptive Emotional Control	The athletes performance is positively influenced through planning and some support networks allowing them to tackle each specific task or problem. These influences are: Family Time Management Worl / Study Lifestyle Balance Friendships Managing transition - e.g. Injury, Travel, Relocation, Retirement, Playing O/S Financial Sponsorship opportunities/arrangements/agreements
Emerging International Athlete with the capability to achieve at least international class athlete status within 1-3 years	WAIS Key Performance Indicators are: * National Senior Squad (Matildas) * National 20/U team/squad (Young Matildas or Promising Matildas) * National League team (influential member of the team) - Perth Glory (W-League)	The athlete will be able to partake in the regular WAIS program and the testing protocols of the National Team program aiming to improve with further performances. They will display a capability to physically improve. MULTISTAGE FITNESS TEST - Level 13 / 1 + VQ2 - 57ml.kg 20m SPRINT - 3.20secs 10m Split - 1.90secs 5m Split - 1.18secs VERTICAL JUMP - 50cm + Musculoskeletal screening Physiotherapy screening	The athlete is constantly challenged to consistently demonstrate the required skills to be an affective International athlete. TECHNIQUE Fundamentals - passing, heading, chesting, dribbling, juggling, etc. Receiving / Ball Control Passive or Closed Skill Or no Pressure Under Pressure Utilise both sides of body HABITS & BEHAVIOURS Scanning Body Position Using inside of feet Keep ball moving, etc	* The athlete has a basic understanding of the principles of each concept, but does not necessarily understand why and consequently is not fluid in completing the actions necessary PRINCIPLES IN ATTACK / DEFENCE Individual Group GAME AWARENESS / KNOWLEDGE Roles & Responsibilities - Position / Department Specific Ability to play in a variety of position Understands various systems / shapes Ability to maintain possession in tight areas Understands 'cues' - e.g. time on the ball	The athlete displays some of these attributes and not others with varying degrees of success: Ability to focus Mental toughness Goal setting Sport Intelligence Ability to cope Competitiveness Confidence Coachability High Drive Intrinsic Motivation High Optimism Adaptive Emotional Control	The athlete is influenced by and develops ways of handling these situations through planning and some support networks allowing them to tackle each specific task or problem. These influences are: Family Time Management Worl / Study Lifestyle Balance Friendships Managing transition - e.g. Injury, Travel, Relocation, Playing O/S Financial Sponsorship opportunities/arrangements/agreements
Potential International Athlete with the capability to achieve at least international class athlete status within 4-7 years	WAIS Key Performance Indicators are: * National 20/U Squad (Young Matildas or Promising Matildas) * National 17/U Squad * National League squad member (irregular playing time) - Perth Glory (W-League) * State 17/U	The athlete will be able to partake in the regular WAIS program - including completing testing protocols and training. They will display a capability to physically improve. MULTISTAGE FITNESS TEST - Level 12 / 1 + VQ2 - 54ml.kg 20m SPRINT - 3.25secs 10m Split - 1.95secs 5m Split - 1.20secs VERTICAL JUMP - 50cm + Musculoskeletal screening Physiotherapy screening	The athlete can successfully demonstrate the basic skills at their own age level. TECHNIQUE Fundamentals - passing, heading, chesting, dribbling, juggling, etc. Receiving / Ball Control Passive or Closed Skill Or no Pressure Under Pressure Utilise both sides of body HABITS & BEHAVIOURS Scanning Body Position Using inside of feet Keep ball moving, etc	* The athlete is developing an understanding of the basic concepts of each area PRINCIPLES IN ATTACK / DEFENCE Individual Group GAME AWARENESS / KNOWLEDGE Roles & Responsibilities - Position / Department Specific Ability to play in a variety of position Understands various systems / shapes Ability to maintain possession in tight areas Understands 'cues' - e.g. time on the ball	The athlete is beginning to understand and implement some of these attributes. The athlete could be competently displaying some and not others: Ability to focus Mental toughness Goal setting Sport Intelligence Ability to cope Competitiveness Confidence Coachability High Drive Intrinsic Motivation High Optimism Adaptive Emotional Control	The athlete is aware of the influences surrounding them but is challenged in ways they handle these instances. These influences are: Family Time Management Worl / Study Lifestyle Balance Managing transition - e.g. Injury, Travel, Relocation, Playing O/S Financial Sponsorship opportunities/arrangements/agreements Friendships

For the skills that are required to be displayed in the Technical, Tactical, Physical and Psychological areas, the athletes (within the program and within the specific Emerging and Potential Scholarship categories) will show varying degrees of success. For example, an athlete who has had a scholarship for 4 years as a Potential International, will show better skills than an athlete who is in his first year on scholarship.