



AMPLEFORTH COLLEGE

Basil Hume Sporting Excellence Assessment Criteria

There are two main areas of assessment for all candidates wishing to be considered for sporting excellence.

Fitness Screening	All candidates will be put through a fitness screening and movement analysis in the High Performance Centre used by all current Basil Hume Sports Scholars. Students will be asked to perform a number of basic movements and will be given feedback by our Strength and Conditioning coaches throughout the process.
Practical Sporting Assessment	<p>All applicants will be offered the opportunity to display a maximum of two of the ‘SkyScraper’ sports offered at the college.</p> <p>Our SkyScraper Sports are Rugby Union, Hockey, Netball, Cricket and Tennis – Assessments will be led by the respective Head of Sport who will give each performer a score for each area.</p> <p>Scale: 1 – Weak 2 – Inconsistent 3 – Competent 4 – Highly Competent</p>

- Students are invited to provide any supporting evidence they feel may contribute positively to their application.
- This can be in the form of a sporting CV or Portfolio.
- We would ask that this is no longer than three A4 sides and should be ideally sent as a pdf document to admissions@ampleforth.org.uk before arrival on the assessment day.

This document includes criteria for Rugby, Cricket, Tennis, Netball and Hockey.

Basil Hume Opportunities

Here are the opportunities that will be afforded to Basil Hume Sporting Excellence Scholars

Sports Development Programme

A series of lectures and practicals designed to give an insight into the training practices, lifestyle and development programmes of an elite athlete. Aimed specifically to help and develop our most able athletes to achieve their sporting potential.

To include, an elite role model visit and elite sporting facility visit. **1 x session every 2-3 weeks.**

Strength and Conditioning Programme

All Basil Hume Sports Scholars in year 9-11 have access within Core PE and an extended Strength and Conditioning Programme designed specifically for each individual's specialised choice of sport. **1x extra session per week**



AMPLEFORTH COLLEGE

Rugby Assessment Criteria

Core Skill	Expected Skill	Desired Skill
Catch/Pass	To be able to complete a push pass over 5m off both hands	To be able to confidently spin pass over 5m off both hands
Footwork/Evasion	Demonstrate good use of footwork to minimise contact	Demonstrate well-timed change of direction to evade contact
Ball Transfer/Fend	To be able to transfer the ball to the correct side of body when using a fend	To be able to transfer the ball at the correct time when using a fend to evade a tackle
Tackle Technique	Demonstrate a consistent tackle technique with an accurate foot placement, same foot-shoulder, head in the correct position and arms wrapped.	Demonstrate a consistent dominant tackle technique with low shoulder contact, driving the player back, punch arms and landing on the tackled player.
Tackle Assist	Understand the concept of bouncing to feet immediately after the tackle to win the ball.	Demonstrates energy post tackle through bouncing to feet and getting in the best position to win the ball back.
360 Roll	Understand the benefits and reasons for active body position on the floor post tackle, using a 360 roll.	Demonstrates energy on the floor post tackle moving the body in the best position 1st and presenting the ball 2nd.
Support Player	Understand the roll of the support player needing to react quickly to ball carriers involvement in contact	Demonstrate clear decision making when supporting players through running support lines or clearing the ruck
Defence	Understand the role of a defender and then clearly identify themselves and their role in the defensive line	Demonstrate ability to defence as individual and as part of a team, setting the back foot and controlling line speed
Game Play	Understand basic attacking opportunities through identifying and exploiting 2 on 1 situations	To understand and demonstrate more complex attacking opportunities with the ability to communicate those options



AMPLEFORTH COLLEGE

Cricket Assessment Criteria

	Grade and comments
Batting	Ability to demonstrate a variety of shots on both front and back foot to both pace, swing and spin bowling
Scenario play	Able to demonstrate and adapt performance towards different scenarios within the game
Ground Fielding	Demonstrates an understanding and appropriate application of a variety of throwing, catching and intercepting techniques
Fielding in the Deep	
Wicket Keeping	Demonstrates a variety of techniques stood up and stood back to the stumps with appropriate application.
Bowling	Demonstration of an easily repeatable bowling action. Able to offer insight into what is the intended outcome from each delivery.
Adaptability/Potential/Endurance/Overall Assessment	A General comment will be made on these principles which underpin performance in hockey and how they can continue to develop as hockey players



AMPLEFORTH COLLEGE

Tennis Assessment Criteria

	Game Situation	Tactical Intention
Forehand - Ability to hit consistently with spin and speed. Varies height when appropriate and can hit with depth	At/approaching net, both back	Attacking and defending
Backhand - Ability to hit consistently with spin and speed. Varies height when appropriate and can hit with depth.	At/approaching net, both back	Attacking and defending
Volley - Correct grip, punches as opposed to swings, keeps racquet in front.	At/approaching net	Attacking and defending
Smash -Correct grip, good use of non-dominant hand and can consistently produce pace.	At/approaching net	Attacking
1st Serve - Use of chopper grip, can direct serve with accuracy, generate pace to attack.	Both back	Defending
2nd Serve -Use of chopper grip, can direct serve with accuracy and neutralise opponent.	Both back	Attacking and defending
Return of Serve - Can neutralise against the 1 st serve by returning with depth. Looks to attack a second serve by hitting aggressively.	At/approaching net, both back	Attacking and defending
Backhand Slice - Correct grip and controls height, can generate backspin.	At/approaching net, both back	Attacking and defending
Drop Shot - Is able to attempt a drop shot by using backspin and taking away pace.	At/approaching net, both back	Attacking
Lob - Use of height and spin when opponent is at the net.	At/approaching net, both back	Attacking and defending

Movement Athletic ready position, split steps, strong use of legs and moves dynamically.
Shot Selection Ability to choose the appropriate shot at the right time. Knows when to attack, trade or defend and limits errors.
Attitude/Competitiveness Embraces a challenge, wants to improve and enjoys competition.



AMPLEFORTH COLLEGE

Netball Assessment Criteria

	Descriptors
Ball Handling	Hand-eye coordination allowing advanced and competent ball handling
Passing	Range of passes to a high standard – both hands
Shooting	Accurate and consistent shooting from a range of places around the D – with and without a defender
Intercepting	Timed, accurate and effective
Defending	Contribution of their position to defending principles
Attacking	Contribution of their position to attacking principles
Advanced Skills	Pivoting on the move, split shots, etc.
Marking	Awareness of effective marking techniques and their positioning
Game Play	Attitude towards the team, contribution to the game, ability to read the game well, ability to cover at least three positions



AMPLEFORTH COLLEGE

Hockey Assessment Criteria

	Game Situation	Tactical Intention
Carrying and Elimination	Ball carrying position at a neutral (12/1 o'clock), high left elbow, at speed and with no separation of stick and ball. Elimination is done at speed, in control, with varying techniques (3d, double drag), point at pressure, and space is driven into at speed.	Change of speed of ball carry. Identify space and when to ball carry as opposed to passing. Confidence in elimination and not turning your back in 1 on 1 situations with space available. Point at pressure to create space and manipulate the defender
Small Unit Play	Clear and concise communication. Not hiding behind players. Understanding of where to lead to create space for another. Defensive decisions of when to engage and when to channel. Work rate is high and movement is ballistic.	Attacking – finding space, short passing, movement off the ball, creating space, confidence in possession. Defending – Choice of tackle, working in pairs, reading the pass. Passing out of defence.
Passing	Shows the full range of passing on the front stick with high good speed, accuracy and technique – push (lifted as well as flat), slap, and hit. Reverse stick – sweep and hit (high end skill)	Applying the full range of passes with accuracy, the required ball speed in the correct situations. Being able to see when the ball should be transferred out of a channel
Receiving and Retention of the Ball	Receiving – Players receive the ball out from under their feet, wide base when under pressure from behind; receive the ball on the move under control laterally and when posting up. Receiving the ball in open and closed positions depending on space and pressure. Demonstrates reverse stick receive upright and low. Retention – Retains the ball under pressure in small spaces and gets head up to see options (pre-scans)	Receives the ball according to the situation and position on the pitch. E.G on the left hand side having an open position to drive the space/make an early pass down the line. Receives the ball on the move to keep momentum in the phase of play as opposed to being static. Retention of the ball, look to be positive but if they need to recycle the ball they understand the situation and retain possession.
Goal Scoring	Demonstrates finishing with confidence into corners (push, slap, hit). High end skills such as lifted strikes, slaps, reverse and flicks	Movement off the ball to create space/separation from defender in the D. Selfless running as part as a forward unit to create space for others.
Defence and Marking Skills	Demonstrates – Block Tackle (low left hand and timing), jab (safely and with speed). Touch tight marking and when to mark in front and behind. Foot work is quick, making sure they are not flat footed or end up with parallel feet.	Selects the appropriate tackle based on situation on the pitch and ball carrier. Marks touch tight and knows to mark behind outside of the D and in front inside the D. Reads the pass and steps in front to show assertive defending and create turnovers.

Attribute		A General comment will be made on these principles which underpin performance in hockey and how they can continue to develop as hockey players.
Attitude	Endurance	
Speed	Adaptability	
Leadership Skills	Potential	