



Hands: Key Terminology



Skill Development



The advancement and progression of skills. Can be the initial finding out and discovery of a new skill or how to develop and grow a previously learnt skill.

Fitness Levels



This refers to your; cardiovascular endurance, muscular strength, muscular endurance, flexibility & body composition. They are measured by how efficient and able they are during physical exercise.

Skill Application



The ability to be able to apply skills to a range of different sporting and physical activities. Applying skills to competitive and game scenarios.

Performance Perseverance



How well you execute skills and knowledge to a scenario. It is not just about winning, it's about your team and individual performances and how much effort you have given.



The capacity to recover quickly from challenges and set backs and to further develop skills and techniques

