

## Part 1: Skills Demonstration

The purpose of this section is for you to demonstrate your technique and your range. The committee is not expecting or looking for perfect survivability, or 100% accuracy, or to catch every ball. We encourage you to challenge yourself, level of difficulty will be factored into the assessment.

### What you will need

- A device that takes video (e.g., smartphone, go pro).
- At least two 7" foam or cloth dodgeballs (more are permitted and may make it easier).
- Tape such as green painters' tape, masking tape, or hockey tape.
- A measuring tapes.
- A space that will allow you to throw at a wall, and mark off court lines to film an opening rush demonstration.
- A competent thrower to throw at you.

### Maximum length

- The total length of the skills demonstration, inclusive of Sections 1 through 5, may not exceed 20 minutes.

### Submitting the Skills Demonstration Video

- Videos must be published on a link-sharable platform such as Google Drive, OneDrive or YouTube.
- You will be asked to provide a link to the videos in your application form. You must ensure that the files are either publicly viewable, or access rights enable "link-sharing".
- Your video footage should be labelled with your name and the skill(s) it demonstrates. All skill demonstration videos should be combined into either a playlist or folder so that a single link provides the selection committee with access to all videos (i.e. on YouTube you must make a playlist including each section, on Google Drive or OneDrive, you must create and share a folder with each video).
- Note, in sections 2 through 4, each bulleted requirement must be filmed in one continuous video - no cutting, splicing, or patching together multiple videos. (i.e. one

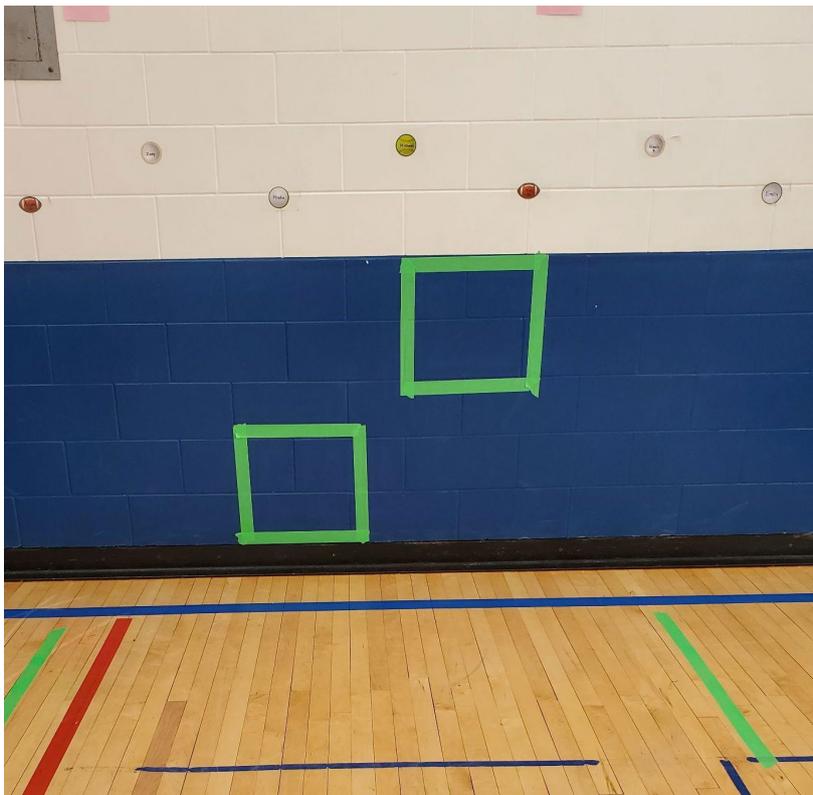
video of at least 10 consecutive dodges, another video of at least 10 consecutive blocks, etc.) You may film multiple consecutive skills all in one video, just please clearly label the video with the skills it demonstrates

### **Section 1: Throwing Mechanics Demonstration**

- Film a close-up of you throwing. Ensure your whole body is in the shot (we do not need to see the ball hit the wall). You may include demonstrations of multiple styles of throws (e.g., overhand, underarm, sidearm, drop shot, etc.).

### **Section 2: Accuracy Demonstration**

Tap two square targets on a wall, each measuring 45cm x 45cm (18"x18"). The bottom of the first square should be no more than 8cm (3") above ground height, the bottom of the second square should be approximately 60cm (2') above the ground. Distance from the wall should be 9 metres (30'). Note, that while the women's court is shorter, the co-ed court is the full 9 metres (30'), which is why we are asking all players to use this throwing distance.



With no breaks in the video (i.e., all in one shot), film yourself doing the following:

- Throw a minimum of 10 times at the first target.

- Throw a minimum of 10 times at the second target.
- Fake first and then throw at a target a minimum of 5 times.
  - Players may either fake at the line, or fake to approach the line, or demonstrate a combination of the two.
  - Assessing throwing accuracy and power after a fake, and calibre of the fake.
- Throw at a target while being countered a minimum of 5 times. The counter thrower should stand at the back line, approximately 3 metres to one side of a target. Note that a counter is released a moment after the initial throw is released, not before.
  - Assessing ability to let off an accurate powerful throw while being threatened, and the approach to surviving incoming throws.

### Section 3: Defensive Techniques Demonstration

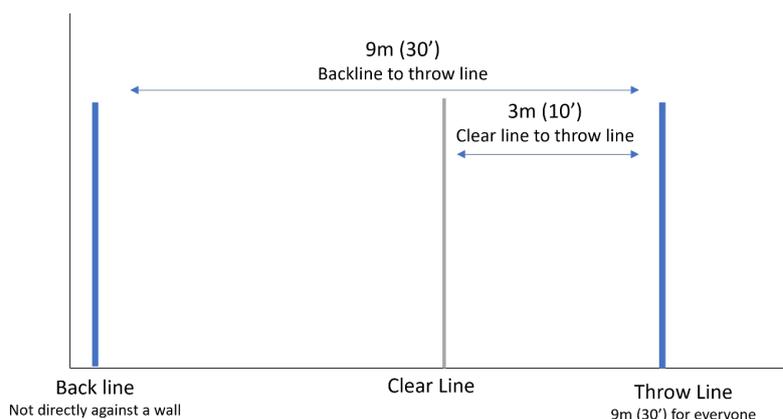
Mark on the ground using tape, pylons or an equivalent, a space approximately 3 metres wide (10') (to be used only for the dodging demonstration). With no breaks in the video (i.e., all in one shot), film yourself doing the following, in whichever order you prefer:

- Attempt to dodge a minimum of 10 consecutive throws, while staying within the 3-metre-wide space.
- Attempt to block a minimum of 10 consecutive throws.
- Attempt to catch a minimum of 10 consecutive throws.

Troubleshooting: if your thrower was inaccurate, simply ask them to throw some additional throws, this is why we have set a minimum, not a maximum.

### Section 4: Opening Rush Demonstration

Mark out official court distance including a back line, centre line, and clear line.



- Film yourself running the opening rush a minimum of 4 times. You may include multiple positions and tactics, including but not limited to:
  - Inside rush with a pass back.
  - Outside rush with a pass back.
  - Self-clear and throw.
  - Outside rush with a cross court long pass.
  - Rush for 1 or 2 balls and hold (imagine taking fire and demonstrate defensive survivability tactic).

### **Section 5: Optional Special Skills Demonstration**

You may use the remainder of the allocated time to highlight your strengths and unique assets.

Ideas include:

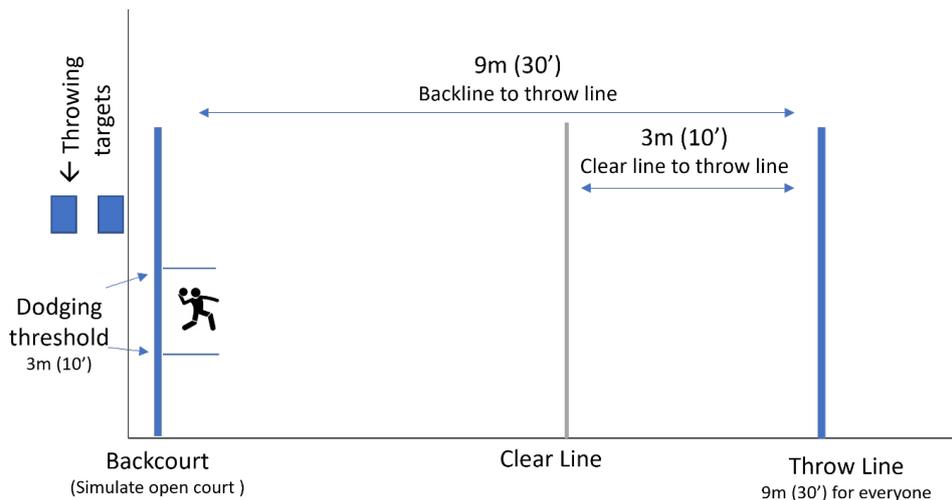
- Catch / dodge / block while having 2 balls thrown at you simultaneously.
- Demonstrate a "double dodge" by having 2 balls thrown at you consecutively and dodge each
- Play a 1v1 scenario to demonstrate quick release / trade skills.
- Include in-game highlights
- Any other skills demonstration

Note, you may also add additional difficulty to any of the skills demonstrations above.

Examples include:

- Have multiple throwers to create variety and demonstrate a faster rate of recovery and response.
- Throw at the targets from various angles to demonstrate cross-court accuracy.

**Court set up visual:**



## Part 2: In-Game Footage

Share a link to unedited footage of a full match (at least 20 minutes long), and provide the timestamps for the beginning of 2 points within the match that best present in-game skills, tactics, strategy, and teamwork.

- It is strongly recommended that footage be no more than 1 year old. However, noting that access to dodgeball has not been uniform across the country during the pandemic, footage from games from no earlier than January 2019 will be accepted.
- Footage may be from co-ed or gendered match ups.
- You may use a pre-existing publicly available video from a tournament or league, or you may privately film a game and upload it to a link-sharable platform such as Google Drive, OneDrive or YouTube.