



Somerville L.G. Academy (Core Competencies)

Hitting

Consistently hit a stationary ball over 15m with above average accuracy.
Consistently hit a moving ball over 15m with above average accuracy.
Can demonstrate power by hitting over 50m.
Consistently sweep hit the ball over 15m with above average accuracy.
Consistently reverse sweep over 15m with above average accuracy.

Advanced skill requirements

Can undercut the ball for lifted shot at goal.
Can slice the ball for deception.
Can sweep slice the ball for deception.
Can reverse hit the ball with above average accuracy over 15m.

Pushing / Flicking

Consistently push a stationary ball over 15m with above average accuracy.
Can demonstrate power by pushing over 30m.
Can execute a running wrist pass.
Can slap/push accurately over 15.
Can pass a raised push over an opponents stick.
Can flick ball above backboard height from penalty stroke spot.
Can pull out ball for penalty corner.

Advanced skill requirements

Can flick over the goal from 10m consistently.
Can execute a running wrist pass (left to right at 90 degrees).

Receiving

Consistently receive the ball on the forehand (stationary).
Can receive reverse stick with above average success (stationary).
Can receive "face-on" consistently (trapping in a screen).
Can receive on the move with above average success.
Can lay-down receive from penalty corner.

Advanced skill requirements

Can receive overheads and bring under control.
Can "bump" receive to ensure ball is in correct position to pass.
Can deflect receive for team-mates.

Can “fade-away” receive for deception.
Can receive reverse stick with pancake grip.

Evasion Skills

Achieve 100 in “Yard-stick test”
Can competently demonstrate under and overhand dribbling technique.
Can “jink” or “squeeze” to raise the ball over an opponents stick.
Can execute “one hand” dribble using either hand.
Can protect the ball by using your body.

Advanced skill requirements

Can elbow feint to deceive opponent.
Can shoulder feint to deceive opponent.
Can stick feint to deceive opponent.

Dispossession Skills

Can execute a block/flat stick tackle (understands technique principles).
Can execute a poke/jab tackle.
Can execute a shave tackle.
Understands the body position principles of “marking” (front, behind, beside).
Can “channel” attackers using the side-line or team mates.

Physical

Speed / Fitness - Achieve level 9 Beep test.
Strength - Attempts Portland Rd Strength test x 2.
Flexibility - Improves on Sit and Reach (hamstring test)

Theory

Understands ...

- group and individual role regarding “shapes of screens” and desired outcomes.
- group and individual role regarding “presses” and desired outcomes.
- terminology (creating overloads, help-side / ball-side, engaging opponents).
- Leading principles: into space to receive / dummy leading / creating space for others.

