

# Skills list

Practise Competent	Mini's competent	Goal Scoring	Ball Control
<b>Receiving</b> Stopping the ball still Reverse stick trap Hook on ground -flat stick trap. Stance body position Trap upright stick Both feet forward in front. Receiving overheads	<b>Tackling</b> One hand reaching Position for tackle on forhand Mobility Body Position low Patience Hook on ground - reverse Jab Tackle Shadowing Back Tackling Channeling Double teaming Block tackle Tackle line	<b>Goal Scoring</b> Composure Low Body Position Head still Short swing Sweep shot Slap shot Goal sense Rebounds Speed of trap and shot Aim at space Deflections Low flick Undercuts	<b>Stick on ball</b> Slowing and stopping ball Vision Turn stick over with left hand Open dribble Close Indian Using body to protect ball Working free hits Side step and drag both ways Propping Change of pace Feint Pop over stick Reverse dribble Step off wrong foot
<b>Passing</b> Look before pass Moving feet to get right position 4 types of passes sq, straight, back and through One touch pass Creating 2 vs 1 Passing Patterns			
<b>Hitting</b> Stance Grip Short swing Slap Stationery ball Moving ball Reverse stick hitting Hitting off right foot Deception		<b>Strokes</b> Tacking	
<b>Sweep</b> Long grip Short grip		<b>Attack</b> Free hits quickly Attack circle as early as possible Roles not positions Getting Available Zones of field Set play - free hits Basic Rotations Back and around	
<b>Overheads</b> Flick - rolling ball Scoop	<b>PC Skills</b> Attack		<b>Defense</b> Safety First React quickly Covering Slow the ball Pressure the ball Zones and roles
<b>Pushing</b> Low body position Correct grip Firm push Drag Push Reverse stick push Changing direction during drag push	<b>PC Skills</b> Defence	<b>Roles - Sweeper, Post, Keeper, Runner</b>	

Practise Competent

Year 5-6 competent

	Receiving	Tackling	Ball Control
Passing	<p>Stopping the ball still</p> <p>Reverse stick trap</p> <p>Hook on ground -flat stick trap.</p> <p>Stance body position</p> <p>Trap upright stick</p> <p>Both feet forward in front.</p> <p>Receiving overheads</p>	<p>One hand reaching</p> <p>Position for tackle on forhand</p> <p>Mobility</p> <p>Body Position low</p> <p>Patience</p> <p>Hook on ground - reverse</p> <p>Jab Tackle</p> <p>Shadowing</p> <p>Back Tackling</p> <p>Channeling</p> <p>Double tearing</p> <p>Block tackle</p> <p>Tackle line</p>	<p>Stick on ball</p> <p>Slowing and stopping ball</p> <p>Vision</p> <p>Turn stick over with left hand</p> <p>Open dribble</p> <p>Close</p> <p>Indian</p> <p>Using body to protect ball</p> <p>Working free hits</p> <p>Side step and drag both ways</p> <p>Propping</p> <p>Change of pace</p> <p>the g turn</p> <p>Faint</p> <p>Pop over stick</p> <p>Reverse dribble</p> <p>Step off wrong foot</p>
Hitting	<p>Look before pass</p> <p>Moving feet to get right position</p> <p>4 types of passes sq, straight, back and through</p> <p>One touch pass</p> <p>Creating 2 vs 1</p> <p>Passing Patterns</p>	<p>Goal Scoring</p> <p>Composure</p> <p>Low Body Position</p> <p>Head still</p> <p>Short swing</p> <p>Sweep shot</p> <p>Slap shot</p> <p>Goal sense</p> <p>Rebounds</p> <p>Speed of trap and shot</p> <p>Aim at space</p> <p>Deflections</p> <p>Low flick</p> <p>Undercuts</p>	<p>Strokes</p> <p>Taking</p> <p>Free hits quickly</p> <p>Attack circle as early as possible</p> <p>Roles not positions</p> <p>Getting Available</p> <p>Zones of field</p> <p>Set play - free hits</p> <p>Basic Rotations</p> <p>Back and around</p>
Overheads	<p>Stance</p> <p>Grip</p> <p>Short swing</p> <p>Slap</p> <p>Stationery ball</p> <p>Moving ball</p> <p>Reverse stick hitting</p> <p>Hitting off right foot</p> <p>Deception</p>	<p>PC Skills</p> <p>Attack</p> <p>Pull out</p> <p>Trap</p> <p>Hit</p> <p>Variations</p> <p>Drag Flick</p>	<p>Defense</p> <p>Safety First</p> <p>React quickly</p> <p>Covering</p> <p>Slow the ball</p> <p>Pressure the ball</p> <p>Zones and roles</p>
Pushing	<p>Long grip</p> <p>Short grip</p> <p>Flick - rolling ball</p> <p>Scoop</p> <p>Low body position</p> <p>Correct grip</p> <p>Firm push</p> <p>Drag Push</p> <p>Reverse stick push</p> <p>Changing direction during drag push</p>	<p>PC Skills</p> <p>Defence</p> <p>Roles - Sweeper, Post, Keeper, Runner</p>	
Sweep			

	Receiving	Passing	Hitting	Goal Scoring Composure	Tackling	Ball Control	Stick on ball	
	<ul style="list-style-type: none"> <li>Stopping the ball still</li> <li>Reverse stick trap</li> <li>Hook on ground -flat stick trap.</li> <li>Stance body position</li> <li>Trap upright stick</li> <li>Both feet forward in front.</li> <li>Receiving overheads</li> </ul>	<ul style="list-style-type: none"> <li>Look before pass</li> <li>Moving feet to get right position</li> <li>4 types of passes sq, straight, back and through</li> <li>One touch pass</li> <li>Creating 2 vs 1</li> <li>Passing Patterns</li> </ul>	<ul style="list-style-type: none"> <li>Stance</li> <li>Grip</li> <li>Short swing</li> <li>Slap</li> <li>Stationery ball</li> <li>Moving ball</li> <li>Reverse stick hitting</li> <li>Hitting off right foot</li> <li>Deception</li> </ul>	<ul style="list-style-type: none"> <li>Low Body Position</li> <li>Head still</li> <li>Short swing</li> <li>Sweep shot</li> <li>Slap shot</li> <li>Goal sense</li> <li>Rebounds</li> <li>Speed of trap and shot</li> <li>Aim at space</li> <li>Deflections</li> <li>Low flick</li> <li>Undercuts</li> </ul>	<ul style="list-style-type: none"> <li>One hand reaching</li> <li>Position for tackle on forhand</li> <li>Mobility</li> <li>Body Position low</li> <li>Patience</li> <li>Hook on ground - reverse</li> <li>Jab Tackle</li> <li>Shadowing</li> <li>Back Tackling</li> <li>Channeling</li> <li>Double teaming</li> <li>Block tackle</li> <li>Tackle line</li> </ul>	<ul style="list-style-type: none"> <li>Stick on ball</li> <li>Slowing and stopping ball</li> <li>Vision</li> <li>Turn stick over with left hand</li> <li>Open dribble</li> <li>Close</li> <li>Indian</li> <li>Using body to protect ball</li> <li>Working free hits</li> <li>Side step and drag both ways</li> <li>Propping</li> <li>Change of pace</li> <li>Feint</li> <li>Pop over stick</li> <li>Reverse dribble</li> <li>Step off wrong foot</li> </ul>	<ul style="list-style-type: none"> <li>PC Skills</li> <li>Attack</li> <li>Pull out</li> <li>Trap</li> <li>Hit</li> <li>Variations</li> <li>Drag Flick</li> </ul>	<ul style="list-style-type: none"> <li>Defense</li> <li>Safety First</li> <li>React quickly</li> <li>Covering</li> <li>Slow the ball</li> <li>Pressure the ball</li> <li>Zones and roles</li> </ul>
	<ul style="list-style-type: none"> <li>Overheads</li> <li>Flick - rolling ball</li> <li>Scoop</li> </ul>	<ul style="list-style-type: none"> <li>Long grip</li> <li>Short grip</li> </ul>						
	<ul style="list-style-type: none"> <li>Pushing</li> <li>Low body position</li> <li>Correct grip</li> <li>Firm push</li> <li>Drag Push</li> <li>Reverse stick push</li> <li>Changing direction during drag push</li> </ul>							
					<ul style="list-style-type: none"> <li>PC Skills</li> <li>Defence</li> </ul>			
							<ul style="list-style-type: none"> <li>Roles - Sweeper, Post, Keeper, Runner</li> </ul>	

## Practise Competent - Drills

	handbook pg 18	Ball Control
<b>Receiving and hitting</b>	<ol style="list-style-type: none"><li>1 hit / push and trap</li><li>2 triangle passing - two touches only</li><li>3 Looking up to pass</li></ol>	<ol style="list-style-type: none"><li>15 rob the nest</li><li>16 yardstick and starman</li><li>17 Drag drills - singles and doubles</li><li>18 shark attack</li><li>19 close footwork cones</li><li>20 follow the leader</li></ol>
<b>Passing</b>	<ol style="list-style-type: none"><li>4 Leap frog drill</li><li>5 Cross Over drill</li><li>6 passing into box and shot (defender option)</li><li>7 Leader of the pack 3v1 or 4v2</li></ol>	<b>Goal Scoring</b> incorporate as final stage in each drill
<b>Passing games</b>	<ol style="list-style-type: none"><li>8 game simulations with velcro catchers</li><li>9 3 gate game</li><li>10 4 v 2 , 3 v 2 two touch passing</li><li>11 circle feeds 3 x 3 x 3</li></ol>	<b>Attack</b> Free hits quickly Zones of field signaling importance of high attackers
<b>Overheads and Jinks</b>	<ol style="list-style-type: none"><li>12 in/out of rope shapes</li></ol>	<b>PC Skills</b> 10 minutes per session
<b>Tackling &amp; shadowing</b>	<ol style="list-style-type: none"><li>13 backyard hockey - circle edge</li><li>14 1 v 1 - from backline</li></ol>	<b>PC Attack</b> Combinations - teams arrows and boxes - pairs
		<b>PC Defense</b> arrows and boxes - pairs
		<b>Strokes</b> contests at end of game