

THA SKILL REQUIREMENTS

UNDER 15

Basic Skills

- Hitting Over Distance 40meters proficiently (Slap,upwright,round arm)
- Pushing Fore Stick mobile, stationary over distance accurately
- Passing Square,back,angle,penetrating.weighted pass, to space
- Trapping Fore Stick, Reverse, mobile
- Tackling Block,poke,back stick, Fore Hand, mobile for stealing possession

More Advanced Skills

- Elimination Skills Drags, Jinks drag, reverse jink,double drags, drag and lift
- Receiving Skills Slip trap, hook lead, lateral lead, ghost lead, one touch receive, high ball
- Defensive Skills Tandem tackling, channeling on to team mate, squeeze player
- Attacking Skills Goal Shooting, deflection skills (Different Grips, body position,)
(Various shots, early shot, understanding high% shot, understanding low % shot, understanding keeper options, circle entry points, dump ball,point guard positions, best option taken)
- Hitting Reverse Hit Upright, Tomahawk pass, shot with effectiveness

Tactical

- Positional Play
- Playing more than one position, in different lines
- Better understanding of Systems
- Understanding new methology,B4-B3,screen,sweeper,new concepts)
- Various Pressing strategies

Special Skills

- Receiving on the reverse
- Tomahawk
- Drag Flick
- Corner Hitting
- PC Injectors
- Pc trappers
- Pc deflection skills
- Pc post skills (trapping/clearing)
- Over Heads
- Second Phase Play.reloading,coming forward through lines

GOAL KEEPING

Equipment

- Must use all protective equipment

Positioning

- Basic Stance, set position, balance
- Goal Awareness, arc, angles
- Body Position angle in relation to shot being taken

Skills

- Single Leg Block
- Double Leg Block
- Instep Saves, both feet
- Clearances (Stick, Toe kick, Instep both feet, Aerial, hands both sides)
- Closing down a player
- Sliding Both sides
- Aerial Saves
- Pc Drop followed up with 2nd save
- Stick Saves
- Split Saves

Specialist

- PC Drop,
- Defending Strokes (Cues to look for)
- Defending 1v1 situations
- Defending Drag Flicks (Cues to look for)
- Communication (By tone of voice) (Non urgent to Urgent to Danger)

Tactical

- Understanding PC defensive structures (1-3, 2v2)
- Players positions and responsibilities within that structure
- Understanding the team playing structure
- Understanding defensive players roles
- Clearances to safe zones

SET PLAYS

Penalty Corner Attack

- Injector
- Trap
- Hit
- Flick
- Variations (Left/Right)
- Positioning/Roles
- Reasonable understanding of outcome (shot at goal, another corner, keep ball high in attack)
- Other player roles/positions not involved in pc Attack

Penalty Corner Defense

- Post
- Runners
- Starting Positions
- Variation in finishing positions
- Communication
- Understanding all roles and responsibilities
- Counter Attack options
- Understanding results required (Deny shot, channel ball wide, gain free hit, steal ball, clear to safety)
- Understanding safety zones/out letting options

Press

- Terminology
- Defending 16yds hits
- Defending side line hits
- Long Corner pressing/Screen

Free Hits

- Defending 16 yds hits (Aggressive pressing, fall away, Control where opposition transfer)
- Side Line Hits
- Attacking 25/circle hits
- Defending 25/circle free hits (Marking/screen)
- Reasonable understanding of rotations
- Positional play (M/M marking ,Zonal)

Transfers

- B4 transfers around the back
- B4-B3 when and where

Tactical

- (Introduction to more systems being played/roles and responsibilities with in those systems)

Grey Areas

- Visual Aids 9 (Video, White board, feed back sheets) More Development Required