

THA SKILL REQUIREMENTS

UNDER 11

Basic Skills

- Hitting Fore Stick (Slap,upwright,round arm)
- Pushing Fore Stick
- Passing Square,back,angle,penetrating.weighted pass, to space
- Trapping Fore Stick, Reverse
- Receiving Skills Hands position, Body position, Head position.(Left/Right sides)
- Dribbling Close,loose,Indian
- Tackling Block,poke,back stick, Fore Hand

More Advanced Skills

- Elimination Skills Drags, Jinks
- Receiving Skills Leading,angles,forward away from the ball(FH/REV)
- Defensive Skills Channelling (Tackle,poke,block,steal)
- Dribbling Good Vision (Body position, ball position)
- Attacking Skills Goal Shooting (Different Grips, body position,)
(Close shots, from the top, opposite post position, deflections)

Tactical

- Positional Play
- Playing more than one position

Special Skills/Gender Specific

- Receiving on the reverse
- Tomahawk
- Corner Hitting
- PC Injectors
- Pc trappers
- Pc deflection skills
- Pc post skills (trapping/clearing)

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 (If advanced enough)

Specialist

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

Tactical

- Understanding PC defensive structures (1-3,2v2)
- Players positions and responsibilities with in that structure
- Understanding the team playing structure
- Understanding defensive players roles

SET PLAYS

Penalty Corner Attack

- Injector
- Trap
- Hit
- Flick
- Variations (Left/Right)
- Positioning/Roles

Penalty Corner Defense

- Post
- Runners
- Starting Positions
- Variation in finishing positions
- Communication
- Understanding all roles and responsibilities
- Counter Attack options

Press

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

- **Free Hits**
- 16 yds hits (Outletting,options,positioning)
- Side Line Hits
- Attacking 25/circle hits
- Defending 25/circle free hits (Marking/screen)

