



2018



Modified
Skill
Progression



Modified Skill Progression 2018

Brief Summary

For years our Minkey and Modified competition has remained the same, with no significant change in the leap from Minkeys to the Modified playing experience. We believe that this is detrimental to the development of our players; especially those who move from the Modified game play to Under 11's.

Looking forward, we endeavour to change the modified playing experience in the hope of developing our players. These changes will ensure that our players are developing the correct skills and abilities to be successful in their respective grades.

This skill progression matrix defines the skills and abilities that are expected of modified players in order to develop successfully in future years.

- The Development Officers



BASIC Skills

Modified players should already be competent in the following skills...

BASIC GRIP

Skill Execution

LEFT hand on TOP of the stick. RIGHT hand on the BOTTOM of the grip. HOOK of the stick on the ground. KNEES bent and LEFT hand Over the top of the RIGHT.

BASIC DRIBBLING

Skill Execution

Correct grip as seen above is essential. Dribble the ball slightly OUTSIDE the RIGHT FOOT and IN FRONT of the body. LOOKING UP when possible to allow for SCANNING.

BASIC PUSH

Skill Execution

Correct grip as seen above is essential. with the RIGHT leg behind and the LEFT in front in a lung like position, PUSH the ball along the ground with the FLAT side of the stick. TRANSFER body weight from the RIGHT leg to the LEFT leg. ACCELERATE and follow through with the stick and ball.

BASIC Skills

Modified players should already be competent in the following skills...



BASIC TRAP

Skill Execution

Correct Grip is essential. **FOCUS** on the ball until the trap has been completed. Stick **UPRIGHT** to allow for bouncy balls. Stick **TILTED** forward to control the ball and prevent rebounds.

BASIC TACKLING

Skill Execution

FOCUS on the ball. having a **WIDE** grip on the stick, bending knees, use the **FLAT** side of the stick to **TACKLE** their opponent. **LOW** to the ground.

BASIC PASSING

Skill Execution

Requires accurate pushing and trapping skills. Look to see **WHERE** a team mate **WANTS** the ball and pass the ball. **CONTINUE** running so as to receive the ball back. Receiving players should not have to change pace to receive the ball. Pass must be **ACCURATE**.

Advanced Skills



By the end of the modified playing experience, players should be able to perform the following skills...

INDIAN DRIBBLE

Skill Execution

Use a basic grip. Top LEFT hand must remain FIRM on the stick. Bottom RIGHT hand is loose. Only the LEFT hand turns the stick. RIGHT hand is used to guide the stick to push the ball from left top right. WEIGHT should transfers from side to side

POSITIONAL PLAY

Skill Execution

Coaches are encouraged to implement modified positional play. Using the correct METALANGUAGE across all clubs (Defenders, Midfielders and Strikers). A 3-3-2 Set up is an example.

PASSING ON THE RUN

Skill Execution

Grip as per basic dribble. Keep knees BENT to enable greater power and weight transfer. Do NOT shuffle feet or skip (don't break stride). Keep stick on ball and ACCELERATE. Extend stick through direction of the pass after release. Practice off both right and left leg.

Advanced Skills



By the end of the modified playing experience, players should be able to perform the following skills...

TRAPPING ON THE RUN

Skill Execution

Bend knees to get down low. Keep stick UPRIGHT to allow for bouncy ball and prevent slowing down. receive the ball on your BACK LEG. Push/bunt ball forward as it meets the stick so as to move forward.

GOAL SHOOTING

Skill Execution

DECISION MAKING! Modified players should be able to shoot for goal by pushing accurately into the goals. Look at the goal and decide where to push the ball- no wild shots. Using other players to create opportunities for shots on goal.

For more information regarding the skill progression of our modified players, please contact;

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