



**HOCKEY QUEENSLAND
SKILLS GUIDELINES
BY AGE GROUP**

*Prepared by the Hockey Queensland
RCD/DO Network - 2016*

SUGGESTED SKILLS

UNDER 11

WITH THE BALL

Basic Skills

Dribbling

- Grip
- Positioning when carrying the ball – 1 o'clock
- Open & Closed
- Ball position

Pushing –

- Grip
- SOB (Stick on Ball)
- Ball position
- Static pushing
- pushing on the move (off right foot)

Hitting

- Short Grip
- Static Hitting
- Hitting on the move

Receiving

- Fore stick
- Reverse stick
- Receiving the ball in the correct position Right foot, left foot
- Grip

Goal shooting

- Hitting or pushing the ball at the box
- Positions in the circle

GOALKEEPING

Correct equipment required

- Kickers
- Leg guards
- Abdominal protector
- Padded Shorts
- Body Armor
- Gloves
- stick
- Helmet
- Carry Bag

Basic positioning

- Angles
- Movement around the box/Circle
- Ready position / starting position

Basic technique:

- Stance See Attachment 1
- Grip the stick
- Double leg block save
- Toe Kick
- Instep kick
- Use of hand / glove saves

WITHOUT THE BALL

Tackling

- Block & Jab / Poke
- Channeling – concepts
- Marking

Basic defensive playing structures:

- Defensive structure 3-3-SW-3-1
- roles and responsibilities

Principals

- Depth & Width
- 2 v 1
- 2v2

Basic playing structures

- Back 4 Mid 3 and 3 Strikers
- roles and responsibilities

SET PLAYS

Attacking Corners

- Injector (stationary technique first)
- Trapper
- Hitter
- L1, R1, R2
- Where the rest of the player stand
(Half way behind the trapper)

Defensive Corners

- First runner
- second runner
- 2 x post persons
- goal keeper
- Positioning in box



SUGGESTED SKILLS

UNDER 13

(including U11 Skills)

WITH THE BALL	GOALKEEPING
<p>Receiving</p> <ul style="list-style-type: none"><input type="checkbox"/> receiving going forward<input type="checkbox"/> Posting up	<p>Sliding; when to slide when to stay</p> <ul style="list-style-type: none"><input type="checkbox"/> (1v1)
<p>Passing</p> <ul style="list-style-type: none"><input type="checkbox"/> (Ball speed) SOB<input type="checkbox"/> passing with deception<input type="checkbox"/> weighted pass<input type="checkbox"/> Hitting long grip	<p>Aerial saves – both hands</p> <ul style="list-style-type: none"><input type="checkbox"/> Stick saves
<p>Elimination</p> <ul style="list-style-type: none"><input type="checkbox"/> Drags Left to Right and Right to Left<input type="checkbox"/> V drag<input type="checkbox"/> Jinks – All facets<input type="checkbox"/> Spinning out – into space	<p>Base line defence</p> <ul style="list-style-type: none"><input type="checkbox"/> Left hand side<input type="checkbox"/> Right hand side
<p>Goal shooting:</p> <ul style="list-style-type: none"><input type="checkbox"/> Straighten the ball up. Preparation before entering the circle to shoot<input type="checkbox"/> Getting shot on target<input type="checkbox"/> Making the GK save<input type="checkbox"/> Position in the circle	<p>Clearances</p> <ul style="list-style-type: none"><input type="checkbox"/> Left foot<input type="checkbox"/> Right foot <p>Penalty Corner Defence</p> <ul style="list-style-type: none"><input type="checkbox"/> Some ability to “Lie Down”<input type="checkbox"/> field player roles in the defensive corner <p>Communication</p> <ul style="list-style-type: none"><input type="checkbox"/> Understanding Principals & Defenders roles

WITHOUT THE BALL

Tackling

- Shave & Steals*

Pressing / Basic concepts

Marking

- IFIT / In front in Touch*

Leading

- Into space*
- leading away to create space*
- Timing your lead*
- Sitting on the edge of space then take that space*

Outletting

- Transfers*
- Back 4 – Concepts*

SET PLAYS

Penalty Corner Attack

- Injecting (stationary technique first)*
- Trapping*
- Hitting*
- slapping for deflections*
- Drag Flicking*
- Understanding variations*

Understanding Penalty Corner Defence / Roles & Structure. 3-1, 2-2

- First runner*
- Second runner*
- Post persons*
- Head Man / Sweeper*
- Goal keeper*

SUGGESTED SKILLS UNDER 15 (including all U13 Skills)

WITH THE BALL

Passing

- Push Pass – off both Left & Right foot*
- Long Handle slap pass*
- Hitting & Slapping*
- Transfer / Outletting*
- Overheads*

Receiving overheads

First Touch receiving

Slip Trap

Carrying ball with Vision (1 o'clock)

Running Angles

GOALKEEPING

- Making the second save*
- Getting up quickly technique*
- Slide tackles*
- 1 on 1 (When to go when to stay)*
- Use of the stick at the appropriate times*

WITHOUT THE BALL

- Marking - IFIT*
- 2 v 1 concepts*
- Tackling / Shave*
- Terminology - Hotline
- T Point*
- Counter-Control*
** Defenders to Re-fill to prevent
counter-attack*
- Useful communication*

SET PLAYS

- Injecting – Full circle distance
Accuracy / Flat / Speed*
 - Develop trapping style. First touch
stopping of ball*
 - Basic Drag Flick Technique (Start
small)*
- Playing structures**
- Understanding back 4, 3 mid and 3
strikers*
 - Basic press*
 - Moving from a back 4 - back 3*



SUGGESTED SKILLS UNDER 18 (including all U15 Skills)

WITH THE BALL

- Slapping with deception*
- Drags - Left to Right*
 - *Right to Left*
 - *V Drag**(Outside body width)*
(Taking the handbrake off / Vision)
- Lifted pass – Flick / chip*
- Upright reverse pass*
- Reverse edge pass (When to use it)*
- Overhead pass and receiving overheads*
- Goal shooting – Wide variety of shots*

GOALKEEPING

- Correct (Useful) communication*
- Positioning of defenders*
- Defending Drag Flicks (When to go down when to stay up)*
- Clear in one action away from goal scoring areas*
- Shootouts 1v1*

WITHOUT THE BALL

- 3 v 2 concepts*
- Midfield Transfers*
- Playing with Patience*
- Controlling Tempo*
- Pressing & Reverse press.*
- 2nd phase play*
- Tackling inside Defensive circle*
- Marking IFIT (In touch in Front)*
- Counter-Control*
Defenders to Re-fill to prevent counter-attack
- Physical presence and contact when marking*
- Useful communication*

SET PLAYS

- Penalty Corner competencies*
- Injecting – walk in only if speed is increased and accuracy is maintained*
Trapping First touch stopping of the ball
Hitting at Goal
Drag Flicking
Slapping for deflections
- Penalty Corner defensive structures and roles.*
- Understanding Counter attack options off defensive PC*

SUGGESTED SKILLS

UNDER 21 / OPEN

(including all U18 Skills)

WITH THE BALL

- 3 D Skills – catch + carry*
- Air drags
- Overhead pass with a moving ball*
- Receiving in motion with flow (RIM)*
- Weighted Pass, to space*
- Dump pass*
- Reverse 'Tomma' pass – Power and accuracy.*
- Use of 'Space' behind opposition player*

GOALKEEPING

- Argentinian Block save*
- Shootouts 1v1*
- Clear in one action away from goal scoring areas*
- Defending deflections*
- Decision Making*

WITHOUT THE BALL

- Marking IFIT (In front in touch)*
- Understand and execute all types of presses and roles within a press.*
- Understanding defensive and attacking patterns and structures*
- Leading – cueing in (eye contact)*
- Outletting – Recognising when to go ball side and when to go help side*
- Understanding ‘Interchange’ concepts.*
- Counter-Control*
Defenders to Re-fill to prevent counter-attack
- Physical presence and contact when marking*
- Useful communication*

SET PLAYS

- Penalty Corner ‘defence’ specialist roles.*
First runner, second runner, Post person, sweeper
- Ability to understand and play various formations in defensive PC*
1:3-1:3
1:3 Diverted
1:3 – 2:2
- Ability to understand and play various attacking PC options and roles.*
Inject - walk in only if speed is increased and accuracy is maintained
Trapping First touch stopping of the ball
- All players to look like the go-to person to increase distraction for opposition GK*
- Understands various tactics from Dead Ball situations*

BASIC STANCE

Attachment 1

