

Coach Level	el COMMUNITY COACH						
LTAD	Active Start	FUNdamentals / FUNS	Stix	Learning to Train			
Age	U5-U6	U7-U9		U10-U12			
Goal	Fundamental Movement Skills	Discover Movement, Fu	un, Discover Hockey	Develop Hockey Techniques			
Skill Progression	Introduction	Introduce /Develop		Introduce / Develop			
	4-5 hours per week of physical activity, not more than 1	4-7 hours per week of	physical activity of not	6-9 hours physical activity of not more than			
	hour per session. Up to 3 non-sport sessions, 1 sport	more than 1 hour. No	more than 1.5 hours of	f 1.5 hours. 2 hockey training + match. 3-4 non			
Per Week	session, 1 hockey session	competition. Up to 3 n	non-specific activity	specific activity			
ATHLETE SKILL PROGRESSION PATHWAY LEGEND		1	2	3			
		Introduce	Develop / Acquire	Refine / Competency			

^{**}Matrix skill development progression shown is based on performance of the average club or community stream field hockey athlete.

	TEC	HNICAL SKILL MATRIX			
	Age of Athelte	6 7	8	9 9 10	11 12
	Basic Grip	1	2	2	3
0.	Double V Grip	1	2	2	3
Grip	One Handed Grip		1		2
	Pancake / Frying Pan Grip			1	2
	Short Handle Grip			1	2
_	Running with Ball (ball position, Neutral, Front right and left)		<u> </u>		2
Carrying the Ball	Change of direction Change of pace / Hesitation Dribble		I I		2
he	Indian Dribble		1		2
ng t	Forehand & Reverse Stick: One Handed Running		-	1	2
-Ţ	Forward Lifted Dribble			1	2
Ē	Small Space Control				1
	Deception - Body and Stick Feints				1
	Draw/Double Draw Left to Right		1		2
Elimination	Draw Right to Left		1		2
nat	Change of Speed			1	2
imi	Using the body to eliminate defenders			1	2
ᇳ	Lift (Forehand)				1
	Lift (Reverse)	1	2	2	1
	Forehand Push Pass (side on)	1	2	2	3
	Forehand Snap Pass (on the run) Forehand 'Slap' Push Pass		1	2	2
E	Reverse Stick Upright Pass				2
utic	Forehand: Sweep		1	1	2
Distribution	Forehand: One Touch & Deflections			1	2
Dis	Forehand: Lifted Push Pass			1	2
	Reverse Stick: Sweep (to pass)			1	2
	Forehand: Upright Hit			1	2
	Forehand: Choke Hit			1	2
SI	Forehand: Closed Receiving	1	2	2	3
Receptions	Forehand & Reverse Stick: Open Receiving	1	2	2	3
ce bi	Basic moving reception - changing angles	1	2	2	3
Rec	Lifted Passes (bouncing ball)			1	2
	Forehand: Slip Left to Right	1	2	2	2
- g	Forehand: Push / Flick	1	Δ	1	2
Goal Scoring	Forehand: Upright Hit / Chip / Choke Hit Forehand: Hand apart hit / slap (ball in the air)			1	2
Š	Reverse Stick: Sweep			1	2
all	Footwork	1	2	2	3
	Forehand & Reverse Stick: Two handed block tackle	1	2	2	3
Winning the B	Interception - Forehand & Reverse Stick:	:	1		2
ing	Jab/Poke Tackle			1	2
ë	Channel / Double Team			1	2
	Recovery Defense			1	2
8	Basic Stance		1	1	2
epi	Angles and Positioning			1	2
¥	Balance		1	1	2
Goalkeeping	Ground Clear (R/L Foot) Footwork (Lateral)		1	1	2
	Age of Athelte	6 7	8	9 9 10	11 12
		CTICAL SKILL MATRIX			12
at e	3 on 3	1	2	2	3
Game Format	5 on 5		1	2	3
٥ _ك	7 on 7			1	2
	Manipulating Space and Time (on and off ball movement)	1	2	2	3
=	360 degree vision - width, depth and support	1	2	2	3
General	Recognizing Pass Lines	1	2	2	3
Ger	Pass and Move	1	2	2	3
	Prescanning Before Receiving			1	2
	Communication Strategies (GK>Backs>Mid>Fwds)			1	2
	Understanding Dangerous Space			2	3
	Intercept Mentality Angle of Approach / Using the body to control space			2	3
	Creating/Defending small space		l		2
	Man to Man		1		2
Defensive Concepts	Engaging Distance + Timing		1		2
	Defending Roles (first, second, cover defender)		1	1	2
	Regaining / Transition		1	1	2
	Verbal/Non verbal Communication (vocabulary, adjustments)			1	2
	Zonal / Numbers Down Defence			1	2
	Marking Ball side			1	2
	Marking Help side			1	2
	Front man marking			1	2
	Goal side marking			1	2
	Delaying and Channeling (pressure vs tackle defender) Circle Defence			1	1
	Oli de Deletice				1



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	· · · · · · · · · · · · · · · · · · ·	_	-		-				
	Age of Athelte	6	7	8	9	10	11	12	13
	Triangle Play - Posession Concepts						2		
	Positioning and Structure (width, depth, support)			1			2		
pts	1v1 Attacking Strategies			1			2		
nce	2v1 Attacking strategies					1		2	
8	Verbal/Non verbal Communication (vocabulary, actions)					1		2	
ing	Transfer Awareness / Change of Attacking Angles					1		2	
ack ack	Recognition of numbers up vs numbers down situations					1		2	
Attacking Concepts	Attacking Roles (one/two passes away and off ball)					1		2	
	Counter Attack (Transition Play)							1	
	3v2 Attacking strategies							1	
es	Self pass		1				2		
Set Pieces	Attacking 16m Free Hit					1		2	
#	Attacking Free Hits inside the 25						1		2
Š	Defending Attacking 25 Free Hit								

Š	Defending Attacking 25 Free Hit								1	
		PHYSI	OLOGICAL SKILL N	/IATRIX						
	Fundamental Movements - run jump throw roll			1				2		
	Hand Eye Coordination			1				2		
	Warmup Protocols			1				2		
General	Cooldown / Recover Protocols			1				2		
au s	Flexibility			1				2		
Ğ	Aerobic Endurance						1		2	
	Agility / Balance / COD						1		2	
	Speed Endurance								1	
	Strength - Endurance								1	
	Concussion awareness						1		2	
Education	Overtraining / specialization								1	
	Nutrition Management / Nutrition for Performance								1	
		Age of Athelte	6	7	8	9	9	10	11	12
		M	ENTAL SKILL MAT	RIX						
_	Growth Mindset Focus			1				2		
nta ills	Positive Self Talk / Awareness of thoughts			1				2		
Mental Skills	Confidence			1				2		
_	Self-Motivation							1		
tal	Goal Setting Strategies	•		1				2		
Mental Tools	Failure Recovery Strategies							1		
≥ ⊢	Visualization Techniques							1		
Other Factors	Leadership	•		1				1		•
Other Factors	Coachability			1				2		