



Coach Level		COMMUNITY COACH		
LTAD	Active Start	FUNDamentals / FUNStix		Learning to Train
Age	U5-U6	U7-U9		U10-U12
Goal	Fundamental Movement Skills	Discover Movement, Fun, Discover Hockey		Develop Hockey Techniques
Skill Progression	Introduction	Introduce /Develop		Introduce /Develop
Per Week	4-5 hours per week of physical activity, not more than 1 hour per session. Up to 3 non-sport sessions, 1 sport session, 1 hockey session	4-7 hours per week of physical activity of not more than 1 hour. No more than 1.5 hours of competition. Up to 3 non-specific activity		6-9 hours physical activity of not more than 1.5 hours. 2 hockey training + match. 3-4 non-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.

TECHNICAL SKILL MATRIX											
		Age of Athlete									
		6	7	8	9	9	10	11	12	12	
Grip	Basic Grip	1		2		2		3		3	
	Double V Grip	1		2		2		3		3	
	One Handed Grip		1				2				
	Pancake / Frying Pan Grip					1		2			
	Short Handle Grip					1		2			
Carrying the Ball	Running with Ball (ball position, Neutral, Front right and left)		1				2				
	Change of direction		1				2				
	Change of pace / Hesitation Dribble		1				2				
	Indian Dribble		1				2				
	Forehand & Reverse Stick: One Handed Running					1		2			
	Forward Lifted Dribble					1		2			
	Small Space Control							1			
	Deception - Body and Stick Feints							1			
Elimination	Draw/Double Draw Left to Right			1			2				
	Draw Right to Left			1			2				
	Change of Speed					1		2			
	Using the body to eliminate defenders					1		2			
	Lift (Forehand)							1			
	Lift (Reverse)							1			
Distribution	Forehand Push Pass (side on)	1		2		2		3		3	
	Forehand Snap Pass (on the run)	1		2		2		3		3	
	Forehand 'Slap' Push Pass		1				2				
	Reverse Stick Upright Pass		1				2				
	Forehand: Sweep			1		1		2			
	Forehand: One Touch & Deflections					1		2			
	Forehand: Lifted Push Pass					1		2			
	Reverse Stick: Sweep (to pass)					1		2			
	Forehand: Upright Hit					1		2			
	Forehand: Choke Hit					1		2			
Receptions	Forehand: Closed Receiving	1		2		2		3		3	
	Forehand & Reverse Stick: Open Receiving	1		2		2		3		3	
	Basic moving reception - changing angles	1		2		2		3		3	
	Lifted Passes (bouncing ball)					1		2			
	Forehand: Slip Left to Right					1		2			
Goal Scoring	Forehand: Push / Flick	1		2		2		3		3	
	Forehand: Upright Hit / Chip / Choke Hit					1		2			
	Forehand: Hand apart hit / slap (ball in the air)					1		2			
	Reverse Stick: Sweep					1		2			
Winning the Ball	Footwork	1		2		2		3		3	
	Forehand & Reverse Stick: Two handed block tackle	1		2		2		3		3	
	Interception - Forehand & Reverse Stick:		1				2				
	Jab/Poke Tackle					1		2			
	Channel / Double Team					1		2			
	Recovery Defense					1		2			
Goalkeeping	Basic Stance			1		1		2			
	Angles and Positioning					1		2			
	Balance			1		1		2			
	Ground Clear (R/L Foot)			1		1		2			
	Footwork (Lateral)					1		2			

TACTICAL SKILL MATRIX											
		Age of Athlete									
		6	7	8	9	9	10	11	12	12	
Game Format	3 on 3	1		2		2		3		3	
	5 on 5			1		2		3		3	
	7 on 7					1		2			
General	Manipulating Space and Time (on and off ball movement)	1		2		2		3		3	
	360 degree vision - width, depth and support	1		2		2		3		3	
	Recognizing Pass Lines	1		2		2		3		3	
	Pass and Move	1		2		2		3		3	
	Prescanning Before Receiving					1		2			
	Communication Strategies (GK>Backs>Mid>Fwds)					1		2			
Defensive Concepts	Understanding Dangerous Space		1			2		3		3	
	Intercept Mentality		1			2		3		3	
	Angle of Approach / Using the body to control space		1			2		3		3	
	Creating/Defending small space		1				2				
	Man to Man			1			2				
	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)					1		2			
Circle Defence							1				

