

Coach Level		COMPETITION DEVELOPMENT			
LTAD	Train to Compete - Train to Win (U21)	Athletes in this stage are competing within High Performance Club environments, as well as U18 / U21 Provincial Teams. T2C Athletes should spend 40% time in training and 60% in Competition. T2W U21 athletes should have 80% Competitive Opportunities both regular domestic competition, as well as international competition.		Coaches in this stage could be HP club coaches at the U18 level or Top Division Adult Leagues. Provincial level coaches at the U18 Age Group, or Post Secondary Coaches. Coaches at this level should be experienced with a good understanding of all aspects of coaching.	
Age	U16 - U19 and U21				
Goal	Consistency in execution of hockey skills at speed and under pressure. Prepare athletes for elite / high performance				
Skill Progression	Develop/ Refine / Proficiency / Excellence				
Per Week	3 hockey sessions per week not more than 2 hrs each + min 1 competition. 2-4 non specific activity sessions of max 2 hrs each.				
ATHLETE SKILL PROGRESSION PATHWAY LEGEND		2	3	4	5
		Develop / Acquire	Refine / Competency	Proficiency	Excellence

Note: Provincially or Nationally Identified Athletes will be evaluated based on FHC's High Performance Athlete Evaluation Scale, which is separate from the average skill progression pathway matrix.

Entry Level  
Provincial Athlete U18

### TECHNICAL SKILL MATRIX

		Age of Athlete	16	17	18	19	20	21
Grip	Basic Grip		4				5	
	Double V Grip		4				5	
	One Handed Grip		4				5	
	Pancake / Frying Pan Grip		3	4			5	
	Short Handle Grip		4				5	
	Aerial Scoop or Drag Grip		2	3			4	
Carrying the Ball	Running with Ball (ball position, Neutral, Front right and left)		4				5	
	Change of direction		4				5	
	Change of pace / Hesitation Dribble		4				5	
	Indian Dribble		4				5	
	Forehand & Reverse Stick: One Handed Running		3	4			5	
	Forward Lifted Dribble		3	4			5	
	Small Space Control		3	4			5	
	Deception - Body and Stick Feints		3	4			5	
Elimination	Draw/Double Draw Left to Right		3	4			5	
	Draw Right to Left		3	4			5	
	Change of Speed		3	4			5	
	Using the body to eliminate defenders		3	4			5	
	Lift (Forehand)		3	4			5	
	Lift (Reverse)		3	4			5	
	Lifted Draw Left to Right		2	3	4		5	
	Lifted Draw Right to Left		2	3	4		5	
Distribution	Forehand Push Pass (side on)		4				5	
	Forehand Snap Pass (on the run)		4				5	
	Forehand 'Slap' Push Pass		4				5	
	Reverse Stick Upright Pass		4				5	
	Forehand: Sweep		4				5	
	Forehand: One Touch & Deflections		3	4			5	
	Forehand: Lifted Push Pass		3	4			5	
	Reverse Stick: Sweep (to pass)		3	4			5	
	Forehand: Upright Hit		3	4			5	
	Forehand: Choke Hit		3	4			5	
	Reverse Stick: Upright Hit (to pass)		2	3	4		5	
	Forehand Deceptive Sweep / Roll Push		2	3	4		5	
	Aerial / Scoop		2	3	4		5	
Receptions	Forehand: Closed Receiving		4				5	
	Forehand & Reverse Stick: Open Receiving		4				5	
	Basic moving reception - changing angles		4				5	
	Lifted Passes (bouncing ball)		3	4			5	
	Forehand: Slip Left to Right		3	4			5	
	Reverse Stick: Slip Right to Left		2	3	4		5	
	Forehand Redirect		2	3	4		5	
	High Ball Receptions (Scoops)		2	3	4		5	
Goal Scoring	Forehand: Push / Flick		4				5	
	Forehand: Upright Hit / Chip / Choke Hit		3	4			5	
	Forehand: Hand apart hit / slap (ball in the air)		3	4			5	
	Reverse Stick: Sweep		3	4			5	
	Punch Shot		2	3	4		5	
	Reverse Stick Shot: Hit (R+L Foot)		2	3	4		5	
	Tipping (forehand and reverse)		2	3	4		5	
Winning the Ball	Footwork		4				5	
	Forehand & Reverse Stick: Two handed block tackle		4				5	
	Interception - Forehand & Reverse Stick:		4				5	
	Jab/Poke Tackle		3	4			5	
	Channel / Double Team		3	4			5	
	Recovery Defense		3	4			5	
	Forehand: Upright Tackle		2	3	4		5	
	Forehand & Reverse Stick: One handed block tackle		2	3	4		5	
	Reverse Stick: Upright Tackle		2	3	4		5	
	Forehand & Reverse Stick: Shave Tackle		2	3	4		5	
Goalkeeping	Basic Stance		4				5	
	Angles and Positioning		3	4			5	
	Balance		3	4			5	
	Ground Clear (R/L Foot)		3	4			5	
	Pad Save (R/L pads)		3	4			5	
	High Saves (Glove/Stick side)		2	3	4		5	
	Footwork (Lateral)		3	4			5	
	Diving		2	3	4		5	
	Sliding		2	3	4		5	

		Age of Athelte					
		16	17	18	19	20	21
Specialty	Penalty Corner: Pullout	2		4		5	
	Penalty Corner: Stick Stop	2		4		5	
	Penalty Corner: Hit	2		4		5	
	Penalty Corner: Defensive Roles	2		4		5	
	Shoot Out	2	3		4		5
	Penalty Stroke	2	3		4		5
	Penalty Corner: Tipping	2	3		4		5
	Penalty Corner: Drag Flick	2	3		4		5

### TACTICAL SKILL MATRIX

		Age of Athelte					
		16	17	18	19	20	21
Game Format	3 on 3			4		5	
	5 on 5			4		5	
	7 on 7	2		4		5	
	11 on 11	2		4		5	
General	Manipulating Space and Time (on and off ball movement)			4		5	
	360 degree vision - width, depth and support			4		5	
	Recognizing Pass Lines	2		4		5	
	Pass and Move			4		5	
	Prescanning Before Receiving	2		4		5	
	Communication Strategies (GK>Backs>Mid>Fwds)	2		4		5	
	Pass V Eliminate	2		4		5	
	Decision Making Protocols	2		4		5	
Defensive Concepts	Understanding Dangerous Space			4		5	
	Intercept Mentality			4		5	
	Angle of Approach / Using the body to control space			4		5	
	Creating/Defending small space			4		5	
	Man to Man	2		4		5	
	Engaging Distance + Timing	2		4		5	
	Defending Roles (first, second, cover defender)	2		4		5	
	Regaining / Transition			4		5	
	Verbal/Non verbal Communication (vocabulary, adjustments)			4		5	
	Zonal / Numbers Down Defence	2		4		5	
	Marking Ball side	2		4		5	
	Marking Help side	2		4		5	
	Front man marking	2		4		5	
	Goal side marking	2		4		5	
	Delaying and Channeling (pressure vs tackle defender)	2		4		5	
	Circle Defence	2		4		5	
	Counter Control / Recovery	2	3		4		5
	Role of the Free Man	2	3		4		5
High Press Variations + Concepts	2	3		4		5	
Half Court Press	1	2		3		4	
Attacking Concepts	Triangle Play - Possession Concepts			4		5	
	Positioning and Structure (width, depth, support)			4		5	
	1v1 Attacking Strategies			4		5	
	2v1 Attacking strategies			4		5	
	Verbal/Non verbal Communication (vocabulary, actions)	2		4		5	
	Transfer Awareness / Change of Attacking Angles	2		4		5	
	Recognition of numbers up vs numbers down situations	2		4		5	
	Attacking Roles (one/two passes away and off ball)	2		4		5	
	Counter Attack (Transition Play)	2		4		5	
	3v2 Attacking strategies	2		4		5	
	Attack in numbers up vs numbers down situations	2		4		5	
	Attack inside 25	2	3		4		5
	Circle Play	2	3		4		5
	Overload Scenarios	2	3		4		5
	Attack vs Full Press	2		4		5	
	Attack vs Half Court	1	2		3		4
	Attack vs 3/4 Press	1	2		3		4
	Aerial game	1	2		3		4
Set Pieces	Self pass			4		5	
	Attacking 16m Free Hit	2		4		5	
	Attacking Free Hits inside the 25	2		4		5	
	Defending Attacking 25 Free Hit	2		4		5	
	PC Defence	2		4		5	
	PC Offence	2		4		5	
	Penalty Corner Counter Attack	2		4		5	
	Penalty Corner Counter Defence	2		4		5	
Penalty Stroke	2	3		4		5	

### PHYSIOLOGICAL SKILL MATRIX

		Age of Athelte					
		16	17	18	19	20	21
General	Fundamental Movements - run jump throw roll			4		5	
	Hand Eye Coordination			4		5	
	Warmup Protocols			4		5	
	Cooldown / Recover Protocols			4		5	
	Flexibility	2		4		5	
	Aerobic Endurance			4		5	
	Agility / Balance / COD			4		5	
	Speed Endurance	2		4		5	
	Strength - Endurance	2		4		5	
Education	Concussion awareness			4		5	
	Overtraining / specialization	2		4		5	
	Nutrition Management / Nutrition for Performance	2		4		5	
	RPE	2	3		4		5
	HR Monitoring	2	3		4		5
	Daily Health monitoring	2	3		4		5
RED-S/ Health awareness and responsibility	2	3		4		5	

		Age of Athlete					
		16	17	18	19	20	21
<b>Testing</b>	YoYo or 30-15	3	4	5	5	5	5
	10m Sprint	3	4	4	4	5	5
	40m Sprint	3	4	4	4	5	5
	Flying 10m Sprint	3	4	4	4	5	5
	Counter Movement Jump	3	4	4	4	5	5
	Sit and Reach	3	4	4	4	5	5
	Anthropomorphic Analysis	3	4	4	4	5	5

MENTAL SKILL MATRIX								
<b>Mental Skills</b>	Growth Mindset Focus	3	4	5	5	5	5	
	Positive Self Talk / Awareness of thoughts	3	4	4	4	5	5	
	Confidence	3	4	4	4	5	5	
	Self-Motivation	3	4	4	4	5	5	
	Grit/Resilience	3	4	4	4	5	5	
	Mental Toughness	3	4	4	4	5	5	
	Focus + Determination	3	4	4	4	5	5	
<b>Mental Tools</b>	Goal Setting Strategies	4			5			
	Failure Recovery Strategies	3	4			5	5	
	Visualization Techniques	3	4			5	5	
	PMR - Progressive Muscular Relaxation techniques	1	2	3	4	5	5	
	Optimal Performance State	1	2	3	4			
	Focus Strategies and Competition Readiness	1	2	3	4			
<b>Other Factors</b>	Leadership	3	4	5	5	5	5	
	Coachability	4			5			
	Management of Social Distraction	3	4			5	5	
	Time + Schedule management	3	4			5	5	
	Coach Education	Community		Competition Introduction				
	Umpire Education	Community		Provincial				