



Coach Level		COMPETITION INTRODUCTION			
<b>LTAD</b>	<b>Train to Train - Competition Stream</b>				
<b>Age</b>	U12-U16				
<b>Goal</b>	Developing physical capacity, developing hockey competency. Moving into competitive play.	Athletes in this stage are learning skills of the game and being introduced to 11v11 competitive games. This stage addresses Club teams, as well as U16 Provincial Teams.		Coaches in this stage could be club coaches, or provincial level coaches at the U16 Age Group. They should be minimum 16 years with 2+ years of experience.	
<b>Skill Progression</b>	Introduce /Develop/ Refine / Proficiency				
<b>Per Week</b>	3 hockey sessions per week not more than 2 hrs each.(including min 1 competition). 2-3 non specific activity sessions of 1.5hrs each.				
<b>ATHLETE SKILL PROGRESSION PATHWAY LEGEND</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		Introduce	Develop / Acquire	Refine / Competency	Proficiency

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 U16

TECHNICAL SKILL MATRIX								
		Age of Athlete	11	12	13	14	15	16
<b>Grip</b>	Basic Grip		3	4	4	4	4	4
	Double V Grip		3	3	3	3	4	4
	One Handed Grip (L/R)		2	2	3	3	4	4
	Pancake / Frying Pan Grip		2	2	3	3	4	4
	Short Handle Grip		2	2	3	3	4	4
	Aerial Scoop or Drag Grip						1	2
<b>Carrying the Ball</b>	Running with Ball (ball position, Neutral, Front right and left)		2	3	3	3	4	4
	Change of direction		2	3	3	3	4	4
	Change of pace / Hesitation Dribble		2	3	3	3	4	4
	Indian Dribble		2	3	3	3	4	4
	Forehand & Reverse Stick: One Handed Running		2	3	3	3	4	4
	Forward Lifted Dribble		2	3	3	3	4	4
	Small Space Control		1	2	2	3	3	4
	Deception - Body and Stick Feints		1	2	2	3	3	4
<b>Elimination</b>	Draw/Double Draw Left to Right		2	3	3	3	4	4
	Draw Right to Left		2	3	3	3	4	4
	Change of Speed		2	3	3	3	4	4
	Using the body to eliminate defenders		2	3	3	3	4	4
	Lift (Forehand)		1	2	2	3	3	4
	Lift (Reverse)		1	2	2	3	3	4
	Lifted Draw Left to Right				1	2	2	3
	Lifted Draw Right to Left				1	2	2	3
<b>Distribution</b>	Forehand Push Pass (side on)		3	3	3	3	4	4
	Forehand Snap Pass (on the run)		3	3	3	3	4	4
	Forehand 'Slap' Push Pass		2	3	3	3	4	4
	Reverse Stick Upright Pass		2	3	3	3	4	4
	Forehand: Sweep		2	3	3	3	4	4
	Forehand: One Touch & Deflections		2	3	3	3	4	4
	Forehand: Lifted Push Pass		2	2	3	3	4	4
	Reverse Stick: Sweep (to pass)		2	3	3	3	4	4
	Forehand: Upright Hit		2	2	3	3	4	4
	Forehand: Choke Hit		2	2	3	3	4	4
	Reverse Stick: Upright Hit (to pass)				1	2	2	3
	Forehand Deceptive Sweep / Roll Push						1	2
	Aerial / Scoop						1	2
	<b>Receptions</b>	Forehand: Closed Receiving		3	3	3	3	4
Forehand & Reverse Stick: Open Receiving			3	3	3	3	4	4
Basic moving reception - changing angles			3	3	3	3	4	4
Lifted Passes (bouncing ball)			2	3	3	3	4	4
Forehand: Slip Left to Right			2	3	3	3	4	4
Reverse Stick: Slip Right to Left					1	2	2	3
Forehand Redirect							1	2
High Ball Receptions (Scoops)							1	2
<b>Goal Scoring</b>	Forehand: Push / Flick		3	3	3	3	4	4
	Forehand: Upright Hit / Chip / Choke Hit		2	3	3	3	4	4
	Forehand: Hand apart hit / slap (ball in the air)		2	3	3	3	4	4
	Reverse Stick: Sweep		2	3	3	3	4	4
	Punch Shot				1	2	2	3
	Reverse Stick Shot: Hit (R+L Foot)					1	2	3
	Tipping (forehand and reverse)					1	2	3
<b>Winning the Ball</b>	Footwork		3	3	3	3	4	4
	Forehand & Reverse Stick: Two handed block tackle		3	3	3	3	4	4
	Interception - Forehand & Reverse Stick:		2	3	3	3	4	4
	Jab/Poke Tackle		2	3	3	3	4	4
	Channel / Double Team		2	3	3	3	4	4
	Recovery Defense		2	3	3	3	4	4
	Forehand: Upright Tackle				1	2	2	3
	Forehand & Reverse Stick: One handed block tackle				1	2	2	3
	Reverse Stick: Upright Tackle					1	2	3
Forehand & Reverse Stick: Shave Tackle					1	2	3	
<b>Goalkeeping</b>	Basic Stance		2	3	3	3	4	4
	Angles and Positioning		2	3	3	3	4	4
	Balance		2	3	3	3	4	4
	Ground Clear (R/L Foot)		2	3	3	3	4	4
	Pad Save (R/L pads)				2	3	3	4
	High Saves (Glove/Stick side)				1	2	2	3
	Footwork (Lateral)		2	3	3	3	4	4
	Diving				1	2	2	3
	Sliding				1	2	2	3



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		Entry Level Provincial Athlete U16					
		Age of Athlete					
		11	12	13	14	15	16
<b>Specialty</b>	Penalty Corner: Pullout			1	2	3	
	Penalty Corner: Stick Stop			1	2	3	
	Penalty Corner: Hit			1	2	3	
	Penalty Corner: Defensive Roles			1	2	3	
	Shoot Out					1	2
	Penalty Stroke					1	2
	Penalty Corner: Tipping					1	2
	Penalty Corner: Drag Flick					1	2

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



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		PHYSIOLOGICAL SKILL MATRIX					
		Age of Athlete					
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<b>General</b>	Fundamental Movements - run jump throw roll	2	3	4			
	Hand Eye Coordination	2	3	4			
	Warmup Protocols	2	3	4			
	Cooldown / Recover Protocols	2	3	4			
	Flexibility	2	3	4			
	Aerobic Endurance	2	3	4			
	Agility / Balance / COD	2	3	4			
	Speed Endurance	1	2	3			
	Strength - Endurance	1	2	3			
	<b>Education</b>	Concussion awareness	2	3	4		
Overtraining / specialization		1	2	3			
Nutrition Management / Nutrition for Performance		1	2	3			
RPE						1	2
HR Monitoring						1	2
Daily Health monitoring						1	2
<b>Testing</b>	RED-S/Health awareness and responsibility					1	2
	YoYo or 30-15			1	2	3	4
	10m Sprint			1	2	3	4
	40m Sprint			1	2	3	4
	Flying 10m Sprint			1	2	3	4
	Counter Movement Jump			1	2	3	4
	Sit and Reach			1	2	3	4
	Anthropomorphic Analysis			1	2	3	4
		Age of Athlete					
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		MENTAL SKILL MATRIX					
<b>Mental Skills</b>	Growth Mindset Focus	2	3	4			
	Positive Self Talk / Awareness of thoughts	2	3	4			
	Confidence	2	3	4			
	Self-Motivation	1	2	3			
	Grit/Resilience			1	2	3	4
	Mental Toughness			1	2	3	4
	Focus + Determination			1	2	3	4
	<b>Mental Tools</b>	Goal Setting Strategies	2	3	4		
Failure Recovery Strategies		1	2	3			
Visualization Techniques		1	2	3			
PMR - Progressive Muscular Relaxation techniques						1	
Optimal Performance State						1	
Focus Strategies and Competition Readiness						1	
<b>Other Factors</b>	Leadership	1	2	3			
	Coachability	2	3	4			
	Management of Social Distraction			1	2	3	4
	Time + Schedule management			1	2	3	4
	Coach Education						
	Umpire Education						