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 Athelte	6	7	8	9	9	10	11	12
Grip	Basic Grip	1		2		2		3	
	Double V Grip	1		2		2		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			
	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	
	Forehand Snap Pass (on the run)	1		2		2		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	
	Forehand & Reverse Stick: Open Receiving	1		2		2		3	
	Basic moving reception - changing angles	1		2		2		3	
	Lifted Passes (bouncing ball)					1		2	
	Forehand: Slip Left to Right					1		2	
Goal Scoring	Forehand: Push / Flick	1		2		2		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	
	Forehand & Reverse Stick: Two handed block tackle	1		2		2		3	
	Interception - Forehand & Reverse Stick:	1				2			
	Jab/Poke Tackle					1		2	
	Channel / Double Team					1		2	
	Recovery Defense					1		2	
Goalkeeping	Basic Stance / Ready Position			1		1		2	
	Angles and Positioning					1		2	
	Balance			1		1		2	
	Clears - Instep (R/L Foot)			1		1		2	
	Clears - Toe (R/L Foot)			1		1		2	
	Footwork					1		2	
	Age of Athelte	6	7	8	9	9	10	11	12

TACTICAL SKILL MATRIX

Game Format	3 on 3	1		2		2		3	
	5 on 5			1		2		3	
	7 on 7					1		2	
General	Manipulating Space and Time (on and off ball movement)	1		2		2		3	
	360 degree vision - width, depth and support	1		2		2		3	
	Recognizing Pass Lines	1		2		2		3	
	Pass and Move	1		2		2		3	
	Prescanning Before Receiving					1		2	
	Communication Strategies (GK>Backs>Mid>Fwds)					1		2	
Defensive Concepts	Understanding Dangerous Space	1				2		3	
	Intercept Mentality	1				2		3	
	Angle of Approach / Using the body to control space	1				2		3	
	Creating/Defending small space	1				2			
	Person to Person			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 marking					1		2	
	Goal side marking					1		2	
	Delaying and Channeling (pressure vs tackle defender)					1		2	
	Circle Defence							1	

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.

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

PHYSIOLOGICAL SKILL MATRIX									
General	Fundamental Movements - run jump throw roll	1				2			
	Hand Eye Coordination	1				2			
	Warmup Protocols	1				2			
	Cooldown / Recover Protocols	1				2			
	Flexibility	1				2			
	Aerobic Endurance					1		2	
	Agility / Balance / COD					1		2	
	Speed Endurance							1	
	Strength - Endurance							1	
Education	Concussion awareness					1		2	
	Overtraining / specialization							1	
	Nutrition Management / Nutrition for Performance							1	
	Age of Athelte	6	7	8	9	9	10	11	12

MENTAL SKILL MATRIX			
Mental Skills	Growth Mindset Focus	1	2
	Positive Self Talk / Awareness of thoughts	1	2
	Confidence	1	2
	Self-Motivation		1
Mental Tools	Goal Setting Strategies	1	2
	Failure Recovery Strategies		1
	Visualization Techniques		1
Other Factors	Leadership	1	1
	Coachability	1	2