



**HOCKEY QUEENSLAND  
SKILLS GUIDELINES  
BY AGE GROUP**

*Prepared by the Hockey Queensland  
RCD/DO Network - 2016*

# SUGGESTED SKILLS

## UNDER 11

### WITH THE BALL

#### *Basic Skills*

#### **Dribbling**

- Grip
- Positioning when carrying the ball – 1 o'clock
- Open & Closed
- Ball position

#### **Pushing –**

- Grip
- SOB (Stick on Ball)
- Ball position
- Static pushing
- pushing on the move (off right foot)

#### **Hitting**

- Short Grip
- Static Hitting
- Hitting on the move

#### **Receiving**

- Fore stick
- Reverse stick
- Receiving the ball in the correct position Right foot, left foot
- Grip

#### **Goal shooting**

- Hitting or pushing the ball at the box
- Positions in the circle

### GOALKEEPING

#### **Correct equipment required**

- Kickers
- Leg guards
- Abdominal protector
- Padded Shorts
- Body Armor
- Gloves
- stick
- Helmet
- Carry Bag

#### **Basic positioning**

- Angles
- Movement around the box/Circle
- Ready position / starting position

#### **Basic technique:**

- Stance See Attachment 1
- Grip the stick
- Double leg block save
- Toe Kick
- Instep kick
- Use of hand / glove saves

## WITHOUT THE BALL

### **Tackling**

- Block & Jab / Poke
- Channeling – concepts
- Marking

### **Basic defensive playing structures:**

- Defensive structure 3-3-SW-3-1
- roles and responsibilities

### **Principals**

- Depth & Width
- 2 v 1
- 2v2

### **Basic playing structures**

- Back 4 Mid 3 and 3 Strikers
- roles and responsibilities

## SET PLAYS

### **Attacking Corners**

- Injector (stationary technique first)
- Trapper
- Hitter
- L1, R1, R2
- Where the rest of the player stand (Half way behind the trapper)

### **Defensive Corners**

- First runner
- second runner
- 2 x post persons
- goal keeper
- Positioning in box



# SUGGESTED SKILLS

## UNDER 13

*(including U11 Skills)*

WITH THE BALL	GOALKEEPING
<p><b>Receiving</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>receiving going forward</i></li><li><input type="checkbox"/> <i>Posting up</i></li></ul> <p><b>Passing</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>(Ball speed) SOB</i></li><li><input type="checkbox"/> <i>passing with deception</i></li><li><input type="checkbox"/> <i>weighted pass</i></li><li><input type="checkbox"/> <i>Hitting long grip</i></li></ul> <p><b>Elimination</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>Drags Left to Right and Right to Left</i></li><li><input type="checkbox"/> <i>V drag</i></li><li><input type="checkbox"/> <i>Jinks – All facets</i></li><li><input type="checkbox"/> <i>Spinning out – into space</i></li></ul> <p><b>Goal shooting:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>Straighten the ball up. Preparation before entering the circle to shoot</i></li><li><input type="checkbox"/> <i>Getting shot on target</i></li><li><input type="checkbox"/> <i>Making the GK save</i></li><li><input type="checkbox"/> <i>Position in the circle</i></li></ul>	<p><b>Sliding; when to slide when to stay</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>(1v1)</i></li></ul> <p><b>Aerial saves – both hands</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>Stick saves</i></li></ul> <p><b>Base line defence</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>Left hand side</i></li><li><input type="checkbox"/> <i>Right hand side</i></li></ul> <p><b>Clearances</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>Left foot</i></li><li><input type="checkbox"/> <i>Right foot</i></li></ul> <p><b>Penalty Corner Defence</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>Some ability to “Lie Down”</i></li><li><input type="checkbox"/> <i>field player roles in the defensive corner</i></li></ul> <p><b>Communication</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> <i>Understanding Principals &amp; Defenders roles</i></li></ul>

## WITHOUT THE BALL

### **Tackling**

- Shave & Steals*

### **Pressing / Basic concepts**

### **Marking**

- IFIT / In front in Touch*

### **Leading**

- Into space*
- leading away to create space*
- Timing your lead*
- Sitting on the edge of space then take that space*

### **Outletting**

- Transfers*
- Back 4 – Concepts*

## SET PLAYS

### **Penalty Corner Attack**

- Injecting (stationary technique first)*
- Trapping*
- Hitting*
- slapping for deflections*
- Drag Flicking*
- Understanding variations*

### **Understanding Penalty Corner Defence / Roles & Structure. 3-1, 2-2**

- First runner*
- Second runner*
- Post persons*
- Head Man / Sweeper*
- Goal keeper*

# SUGGESTED SKILLS UNDER 15 (including all U13 Skills)

## WITH THE BALL

### ***Passing***

- Push Pass – off both Left & Right foot*
- Long Handle slap pass*
- Hitting & Slapping*
- Transfer / Outletting*
- Overheads*

### ***Receiving overheads***

### ***First Touch receiving***

### ***Slip Trap***

### ***Carrying ball with Vision (1 o'clock)***

### ***Running Angles***

## GOALKEEPING

- Making the second save*
- Getting up quickly technique*
- Slide tackles*
- 1 on 1 (When to go when to stay)*
- Use of the stick at the appropriate times*



## WITHOUT THE BALL

- Marking - IFIT*
- 2 v 1 concepts*
- Tackling / Shave*
- Terminology - Hotline  
- T Point*
- Counter-Control*  
*\* Defenders to Re-fill to prevent  
counter-attack*
- Useful communication*

## SET PLAYS

- Injecting – Full circle distance  
Accuracy / Flat / Speed*
- Develop trapping style. First touch  
stopping of ball*
- Basic Drag Flick Technique ( Start  
small)*

### **Playing structures**

- Understanding back 4, 3 mid and 3  
strikers*
- Basic press*
- Moving from a back 4 - back 3*



# SUGGESTED SKILLS UNDER 18 (including all U15 Skills)

## WITH THE BALL

- Slapping with deception*
- Drags - Left to Right*
  - *Right to Left*
  - *V Drag**(Outside body width)*  
*(Taking the handbrake off / Vision)*
- Lifted pass – Flick / chip*
- Upright reverse pass*
- Reverse edge pass (When to use it)*
- Overhead pass and receiving overheads*
- Goal shooting – Wide variety of shots*

## GOALKEEPING

- Correct (Useful) communication*
- Positioning of defenders*
- Defending Drag Flicks (When to go down when to stay up)*
- Clear in one action away from goal scoring areas*
- Shootouts 1v1*



## WITHOUT THE BALL

- 3 v 2 concepts*
- Midfield Transfers*
- Playing with Patience*
- Controlling Tempo*
- Pressing & Reverse press.*
- 2<sup>nd</sup> phase play*
- Tackling inside Defensive circle*
- Marking IFIT (In touch in Front)*
- Counter-Control*  
*Defenders to Re-fill to prevent counter-attack*
- Physical presence and contact when marking*
- Useful communication*

## SET PLAYS

- Penalty Corner competencies*
- Injecting – walk in only if speed is increased and accuracy is maintained*  
*Trapping First touch stopping of the ball*  
*Hitting at Goal*  
*Drag Flicking*  
*Slapping for deflections*
- Penalty Corner defensive structures and roles.*
- Understanding Counter attack options off defensive PC*

# SUGGESTED SKILLS UNDER 21 / OPEN (including all U18 Skills)

## WITH THE BALL

- 3 D Skills – catch + carry  
- Air drags
- Overhead pass with a moving ball
- Receiving in motion with flow (RIM)
- Weighted Pass, to space
- Dump pass
- Reverse 'Tomma' pass – Power and accuracy.
- Use of 'Space' behind opposition player

## GOALKEEPING

- Argentinian Block save
- Shootouts 1v1
- Clear in one action away from goal scoring areas
- Defending deflections
- Decision Making

## WITHOUT THE BALL

- Marking IFIT (In front in touch)*
- Understand and execute all types of presses and roles within a press.*
- Understanding defensive and attacking patterns and structures*
- Leading – cueing in (eye contact)*
- Outletting – Recognising when to go ball side and when to go help side*
- Understanding ‘Interchange’ concepts.*
- Counter-Control*  
*Defenders to Re-fill to prevent counter-attack*
- Physical presence and contact when marking*
- Useful communication*

## SET PLAYS

- Penalty Corner ‘defence’ specialist roles.*  
*First runner, second runner, Post person, sweeper*
- Ability to understand and play various formations in defensive PC*  
*1:3-1:3*  
*1:3 Diverted*  
*1:3 – 2:2*
- Ability to understand and play various attacking PC options and roles.*  
*Inject - walk in only if speed is increased and accuracy is maintained*  
*Trapping First touch stopping of the ball*
- All players to look like the go-to person to increase distraction for opposition GK*
- Understands various tactics from Dead Ball situations*

# BASIC STANCE

## Attachment 1

