

An illustration featuring two maroon hockey sticks with yellow blades, crossed in an 'X' shape. A maroon ball is positioned between the sticks. The background is white with faint, light-colored lines suggesting a hockey rink.

# **HOCKEY QUEENSLAND SKILLS GUIDELINES BY AGE GROUP**

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

## Suggested Skills U11

<b>WITH THE BALL</b>	<b>GOALKEEPING</b>
<p data-bbox="411 383 580 416" style="text-align: center;"><b>Basic Skills</b></p> <p data-bbox="188 443 336 477"><b>Dribbling</b></p> <ul data-bbox="188 499 791 763" style="list-style-type: none"><li><input type="checkbox"/> Grip</li><li><input type="checkbox"/> Positioning when carrying the ball – 1 o'clock</li><li><input type="checkbox"/> Open &amp; Closed</li><li><input type="checkbox"/> Ball position</li></ul> <p data-bbox="188 837 344 871"><b>Pushing –</b></p> <ul data-bbox="188 896 762 1160" style="list-style-type: none"><li><input type="checkbox"/> Grip</li><li><input type="checkbox"/> SOB (Stick on Ball)</li><li><input type="checkbox"/> Ball position</li><li><input type="checkbox"/> Static pushing</li><li><input type="checkbox"/> pushing on the move (off right foot)</li></ul> <p data-bbox="188 1234 300 1267"><b>Hitting</b></p> <ul data-bbox="188 1292 523 1442" style="list-style-type: none"><li><input type="checkbox"/> Short Grip</li><li><input type="checkbox"/> Static Hitting</li><li><input type="checkbox"/> Hitting on the move</li></ul> <p data-bbox="188 1516 341 1550"><b>Receiving</b></p> <ul data-bbox="188 1574 699 1839" style="list-style-type: none"><li><input type="checkbox"/> Fore stick</li><li><input type="checkbox"/> Reverse stick</li><li><input type="checkbox"/> Receiving the ball in the correct position Right foot, left foot</li><li><input type="checkbox"/> Grip</li></ul> <p data-bbox="188 1912 408 1946"><b>Goal shooting</b></p> <ul data-bbox="188 1971 778 2058" style="list-style-type: none"><li><input type="checkbox"/> Hitting or pushing the ball at the box</li><li><input type="checkbox"/> Positions in the circle</li></ul>	<p data-bbox="815 398 1251 432"><b>Correct equipment required</b></p> <ul data-bbox="815 456 1166 965" style="list-style-type: none"><li><input type="checkbox"/> Kickers</li><li><input type="checkbox"/> Leg guards</li><li><input type="checkbox"/> Abdominal protector</li><li><input type="checkbox"/> Padded Shorts</li><li><input type="checkbox"/> Body Armour</li><li><input type="checkbox"/> Gloves</li><li><input type="checkbox"/> stick</li><li><input type="checkbox"/> Helmet</li><li><input type="checkbox"/> Carry Bag</li></ul> <p data-bbox="815 1039 1082 1072"><b>Basic positioning</b></p> <ul data-bbox="815 1097 1358 1247" style="list-style-type: none"><li><input type="checkbox"/> Angles</li><li><input type="checkbox"/> Movement around the box/Circle</li><li><input type="checkbox"/> Ready position / starting position</li></ul> <p data-bbox="815 1330 1070 1364"><b>Basic technique:</b></p> <ul data-bbox="815 1388 1246 1718" style="list-style-type: none"><li><input type="checkbox"/> Stance See Attachment 1</li><li><input type="checkbox"/> Grip the stick</li><li><input type="checkbox"/> Double leg block save</li><li><input type="checkbox"/> Toe Kick</li><li><input type="checkbox"/> Instep kick</li><li><input type="checkbox"/> Use of hand / glove saves</li></ul>

WITHOUT THE BALL	SET PLAYS
<p><b>Tackling</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Block &amp; Jab / Poke</li><li><input type="checkbox"/> Channeling – concepts</li><li><input type="checkbox"/> Marking</li></ul> <p><b>Basic defensive playing structures:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Defensive structure 3-3-SW-3-1</li><li><input type="checkbox"/> roles and responsibilities</li></ul> <p><b>Principals</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Depth &amp; Width</li><li><input type="checkbox"/> 2 v 1</li><li><input type="checkbox"/> 2v2</li></ul> <p><b>Basic playing structures</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Back 4 Mid 3 and 3 Strikers</li><li><input type="checkbox"/> roles and responsibilities</li></ul>	<p><b>Attacking Corners</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Injector (stationary technique first)</li><li><input type="checkbox"/> Trapper</li><li><input type="checkbox"/> Hitter</li><li><input type="checkbox"/> L1, R1, R2</li><li><input type="checkbox"/> Where the rest of the player stand (Half way behind the trapper)</li></ul> <p><b>Defensive Corners</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> First runner</li><li><input type="checkbox"/> second runner</li><li><input type="checkbox"/> 2 x post persons</li><li><input type="checkbox"/> goal keeper</li><li><input type="checkbox"/> Positioning in box</li></ul>

# Suggested Skills U13

## (including U11 skills)

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

WITHOUT THE BALL	SET PLAYS
<p><b>Tackling</b></p>	<p><b>Penalty Corner Attack</b></p>
<p><input type="checkbox"/> Shave &amp; Steals</p>	<p><input type="checkbox"/> Injecting (stationary technique first)</p>
<p><b>Pressing / Basic concepts</b></p>	<p><input type="checkbox"/> Trapping</p>
<p><b>Marking</b></p>	<p><input type="checkbox"/> Hitting</p>
<p><input type="checkbox"/> IFIT / In front in Touch</p>	<p><input type="checkbox"/> slapping for deflections</p>
<p><b>Leading</b></p>	<p><input type="checkbox"/> Drag Flicking</p>
<p><input type="checkbox"/> Into space</p>	<p><input type="checkbox"/> Understanding variations</p>
<p><input type="checkbox"/> leading away to create space</p>	<p><b>Understanding Penalty Corner Defence / Roles &amp; Structure. 3-1, 2-2</b></p>
<p><input type="checkbox"/> Timing your lead</p>	<p><input type="checkbox"/> First runner</p>
<p><input type="checkbox"/> Sitting on the edge of space then take that space</p>	<p><input type="checkbox"/> Second runner</p>
<p><b>Outletting</b></p>	<p><input type="checkbox"/> Post persons</p>
<p><input type="checkbox"/> Transfers</p>	<p><input type="checkbox"/> Head Man / Sweeper</p>
<p><input type="checkbox"/> Back 4 – Concepts</p>	<p><input type="checkbox"/> Goal keeper</p>

# Suggested Skills U15

## (including U13 skills)

WITH THE BALL	GOALKEEPING
<p><b>Passing</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Push Pass – off both Left &amp; Right foot</li><li><input type="checkbox"/> Long Handle slap pass</li><li><input type="checkbox"/> Hitting &amp; Slapping</li><li><input type="checkbox"/> Transfer / Outletting</li><li><input type="checkbox"/> Overheads</li></ul> <p><b>Receiving overheads</b></p> <p><b>First Touch receiving</b></p> <p><b>Slip Trap</b></p> <p><b>Carrying ball with Vision (1 o'clock)</b></p> <p><b>Running Angles</b></p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Making the second save</li><li><input type="checkbox"/> Getting up quickly technique</li><li><input type="checkbox"/> Slide tackles</li><li><input type="checkbox"/> 1 on 1 (When to go when to stay)</li><li><input type="checkbox"/> Use of the stick at the appropriate times</li></ul>

<b>WITHOUT THE BALL</b>	<b>SET PLAYS</b>
<ul style="list-style-type: none"><li data-bbox="193 434 448 472">☐ <i>Marking - IFIT</i></li><li data-bbox="193 551 440 589">☐ <i>2 v 1 concepts</i></li><li data-bbox="193 667 475 705">☐ <i>Tackling / Shave</i></li><li data-bbox="193 784 563 871">☐ <i>Terminology - Hotline - T Point</i></li><li data-bbox="193 949 715 1099">☐ <i>Counter-Control</i> <i>* Defenders to Re-fill to prevent counter-attack</i></li><li data-bbox="193 1178 564 1216">☐ <i>Useful communication</i></li></ul>	<ul style="list-style-type: none"><li data-bbox="825 434 1302 521">☐ <i>Injecting – Full circle distance Accuracy / Flat / Speed</i></li><li data-bbox="825 600 1378 701">☐ <i>Develop trapping style. First touch stopping of ball</i></li><li data-bbox="825 779 1362 866">☐ <i>Basic Drag Flick Technique ( Start small)</i></li><li data-bbox="825 1003 1106 1041"><b>Playing structures</b></li><li data-bbox="825 1061 1398 1149">☐ <i>Understanding back 4, 3 mid and 3 strikers</i></li><li data-bbox="825 1234 1023 1272">☐ <i>Basic press</i></li><li data-bbox="825 1350 1318 1388">☐ <i>Moving from a back 4 - back 3</i></li></ul>

## Suggested Skills U18 (including U15 skills)

<b>WITH THE BALL</b>	<b>GOALKEEPING</b>
<input type="checkbox"/> <i>Slapping with deception</i>	<input type="checkbox"/> <i>Correct (Useful) communication</i>
<input type="checkbox"/> <i>Drags - Left to Right - Right to Left - V Drag (Outside body width) (Taking the handbrake off / Vision)</i>	<input type="checkbox"/> <i>Positioning of defenders</i> <input type="checkbox"/> <i>Defending Drag Flicks (When to go down when to stay up)</i>
<input type="checkbox"/> <i>Lifted pass – Flick / chip</i>	<input type="checkbox"/> <i>Clear in one action away from goal scoring areas</i>
<input type="checkbox"/> <i>Upright reverse pass</i>	<input type="checkbox"/> <i>Shootouts 1v1</i>
<input type="checkbox"/> <i>Reverse edge pass (When to use it)</i>	
<input type="checkbox"/> <i>Overhead pass and receiving overheads</i>	
<input type="checkbox"/> <i>Goal shooting – Wide variety of shots</i>	



## 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 U21 (including U18 skills)

WITH THE BALL	GOALKEEPING
<ul style="list-style-type: none"><li><input type="checkbox"/> <i>3 D Skills – catch + carry</i> <i>- Air drags</i></li><li><input type="checkbox"/> <i>Overhead pass with a moving ball</i></li><li><input type="checkbox"/> <i>Receiving in motion with flow (RIM)</i></li><li><input type="checkbox"/> <i>Weighted Pass, to space</i></li><li><input type="checkbox"/> <i>Dump pass</i></li><li><input type="checkbox"/> <i>Reverse 'Tomma' pass – Power and accuracy.</i></li><li><input type="checkbox"/> <i>Use of 'Space' behind opposition player</i></li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> <i>Argentinian Block save</i></li><li><input type="checkbox"/> <i>Shootouts 1v1</i></li><li><input type="checkbox"/> <i>Clear in one action away from goal scoring areas</i></li><li><input type="checkbox"/> <i>Defending deflections</i></li><li><input type="checkbox"/> <i>Decision Making</i></li></ul>

## 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

