














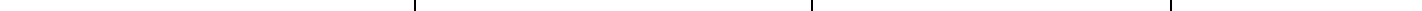











Precepts of Hockey

Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Receiving	<ul style="list-style-type: none"> Stopping the ball still 	<ul style="list-style-type: none"> Receiving the ball in the position of strength 	<ul style="list-style-type: none"> Eliminating an opponent with receive 	
	<ul style="list-style-type: none"> Introduction to reverse stick trapping 	<ul style="list-style-type: none"> Reverse stick trapping 		
	<ul style="list-style-type: none"> Keep hook of stick on the ground 			
	<ul style="list-style-type: none"> Stance – Body Position 			
	<ul style="list-style-type: none"> Trap ball with upright stick 			
		<ul style="list-style-type: none"> Trapping Bouncing ball 		
		<ul style="list-style-type: none"> Scanning 	<ul style="list-style-type: none"> Advanced scanning 180 degrees around ball 	
		<ul style="list-style-type: none"> Using stick and body cues 		
		<ul style="list-style-type: none"> Trapping the ball in different positions <ul style="list-style-type: none"> - Front - Behind - Left - Right 		
		<ul style="list-style-type: none"> Receiving overhands 	<ul style="list-style-type: none"> Receiving overhands over the shoulder 	


Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Passing Concepts	<ul style="list-style-type: none"> • Moving feet to get into correct position • Look before you pass • Understand and use 4 types of Pass: <ul style="list-style-type: none"> - Square - Straight - Back - Through • 2 touch passes 			→
				→
				→
				→
	<ul style="list-style-type: none"> • One touch passing • Creating 2 vs 1's 		<ul style="list-style-type: none"> • Identifying and creating 2 vs 1 • Basic passing patterns • Back and around passing patterns 	<ul style="list-style-type: none"> • Passing Patterns

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Passing Concepts <i>Hitting</i>	<ul style="list-style-type: none"> • Stance 			→
	<ul style="list-style-type: none"> • Grip 			→
	<ul style="list-style-type: none"> • Short swing hit 			→
	<ul style="list-style-type: none"> • Hands apart slap hit 	→		→
		<ul style="list-style-type: none"> • Hitting a stationary ball 	→	→
		<ul style="list-style-type: none"> • Hitting a rolling ball 	→	→
		<ul style="list-style-type: none"> • Hitting on the move 	<ul style="list-style-type: none"> • Hitting on the move at speed 	→
		<ul style="list-style-type: none"> • Short swing hit 	→	→
		<ul style="list-style-type: none"> • Turning and hitting – getting feet around ball 	→	→
			<ul style="list-style-type: none"> • Reverse stick hitting – upright and LPZ 	→
		<ul style="list-style-type: none"> • Hitting with deception 	→	
		<ul style="list-style-type: none"> • Hitting off right foot 	→	

Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Passing Concepts <i>Sweep Hit</i>	<ul style="list-style-type: none"> • Sweep hit - long grip • Sweep hit - short grip 		<ul style="list-style-type: none"> • Sweep hitting with deception – slice - hook • One touch 	<p>→</p> <p>→</p> <p>→</p> <p>→</p>
Passing Concepts <i>Overheads</i>		<ul style="list-style-type: none"> • Flick stationary ball 	<p>→</p> <ul style="list-style-type: none"> • Flick rolling ball • Scooping 	<p>→</p> <p>→</p> <ul style="list-style-type: none"> • Scooping on the run

Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Passing Concepts <i>Pushing</i>	<ul style="list-style-type: none"> • Low body position 			→
	<ul style="list-style-type: none"> • Correct grip 			→
	<ul style="list-style-type: none"> • Start ball near back foot 			→
	<ul style="list-style-type: none"> • Follow through 			→
	<ul style="list-style-type: none"> • Keep ball out from body 			→
				→
		<ul style="list-style-type: none"> • Firm push 		→
		<ul style="list-style-type: none"> • Pushing off right foot 		→
		<ul style="list-style-type: none"> • Flick over stick 		→
		<ul style="list-style-type: none"> • Drag Push 		→
			<ul style="list-style-type: none"> • Reverse stick pushing 	→
			<ul style="list-style-type: none"> • Deception passes - sliding ball off stick - hooking 	→
			<ul style="list-style-type: none"> • Changing direction during a drag push 	→

Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Ball Control	<ul style="list-style-type: none"> • Keep stick on the ball 			→
	<ul style="list-style-type: none"> • Low body position 			→
	<ul style="list-style-type: none"> • Slowing and stopping the ball 	<ul style="list-style-type: none"> • Basic Change of Pace (acceleration and de acceleration) 	<ul style="list-style-type: none"> • Change of pace and change of direction 	→
	<ul style="list-style-type: none"> • Vision 			→
	<ul style="list-style-type: none"> • Turn the stick with the left hand 			→
	<ul style="list-style-type: none"> • Know three types of dribble - Close - Open - Indian 	<ul style="list-style-type: none"> • Recognize when to use all three types of dribble 		→
		<ul style="list-style-type: none"> • Using body to protect ball 		→
		<ul style="list-style-type: none"> • Working Free hits 		→
		<ul style="list-style-type: none"> • Side Step/ Drag both ways 	<ul style="list-style-type: none"> • Side Step/ drag with stick feint • Wider side step • Pop over stick 	<ul style="list-style-type: none"> • Stepping off wrong foot
		<ul style="list-style-type: none"> • Propping 		→
		<ul style="list-style-type: none"> • Reverse dribbling 	→	

Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Ball Control			<ul style="list-style-type: none"> • Peeling facing own goal 	 <ul style="list-style-type: none"> • Open dribble at pace on reverse

Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Tackling	<ul style="list-style-type: none"> Two hands on the stick in tackle 			→
	<ul style="list-style-type: none"> Introduce reaching with one hand 			→
	<ul style="list-style-type: none"> Position for tackle on forehand side 	<ul style="list-style-type: none"> Tackle line Running a curved line 45 degree angle to attacker 	→	→
	<ul style="list-style-type: none"> Block tackle 		→	→
	<ul style="list-style-type: none"> Mobility 		→	→
	<ul style="list-style-type: none"> Body position – low and side on 		→	→
	<ul style="list-style-type: none"> Patience 		→	→
	<ul style="list-style-type: none"> Tackle to gain possession 		→	→
	<ul style="list-style-type: none"> Hook of the stick on the ground 		→	→
		<ul style="list-style-type: none"> Jab - entry tackle - actual tackle Determine engaging distance 	→	→

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Goal Scoring	<ul style="list-style-type: none"> • Composure 			→
	<ul style="list-style-type: none"> • Goal Hungry 			→
	<ul style="list-style-type: none"> • Low body position 			→
	<ul style="list-style-type: none"> • Keep head down 			→
				→
	<ul style="list-style-type: none"> • First touch 			→
	<ul style="list-style-type: none"> • Short swing hit 			→
	<ul style="list-style-type: none"> • Sweep shot 			→
	<ul style="list-style-type: none"> • Slap shot 			→
	<ul style="list-style-type: none"> • Undercuts 			→
	<ul style="list-style-type: none"> • Low flick 			→
	<ul style="list-style-type: none"> • Shot options from different areas of circle 			→
	<ul style="list-style-type: none"> • Goal sense 			→

Skill	Child 7-10	Intermediate 11-12	Junior Secondary 13-15	Senior Secondary 16-18
Goal Scoring			<ul style="list-style-type: none"> • Positioning for rebounds • Deflections • LPZ • Reverse chip • Reverse scoop • Creating space in the circle • Shooting off right foot • Shooting backwards • Speed of trap and shot • Shooting at space in the goal 	<div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <div style="margin-bottom: 10px;">→</div> <ul style="list-style-type: none"> • Squeeze hit • Upright reverse stick shot </div>

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PC Skills <i>Defensive</i>		<ul style="list-style-type: none"> • Roles - Sweepers <ul style="list-style-type: none"> - Post - Keeper - runners 	<hr/> <ul style="list-style-type: none"> • Running formations <ul style="list-style-type: none"> - 3-1 - Box • How players at half way set up for counter attack 	<hr/> <hr/> <hr/>
PC Skills <i>Attacking</i>		<ul style="list-style-type: none"> • Pulling out • Trapping • Hitting • Variations <ul style="list-style-type: none"> - lay offs - deflections 	<hr/> <hr/> <hr/> <ul style="list-style-type: none"> • Working different options to exploit holes in defense • Introduction to drag flick • Defensive set up of player not involved in corner battery 	<hr/> <hr/> <hr/> <ul style="list-style-type: none"> • Identifying what options to use against a particular defense • Drag flick <hr/>
<i>Strokes</i>		<ul style="list-style-type: none"> • How to take a stroke 	<ul style="list-style-type: none"> • Adding deception 	<hr/>

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Attacking Principles	<ul style="list-style-type: none"> • When do you attack 			→
	<ul style="list-style-type: none"> • Use the whole field 			→
	<ul style="list-style-type: none"> • Get available for ball carrier 			→
		<ul style="list-style-type: none"> • Roles not positions 		→
		<ul style="list-style-type: none"> • Attack the top of the circle 		→
		<ul style="list-style-type: none"> • Zones of field 		→
		<ul style="list-style-type: none"> • Help side ball side roles 		→
		<ul style="list-style-type: none"> • Take free hits quickly 		→
		<ul style="list-style-type: none"> • Changing the point of attack 		→
		<ul style="list-style-type: none"> • Set plays off free hits 		→
			<ul style="list-style-type: none"> • Basic Rotations 	→
			<ul style="list-style-type: none"> • Attack the circle as early as possible 	→
			<ul style="list-style-type: none"> • How and when to go back and around 	→
			<ul style="list-style-type: none"> • Set plays to get the ball out of defense 	→

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Attacking Principles				<ul style="list-style-type: none"> • Get players to the base line, create depth in attack

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Attacking Principles <i>Leading</i>	<ul style="list-style-type: none"> • Give ball carrier support • Give and Go 	<hr/> <hr/> <ul style="list-style-type: none"> • Change of direction • Change of Pace • Body feint 	<hr/> <hr/> <hr/> <hr/> <ul style="list-style-type: none"> • Getting behind marker • Creating space with a lead • Basic leading patters 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <ul style="list-style-type: none"> • Leading patterns

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Defensive Principles	<ul style="list-style-type: none"> • When do you defend 	<hr/>	<ul style="list-style-type: none"> • React quickly to turn overs 	<hr/>
	<ul style="list-style-type: none"> • Safety first 	<ul style="list-style-type: none"> • Zones of field 	<hr/>	<hr/>
	<ul style="list-style-type: none"> • Defend Narrow 	<hr/>	<hr/>	<hr/>
	<ul style="list-style-type: none"> • Slow the ball/play down 	<hr/>	<hr/>	<hr/>
	<ul style="list-style-type: none"> • Pressure the ball 	<hr/>	<hr/>	<hr/>
		<ul style="list-style-type: none"> • Pointing 	<hr/>	<hr/>
		<ul style="list-style-type: none"> • Roles not positions 	<hr/>	<hr/>
		<ul style="list-style-type: none"> • Help side ball side 	<hr/>	<hr/>
		<ul style="list-style-type: none"> • Covering/ depth 	<hr/>	<hr/>
			<ul style="list-style-type: none"> • Try to avoid the point of attack switching 	<hr/>

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Defensive principles <i>Marking</i>	<ul style="list-style-type: none"> • Always mark a player when the other team has the ball – man to man • Goal side marking 	<p style="text-align: center;">→</p> <ul style="list-style-type: none"> • different ways of marking <ul style="list-style-type: none"> - Front - Side - Goal side 	<p style="text-align: center;">→</p> <ul style="list-style-type: none"> • Physical Presence • Basic Zonal – screens • Understanding when to Zonal mark and when to man to man 	<p style="text-align: center;">→</p> <p style="text-align: center;">→</p> <p style="text-align: center;">→</p> <ul style="list-style-type: none"> • Screens 16's off oppositions set plays

