

Hockey SA Skill Progression - Individual Skills

Grade/Skill **Under 12** **Under 13** **Under 15** **Under 18** **Under 21** **Open**

Distribution						
Push - forestick	✓	✓	✓	✓	✓	✓
Push - reverse	✓	✓	✓	✓	✓	✓
Slap - hands together	✓	✓	✓	✓	✓	✓
Reverse slide			✓	✓	✓	✓
Hit - forestick	✓	✓	✓	✓	✓	✓
Hit - reverse				✓	✓	✓
Push to left or right		✓	✓	✓	✓	✓
Hit on the run		✓	✓	✓	✓	✓
Flicking			✓	✓	✓	✓
Deceptive passing				✓	✓	✓
Long distance passing			✓	✓	✓	✓

Ball Control						
Basic dribble	✓	✓	✓	✓	✓	✓
Indian dribble	✓	✓	✓	✓	✓	✓
Big drags		✓	✓	✓	✓	✓
Spin dribble		✓	✓	✓	✓	✓
Jinking			✓	✓	✓	✓
Stick fients			✓	✓	✓	✓
3D skills					✓	✓

Receiving						
Basic trap	✓	✓	✓	✓	✓	✓
Forestick - flat			✓	✓	✓	✓
On the move		✓	✓	✓	✓	✓
Reverse stick		✓	✓	✓	✓	✓
Trapping deception				✓	✓	✓
Under pressure			✓	✓	✓	✓
Aerial Balls				✓	✓	✓

Tackling

Basic tackling	✓	✓	✓	✓	✓	✓
Flat tackle - forestick	✓	✓	✓	✓	✓	✓
Flat tackle - reverse			✓	✓	✓	✓
Poke tackle		✓	✓	✓	✓	✓
Tackling for possession			✓	✓	✓	✓

Goalscoring

Basic principles	✓	✓	✓	✓	✓	✓
Quick hit				✓	✓	✓
Chip shot					✓	✓
Deflection		✓	✓	✓	✓	✓
Squeeze/punch shot			✓	✓	✓	✓
Dive shot				✓	✓	✓
Tomahawk shot		✓	✓	✓	✓	✓

Hockey SA Skill Progression - Goalkeeper

Grade/Skill

Under 12 Under 13 Under 15 Under 18

Saving

Basic ready stance

✓	✓	✓	✓
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Double leg block

✓	✓	✓	✓
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Instep saves - both feet

	✓	✓	✓
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Lunge save

body saves

Aerial saves and deflecting to safe area

Stick saves

Stick clearances

Tactical

Organising of defence

Ability to read penalty strokes

Reading of drag flicking

PC

Lying technique on DPC

Calling of DPC variation

Under 21 Open

✓	✓
✓	✓
✓	✓