



# GOAL KEEPING

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## Equipment

- Encouraged to use all protective equipment.

## Positioning

- Basic stance and ready position
- Goal awareness, moving in arc.

## Skills

- Double leg block
- Instep saves, both feet.
- Clearances
  - Toe kick
  - Stick
  - Right foot instep clearance (or favoured foot)
  - Aerial
    - Hand saves
    - Stick
- Specialist
  - Penalty corner drop – reasonable understanding.
  - Defending penalty strokes
  - Decision making 1 v 1

## Grey Areas

- Sliding



# SET PLAYS

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## Penalty Corner Attack

- Trap
- Push out, drag out
- Hit
- Positioning and roles
- Deflection right side
- Terminology
- Variations x 6

## Penalty Corner Defence

- Post
- Runner
- Variation in starting positions
- Variation in finishing positions
- Communication and understanding
- Counter attack possibilities

## Press

- Sideline, where and when
- Defending 16 yard hits.
- Terminology- understanding

## Free Hits

- 16's. Outletting – variations, positioning, options
- Sideline
- Hits outside circle - attack
- Marking inside circle – man to man v zonal

## Transfers

- Around the back

## Grey Areas

- Introduction of visual aids such as video etc.

# SKILL REQUIREMENTS

## UNDER 15

### Basic Skills

- Hitting – proficiently over in excess of 25 yards (flat, hard, accurate)
- Slap
  - Hands together
  - Hands apart
- Pushing
  - Stationary
  - Mobile – with ball on stick, no slap
- Tackling
  - Poke – both sides
  - For possession
  - Stealing

### More Advanced Skills

- Elimination Skills
  - Reverse jink
  - V drag
  - Understanding principal of 2 v 1
  - Sharp, strong, wide drags
- Receiving Skills
  - Slip trap
  - Re-leading
  - Change of line when receiving
  - Receiving/controlling high ball
- Defensive Skills
  - Tandem tackling
  - Channelling onto team mate tackle
- Attacking Skills
  - Goal shooting Varied shots – early shot,
  - Understanding high % shots
  - Understanding keepers options
- Hitting
  - Reverse hit – upright
  - Reverse sweep – edge of stick

### Tactical

- Ability to play more than one position
- Introduction to playing in different lines

### Technical

- Introduction to video/software analysis

### Grey Areas/Gender Specific

- Overheads
- 2<sup>nd</sup> phase play ie re-leading, in out leads etc
- Body feints
- Tomahawk
- Deceptive passing ie slap.

# GOAL KEEPING

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## Equipment

- Using all

## Skills

- Saves and clearances with both feet
- Saves on both sides of body with hands/stick
- Aerial leg saves
- Sliding – both sides
- Definite ability to drop on corners

## Tactical

- Organisation of defensive short corners
- Channelling in 1 v 1 contest
- Ability to work the arc and make multiple saves

## Grey Areas

- Stick clearances
- Stick deflections
- Organisation of defence in general play
- Controlled body saves.
- Defending drag flick

# SET PLAYS

## Penalty Corner Attack

- Understanding of lay off's
- Players multi-skilled in crucial roles ie drag out, trap etc
- Reasonable understanding of results required ie
  - shot on goal,
  - another corner,
  - keep the ball high in attack

## Penalty Corner Defence

- Variation in finishing patterns
  - 2 - 2
  - 1 - 3
- Formation for goal keeper standing up and dropping.
- Understanding results required
  - Deny shot
  - Channel ball wide
  - Gain free hit
  - Steal ball
  - Clear to possession
  - Clear to safety

## Transfers

- Multiple transfers in defence
- Transfers through mid-field
- Understanding importance of ball speed
- Bypassing players to enable quick transfers.

## Free Hits

- Defending 16's
  - Diamond defence
  - Trough/umbrella defence
  - Fall away.
- Side line free hits
  - Understanding more phases
- Rotations
  - General understanding of basic rotations
- Positional play
  - Zonal defence
  - Man to man defence

## Tactical

- Introduction to at least one other system and understanding the roles.

## Grey Areas/Gender Specific

- Drag flick

# SKILL REQUIREMENTS

## UNDER 18

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### Basic Skills

- Pushing/Passing
  - On run – over distance
  - With deception
  - Bunting
  - Jink passing
- Hitting
  - On run
  - With deception
  - Reverse hit
- Tackling/Dispossession
  - Stealing from both sides
  - Marking for intercepts
- Defending
  - Positional role in defence if outnumbered
  - Critical areas of defence when outnumbered
- Receiving
  - From all angles – 360 degrees
  - Moving at all angles as a player
  - Aerial balls
- Elimination Skills
  - Drags both ways with feints
  - Jink drags – forestick
  - Understand principles of 2 v1 attack
  - Understand principles of 3 v 2 attack
  - Principles of overlapping
- Goal shooting
  - Short/long handle
  - Deflections
  - Flicks
  - Scoop – both sides
  - Reverse hit
  - Squeeze
- Grey Areas/Gender Specific
  - 1<sup>st</sup> time goal shot
  - Drag flick
  - Overhead
  - Reverse sweep

### Technical

- Well acquainted with match and individual analysis by video/software.

### Tactical

- Ability to play in more than one line

# GOAL KEEPING

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## Skills

- Lung save – both sides
- Body saves
- Positioning of aerial saves ie deflecting to space etc
- Stick deflections
- Stick clearances
- High kick clearances

## Tactical

- Organising defence outside circle
- Calling patterns/tactics on defensive corners

## Technical

- Commence the ability to read penalty strokes
- Commence the understanding process of defending, therefore reading a drag flick

## Grey Areas/Gender Specific

- Defence of drag flick – female as might not have opportunity to defend.



# SET PLAYS

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## Corners

- Multi skilled in attacking short corner roles
- Multi skilled in defending short corner roles

## General

- Solid understanding of their role and variations in the following
  - Long corner attack
  - Long corner defence
  - Free hits inside 25 both attacking and defending
  - Movement of the ball through at least 3 phases
  - Side line presses
  - Out letting at 16 yard free hits
  - Role in all free hits

## Additional

- Roles in critical defence situations
- Rotations
- Counter attack set plays on defending corners



# SKILL REQUIREMENTS

## UNDER 21 - OPEN

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### Passing

- Both sides of body
- Weighted pass from both sides

### Eliminations

- Change of pace – with and without ball
- Width in play
- Aerial ball skills

### Leading

- Ghost leads
- Swivels/spins
- Shepherding – dropping your player behind another player
- Leading to connect – being in front of the game
- Staying alive as often as possible – being available

### Receiving

- In contests, what options?
- Under pressure
  - Inside defending circle
  - Inside attacking circle

### Goal Shooting

- 1<sup>st</sup> time shots – both sides

### Tactical

- Multi-skilled in positions and lines

### Technical

- Ability to self analyse footage on game breaker (if available)

# GOAL KEEPING

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- Proficient/efficient in all basic skills
- Ability to self assess and then improve
- Willingness to experiment with new ideas and concepts
- Own choice regarding equipment

# SET PLAYS

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- Understanding of fall away defence
- Understanding of sliding defence