

	Droitwich Spa Hockey Club				
Coaching Syllabus					
Core Skill	Specific Skill	Age Group			Comments
		U11	U13	U16	
<u>Moving the Ball</u>					
	Push	✓	✓	✓	
	Hit		✓	✓	
	Clip Hit		✓	✓	
	Slap		✓	✓	
	Aerial			✓	
	Reverse - upright		✓	✓	
	Reverse - flat		✓	✓	
<u>Receiving</u>					
	Open Stick (from front/right/left/behind)	✓	✓	✓	
	Reverse Stick (from front/right/left/behind)		✓	✓	
	Reverse Flat (one & two handed)		✓	✓	
	Aerial			✓	
<u>Moving with the Ball</u>					
	Open stick (Basic dribble)	✓	✓	✓	
	Indian Dribble	✓	✓	✓	
	One handed (open/reverse)			✓	
<u>Elimination Skills</u>					
	1v1 (drag/lift)		✓	✓	
	2v1	✓	✓	✓	
<u>Shooting & Goalscoring</u>					
	Hit (Straight/Clip)	✓	✓	✓	
	Slap		✓	✓	
	Flick		✓	✓	
	Deflections		✓	✓	
<u>Defending</u>					
	Block tackle	✓	✓	✓	
	Jab Tackle		✓	✓	
	Channelling			✓	
	Intercepting			✓	
<u>Goalkeeping</u>					
	Equipment	✓	✓	✓	
	H.O.K.O.A Technique	✓	✓	✓	
	Save Clear Kicking - Left & Right			✓	
	Hand Saves - Left & Right			✓	
<u>Set Pieces</u>					
	Penalty Corner	✓	✓	✓	
	Hit Out from Back Line (14.63m)			✓	
	Hit In from Side - Left & Right		✓	✓	
<u>Game Play & Tactics</u>					
	Attacking Play			✓	
	Defending Play			✓	
	Conditioned Games (3v1, 4v2 etc.)		✓	✓	
	Small Sided Games (3v3, 4v4, 5v5 etc.)	✓	✓	✓	
<u>Rules of the Game</u>					
	Hockey Rules OK - Book 1 to 3	✓	✓		
	Foundation Umpires Award			✓	
<u>Stik Skills Workshops</u>					
	1 - Passing	✓	✓		
	2 - Zig Zag Run & Pass	✓	✓		
	3 - Wide Drag & Lift		✓		
	4 - Shooting using a Push	✓	✓		
	5 - Jab Tackle		✓		
	6 - Shooting using a Hit		✓		

Note: Above list shows the typical topics for each age group. Variation may be made at the discretion of the Coach