

Spencer Hockey Club - Junior Coaching Program								
Skills Matrix								
	Under 8	Under 10	Under 12	Under 14	Under 16	Under 18	Over 18	
England Hockey Guidelines								
Core Skills	60%	60%	50%	50%	40%	35%	25%	
Movement Skills	20%	20%	10%	10%	5%	5%	5%	
Small Unit Play	0%	0%	20%	20%	30%	25%	30%	
Game Play	20%	20%	15%	15%	20%	25%	30%	
Set Plays	0%	0%	5%	5%	5%	10%	10%	
Tactics	0%	0%	As part of set plays, small unit play and game principles					
Movement Skills								
change pace	√	√	√	√	√	√		
change direction	√	√	√	√	√	√		
lateral movement	√	√	√	√	√	√		
turn all directions quickly	√	√	√	√	√	√		
fast footwork	√	√	√	√	√	√		
reaction times				√	√	√		
peripheral vision				√	√	√		
speed	√	√	√	√	√	√		
strength					√	√		
balance and stability	√	√	√	√	√	√		
flexibility			√	√	√	√		
Holding the stick								
Basic grip	√	√	√	√	√	√		
Double V grip	√	√	√	√	√	√		
Short handle		√	√	√	√	√		
Frying pan grip			√	√	√	√		
Left hand only				√	√	√		
Right hand only				√	√	√		
Reverse grip (for scoop and flick)				√	√	√		
Moving with the ball								
Open stick dribble	√	√	√	√	√	√		
Indian dribble	√	√	√	√	√	√		
Pull back	√	√	√	√	√	√		
V Drag right to left		√	√	√	√	√		
V Drag left to right		√	√	√	√	√		
Reverse stick one handed dribble					√	√		
Elimination (beating a defender 1v1)								
Push and run around		√	√	√	√	√		
Dummy left, drag right			√	√	√	√		
Dummy right, drag left			√	√	√	√		
Dummy pass left, drag right			√	√	√	√		
Dummy pass right, drag left			√	√	√	√		
Lift the ball over defenders stick open				√	√	√		
Lift the ball over defenders stick reverse				√	√	√		
Passing								
push	√	√	√	√	√	√		
slap (split grip hit)	√	√	√	√	√	√		
clip hit		√	√	√	√	√		
hit		√	√	√	√	√		
sweep hit		√	√	√	√	√		
reverse push			√	√	√	√		
lifted push			√	√	√	√		
reverse sweep			√	√	√	√		
reverse hit				√	√	√		
reverse scoop				√	√	√		
Aerial					√	√		
Passing with disguise				√	√	√		
above passing skills on the move	√	√	√	√	√	√		
push on the move off the right foot				√	√	√		
hit on the move off the right foot				√	√	√		
Goal Scoring								
passing skills above	√	√	√	√	√	√		
Rebounds			√	√	√			
Deflections			√	√	√			

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Squeeze				√	√	√	
Chip				√	√	√	
flick open stick				√	√	√	
flick reverse stick				√	√	√	
penalty corner injection				√	√	√	
drag flick					√	√	
Receiving							
open stick from the front	√	√	√	√	√	√	
open stick from left and right	√	√	√	√	√	√	
reverse stick from the front		√	√	√	√	√	
reverse from left and right		√	√	√	√	√	
open stick from behind			√	√	√	√	
reverse stick from behind			√	√	√	√	
reverse with a flat stick			√	√	√	√	
first touch control			√	√	√	√	
Bouncing ball			√	√	√	√	
Aerial					√	√	
Above receiving skills on the move	√	√	√	√	√	√	
Getting free and making space							
Lead run forward and change direction			√	√	√	√	
Lead run towards goal and change direction				√	√	√	
Using the blind spot				√	√	√	
Creating space in 2v1				√	√	√	
Other attacking concepts							
width and height in attack			√	√	√	√	
support and running off the ball			√	√	√	√	
pre-scan				√	√	√	
penetration				√	√	√	
Defending Skills							
goal-side marking	√	√	√	√	√	√	
engaging the player		√	√	√	√	√	
delay and channelling		√	√	√	√	√	
jab tackle		√	√	√	√	√	
block tackle open stick	√	√	√	√	√	√	
interceptions			√	√	√	√	
front marking				√	√	√	
marking space					√	√	
block tackle reverse stick				√	√	√	
covering				√	√	√	
depth in defence				√	√	√	
turning defence into attack					√	√	
GK Skills							
movement across the goal		√	√	√	√	√	
save and clear with feet		√	√	√	√	√	
save with hands and stick			√	√	√	√	
secondary saves			√	√	√	√	
Going to ground				√	√	√	
Diving					√	√	
Basic Set Plays							
Free hit	√	√	√	√	√	√	
Hit out	√	√	√	√	√	√	
Hit in from side line	√	√	√	√	√	√	
Center pass	√	√	√	√	√	√	
Corner	√	√	√	√	√	√	
Penalty corner attack		√	√	√	√	√	
Penalty corner defence		√	√	√	√	√	
Penalty stroke			√	√	√	√	