

Coaching Topics by Age Group

| Movement Rapility & Skipping | Topic | | Under 8s | Under 10s | Under 12s | Under 14s | Under 16s |
|--|------------|-------------------------------|----------|-----------|-----------|-----------|-----------|
| Fast feet ladder work Care agility Balance Sprinting technique Fast skill patterns Fatty with patty with patterns Fatty with p | | Hopping & skipping | | | | | |
| Core agility Balance Sprinting technique Fest soll patterns Fotigue resistance Explosive reactivity Ball Unopposed ball carry V drag Pull back Revised sick receiving Revised sick sick receiving Revised sick sick receiving Revised sick sick sick receiving receivin | | | | | | | |
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| Sprinting technique Fatque resistance Fatque res | | Core agility | | | | | |
| Fast self patterns | | | | | | | |
| Fatigue resistance | | | | | | | |
| Explosive reactivity | | | | | | | |
| Ball possession | | | | | | | |
| V drag | | | | | | | |
| Rollout Open stick receiving Reverse stick receiving Pointing at pressure Receiving a lifted ball Ball position around the pitch Open stick block tackle Ball position around the pitch Open stick block tackle Ball backle Reverse stick block tackle Reverse stick block tackle Reverse stick copen side Shave tackle (open side) Shave tackle (open sid | Ball | | | | | | |
| Rollout | possession | | | | | | |
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| Reverse stick receiving 30 sellis Politing at pressure Receiving a lifted ball Ball position around the pitch Dip expensive Receiving a lifted ball Ball position around the pitch Dip expensive Receiving a lifted ball Ball position around the pitch Dip expensive Reverse Stick tackle Reverse Stick tackle Reverse Stick (reverse 3de) Shave tackle (reverse 3de) Shave tackle (reverse 3de) Push pass Upright hit Baseball hit Reverse Stick pass Shap hit Reverse Stick pass Shap hit Reverse Stick pass Short handle hit Reverse Stick slap Lifted pass Reverse stick slap Lifted pass Reverse Stick hitting Drag pass Aerials Deflections Push Reverse Stick hitting Drag pass Aerials Deflections Shooting off the back foot Upright reverse stick hit Reverse Stick | | | | | | | |
| 30 skills | | | | | | | |
| Pointing at pressure Receiving a lifted ball Ball position around the pitch Open stick block tackle Jab tackle Reverse stick tackle Reverse stick tackle Shave tackle (open side) Shave tackle (reverse side) Passing Passing Upright hit Baseball hit Reverse stick pass Slap hit Short handle hit Dring pass Reverse stick stap Lifted pass Reverse stick hitting Dring pass Aeralis Goal Deflections Flicks (inc. Penalty Flicks) Shooting off the back foot Upright reverse stick hit Let hockey slap Latckling Latcklin | | | | | | | |
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| Upright hit | | | | | | | |
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