



Coaching Topics by Age Group

Topic		Under 8s	Under 10s	Under 12s	Under 14s	Under 16s
Movement & Agility	Hopping & skipping					
	Straight line running technique					
	Fast feet ladder work					
	Core agility					
	Balance					
	Sprinting technique					
	Fast skill patterns					
	Fatigue resistance					
	Explosive reactivity					
Ball possession	Unopposed ball carry					
	V drag					
	Pull back					
	Rollout					
	Open stick receiving					
	Reverse stick receiving					
	3D skills					
	Pointing at pressure					
	Receiving a lifted ball					
Tackling	Ball position around the pitch					
	Open stick block tackle					
	Jab tackle					
	Reverse stick tackle					
	Shave tackle (open side)					
Passing	Shave tackle (reverse side)					
	Push pass					
	Upright hit					
	Baseball hit					
	Reverse stick pass					
	Slap hit					
	Short handle hit					
	Reverse stick slap					
	Lifted pass					
	Reverse stick hitting					
	Drag pass					
Goal Scoring	Aerials					
	Deflections					
	Flicks (inc. Penalty Flicks)					
	Shooting off the back foot					
	Upright reverse stick hit					
Attacking tactics	Ice hockey slap					
	Maintaining possession					
	1 v 1 attacking					
	2 v 1 attacking					
	2 v 2 attacking					
	Creating a numerical advantage					
	Attacking space					
	Support & depth / Outletting					
	Height & width / Penetration					
	Goalscoring / Close in shooting					
	Small unit linking					
	Mobility					
	Attacking in the final third					
Defensive tactics	Circle entry					
	1 v 1 defending					
	2 v 1 defending					
	2 v 2 defending					
	Double teaming					
	Defensive interceptions					
	Man to man marking					
	Channelling					
	Pressing					
	Zonal marking					
	Defensive balance / Risk management					
	Control, restraint & patience					
Set Plays	Attacking penalty corners					
	Defensive penalty corners					
	Understrength play					