



## PLAYING SKILLS INVENTORY

This list is by no means exhaustive. However it can be used as a means of evaluating the development level of a player as part of an on going skill development program. The coach is free to develop a rating scale e.g., 1 – 10, that would be used by that coach but would not be able to be compared across coaches.

<b>SKILLS/CONCEPTS</b>		
<b>Passing skills.</b>		<b>Competency</b>
1.	Hit - stationary flat, accurate, & hard.	
2.	Hit – moving, R-L	
3.	Hit – moving, L-R	
4.	Hit - moving, hitting off R foot.	
5.	Push- stationary flat, accurate, & hard.	
6.	Push - moving , R-L (flat).	
7.	Push – moving, L-R (flat).	
8.	Slap.	
9.	Reverse stick hit (upright) flat, accurate, & hard.	
10.	Reverse stick hit (horizontal) accurate and hard. (Toma)	
11.	Reverse stick jink.	
12.	Reverse stick push, flat and accurate.	
13.	Flick- in the air, hard and accurate.	
14.	Toss – 25 yards.	
<b>Shooting skills</b>		
15.	Flat hit.	
16.	Short grip hit.	
17.	Undercut.	
18.	Squeeze hit.	
19.	Slap shot	
20.	Horizontal reverse hit.	
21.	Deflections both sides.	
22.	Reverse flick.	
23.	Upright reverse hit.	
<b>Receiving the ball</b>		
24.	Receiving ball hit directly at player from the front.	
25.	Receiving the ball across body L-R.	
26.	Receiving the ball from R-L on fore stick.	
27.	Receiving the ball from R-L on reverse.	
28.	Receiving the ball from behind on fore stick.	
29.	Receiving the ball from behind on reverse.	
30.	Slip-trap both sides.	
31.	Post-up & roll off.	

<b>Tackling</b>		
32.	Channelling - able to direct opponent.	
33.	Footwork - boxers stance and able to pivot off back foot.	
34.	Closing opponent quickly after channelling.	
35.	Poke tackle.	
36.	Lunge tackle.	
37.	Flat tackles both sides.	
38.	Stealing - both sides, including from reverse side but in direction of opp.	
39.	Shave tackle	
40.	Tackling in defensive circle (protecting feet).	

<b>SKILLS/CONCEPTS</b>		
<b>Ball control and elimination skills.</b>		<b>Competency</b>
41.	Move ball with stick in constant contact.	
42.	Drag and eliminate R-L.	
43.	Drag and eliminate L-R.	
44.	Watch opponent's feet and stick while eliminating them.	
45.	Protect ball with stick on both sides of body.	
46.	Protect ball by changing line.	
47.	Cut in behind after eliminating.	
48.	Able to recognise option & eliminate quickly.	
49.	3 D skills	

<b>Passing</b>		
50.	Recognise to pass to stick or to space.	
51.	Able to deliver flat & accurately to receiver.	
52.	Able to pass to a tightly marked team-mate. (signalling sequence)	
53.	Able to hit the ball 60 metres accurately.	
54.	Able to pass in tight situations when under pressure.	
55.	Able to pass near opponents feet, under stick without hitting them.	

<b>Awareness</b>		
	Able to recognise and play, 1v1, 2v1, 1v2, 2v2, 3v2.	
56.	1 v 1	
57.	2 v 1	
58.	1 v 2	
59.	2 v 2	
60.	3 v 2	
61.	3 v 3+	
62.	Able to move with ball to create 2v1 form 2v2.	
63.	Able to move off the ball to create the above.	
64.	I watch my opponents as much as the ball.	
65.	I keep visual and verbal contact with my key delivers and receivers.	

<b>PC SKILLS (ATTACK)</b>		
66.	Injecting	
67.	Trapping (various types)	
68.	Hitting	
69.	Drag flicking	
70.	Trap & bunt to left	
71.	Trap & bunt (handle) to either side.	
72.	Deflecting at the spot (fore-stick)	
73.	Deflecting near spot (reverse).	

74.	Deflecting right post.	
<b>PC SKILLS (DEFENCE)</b>		
75.	1 <sup>st</sup> Runner	
76.	Trailing runner	
77.	Left post	
78.	Right post	
<b>GK SKILLS</b>		
79.	Toe kick right foot	
80.	Toe kick left foot	
81.	Instep kick right foot	
82.	Instep kick left foot	
83.	Hand save stick side	
84.	Hand save left hand	
85.	Sliding tackle	
86.	Lying save on PC	
87.	High save stick side	
88.	High save left side	
90.	Playing 1 v 1 in defensive circle	