

	Lvl 1 : Beginner	Lvl 2 : Lower Intermediate	Lvl 3 : Intermediate	Lvl 4 : Advanced
Area of Focus	Focus on correct stance, grip & body position + learning some Core skills	Continued focus on correct stance, grip & Turf body position + focus on ball control & vision + adding some Core Skills	Focus on consistency & mastery of Core skills and using in real game situations + adding some advanced skills	Focus on Advanced Technical Skills
Specific Skills that will be taught	Proper Hockey Grip – Firm Left Hand, Loose Right Hand	Sweep & Reverse Sweep	Perfecting the Sweep, Reverse Sweep and Hit for accurate and correct pace passes	Perfecting Aerial passes & receiving aerial passes
	Hockey Stance – Knees bent, slight squat, feet shoulder width apart	Hit (proper grip, hitting off front foot)	First Touch – receiving the ball under control & reverse to open transfer	Tomahawks & Upright Reverse Hits
	Using only flat side of stick, Pulling the Ball from Side to Side (Tick Tock)	Flat Stick Stop – Reverse & Open	Dribbling : Open Pull, Reverse Pull, V shape Pull & Jink & fake pass left to beat defenders (all at speed and with SOB)	Hitting off back foot, Snap shots, chip shots, squeeze shots
	Basic Dribbling – Open Side & Indian Dribble with vision (looking up)	Flat Stick Tackle & Jab Tackle	Using Jab Tackle to Channel attackers, and flat stick tackling skills	Soft Skills - Shave Tackles, left to right foot transfer, 180's, one handed dribble
	Push Pass	Enhanced dribbling skills (and basic execution of open pull, V shape, fake pass left)	Lifts, taking strokes & basic Aerials + basic 3D skills	3D Skills
	Flat Stick Stop, reverse side stop	Jink / Lift the ball + Air Dribbling	Goal Scoring in tight spaces/angles including Chip shot & Touch Bang, Basics of Tomahawk	Drag Flicks

Game Scenario Focus	Positioning in Small Sided Games, No Hacking, No Kicking the ball	Positioning in Small-Sided Games, Finding Space, Give & Go	In Small Sided Games a focus on Peripheral Vision & working in Triangles, Off-ball movement, Possession & Elimination	A focus on advanced passing and defending circle scenarios.
Checklist of Skills needed to progress to the next level	<input type="checkbox"/> Decent Hockey posture <input type="checkbox"/> Good push pass <input type="checkbox"/> Indian Dribble <input type="checkbox"/> Reverse stick stop and good flat stick stop	<input type="checkbox"/> Good Turf Hockey posture <input type="checkbox"/> Basic skills at sweep & reverse sweep <input type="checkbox"/> Enhanced dribbling skills knowledge (open pull, V shape, fake pass left) and basic execution of them <input type="checkbox"/> Consistent ability to hit the ball	<input type="checkbox"/> Excellent Turf Hockey posture <input type="checkbox"/> Consistent and accurate sweep & reverse sweep <input type="checkbox"/> Clean hit open side + ability to throw an aerial <input type="checkbox"/> Excellent dribbling skills with ability to consistently execute the open and reverse pulls, V shape move, fake pass left. Lift + lift with some basic 3D skills <input type="checkbox"/> Good shooting skills – including knowledge of chip shot & touch-bang <input type="checkbox"/> Good first touch skills, instant ability to transfer from reverse to open, soft hands <input type="checkbox"/> Basic tomahawk execution skills knowledge	