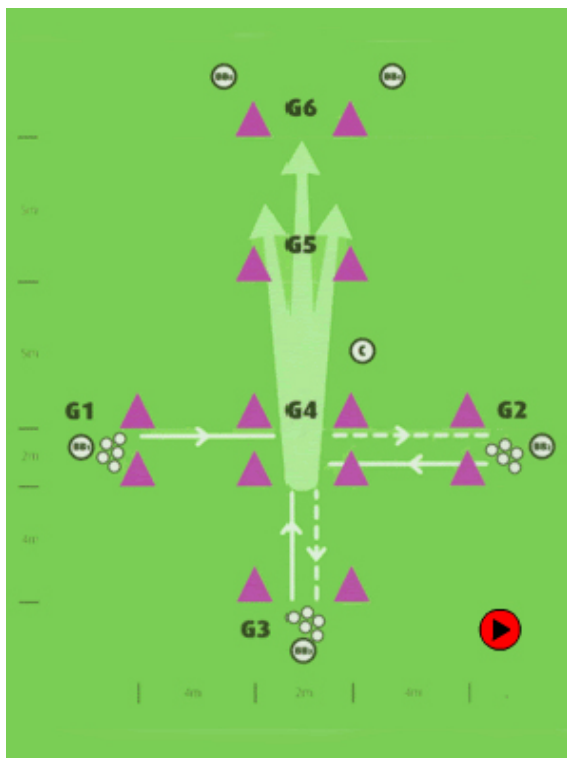


## Passing Stix awards



[www.hockeyonline.co.uk](http://www.hockeyonline.co.uk)



### Test one – Passing (one minute)

Player collects a ball from G1 and runs with the ball (dribbles) to the crossroads at G4 before passing the ball down the passing lane towards G6 using the right to left (open stick) pass.

Player then proceeds to G2 to collect a ball and dribble back to the crossroads before passing towards G6 using the left to right (reverse stick) pass.

Player then proceeds to G3 to collect a ball and dribble back to the crossroads before passing toward G6 using the straight-ahead pass.

Player returns to G1 and repeats the sequence until time runs out.

### Points

All passes must go through G4 to score.

2 points – For each pass that goes through G5 and G6.

1 point – For each pass that gets through G5 but does not go through G6.


1 point – For each pass which hits cones at G5 and G6.

0 points – For each pass that does not go through G5.


0 points – For incorrect footwork at any of the attempts (see coaching points).


### What you need

Sticks for players completing the test

 15 balls, 5 on each G1, G2, G3

 14 cones

 5 ball boys

 1 coach / scorekeeper

1 Clipboard & 1 pencil / pen

Stix Awards - National Standards	
skill 1	Points Required
Gold	24pts or more
Silver	18-23pts
Bronze	12-22 pts
Cub	Below 12pts

### Coaching Points

This exercise is designed to test the ability of a player to pass the ball on the move:

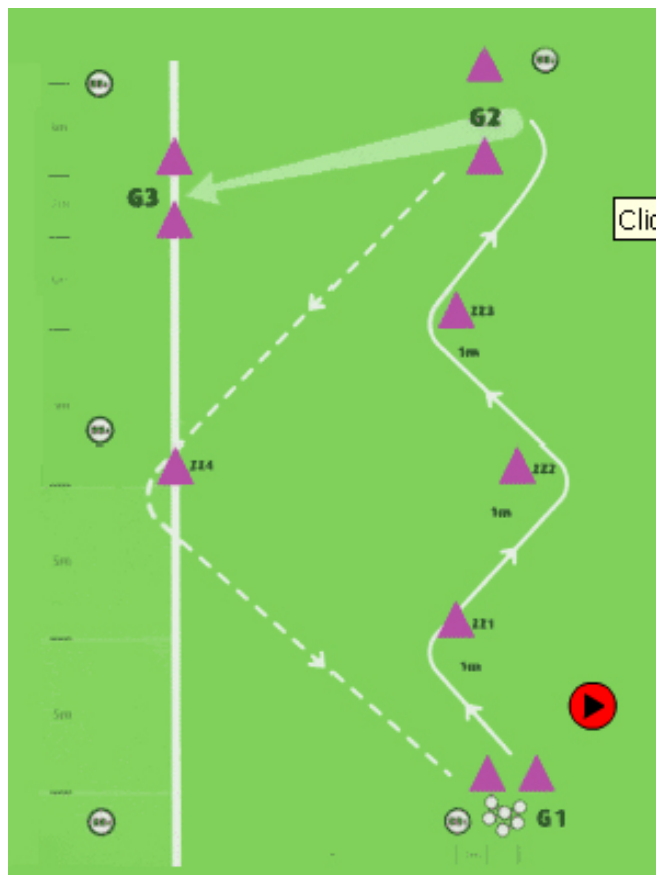
- From right to left across the body (open stick pass),
  - From left to right across the body (reverse stick pass),
  - Straight-ahead of the body
- The open stick pass should be achieved with the body weight on the left (leading) leg when passing. The ball should be passed across the body from the right for greater accuracy.
  - For the reverse stick pass, the player should dribble with the ball in the normal position to the right of the body, and then transfer the ball to the left of the body to prepare for the pass. The ball should be passed across the body from the left, using the toe of the stick (not the shaft), and with body weight transferring onto the right (leading) leg.
  - To execute the straight-ahead pass correctly the ball should be 'dragged' forward from slightly behind the body and with body weight ending on the right (leading) leg when passing.

## Zig Zag Run and Pass

### Stix awards



[www.hockeyonline.co.uk](http://www.hockeyonline.co.uk)



Test Two - Zig Zag Run and Pass  
(one minute)

Player collects a ball from G1 and dribbles along the slalom course of cones to G2, before passing the ball through G2 and G3.

Player returns to the start by sprinting from G2 around the final offset cone ZZ4, and back to G1 to collect a ball and repeat the sequence until time runs out.

#### Points

2 points - For each slalom cone successfully negotiated. (ZZ1 to ZZ4)

0 points - If the player's feet, stick or ball touches the slalom cones.

2 bonus points if the end pass goes through G3.

1 bonus point - if the ball hits either of the cones at G3

#### What you need



Sticks for players completing the test

6 balls at G1

10 cones

5 ball boys

1 coach / scorekeeper

1 Clipboard & 1 pencil / pen

Stix Awards - National Standards	
skill 1	Points Required
Gold	32pts or more
Silver	28-31pts
Bronze	24-27pts
Cub	Below 24pts

#### Coaching Points

This exercise is designed to test the ability of an attacking player to

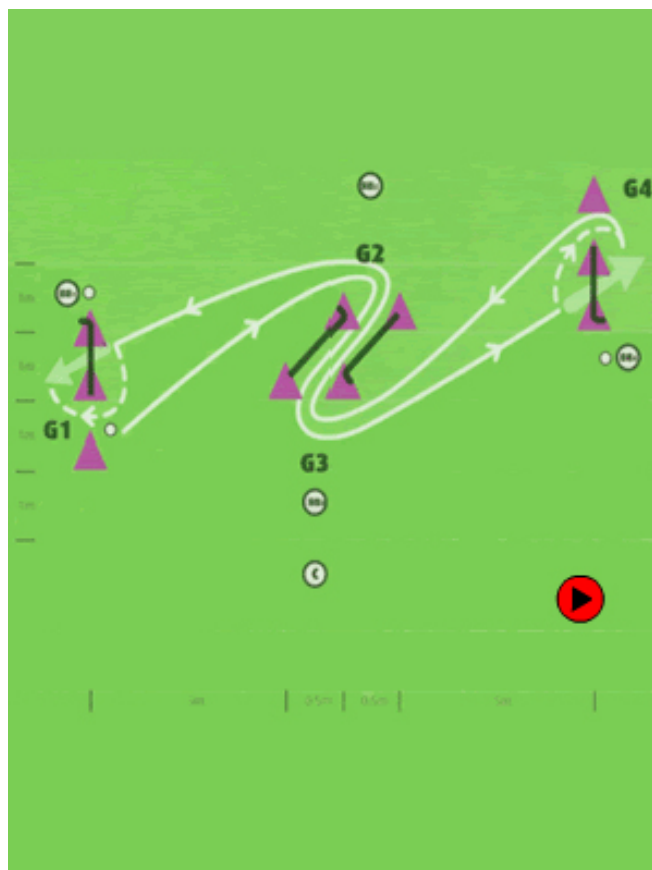
1. move a defender sideways to create space while running with the ball
  2. deliver an accurate pass at the end of the run
- Players may use either open stick or reverse stick skills to change direction when dribbling through the slalom
  - Attacking players should be encouraged to make angled runs while being chased / shadowed by a defender. This move will create the 'space' in which to beat the opponent.
  - At the end of a run, with the opponent beaten, the attacking player will need to accurately pass the ball, typically across the face of the goal before the ball crosses the back line.
  - This exercise is typically of an attack down the right, but the exercise could be used in reverse to create a

## Wide Drag and Lift Stix awards



3

[www.hockeyonline.co.uk](http://www.hockeyonline.co.uk)



Use a Senior hockey stick balanced on two cones (chinese hats) at all cones

### Test three – Wide Drag and Life Over a Stick (one minute)

Player collects the ball from G1 and dribbles to G2.

Player transfers the ball through the channel from G2 to G3, using a left to right (reverse stick) drag.

Player dribbles the ball from G3 to the stick barrier and lifts the ball over the barrier before collecting the ball and dribbling back through G4.

Player returns to G1 via the channel G3 to G2 using the reverse stick drag and repeats the sequence until time runs out.

#### Points

2 points – Each time the player successfully negotiates the channel between G2 and G3.

0 points – If the sticks/cones are dislodged from the channel or if the player follows the ball through the channel.

2 points – Each time the player successfully lifts the ball over the stick barriers.

0 points – If the stick barrier is dislodged.

### What you need



Sticks for players completing the test

3 balls

10 cones

4 hockey sticks

4 ball boys

1 coach / scorekeeper

1 Clipboard & 1 pencil / pen

### Stix Awards - National Standards

skill 1	Points Required
Gold	26pts or more
Silver	22-25pts
Bronze	18-21pts
Cub	Below 18pts

### Coaching Points

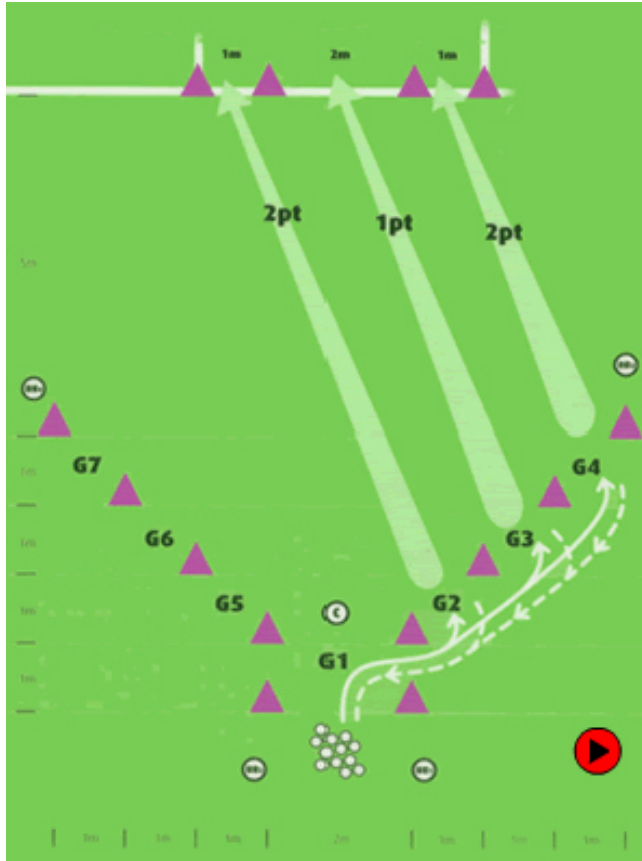
This exercise is designed to test the ability of a player to beat an opponent by:

1. The left to right dodge
  2. Lifting the ball over a flat stick tackle.
- The left to right dodge is accomplished by transferring the ball from wide on the left side of the body to the right side in one smooth action using the reverse stick drag. Body weight should be transferred from the left leg onto the right while taking a single sideways step. The ball should be dragged over a distance of about 1m.
  - To lift the ball over the stick, the player should lower the body position and the stick angle to get under the ball for the lift. The ball should be lifted no more than 15/20cm in a controlled fashion, and drop just beyond the stick. A higher lift could lead to danger.

## Shooting with Flick/Slap/Push stix awards



[www.hockeyonline.co.uk](http://www.hockeyonline.co.uk)



Use cones as shown or a standard hockey goal

### Test four – Shooting with Flick/Slap/Push

Player collects a ball from G1 and dribbles to the right to G2 before shooting at the goal, using the flick, slap or push shot.

Player returns to G1 to collect another ball and dribble through to the next gate before shooting.

Repeat until all gate positions have been used and continue the sequence until time runs out.

### Points

2 points – If the ball enters the corner of the goal between the outer cones.

1 point – If the ball enters the middle of the goal between the two middle cones.

1 point – If the ball hits a cone/goalpost.

0 points – If the ball misses the goal.

### What you need



Sticks for players completing the test

12 balls at G1

14 cones

4 ball boys

1 coach / scorekeeper

1 Clipboard & 1 pencil / pen

Stix Awards - National Standards	
skill 1	Points Required
Gold	18pts or more
Silver	14-17pts
Bronze	10-13pts
Cub	Below 10pts

### Coaching Points

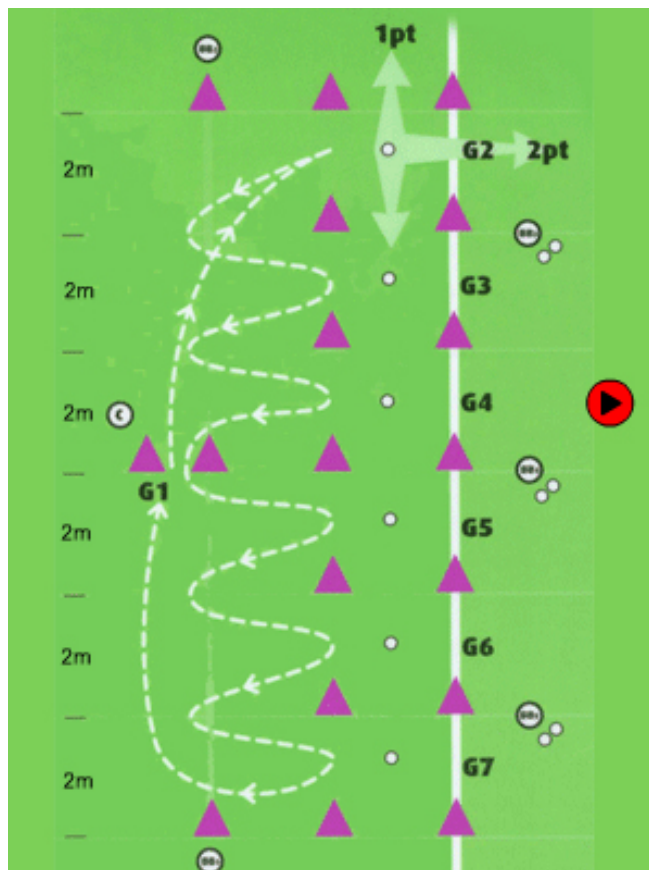
This exercise is designed to help the player develop skills for goal scoring at close range using the flick, slap or push shot.

- Hitting is NOT ALLOWED on this test. All shots are to be made with hands wide apart on the stick.
- When close to the goal, players should be discouraged from taking a big back swing of the stick before shooting.
- Flick, slap or push shots are all low skills that require the minimum of preparation or change in body position. This improves the element of surprise and the chances of scoring a goal.
- Players should choose the shot that best fits the circumstances in a match situation. They should be aware that the low slap or push shot may force a rebound off the goalkeeper's equipment, resulting in a secondary chance to score a goal. The more 'spectacular' high flick shot may provide only one chance of success.

# Jab Tackle

## Stix awards

[www.hockeyonline.co.uk](http://www.hockeyonline.co.uk)



Test five – Jab Tackle (one minute)

Coaching Points

### What you need



Sticks for players completing the test

12 balls

18 cones

5 ball boys

1 coach / scorekeeper

1 Clipboard & 1 pencil / pen

Stix Awards - National Standards	
skill 1	Points Required
Gold	42pts or more
Silver	38-41pts
Bronze	34-37pts
Cub	Below 34pts

Player starts behind G1 and approaches the ball in the end box. Then using a jab tackle the player should attempt to knock the ball out of the box through G2.

The player then retreats to touch the line BB1 – BB2 before attacking the ball in the next box.

Player repeats the sequence until time runs out.

### Points

2 points – For each ball that leaves a box through the back gate G2 to G7.

1 point – If the ball leaves the box through one of the sides and not the back.

0 points – If the ball does not leave the box or the player swings wildly at the ball.

This exercise is designed to test the ability of a player to defend using:

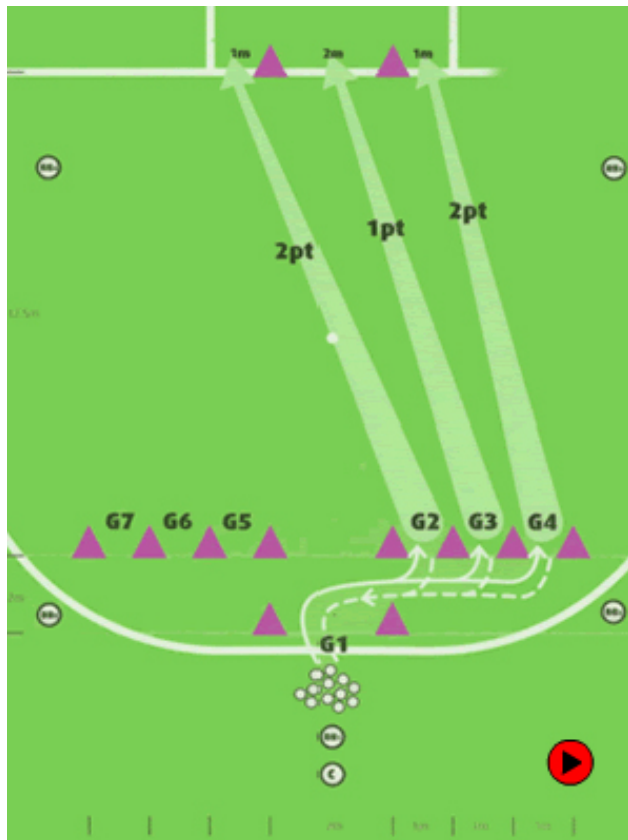
1. Closing down skills
2. A jab tackle to dispossess an opponent
  - Good footwork is essential when closing down an opponent with the ball. The player should move quickly to within tackling distance, using short steps, and then hesitate with eyes concentrating on the ball.
  - A side-on stance like a fencer/boxer should be adopted.
  - When defending on the left, the right leg and right shoulder should be leading. When defending on the right, the left leg and left shoulder should be leading.
  - The players should change stance and footwork when moving on from attacking the ball from G2 and G4 on the left and before moving onto G5 and G7 on the right.
  - For the jab tackle the stick should be held at a low angle in front of the player, with the top (left) hand firm and the bottom (right) hand loose. With a deliberate jab of the stick and the body stretched forward, contact should be made with the ball using the bottom edge of the toe of the stick. The right hand may be withdrawn from the stick to extend the reach. The stick should then be quickly withdrawn to protect the left foot, in preparation



## Shooting Using a Hit Stix awards



[www.hockeyonline.co.uk](http://www.hockeyonline.co.uk)



Test six – Shooting Using a Hit (one minute)

Player collects a ball from G1 and dribbles through G2 before shooting at the goal using a hit shot.

Player then returns to G1 to collect another ball and dribble to G3 before shooting.

Player returns to G1 and repeats the test for G4 to G7, before repeating the sequence until time runs out.

### Points

2 points – If the ball enters the goal between the cones and the post.

1 point – If the ball enters the middle of the goal between the two cones.

1 point – If the ball touches the cones on the goal line.

0 points – If the ball misses the goal.

### What you need



Sticks for players completing the test

12 balls at

12 cones

5 ball boys

1 coach / scorekeeper

1 Clipboard & 1 pencil / pen

Stix Awards - National Standards	
skill 1	Points Required
Gold	18pts or more
Silver	14-17pts
Bronze	10-13 pts
Cub	Below 10pts

### Coaching Points

This exercise is designed to test the ability of a player to score goals using a hit from the top of the scoring circle.

- Players should choose a hit shot with hands together for maximum power from the circles edge.
- Players should be encouraged to hit a low shot as this provides a better chance of scoring a goal from rebounds off the goalkeeper.
- Players should be encouraged to shoot early by hitting the moving ball as soon as it has past through the gate.
- Players must hit a moving ball.