



Victorian Junior Hockey Association Inc

Registration No. A0018318K

PLAYING SKILLS INVENTORY

Name:

This inventory is designed to allow you to rate the listed skills as you see yourself performing them in match situations. For each item you place a number between 1-10 in the box, (with 10 being a perfect score), to indicate your level of performance.

Passing Skills		
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 push.	
9.	Reverse stick hit (upright) flat, accurate, & hard.	
10.	Reverse stick hit (horizontal) accurate and hard.	
11.	Reverse stick jink.	
12.	Reverse stick push, flat and accurate.	
13.	Flick- in the air, hard and accurate.	
14.	Toss - 25 yards.	
Shooting Skills		
15.	Short grip hit.	
16.	Undercut.	
17.	Squeeze hit.	
18.	Slap shot	
19.	Horizontal reverse hit.	
20.	Deflections both sides.	
21.	Reverse flick.	
Receiving the Ball		
22.	Receiving ball hit directly at player from the front.	
23.	Receiving the ball across body L-R.	
24.	Receiving the ball from R-L on forestick.	
25.	Receiving the ball from R-L on reverse.	
26.	Receiving the ball from behind on forestick.	
27.	Receiving the ball from behind on reverse.	
28.	Slip trap both sides.	
Tackling		
29.	Channeling - able to direct opponent.	
30.	Footwork - boxers stance and able to pivot off back foot.	
31.	Closing opponent quickly after channeling.	
32.	Poke tackle.	
33.	Lunge tackle.	
34.	Flat tackles both sides.	
35.	Stealing - both sides.	
36.	Tackling in defensive circle (protecting feet).	

Ball Control and Elimination Skills		
37.	Move ball with stick in constant contact.	
38.	Drag and eliminate R-L.	
39.	Drag and eliminate L-R.	
40.	Watch opponents feet and stick while eliminating them	
41.	Protect ball with stick on both sides of body.	
42.	Protect ball by changing line.	
43.	Cut in behind after eliminating.	
44.	Able to recognise option & eliminate quickly.	
Passing		
45.	Recognise to pass to stick or to space.	
46.	Able to deliver flat & accurately to receiver.	
47.	Able to pass to a tightly marked teammate.	
48.	Able to hit the ball 60 metres accurately.	
49.	Able to pass in tight situations when under pressure.	
50.	Able to pass near opponents feet, under stick without hitting them.	
Awareness		
51.	Able to recognise and play, 1v1, 2v1, 1v2, 2v2, 3v2.	
52.	Able to move with ball to create 2v1 form 2v2.	
53.	Able to move off the ball to create the above.	
54.	I watch my opponents as much as the ball.	
55.	I keep visual and verbal contact with the my key delivers and receivers.	
Involvement in Game		
56.	Opponents in possession; I can anticipate play and manipulate direct opponent to either prevent possession or intercept.	
57.	Our possession; I can move to become involved, recognising what is happening and manipulating my opponent.	
Temperament		
58.	Am able to handle pressure situations, adverse umpiring decisions, harassment, and my own poor play.	
59.	Play out all games at full tempo.	
60.	Able to regain control if "out of my tree".	
61.	Always positive to my teammates.	
62.	Use my voice to communicate during games.	
63.	I enter games in full control and relaxed.	
Decision Making		
64.	I make playing decisions easily and at the appropriate time.	
65.	I back myself each time I make a decision.	

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