

LEVEL 4

DESCRIPTOR (To be completed in game-based activity)		1	2	PASS
C1a	<i>Demonstrate the ability to use footwork to change direction with acceleration</i>			
C1b	<i>Demonstrate 3D skills</i>			
C2a	<i>Perform an overhead pass over a suitable distance</i>			
C3a	<i>Perform moving hits over a suitable distance with adequate pace and accuracy</i>			
C3b	<i>Demonstrate the ability to transition from a carry to a clip hit delivered with adequate pace and accuracy</i>			
C3c	<i>Consistently perform a moving reverse hit (tomahawk) with adequate pace and accuracy</i>			
C4a	<i>Demonstrate the ability to slap a ball to the left and right with deception</i>			
C4b	<i>Consistently perform a moving reverse stick split grip slap with adequate pace and accuracy</i>			
C5a	<i>Demonstrate the ability to receive a lifted pass to both the open and reverse stick from varied angles</i>			
C5b	<i>Demonstrate the ability to effectively defend an overhead pass</i>			
C6a	<i>Demonstrate the ability to use 3D skills with the complete range of previous eliminations (drags, dummy drags, double drags, v drags)</i>			
C6b	<i>Demonstrate the ability to eliminate an opponent with a spin</i>			
C7a	<i>Demonstrate the ability to perform an shave tackle</i>			
C7d	<i>Consistently demonstrate the ability to combine defensive skills to channel and dispossess an opponent</i>			
C8a	<i>Score using a reverse flick shot</i>			
C8b	<i>Score using a squeeze shot</i>			
C8c	<i>Score using a tomahawk shot</i>			
C8d	<i>Score using a reverse stick deflection</i>			
C8e	<i>Score using improvised rebound shooting</i>			
C9a	<i>Demonstrate an ability to mark an opponent effectively</i>			
C9b	<i>Perform a defensive interception from a push pass</i>			
SP1a	<i>Demonstrate the ability to regularly beat a GK with a Penalty stroke</i>			
SP2a	<i>Perform a drag injection with consistent pace and accuracy</i>			
SP2b	<i>Display the ability to consistently trap an accurate injection</i>			
SP2c	<i>Demonstrate a basic understanding and ability to perform a drag flick</i>			
SP3a	<i>Demonstrate an understanding of the role of the number 2 runner in a Penalty corner defence unit</i>			
SP3b	<i>Demonstrate the ability to effectively perform a role in a PCD unit</i>			
SUP1	<i>Demonstrate the ability to attack and defend in a 2v2 situation</i>			
SUP2	<i>Demonstrate the ability to attack and defend in a 3v2 situation</i>			
G1	<i>Demonstrate the understanding and ability to perform multiple roles/field positions in a mini hockey team</i>			
G2	<i>Display the understanding and ability to work as a collective to press an opposition free hit or hit out</i>			
G4	<i>Display the ability to position one self to support a team member in possession</i>			
G5	<i>Display leadership qualities (organisation, encouraging, communication etc)</i>			