



## Team BC Selection Criteria

Field Hockey BC is looking for athletes to participate in our **Provincial Excellence Program** and represent BC at national and international level competition. BC Coaches look for the following general criteria to inform the selection decisions to BC Teams:

- **Superb Basic Skill Performance** The ability to execute skills with speed and efficiency under pressure. The ability to apply, adapt and improvise skills during competition (*see age-specific and position-specific expectations*).
- **Consistent Skill Execution** during training and competition phases.
- **Specific set-play skills** (Penalty corner skills).
- **High level Awareness, Anticipation and Quick Decision Making** in training and competition environments.
- **Excellent Tactical Awareness and Team Play.** Especially the ability to apply game plans as directed by BC Coaches.
- **Exceptional Athleticism and Fitness** (minimum 9.0 for U16 and U18 Field Players, with an ideal score between 10.0 and upwards on the Canadian version of the beep test; standards are 7.0 for U16 GKs and 7.5 for U18 GKs), flexibility, coordination and agility with and without the ball, power, strength, and speed.
- **Strong Character** which ideally includes traits and abilities such as intelligence, positive attitude, leadership, resilience to setbacks/criticism, versatility, assertiveness, competitive edge, accountability, communication skills and coachability.
- **Strong Work Ethic** which ideally includes traits and abilities such as tenacity, self discipline, quick learner, willingness to excel, commitment and dedication (ie. attending all provincial team practices, meetings and sport science, and meeting fitness program expectation).



## Team BC U16 Criteria

### U16 Defenders:

Characteristics of a good defender include vision, the ability to communicate effectively, and composure under pressure; they have to display good decision making skills in small and crowded spaces. Backfield players, when defending, have to be able to assess danger and prioritize marking or covering as needed. When attacking they have to be able to limit risky decisions that will likely result in turnovers.

Defenders at this level are expected to consistently execute the following skills at a high standard:

- Ability to distribute the ball at speed in all circumstances
- Sweep Hit (accurate, flat, fast, consistent, deception)
- Hit (accurate, flat, fast, consistent)
- Push Pass (accuracy, snap with deception, fast, consistent, lifted)
- Reverse stick passing
- Scoop ability
- Receiving skills: Stationary and Moving under pressure
- Ball control and possession
- Elimination skills in small and crowded spaces
- Winning the Ball back:Tackling (Poke, Lunge, Block, Upright reverse)
- Channeling and Double Defense Skills
- Marking
- Interceptions
- Knowledge of and ability to apply bowl/trough vs diamond formations
- Defensive and offensive decision making in 2v1 and 3v2 situations
- Off-ball positioning to provide support with and without team ball possession
- Vision of full field (execute short and long passes, and adapts to attack)
- Defensive positioning on Penalty Corners
- Offensive role on Penalty Corners

### U16 Midfielders:

Characteristics of a good midfielder include vision, the ability to communicate effectively to forwards in front of them, and good decision making in small and crowded spaces. They have to have an awareness of space and options around them in both offense and defense and have to consistently display both offensive and defensive ability.

Midfielders at this level are expected to consistently execute the following skills at a high standard:

- Push Pass – snap and lifted (accurate, fast, consistent, deception)
- Hit (accurate, flat, fast, consistent, deception)
- Sweep Hit (accurate, flat, fast, consistent, deception)
- Reverse passing (lifted, flat, fast)
- Elimination and ball control skills (right and left side of body, lifted dribble, fast)
- Effective ball control with change of speed and direction



- Receiving Skills: Stationary and Moving under pressure
- Tackling (Poke, Lunge, Block, Upright reverse)
- Channeling and double defense skills
- Marking and the ability to prioritize between marking the space and picking up a check
- Defensive and offensive decision making in 2v1 and 3v2 situations
- Maintain possession and make good decisions in small spaces under pressure.
- Offensive/ Defensive role on Penalty Corners

### **U16 Forwards:**

Characteristics of a good forward include the ability to recognize, create, and lead into space, good anticipation, and quick reactions. They must also be able to pressure and channel effectively without getting eliminated and be able to execute on and off the ball at speed. They must also have an instinct to score goals.

Forwards at this level are expected to consistently execute the following skills at a high standard:

- Push Pass – snap and lifted (accurate, fast, consistent, lifted)
- Hit (accurate, flat, fast, consistent)
- Dribbling, Running with the ball, Elimination Skills at speed
- Goal Scoring (variety of shots)
- High quality first touch and ball control
- Effective ball control with change of speed and direction
- Receiving Skills: Stationary and Moving, open and closed, under pressure
- Ability to create danger in attack with off-ball movement and leading (timing and anticipation)
- Channeling, and effective pressure on the ball carrier
- Tackling to dispossess
- Tactical Awareness of Team Offensive concepts (depth, width)
- Offensive decision making in 2v1 and 3v2 situations



### **U16 Goal Keepers:**

Characteristics of a good goalkeeper include courage, great reflexes and good hand eye coordination, and speed. They also have to be able to assess danger and be tactically aware so that they can effectively communicate to players in front of them.

Goalkeepers at this level are expected to consistently execute the following skills at a high standard:

- Shot Blocking: ability to block different types of shots (reverse hit, forehand, flicks, aerial balls)
- Stick and blocker saves
- Controlling and Clearing Rebounds in response to game play
- Kicking (emphasis on accuracy)
- Sliding
- Diving
- Defensive Penalty Corners
- Penalty Stroke Competition performance
- Close play around net
- Positioning and efficient movement around the circle
- Repositioning and response to play
- Decision making and vision
- Ability to apply team defensive concepts
- General Tactical Awareness (1v1, 2v1, 3v2)
- Communication skills



## Team BC U18 Criteria

### U18 Defenders:

Characteristics of a good defender include vision, the ability to communicate effectively, and composure under pressure; they have to display good decision making skills in small and crowded spaces. Backfield players, when defending, have to be able to assess danger and prioritize marking or covering as needed. When attacking they have to be able to limit risky decisions that will likely result in turnovers.

Defenders at this level are expected to consistently execute the following skills at a high standard:

- Ability to distribute the ball with power, accuracy, speed in all circumstances
- Sweep Hit (accurate, flat, fast, consistent, deception)
- Hit (accurate, flat, fast, consistent, reverse)
- Push Pass (accuracy, snap with deception, fast, consistent, lifted)
- Reverse stick passing
- Scoop (with emphasis on appropriate timing and execution)
- Receiving Skills: Stationary and Moving at speed and under pressure
- Ball control and possession
- Elimination skills in small and crowded spaces (lifted)
- Tackling (Poke, Lunge, Block, Upright reverse)
- Ball control and possession
- Channeling and Double Defense Skills
- Marking
- Interceptions
- Knowledge and ability to apply bowl/trough vs diamond formation
- Defensive and offensive decision making in 2v1 and 3v2 situations
- Off-ball positioning to provide support with and without team possession
- Vision of full field (executes short and long passes, and adapts to attack)
- Defensive positioning on Penalty Corners
- Offensive role on Penalty Corners

### U18 Midfielders:

Characteristics of a good midfielder include vision, the ability to communicate effectively to forwards in front of them, and good decision making in small and crowded spaces. They have to have an awareness of space and options around them in both offense and defense and have to consistently display both offensive and defensive ability.

Midfielders at this level are expected to consistently execute the following skills at a high standard:

- Push Pass – snap and lifted (accurate, fast, consistent, deception)
- Hit (accurate, flat, fast, consistent, deception)
- Sweep Hit (accurate, flat, fast, consistent, deception)
- Reverse passing (lifted, flat, fast)
- Elimination and ball control skills (right and left side of body, lifted dribble, fast)
- Effective ball control with change of speed and direction
- Receiving Skills: Stationary and Moving under pressure



- Tackling (Poke, Lunge, Block, Upright reverse)
- Channeling and double defence skills
- Marking and the ability to prioritize between marking the space and picking up a check
- Defensive and offensive decision making in 1v1, 2v1 and 3v2 situations
- Maintain possession and make good decisions in small spaces under pressure.
- Offensive/ Defensive role on Penalty Corners

### **U18 Forwards:**

Characteristics of a good forward include the ability to recognize, create, and lead into space, good anticipation, and quick reactions, They must also be able to pressure and channel effectively without getting eliminated and be able to execute on and off the ball at speed. They must also have an instinct to score goals.

Forwards at this level are expected to consistently execute the following skills at a high standard:

- Push Pass – snap and lifted (accurate, fast, consistent, lifted)
- Hit (accurate, flat, fast, consistent)
- Dribbling, Running with the ball, Elimination Skills at speed
- Goal Scoring (Deflections/Tips, Forehand, reverse, punch/squeeze, Reverse stick)
- High quality first touch and ball control
- Effective ball control with change of speed and direction
- Effective positioning around the net
- Receiving Skills: Stationary and Moving, open and closed, under pressure
- Ability to create danger in attack with off-ball movement, interchange, and leading (timing and anticipation)
- Ability to reposition and support attack
- Channeling, and effective pressure on the ball carrier
- Tackling to dispossess
- Tactical Awareness of Team Offensive concepts (depth, width)
- Offensive decision making in 2v1 and 3v2 situations



### **U18 Goal Keepers:**

Characteristics of a good goalkeeper include courage, great reflexes and good hand eye coordination, and speed. They also have to be able to assess danger and be tactically aware so that they can effectively communicate to players in front of them.

Goalkeepers at this level are expected to consistently execute the following skills at a high standard:

- Shot Blocking: ability to block different types of shots (reverse hit, forehand, flicks, punch/squeeze, aerial balls)
- Stick and blocker saves
- Controlling, Clearing and Redirecting Rebounds in response to game play
- Kicking (emphasis on accuracy)
- Sliding
- Diving
- Defensive Penalty Corners (standing up and lying down)
- Penalty Stroke Competition performance
- Close play around net
- Positioning and efficient movement around the circle
- Repositioning and response to play
- Decision making and vision
- Ability to apply team defensive concepts
- Ability to adapt to opposition's attack strategy
- General Tactical Awareness (1v1, 2v1, 3v2)
- Communication skills and "Presence"
- Ability to start and enter play part way through the game, and remain consistent