



IHA SKILLS AWARD SCHEME

FOR INLINE HOCKEY



The IHA Skills Award Scheme is split into 10 levels and within each of the levels there are 10 skills of which 8 must be completed to pass the level.

The Scheme revolves around the 4 fundamental elements; skating, stick & puck handling, passing and shooting.

The various skills to be mastered within each of these elements are as follows: -

Skating

Forwards - V start, Side start, Crossover start, Glides, T-stop, 2 skate (hockey) stop, Tight turns, Power turns, Crossovers, Transitions, Powerslide, Scissor jump, 2 legged jump.

Backwards – Figure 8 start, C start, Glides, 2 skate stop, 2 skate turn, crossovers, transitions.

Stick & Puck Handling

Wrist turns, Moving the puck side to side stationary and skating, diagonally stationary and skating, back to front stationary and skating, Using the skates, One handed puck control, Stick handling skating backwards.

Passing

Receiving the puck, Sweep pass forehand and backhand, Snap pass forehand and backhand, Flip pass forehand and backhand, One timer.

Shooting

Wrist shot forehand and backhand, Snap shot, Flip shot forehand and backhand, Slap shot, One timer.

In total there are 100 different 'skills' (10 levels 10 skills per level) and as you can see there are not 100 individual skills listed above. This is achieved by repeating the skills as participants advance through the levels gradually increasing the difficulty. The following is a description of the key elements of increased difficulty for each of the 4 categories.

Skating

Everyone is naturally right or left sided. The Skills Award Scheme recognises this and initially makes allowances for participants being stronger on one side or direction, than the other. For example, when performing crossovers some participants will find a right crossover easier to perform and the others a left crossover depending upon their natural tendency. The Scheme requires that when crossovers are first introduced, the participants have a choice in which direction they want to do it. The increased difficulty factor comes in later levels when the participant must execute the skill in both directions. This is a general principle that is applied to all the different skating skills as mentioned above.

Stick & Puck Handling

Similar to the skating principle but generally only when skating with the puck. i.e. when skating with the puck to the side of the body it can initially be carried on either side but in later levels must be carried on both sides.

Passing

Once a basic passing skill is learned the increased difficulty comes from being able to pass the puck accurately through cones a set distance apart and then being able to pass through more than one set of cones whilst skating. Again, this is a general principle that is applied to all the different types of passing as mentioned above.

Shooting

Once a basic shooting skill is learned the increased difficulty comes from being able to shoot into a net from a set distance, this is followed by shooting from different positions and then shooting from different positions to a reduced target area. In all instances a set number of goals are to be scored from a certain number of shots (i.e 3 out of 5). Again, this is a general principle that is applied to all the different types of shooting as mentioned above.

As you can see from this brief synopsis, the general principle of the Scheme concentrates on learning a skill and then gradually increasing the difficulty under which the skill is to be performed. It is very rare though that one single skill would be performed on its own in match conditions. Therefore, the Scheme contains 18 drills which commence in the later levels and combine the specific skills that have been previously learned.

Further information about the Skills Award Scheme can be obtained at www.ihsas.com and details of GB Hockey Inline can be found at www.gbinline.co.uk