



# THE ULTIMATE FIELD HOCKEY PLAYER

## Quiz & Checklist

Use this worksheet to assess yourself for each of the four core pillars of what makes a great hockey player. Remember to be honest with yourself so you can identify the opportunities you have to develop into the ultimate hockey player.

### PILLAR #1 SKILLS

Rate yourself out of 10 for each of these questions below

QUESTION	RATING OUT OF 10
1. Can you pass accurately and with power?	
2. Do you have a good first touch (i.e. receiving the ball under control)?	
3. Can you hit the ball accurately and powerfully?	
4. Can you hit a tomahawk flat and lifted on demand consistently?	
5. Do you make good leads at the right time to receive the ball?	
6. Are you able to make good block tackles at the right time?	
7. Do you use the jab/poke tackle effectively?	
8. Are you able to do the V drag elimination skill consistently?	
9. Can you perform 3D skills & jinks while keeping the lifts under control?	
10. Do you use deceptive body movements to eliminate a player?	
<b>TOTAL (OUT OF 100)</b>	



# PILLAR #2

# PHYSICAL

**A) Checklist:** Answer YES (Y) or NO (N) for each of these questions below

*\*NOTE: If you don't understand the question then it's probably a NO (N)*

QUESTION	Y or N?
1. Can you do an overhead squat with your quads parallel to the ground without your heels coming off the ground, back arching and knees staying behind your toes?	
2. Do you assess, track and measure your progress at least every 6-12 weeks?	
3. Do you monitor your heart rate and intensity levels during sessions?	
4. Are you able to get through a whole game without feeling like your lungs are on fire?	
5. Are you doing any strength training using weights, both in-season and off season?	
6. Do you train movements over muscles?	
7. Do you do at least 8 weeks of strength training before speed & agility work?	
8. Do you understand the mechanics of acceleration to move forward as quick as possible?	
9. Have you been taught how to change direction efficiently?	
10. Do you follow a structured and progressive plan with different fitness phases throughout the year?	
<b>HOW MANY NO'S (OUT OF 10)</b>	

**B) Rate yourself out of 10 for each of these**

Area of physical	Rating (out of 10)	Area of physical	Rating (out of 10)
1. Mobility & Flexibility		6. Power / explosiveness	
2. Endurance		7. Speed	
3. Lower body strength		8. Speed endurance (i.e. ability to recover after repeated sprints)	
4. Upper body strength		9. Agility, quickness & reaction	
5. Core stability		10. Nutrition	

**TOTAL (OUT OF 100)**



# PILLAR #3

## TACTICAL

Tactical includes everything from your understanding of what should happen in a game, to your positioning, patterns of play, formations, presses, etc. This quiz is just a few examples of things to think about when it comes to tactics, but there are more.

**Rate each of the statements below out of 10**

QUESTION	Rating out of 10
1. I am good at making interceptions	
2. I understand and feel confident with my positioning on the field	
3. I am good at anticipating what is going to happen next in a game	
4. I can see the weak points of the opponent easily	
5. I can quickly determine how the opposition are playing (such as presses and formations)	
6. I can see space easily	
7. I understand what angles I need to close down a player depending on the situation	
8. I know how to get available to receive the ball	
9. I always know where and when to pass	
10. I react quickly to what is happening in the game	
<b>TOTAL (OUT OF 100)</b>	



# PILLAR #4

## MINDSET

Rate each of these statements out of 10

QUESTION	Rating out of 10
1. I question whether I am good enough as a hockey player	
2. Setbacks such as being dropped or injury affect my confidence	
3. I struggle to motivate myself to train on my own (or tend to put things off)	
4. I worry about letting my team down (or what others think of me)	
5. I compare myself to others which affects my confidence	
6. I am hard on myself when I make mistakes	
7. I tend to dwell on things that happened in the past	
8. I get easily frustrated with that happen in a game (i.e. bad umpiring, opposition, etc)	
9. I tend to panic, make silly mistakes or play it safe under pressure	
10. Out of 10 games you play, how many games would you be happy with your performance (i.e. how consistent are you)?	
<b>TOTAL (OUT OF 100)</b>	

## PHYSICAL VS MENTAL ERRORS

It's important that you recognize the difference between a physical vs mental error

### A physical error is:

... when you are NOT able to do a skill well in training under no pressure and simply need to practice it more.

### A mental error is...

... when you can do a skill well in training but when it comes to a game you don't perform it consistently. For example if you can do a skill well 8 out of 10 times in training, but you are only performing it 5/10 in a game, that means that 30% of your mistakes are mental errors.