



# Coaching Resource

Programme designed and written by Jack Clayton (2012)



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# First Block – First 2 weeks

## Bulk Hitting session and 6 v 6 grading games



### Overview

The first 2 weeks will consist of a 40 minute hitting session followed by 40 minutes of ActivePost Kiwi Sticks Development 6-a-side ¼ field grading games.

Hitting was a major area of concern in 2012 so this year we will take everyone through the same hitting session. One coach will run the session but all other coaches will circulate amongst the players correcting technique.

The purpose of the grading games is to determine which group each player will be put in based on skills and motivation levels. There was a concern in 2012 that the best players were not stretched enough. By getting them all into the one group we will be able to apply more pressure to them and make their experience better.

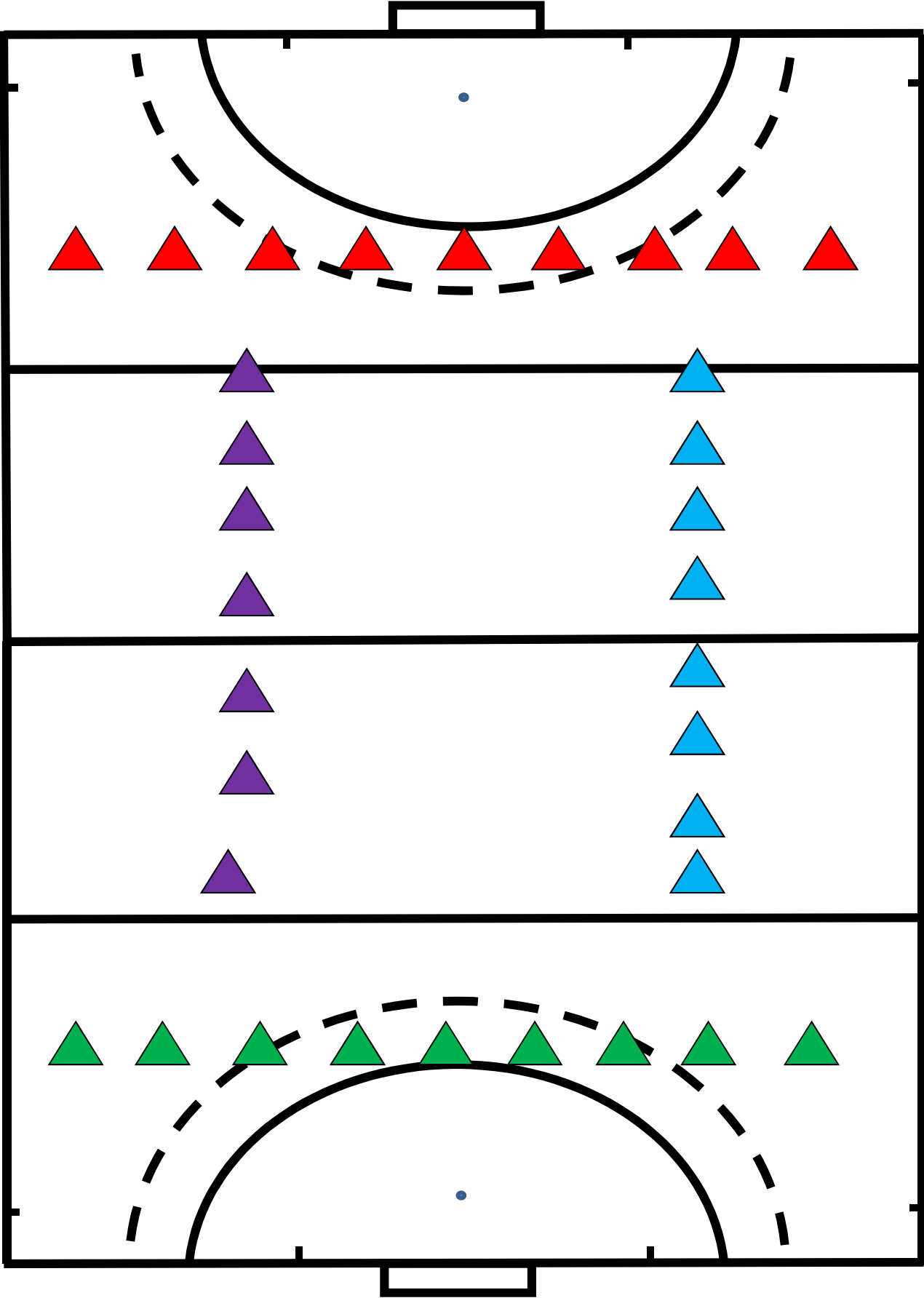
### The hitting session

The field set up for the hitting session is attached. Four even groups of players will have a wall to hit at from a distance of 16m. Players in each group must stay behind the cones until the group coach gives the all clear to retrieve the balls. Ideally each player should have 3 or 4 balls each.

The head coach will call all players to the middle of the field to give instruction and then the group coaches will take them away for practice. This is a laborious exercise but it needs to be done like this for consistency and safety with so many children and wayward hockey balls.

### The 6 v 6 games

The intention is to have basic grading already completed based on registration details which will set the initial team lists. The intention is to have all the best players on turf 1A and the least experienced on 1D. As the games go on players will be swapped up or down the turf until we are satisfied that we have the groups correct. For example, we will identify the weakest player on 1A and swap them with the strongest on 1B. I imagine we can do this every 5 minutes so we could have up to 8 changes on each of the 2 days. Players may go down and back up a number of times. This is all part of the process as we get to know our players.



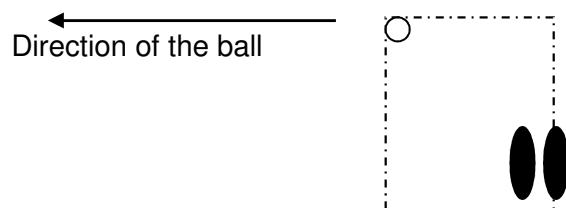
## Hitting Notes



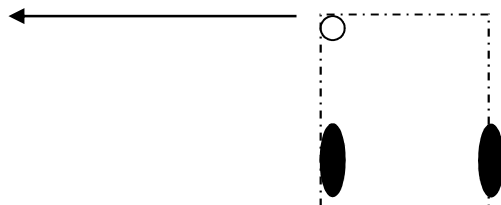
### Standard Hit

With a standard hit both hands come together at or near the top of the stick. Young players should start by having their hands a couple of inches below the top of the stick so they have more control of the hook of their stick. They should have a low and strong hockey position. The stick should transition as low as possible from the backswing to the follow through. This is not a golf stroke!

A common method of teaching the correct position for hitting is “the hitting square”.



The ball starts in the opposite corner of the square to the feet. As the player swings they step with their left foot and land it at the front of the square, in line with the ball. This is known as hitting the ball off of the front foot.



## ActivePost Kiwi Sticks Development

### Rules and Guidelines

1. 6 players per team on the turf at any one time. Rolling substitutions are allowed. Rotation of positions is essential. Children should get the opportunity to play in a variety of positions
2. 13 minutes each way, 2 minutes for half-time, 2 minutes between games
3. Play on a  $\frac{1}{4}$  of a hockey turf
4. Footwear, mouth guards and shin pads must be worn by all players
5. Standard hockey balls are to be used
6. The ball may be pushed or slap hit anywhere on the field, including a shot at goal
7. A controlled hit may be used only in the defending half
8. A goal can be scored from anywhere within the attacking 10m zone
9. If the ball goes over the sideline, the other team push or slap-hit the ball at a point close to where the ball went out
10. The stick is not to be raised above the shoulder. This is dangerous play
11. There are no goalkeepers and no player is to be appointed to stand in goal. However, players may run back and defend their goal
12. There is no offside
13. The ball is not allowed to rise above ankle height, because of danger
14. There are no Penalty Corners (P/c's). A long corner is awarded if a defender accidentally puts the ball over the back line. Long corners are taken 5m from the corner on the sideline (everybody 5m away and no direct shot on goal allowed)

15. A penalty is given for an infringement when:
  - a. A player deliberately steps across and places their body between an opposing player and the ball (when it is within playing distance)
  - b. Physical contact is made with another player that disadvantages them
  - c. An opponent's stick is hooked or held
  - d. The ball is stopped with the feet or kicked by a player and they gain an advantage. Encourage children to get their feet out of the way. When there is no advantage gained and to let the game flow, umpires should allow the game to continue
  
16. In the 10m attacking/defending zone if a defender infringes, or deliberately clears the ball over the back line, the attacking team takes a slap-hit/push just outside the 10m zone at a point in line with the infringement. After the slap-hit/push by the attacker another attacker's stick must touch the ball within the 10m zone for a goal to be scored
  
17. If the attacker puts the ball over the defender's back line or if the attacker infringes within the 10m attacking zone, the defender is awarded a hit/slap-hit/push on the 10m line in line with where the infringement occurred or in line with where the ball went over the back line
  
18. If there is no infringement by the defending team and the ball passes over the back line, it doesn't matter which team touched the ball last, it is given as a free push/hit to the defenders at the 10m mark

### **General**

- When you stop the game explain why you have stopped it
- Keep the game flowing as much as possible.



## Middle Block of 3 weeks

### Station 1 - Passing and Receiving - Turf 1A



Activity: Hitting and pushing

Focus: Technique and accuracy

Process: After a quick lesson on correct technique and a quick practice against the fence, move straight into a competition. Place **target cone goal** on the base line (colour coded). Each player has 3 balls and hits at their own target goal. They keep their own score. Do this 4 times to get a score out of 12.

Activity: Receiving

Focus: Good body position and good control of the ball

Process: After a quick lesson on correct technique, get them into **pairs 10m apart**. Get them to push to each other. After a couple of minutes, get them to count how many passes they get in 1 minute. Do this twice and acknowledge any increase in the number of passes.

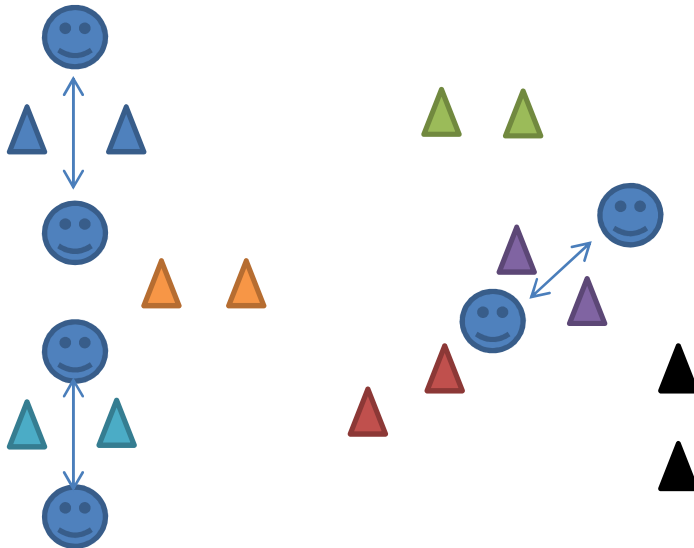
Game: Play **Passing gates**

Game: Play **Target Man**

## Passing Gates



- Set up an area containing a number of “gates”.
- See how many “gates” players can pass through within one minute.
- Passes must go through a gate to be successful.
- Each successful gate is worth one point.
- Players can't do the same gate twice in a row and must try to get all gates.
- Play a couple of rounds each time encouraging pairs to beat their previous score.



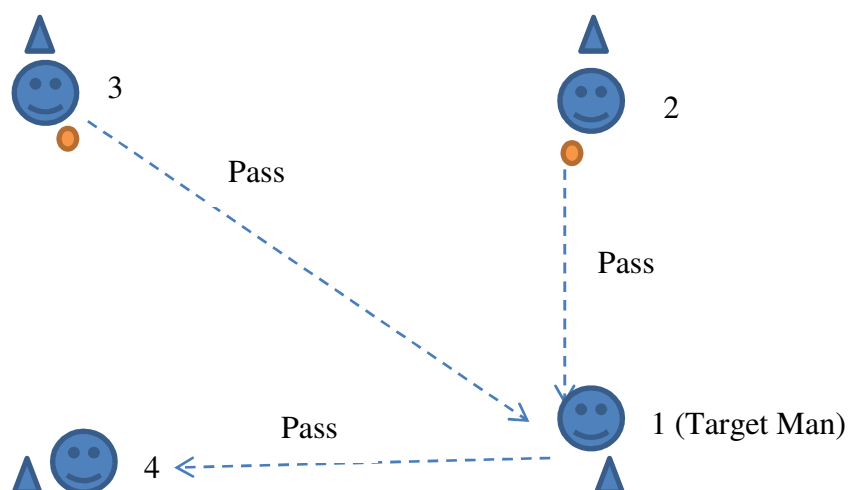
### Coaching Points:

- Ensure players use correct technique when passing.
- Encourage players to communicate and use vision to find free space and avoid other players.

## Target Man



- Set up 5 – 10 m squares with cones
- Divide players into groups of 4
- Player 1 is designated as “target man”.
- Players 2 and 3 start with a ball each. Player 4 starts off as the “free man”
- Player 2 passes the ball to player 1 (target man). Player 1 then passes the ball to player 4 (free man)
- Player 1 remains the target man but now player 2 is the “free man”
- Now player 3 passes the ball to the target man and then the target man passes the ball on to the “free man”
- First target man to make 15 passes wins. Swap target man and go again.



### Coaching Points:

- Encourage players to use vision and look before they pass.
- Good footwork by the target man is essential
- Encourage players to call for the ball.

## Middle Block of 3 weeks

### Station 2 – Ball Control – Turf 1B



- Activity: Open, closed and Indian dribble
- Focus: Body and ball position for effective dribbling – foot movement essential
- Drill: Use a **training ladder**. Focus on good balance and fast foot movement. After the initial couple of passes which you will set, ask the players to make up their own combinations for everyone to try.
- Process: After a quick lesson on correct technique (forehand only) and a quick practice in their own space, move straight into some **relays**. After a couple of these relays, demonstrate the Indian dribble. Let them practice and get into some more relays.
- Game: Play **Dribble gates**
- Game: Play **Pursuit game**.

## Dribble Gates



- Set up an area containing a number of “gates”.
- See how many “gates” players can dribble through within one minute. Play a couple of rounds each time encouraging players to beat their previous score.
- All gates must be dribbled through. The same gate may not be dribbled through more than once in a row.

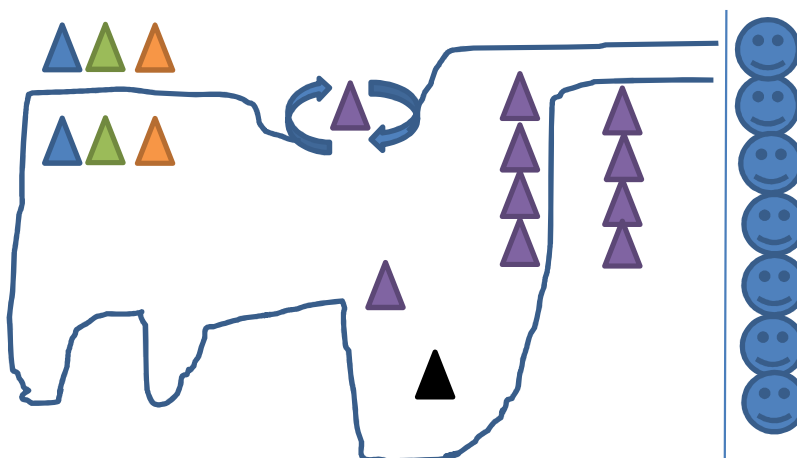


### Coaching Points:

- Encourage players to identify and move into areas of space.
- Encourage players to use “vision” while they are dribbling to avoid other players and to look for areas of space and free gates.

### Extension:

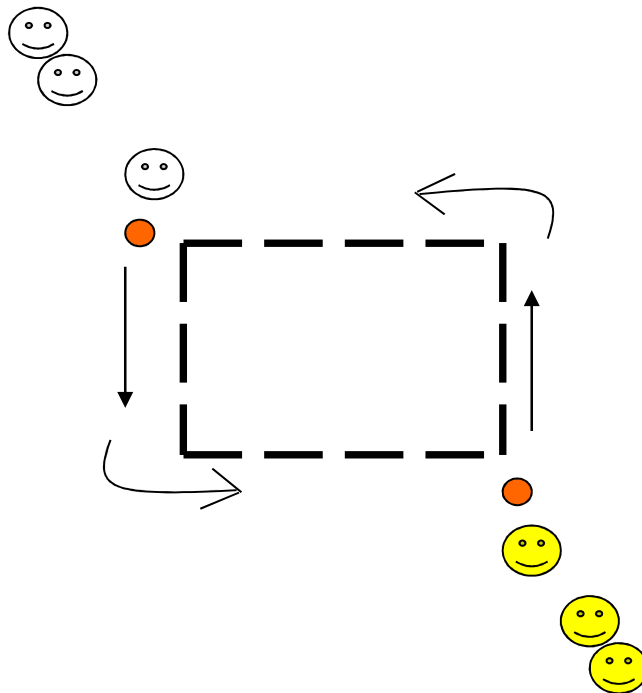
- Instead of setting up gates, set up a number of obstacles that players must traverse to score a point. i.e. 360°s around a cone, dodging (dragging) past cones, changing speed or direction through an area.



## Pursuit Game – Greyhound Race



- Two teams of 3 (per square).
- Each team stands on opposite corners of the square. The first player in each team has a ball.
- When the coach says go, the first player in each team dribbles around the outside of the square in an anti-clockwise direction. Other team members must stand back from the square to allow the other team's player to dribble past.
- Once the ball carrier gets back to their team they give the ball to their next team member and they start dribbling. This relay continues until one team overtakes the other team. Start the game again. Keep score.
- One variation is to go in a clockwise direction requiring turning on the reverse stick side.
- Another variation is to dribble 3 sides of the square and then make a pass along the 4<sup>th</sup> side to their next team member.
- The size of the track can be varies to make a large track for faster players.



## Middle Block of 3 weeks

### Station 3 - Attacking and Defensive Principles - Turf 1C



Activity: Small Games

Focus: Use of triangles

Drill: **4 corners drill.**

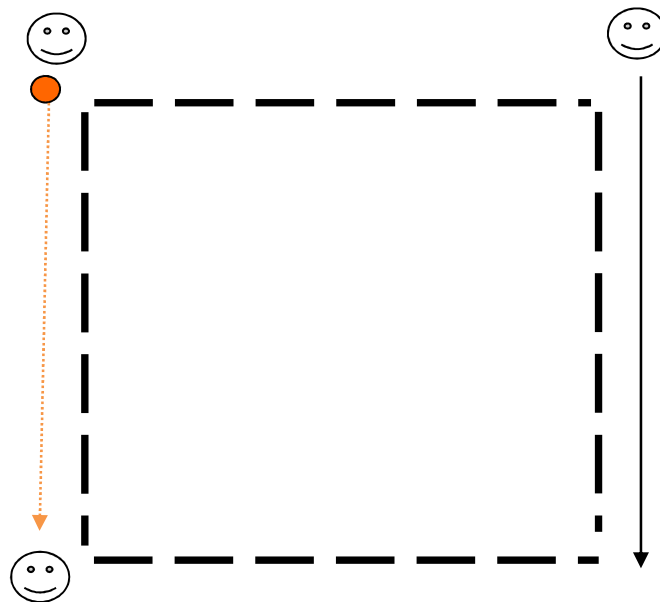
Drill: **Square and straight drill.**

Game: Finally play a game of **3 v 3** and use a square or straight “pass count” as the score (no goals). Emphasis the value of maintaining possession.

## Four Corners



- One ball, three players.
- Player with the ball must have a straight and square option.
- Start with ball moving clockwise around the square (players moving anti-clockwise).
- Next change direction.
- Finally let the players randomly select which way they want to pass.

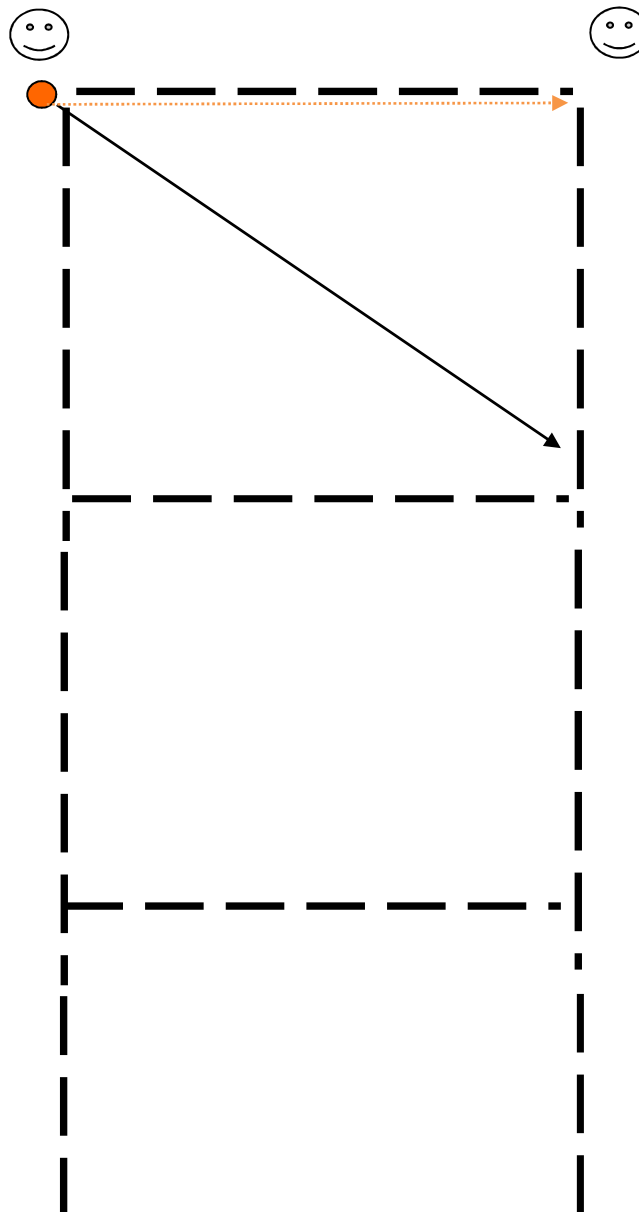




## Square and Straight



- Mark out a series of grids across the hockey field that are about 10m square.
- Players work in pairs.
- One player starts with the ball and passes it square to his partner.
- He then runs diagonally across the grid and receives a straight pass from his partner.
- His partner then runs diagonally across the grid and receives a square pass.
- The passer then runs diagonally across the second grid and the drill continues across to the other side of the field.
- There are 2 important things to remember.
  - The ball only goes square or straight
  - The player only runs diagonally after they have made their pass.



## Middle Block of 3 weeks

### Station 4 - Hitting - Turf 1D



Activity: Hitting

Focus: Increasing power

Process: After a quick lesson on correct technique emphasising transfer of body weight and good wrist action, move straight into a competitive drill.

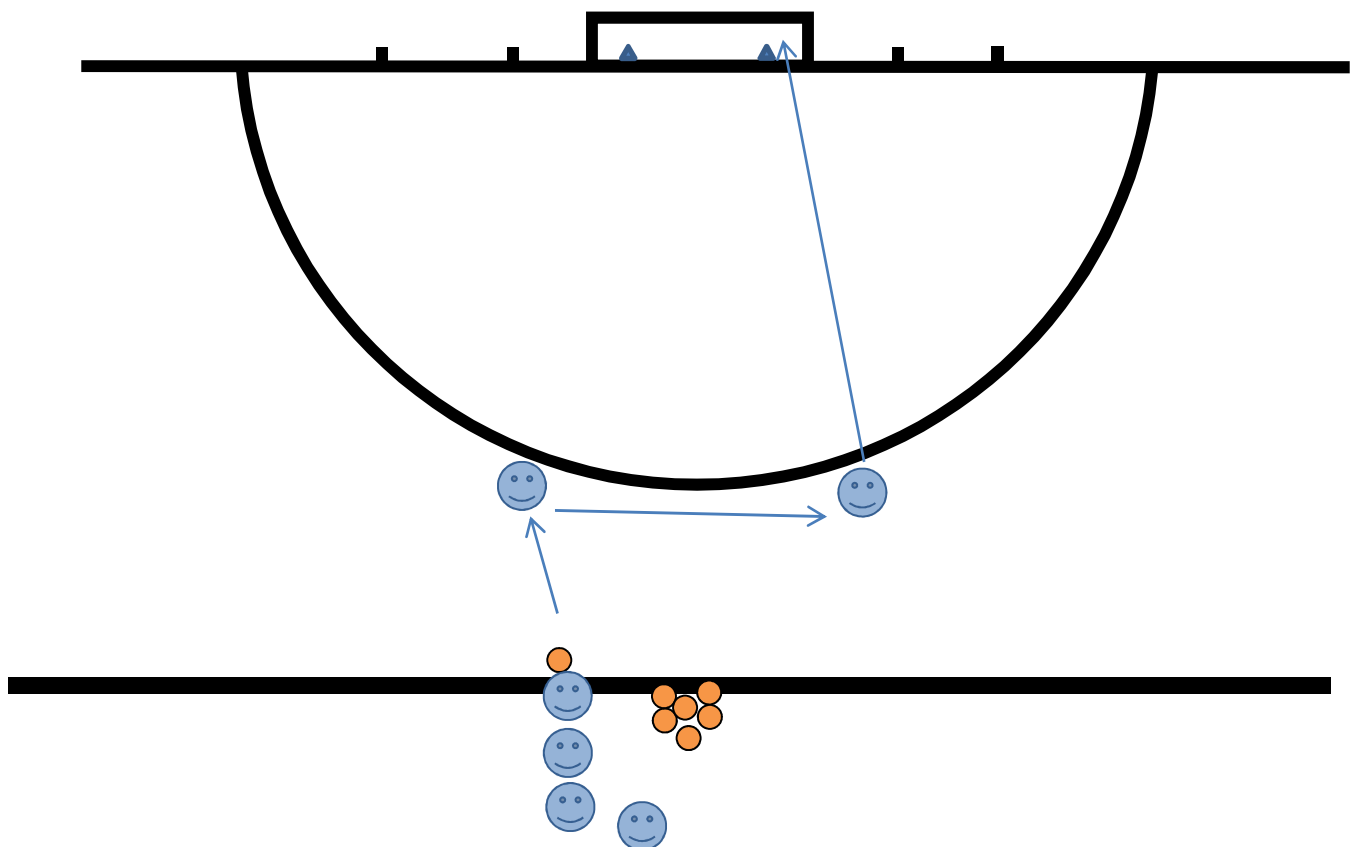
Drill: **Pass and follow – shot on goal.**

Game: **Tee Ball (Rounders)**

## Pass and follow – shot on goal



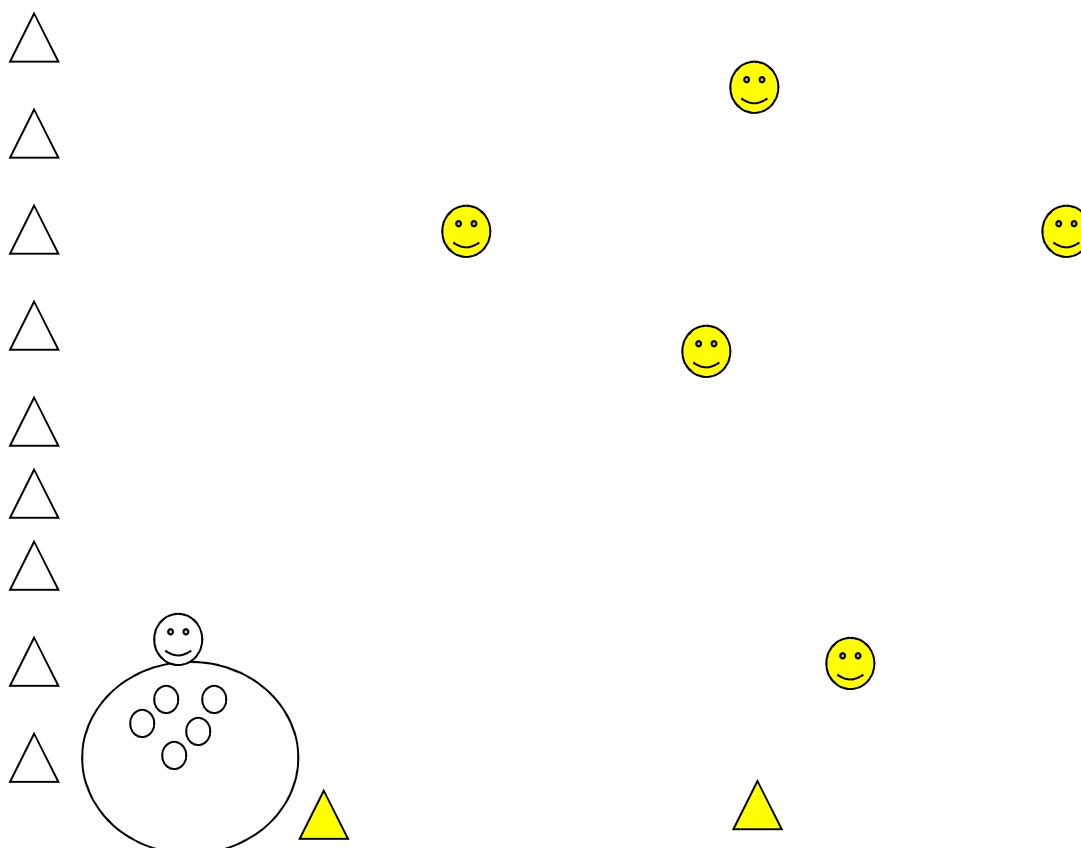
- Place 2 target cones in the goal about ½ m from each goal post. Start the drill with two players just outside the top of the circle in line with the 5m marks on the left and right side of the goal. Set all of the balls on the 22m line in the middle of the field with the rest of the players.
- Players on the 22m line pass the ball to the player on the top left of the circle and then they follow their pass to take up this position on top of the circle. The player receiving the ball then passes across the top of the circle to the other player on the top and then they follow their pass to take up this position on the other side of the circle. The player receiving this passes then steps into the circle and gets a quick hard hit away towards the goal. Balls that pass between the cones and the post are worth 3 points. Balls that go between the cones are only worth 1 point. Players keep their own score.
- Run through until you run out of ball then collect them up and go to the right hand player first for this round.



## Tee Ball (Rounders)



- Two teams of five. One team fields and one team bats (hits).
- Set up a hoop 22m in on the 22m line.
- Place five balls in the middle of the hoop.
- Place a row of cones from hoop to base line to form one sideline (foul ball line). The 22m line forms the other sideline. Field faces into fences.
- First batter up takes balls out of hoop and then hit all five into the field.
- Batter then runs to a cone placed 5 meters away from hoop and records runs.
- Fielder must dribble balls back and push into hoop.
- Once all balls are back in hoop, batter stops running and records completed runs.
- Each team member bats once and then teams change sides.



## Middle Block of 3 weeks

### Station 5 - Tackling - Turf 2A (1/2 turf)



Activity: Dispossessing the opposition and gaining control of the ball

Focus: A non-swinging stick and staying in the tackle

Process: After a quick demonstration, get them to work on:  
1. footwork with no stick  
2. footwork with their stick

NOTE: Jab or poke tackles should only be used when the tackler is to the side of the ball carrier, not when they are head on. However, you should teach tacklers to show their stick to the opposition on their front foot to slow the momentum. They should keep the flat face of the stick facing the ball rather than having the flat face pointing to the sky as they would do in a poke tackle situation. They should then step back into a low 2 handed flat stick forehand tackle. Get them to set up to the left of the line of the player to keep them on the forehand. No shave tackle at this age!!

Activity: Marking

Focus: Relative positioning

Process: Explain and demonstrate the relationship between themselves, their marker, where the ball is, and the goal. Set up **1 v 1 tackle boxes**

Game: Play **Numbers game (Dog n Bone)** as soon as possible.

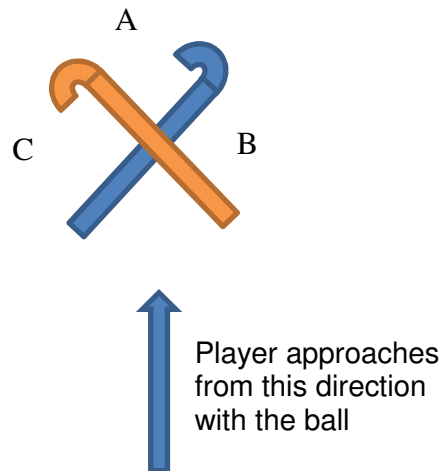
## Tackle Box



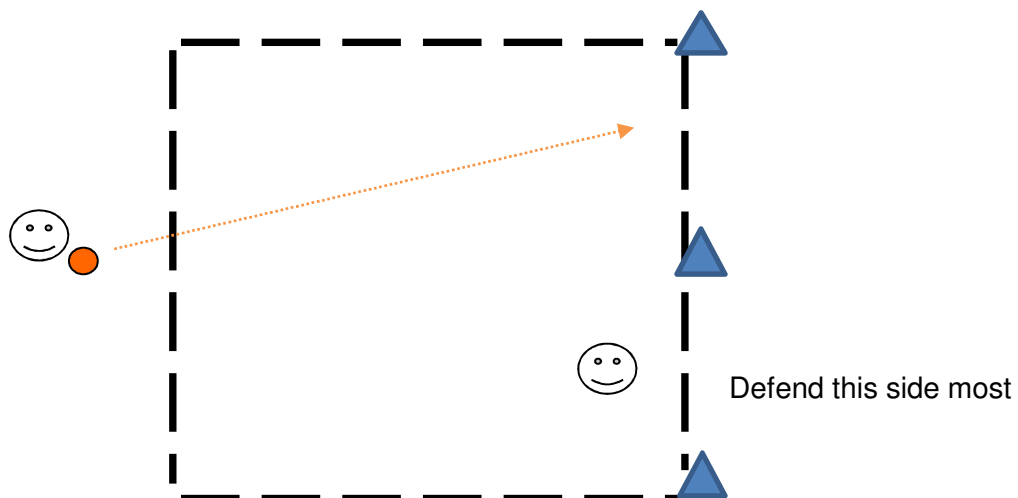
Firstly explain relative positioning by using 2 sticks and demonstrating the “tackling quadrant”.

- If the defender stands in position A, the attacker has the option of running to the left or the right of the defender.
- If the defender stands in position B and has his stick positioned like the orange stick, the attacker can only go down the defenders right hand side.
- If the defender stands in position C and has his stick positioned like the blue stick, the attacker can only go down the defenders left hand side.

This puts the defender in control of the attacker.



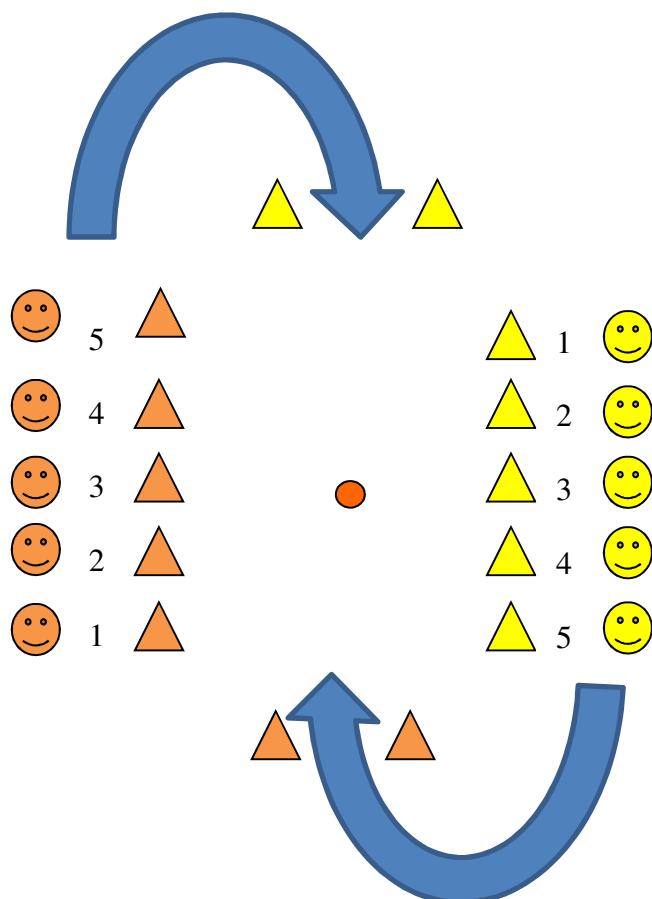
Next, set up a 5m tackle box with an extra cone on the exit side. Tell the defender in secret which side of the exit line you want them to defend the most. The defender should then position themselves so they force the attacker to the opposite side of the tackle box. Attacker get no point if tackled, 1 point if they get through the box on the side that the defender is not protecting heavily, and 5 points if they get through the heavily protected side.



## Dog and Bone (numbers game)



- Two teams of five.
- Each team stands on sideline of 10 meter wide coned field.
- Each player is numbered 1 to 5 (diagonally opposite for each team)
- A cone goal is set up at each end of the 25 meter long field
- A ball is placed in the middle of the field.
- The coach will call out a number and that person from each team will run through the goal to their left (the opposition's goal) and then run to the ball. The first person to the ball will attempt to score in their own goal while the other person tries to dispossess them and score at the other end.
- Variation is to call two numbers and set up a two on two (might need wider field.)
- Keep a count of goals scored.



## Middle Block of 3 weeks

### Station 6 - Attacking & Defensive Principles Turf 2B (1/2 Turf)



Activity: Small Games

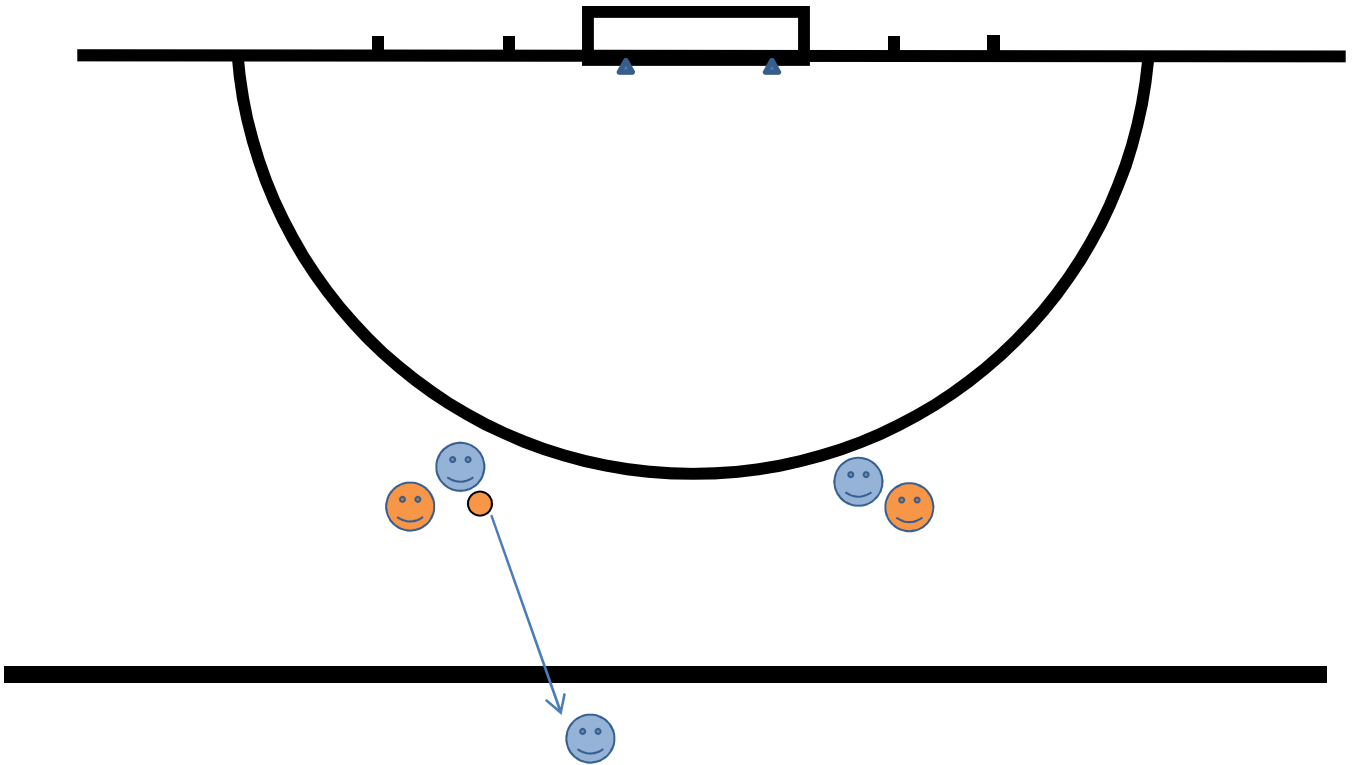
Focus: Using space

Process: Set up a **3 v 2** with two attackers being marked from the start. Third attacker gets a ball passed back to them from one of their two marked teammates for the game to begin. Goal is a point for the attackers; ball to side-line or over the 22m line is a point for the defenders.

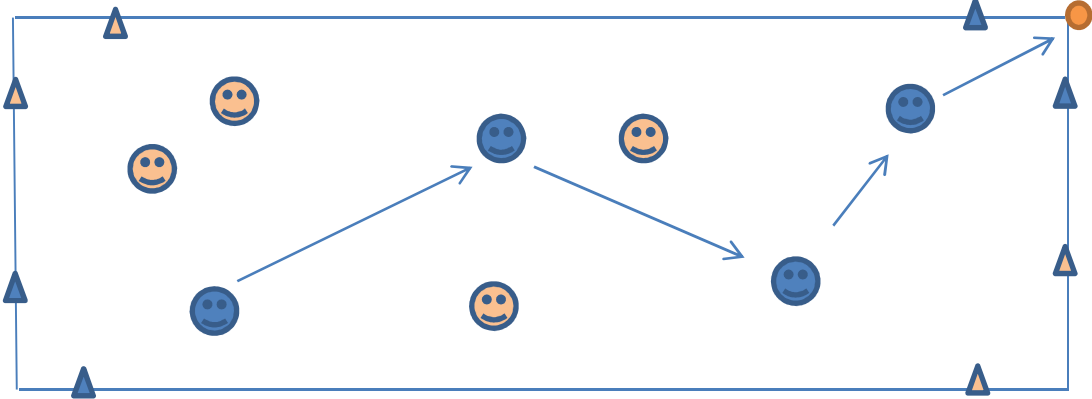
Game: Set up a grid with a **goal in each corner**. Teams have two goals each (in opposite corners). Stop the game often to show the players where the space is and how to move the opposition around to exploit this space. May need to have 3 teams so that one is resting at all times. Concepts such as zonal and man to man marking can be introduced. Depth and width need to be emphasised with leading to get ahead of the game should be encouraged.



# Small Games (3 v 2)



# Corner Goal Hockey



## Final Block of 3 weeks

### Station 1 - Penalty Corners - Turf 1A



Activity: Penalty Corners Skills

Focus: Learning PC skills

Process: Start by teaching the 2 skills (drag out and stick stop) and letting them have a go in pairs

Activity: Penalty Corner Positioning

Focus: Defending and attacking PC set up

Process: Run everyone through attacking positions. Run some PCs and rotate the players through each position. Next run everyone through defensive positions. Run some PCs with coach as the hitter to keep it safe. Rotate players through all positions. Break groups into 2 teams and get them to run 10 PCs each. Again use the coach as the hitter to keep it safe and inclusive.

## Notes on Penalty Corners (PC)

By Jack Clayton (Waikato Hockey Regional Development Manager 2009)

### Attacking

Key Phrase – KEEP IT SIMPLE

For an attacking team the result of a penalty corner should be (at least) a shot on goal. To give yourself the best chance of this happening you need to limit the amount of points where things can go wrong. You can have as many people on the top of the circle as you like but be aware that five opposition players are on the half way line and a quick counter attack from a PC can be devastating. The simplest variation is to drag out to a stopper at the top of the circle and have a shot. This has three elements that need to be perfected:

#### The drag out

This can be a hit, a push or a drag. The hit can be hard and accurate but gives the defensive runners a good indication of when to start running. A drag gives the attackers the element of surprise and buys about ½ a second which is worth about 1 metre of extra space at the top of the circle. (The dragger must have at least one foot outside the field of play and the drag out must be taken from the marked spot)

#### The trap

This can be done as a stand up stop by the hitter or a flat stick trap by a specialist trapper. The stand up has the advantage of good mobility at the top of the circle if the drag out is not straight. You also have the ability to trap more mobile giving you more options to enter the circle. The down side is that it takes more time from trapping the ball to getting a shot away. (The trap must be made outside the circle but the ball does not need to be made stationary.)

#### The shot

This can be a hit or a drag flick. The advantage of a drag flick is that it does not have to hit the back board. The ball can be trapped dead outside the circle for the dragger to pick up. This saves time (which is lost while pushing the ball into the circle for the hit) and it also means the flicker has a stationary ball to address (unlike a hitter). (The hit ball must cross the goal line under 18 inches of height unless it hits an attacker's or defender's stick, or a defender's body on its way into the goal)

#### Options

There are many options that teams can take at PC time. These options normally come about once the coach has analysed the opposition's defensive pattern and weaknesses and formulates a plan to exploit it. These can become quite complicated and must be practiced a lot before they are tried in a game.

#### There are four main options that are used:

- Left layoff at the top
- Right layoff at the top
- Touch in at left post
- Touch in at right post

## **Defending**

You need to have five players behind the goal line when defending a PC. Players must not put a foot into the field of play until the dragger has moved the ball off of the goal line. Players need to think quickly to counter any variation the attackers might employ.

### **The goal keeper**

The goal keeper has the option of standing up or lying down on the PC. Most experienced keepers will run out and stand until the last possible moment before lying down to save the first hit shot at goal. Keepers lie down to protect against the first shot which must not exceed 18 inches in height when it crosses the goal line. Once the first shot has been saved the keeper must get up because any subsequent shot can go anywhere in the goal. If a drag flick is executed the keeper must stay standing to cover the whole goal.

### **The first runner**

The first runner's job is to get to the top of the circle and stop the initial shot. They need to be quick off the mark and fast over 15 meters. The first runner will run from the left hand side of the keeper so they do not obstruct the keeper's vision during their run. They will sometimes be asked to cover any layoff to their right. They may also be asked to get their stick out of the way if they are not going to be able to stop the hitter contacting the ball. This is because if they leave their stick in the way once the ball has been hit, the ball may deflect off their stick and end up in the top corner of the goal.

### **The second runner**

The second runner's job is usually to back up the first runner and deal with any layoffs to the left of the first runner. The second runner will run from outside the left hand side of the goal so they do not obstruct the left fullback or keeper's vision during their run.

They run out quickly but stop five meters short of the circle and five meters to the left of the hitter, and evaluate the situation.

If the first strike gets past the first runner they must turn and face the keeper to be able to deal with any rebounds in their direction.

If the ball is laid off to the right at the top of the circle, the first runner will follow the ball and the second runner needs to fall back towards the penalty stroke spot. They are there to stop the one – two ball back to the initial hitter and also for rebounds.

If the ball is laid off to the left of the first runner they must get to the top of the circle and stop the initial shot.

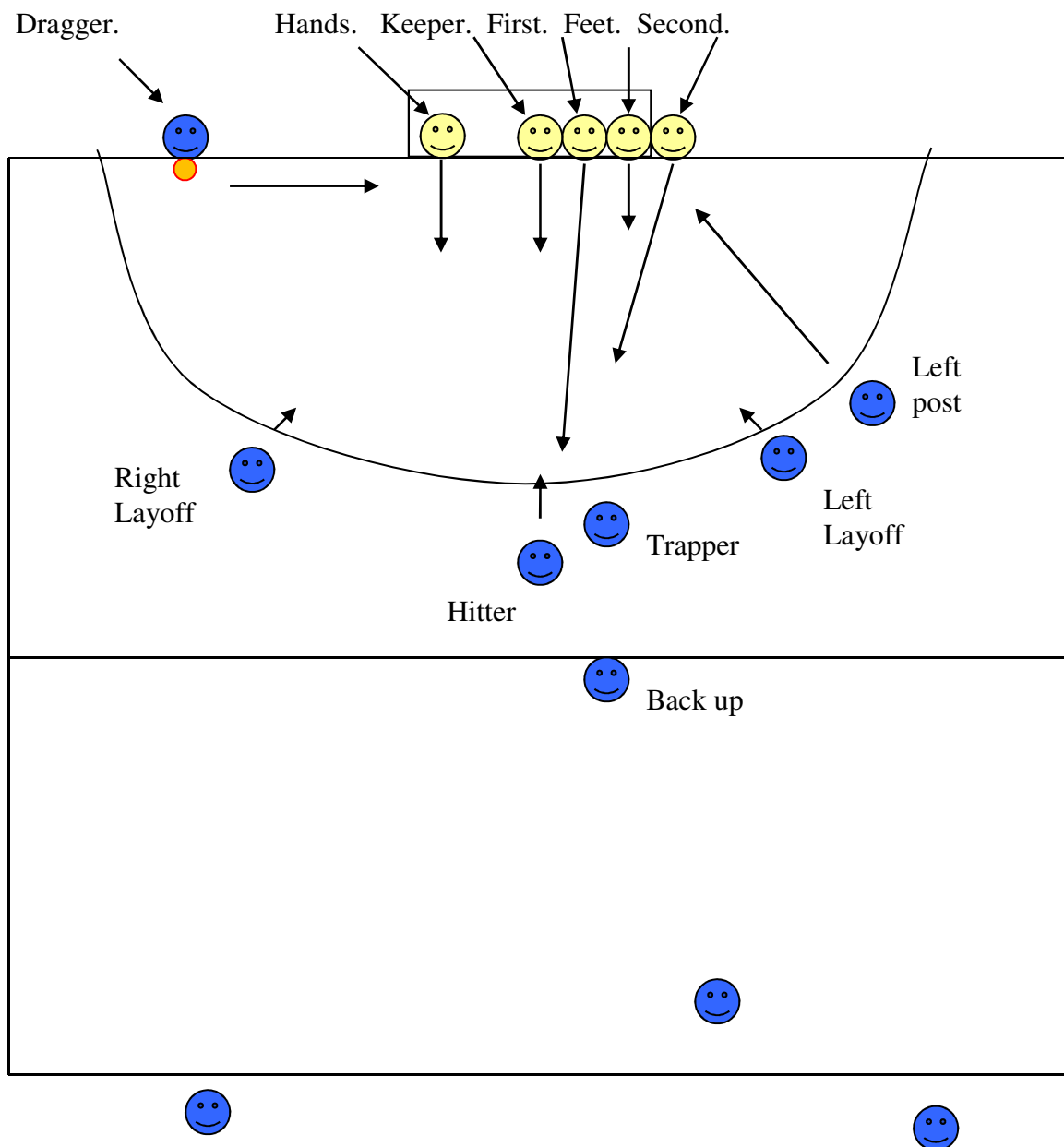
### **The feet defender (our left hand "Postie")**

The job of the feet defender is to cover the last ½ metre of the goal from a shot. They also deflect balls that are meant for the attacker running in on our left post. If a shot is made at a lying down keeper and it stops in front of the keeper's legs or body then the feet defender must protect the ball and clear it out to the right hand sideline. To achieve this last role the feet defender must be one step away from the front of the lying down keeper's pads. The feet defender starts just inside the left hand post. They may be asked to provide a foot block for the first runners to push off of.

### The hands defender (our right hand "Postie")

The job of the hands defender is to stop the ball getting to the attacker running in on our right post. They also act as a third runner in some cases to help cover the right layoff at the top of the circle. They start their run inside or outside our right post but end up outside the line of the post. They will be ahead of the goal keeper by between 1 and 5 metres depending on the situation. Once a shot has been made they need to turn to take any deflection. They also need to clear any ball that the keeper has saved and is lying up against their arm or stick. If the keeper is not going to lie down on PCs, the hands defender takes a similar position to the feet defender and covers the last ½ metre of the goal from the initial shot.

These positions are only a guide and analysis of the opposition will provide a chance to set a defensive pattern that will counteract their most commonly used variations.



## Final Block of 3 weeks

### Station 2 - Advanced Ball Carrying - Turf 1B



Activity: Advance ball carrying

Focus: Consolidate last ball carrying session and introduce different techniques.

Process: Revision of closed dribble technique and test how good they are. If OK, move on to more advanced ball carrying. If not, repeat station 2 drills from first 3 week block (page 12). Demonstrate lifting a ball over an oppositions stick. Focus on forming a ramp with the stick and allowing the ball to run up it rather than pushing the ball away with an angled stick. Retention of the ball is a key aspect. Also demonstrate a G turn. Focus on crossing the hands over and using a vertical stick face rather than using the shape of the hook to change the direction of the ball. Finally demonstrate a L-R and R-L drag. Focus on a good blocking foot to make the move decisive.

Game: Set up a relay run that has all of these skills incorporated. See **Dribble and Pass basics drill**

Game: **Dog and Bone**

## Notes on Ball Carrying

### **Body Position**

The body position needs to be low to keep the centre of gravity close to the ground to enable quick direction changes. Knees need to be bent to keep the back straight and the head and eyes up. Body fakes can be used to add deception to a move. When running the feet need to point in the direction of travel in a normal running movement to give maximum speed and agility. There is a tendency for very young players to “crab” along with the ball.

### **Hand Position**

The right hand needs to be half way down the stick to give better control of the hook of the stick. This also enables the player to be in a stronger position than a tackler if they are contesting for a ball during a tackle.

### **Ball position**

The ball needs to remain just outside the right foot and just in front of the body during an open space forehand dribble. This allows the player to change direction left or right at pace without their feet getting in the way.

### **Vision**

With the ball out in front and the knees bent the player is in the best position for ball control, speed, direction changes and vision. It is imperative that the player can use their peripheral vision to see the ball on their stick and the oncoming defenders. They also need to see their team mates and the spaces they might lead into.

### **Closed Dribble**

A closed dribble is when the ball stays in contact with the stick. This is used when in close proximity to defenders and also in the circle when preparing for a shot on goal.

### **Open Dribble**

This is when the ball is tapped ahead of the stick. The stick is brought into contact with the ball when necessary to gain close control of the ball. This is used when in open space and high speed is the objective.

### **Indian Dribble**

This is when the ball is moved from left to right and right to left in front of the running ball carrier. The stick is usually turned over the top of the ball but the stick can also be turned behind the ball to provide more options and deception. This is used when in close proximity to a defender or when making high speed direction changes.

### **Left Hand Dribble**

This is when the ball is carried outside the left hand side of the body and is usually done with just the left hand at the top of the stick and the stick in the reverse position. This is used by players on the left hand side of the field that are carrying the ball at pace and are trying to keep the ball as far away from a tracking defender as possible.



### **Ball Protection**

The left hand dribble is a good example of ball protection. If you can carry the ball with your body in between the defender and the ball then it is hard for the defender to take the ball off of you. You need to be careful that you are not “shielding” the ball. Shielding the ball is when you change your body position during your run with the express purpose of interfering with the defenders body or stick. So if you are in a left hand dribble, you need to run forwards and not back into a defender. You may stop your run and do a turn of some description (a “G” turn for example), but you can’t interfere with the defender.

### **L – R Drag**

This is when the ball is moved from left to right in front of the body. This is the most effective drag because you are going from the defenders forehand to his backhand. To get greater effect from this drag the ball needs to start outside the line of your left foot and end up outside the line of the right foot. Add to this a body faint and a side step and you can completely eliminate (and embarrass) a defender.

### **R – L Drag**

This is similar to the L – R drag but not quite as effective at eliminating a defender. However, it can be made very effective if the ball moves outside the left foot and the ball carrier moves into a left hand dribble.

### **Jink / Pop Ball**

This is where the ball is lifted over a tacklers stick. The key is that the ball needs to be moved in one direction and then lifted in another. Once the ball has been moved in one direction, the stick is placed in the path of the ball forming a ramp to lift the ball in the desired direction. It is important not to accelerate the ball by moving the stick too aggressively when it is in the ramp position otherwise the ball will go too high or too far away from you. Remember the ball wants to just make it over the tacklers stick and then fall into a space where you can quickly regain control of it.

### **Squeeze Ball**

The squeeze ball has the same desired outcome as the jink. This skill requires a water based turf to be most effective. The ball is struck near the top and forced down (squeezed) into the turf. There is no follow through. The turf then helps to propel the ball upwards and depending on the angle that it is struck, forwards a certain distance. This move works best if the ball starts slightly behind the ball carrier or out to their right. This can also be used as a shot on goal using more power and a shallower angle on the strike.

### **3D Hockey**

This is a relatively new term and describes the increasingly popular trend towards dribbling the ball in the air. The play normally starts with the ball being jinked and while it is still in the air it is then tapped one or more times while still in the air in the fashion of an Indian dribble. 3D hockey also describes the bouncing of the ball during a high speed dribble and carrying the ball on the stick during a dribble. The main consideration with this form of ball carrying is safety. Provided that the ball is kept below knee high there should be no issues with safety. Technically the ball played a chest height is still considered safe when in clear space; in a congested area I suspect that the umpires would not be so happy.

## Dribble and pass basics

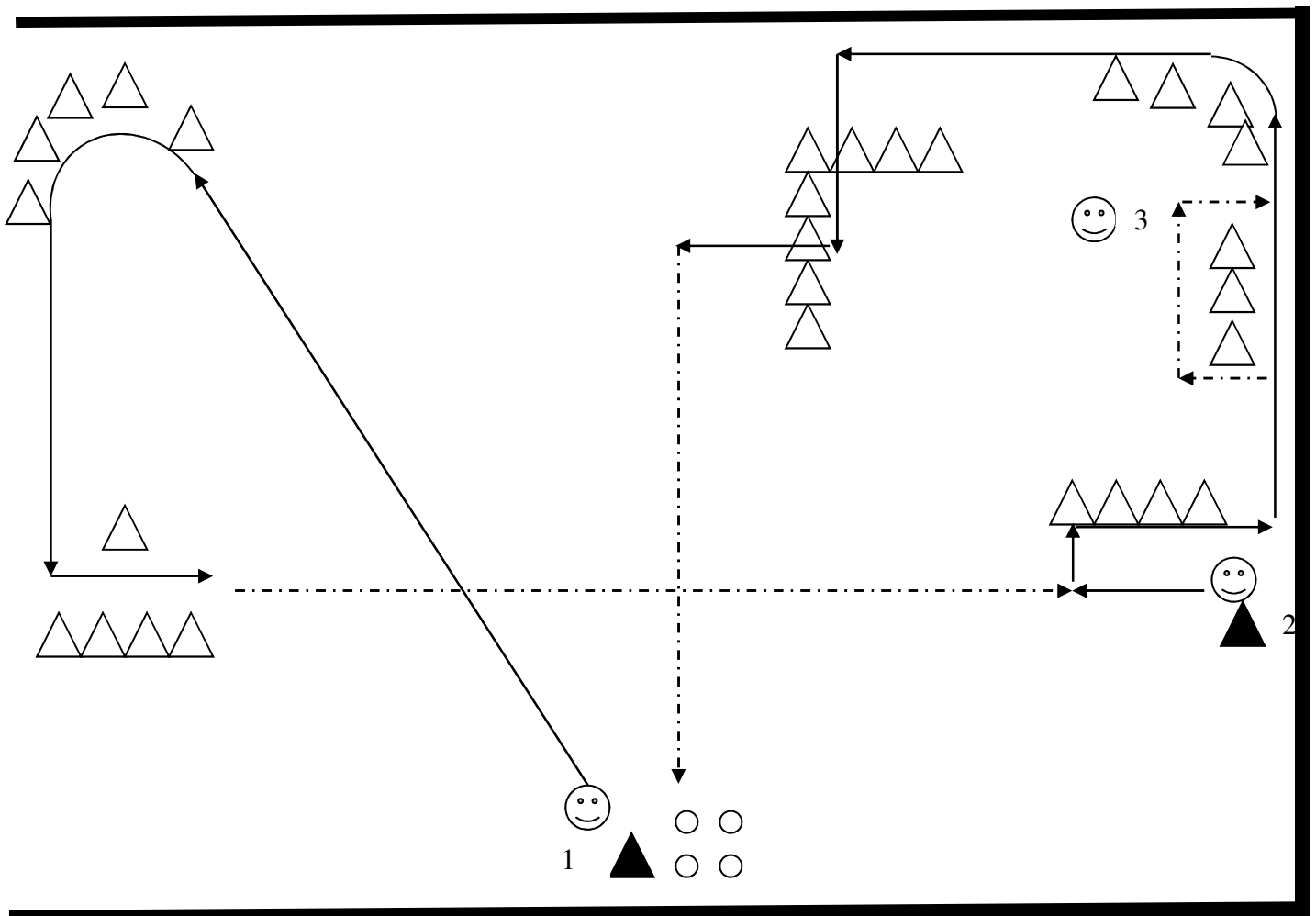


No 1 does high speed dribble to corner and then completes G turn roll out – then high speed dribble back to cone for sharp left turn – carry a little with head up and pass to player No 2

No 2 receives the ball leading towards the pass – then left to right around cones – next the ball is put out to a one handed (left) dribble while feet stay on the line – pull the ball back in then round the cones in the corner – carry then pop over first cones then quickly pop over second cones – pass to No 1.

As soon as first pass is made, next person starts

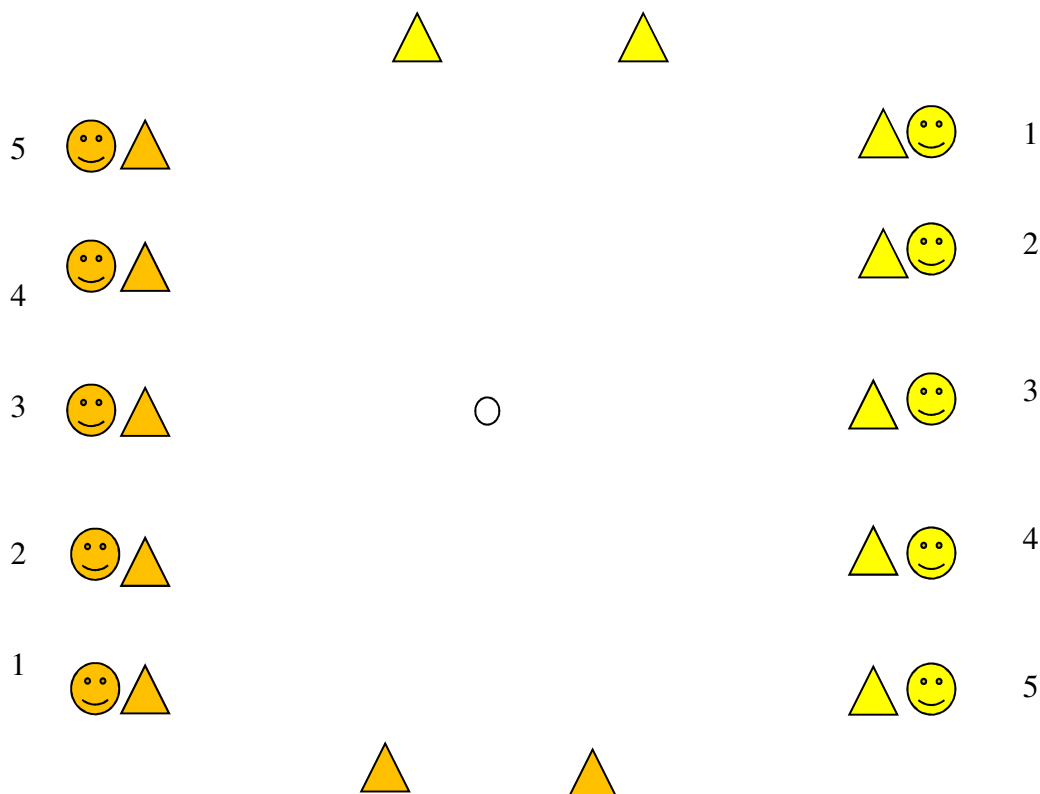
Follow your pass to complete rotation.



## Dog and Bone (Numbers game)



- Two teams of five.
- Each team stands on sideline of 10 meter wide coned field.
- Each player is numbered 1 to 5 (in opposite order for each team)
- A cone goal is set up at each end of the 22m long field
- A ball is placed in the middle of the field.
- The coach will call out a number and that person from each team will run through the goal to their left and then run to the ball. The first person to the ball will attempt to score in the opposite goal while the other person tries to dispossess them and score in the other end.
- Variation is to call two numbers and set up a two on two (might need wider field.)
- Keep a count of goals scored.



## Final Block of 3 weeks

### Station 3 – Marking – Turf 1C



Activity: Marking and channelling

Focus: Focus on relative positioning

Process: Explain and demonstrate the relationship between themselves, their marker, where the ball is, and the goal.

Game: **Hockey Netball**

Game: **Play X v X game.** Goal is a point for the attackers; ball to side-line is a point for the defenders.

Game: **Play 3 v 2 game**

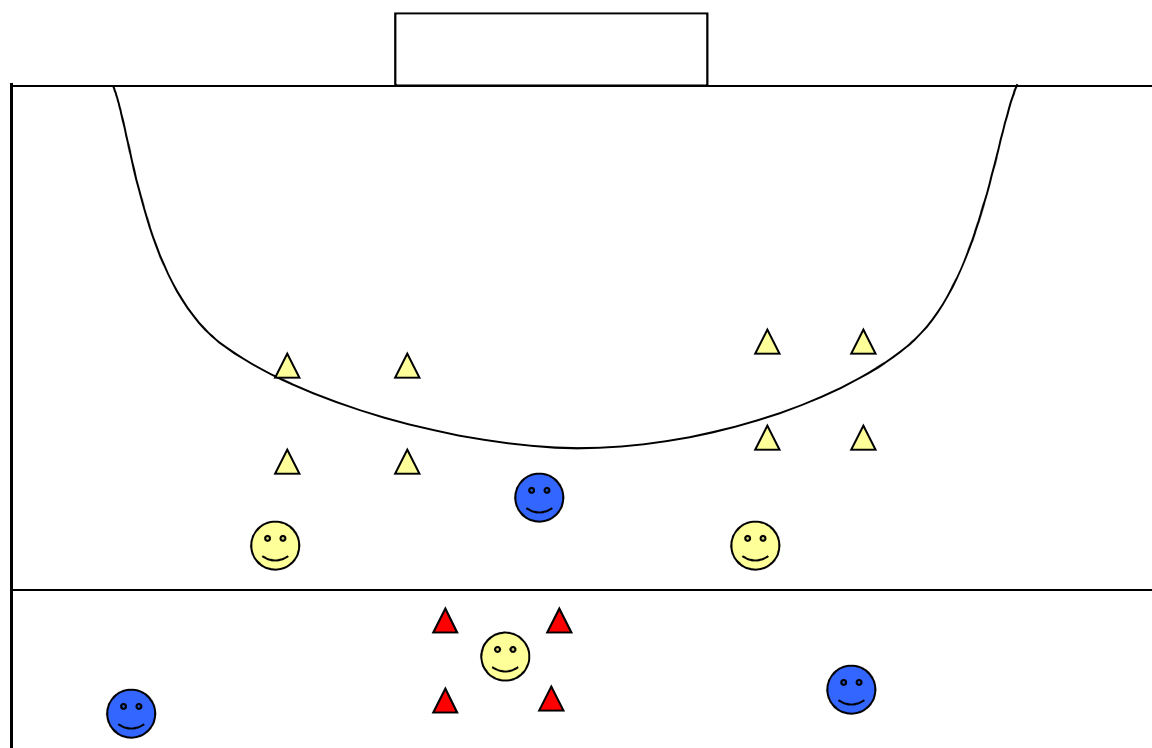
#### Note on Channeling

I always say that “the best tackles are the ones you don’t have to make”. If you can maneuver a ball carrier into a part of the field which gives you the advantage, or you make them pass the ball to a less dangerous player then you have done your job. Channeling the ball carrier on to the stick of one of your team mates is also a powerful weapon. The technique used to achieve this is channeling. By positioning your body and stick correctly and keeping the ball carriers head down, you can get them to go in any direction you like.

## Hockey Netball



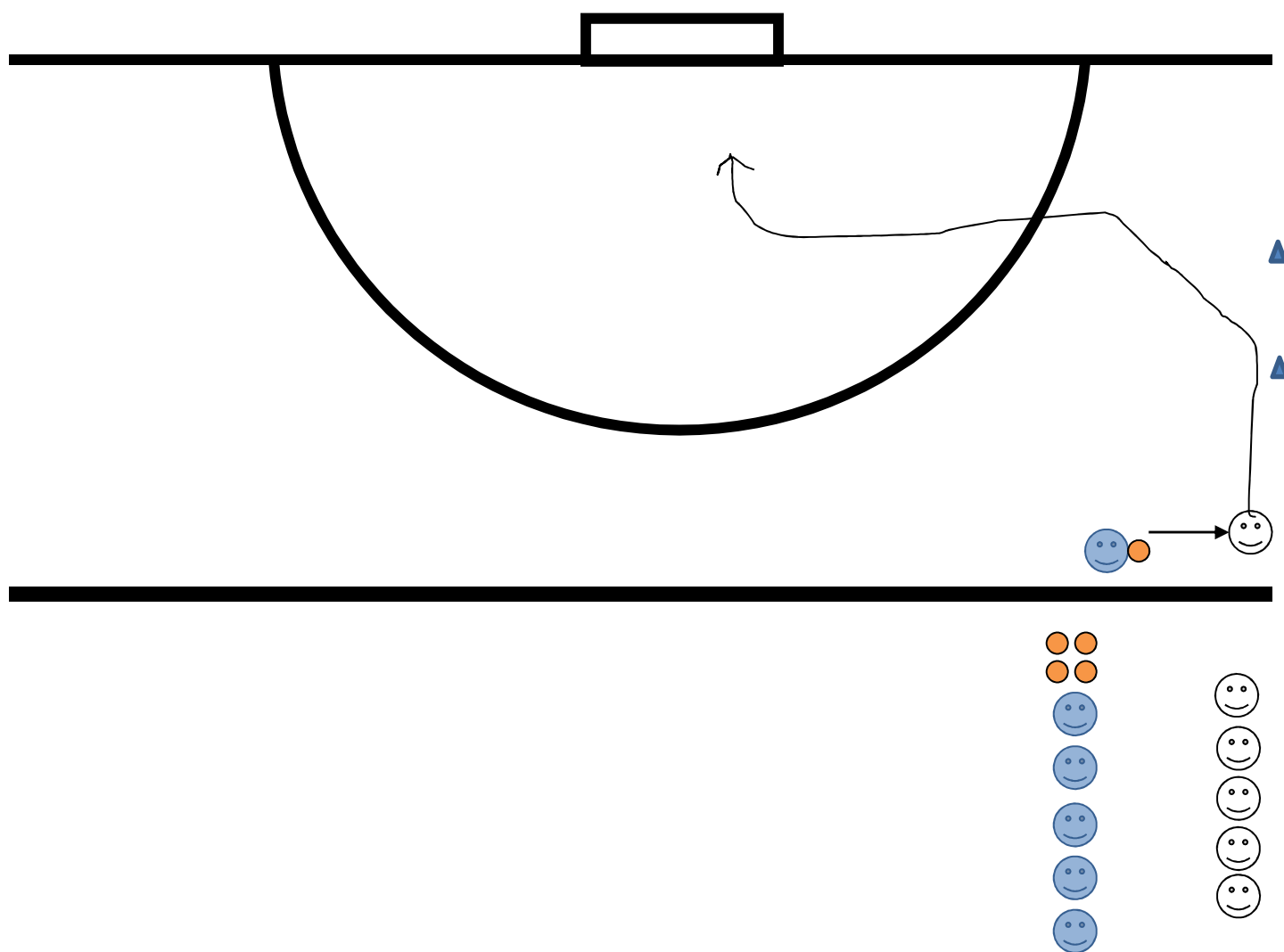
- Two teams of equal numbers
- One team starts with ball in coned square just outside the 22m line
- Once game starts, nobody is allowed within 1m of any cone on the field
- Nobody is allowed within 2m of the person with the ball (should not be able to poke tackle). If a player receives the ball, the marker must back off.
- The person with the ball can only take one step in possession
- The ball must not be held for more than 3 seconds
- The ball must pass through one of the two coned squares on the top of the circle before a shot can be taken. The ball can pass through this square in any direction.
- Once a goal is scored the attacking team starts again.
- If the defending team secures the ball, they must pass the ball through the coned square just outside the 25m line to become the attackers. The ball can pass through this square in any direction.



## X vs X Game



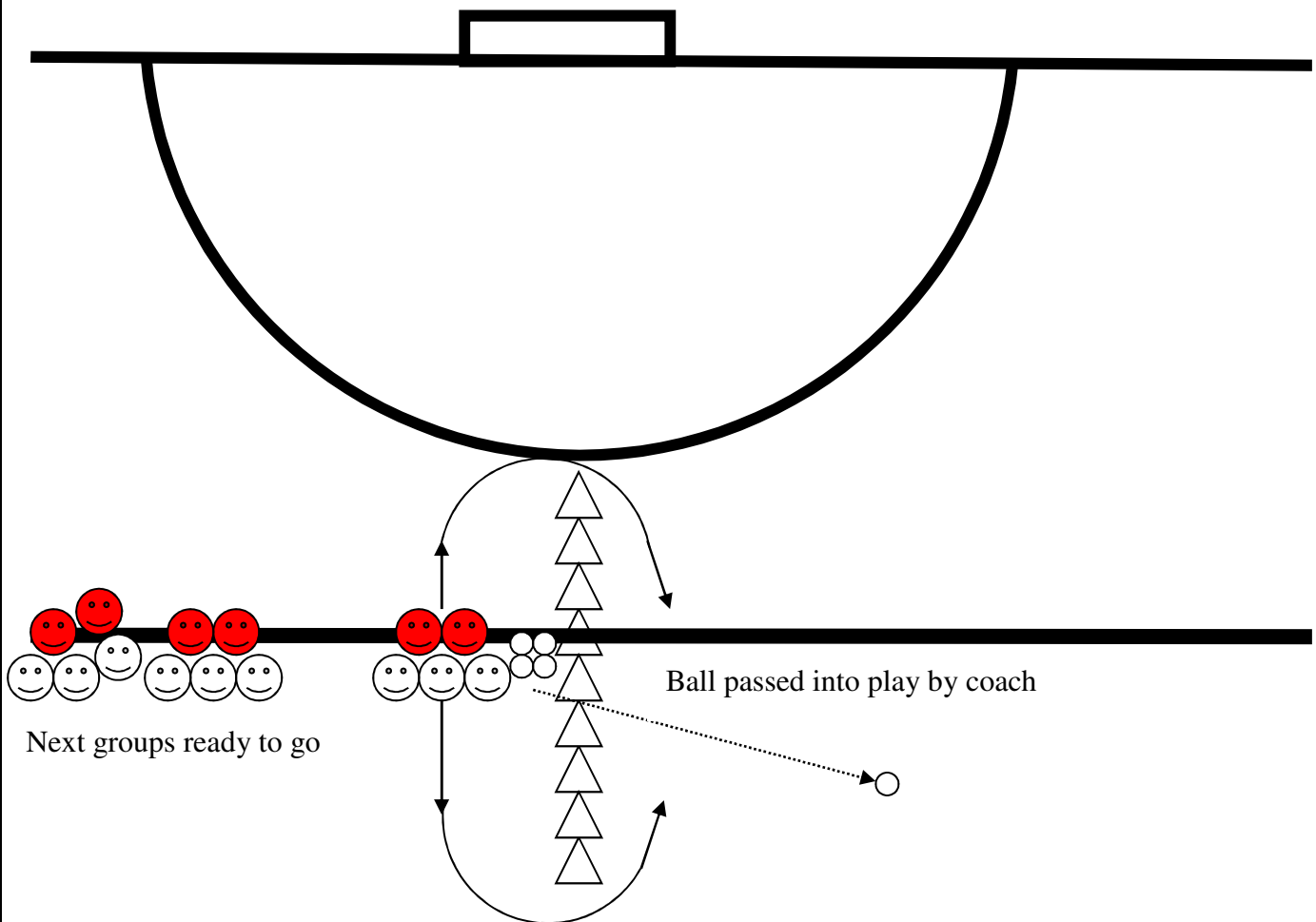
- Defender (blue) starts with the ball and passes to the attacker.
- Attacker dribbles in and tries to score a goal while the defender tries to tackle him.
- If the defender gets the ball off of the attacker they can score a point by getting the ball through the cone goal on the sideline.
- The 1 v 1 continues until a goal is scored or the ball goes out of the 22 area.
- Once one of these situations occurs, the second attacker and defender start in the same manner. The original attacker and defender stay in play so we now have a 2 v 2.
- Once the 2 v 2 is complete, another attacker and defender start and we now have a 3 v 3.
- If you don't have a goal keeper, the point for a goal is only given if the ball hits the net, not the backboard.



## 3 vs 2 Game



Coach has balls on 22m line. When he throws a ball into play the 2 defenders run around the goal end of the line of cones and the 3 attackers run around the other end. They then play on the right hand side of the cones and can only enter the right hand side of the circle. Once in the circle they can use the whole circle.



## Final Block of 3 weeks

### Station 4 – Goal Scoring – Turf 1D



Activity: Circle entry and goal scoring

Focus: Focus on body position and leading into space.

Process: One of the keys to effective goal scoring is good use of space. Encourage players to be mobile not stationary. Get them to stay low and alert when entering the circle to receive the ball. Set up a drill that allows players to run into position as the ball is delivered. Initially the coach may have to deliver the ball to give the players a good opportunity for a scoring touch.

Game: **Shooting and Deflecting drill**

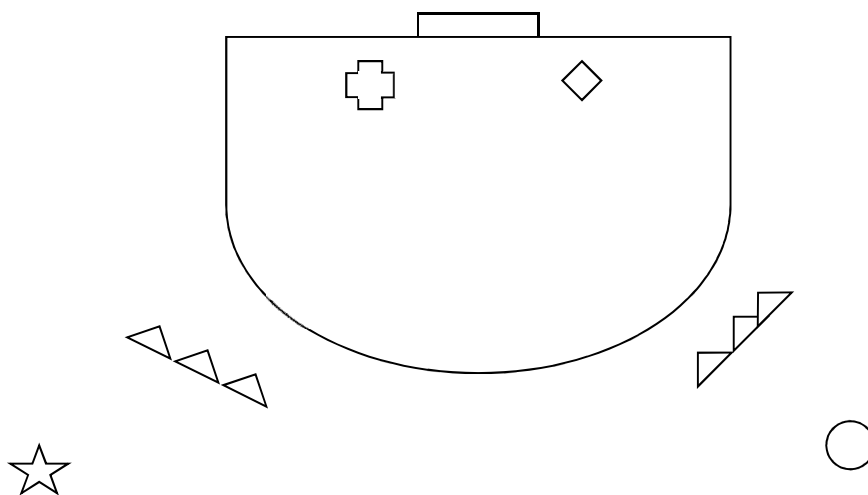
Game: **Baseline Play**



## Shooting and Deflections



- Divide players into 4 groups
- Stars dribble up drag round cones then once in circle shoots at goal, then moves to cross position
- Diamond player attempts to deflect ball into goal, then moves to ring position
- Circle players dribbles up drags round cones then once in circle shoots at goal, they move to diamond position
- Cross player attempts to deflect ball into goal.



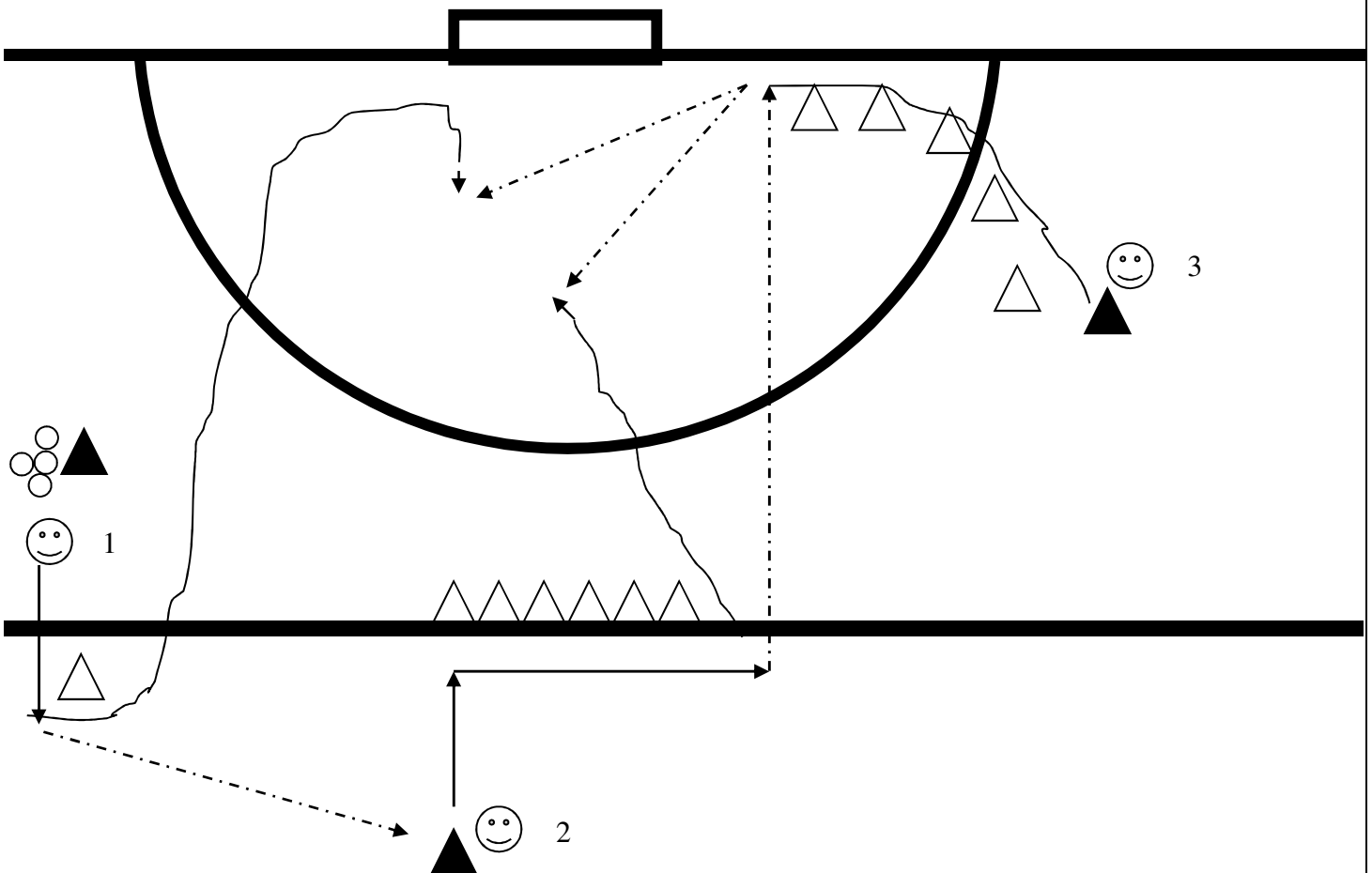
## Baseline Play



No 1 dribbles back to cone and passes to No2 – then runs to near post and leads back towards the spot

No 2 receives the ball and carries forward – does left to right drag – passes to runner on the baseline – then runs to top of the circle

No 3 makes a timed base line run and receives ball from No 2 – then makes pass to No 1 or No 2 (No 1 or No 2 will shoot).



## Notes on Creating and using space

The game of hockey requires a certain amount of space for players to operate in. The key to effective defence is to deny the opposition space. Or at least deny them critical areas of space such as the top of the circle. So we need to answer two questions in this session:

- Where are the spaces on the hockey field?
- How can I create or deny additional space?

In answering the first question we will come up with strategies for the second question. There are three key spaces on the hockey field.

The first is the **space you are standing in**. This sounds slightly obscure but it is a space that you can exploit. If you move quickly out of this space it will be left vacant. So now, without even looking, you know there is a space behind you that you can work back into provided you have also taken your marker away with you. This is often referred to as leading away and then leading back. It is also helpful to remember that leading away may provide a space for your team mate to lead into as well.

The second space is the **space or channel that the ball is coming through**. The person delivering the ball has seen you and they have sent the ball in your direction through a space. If you lead back towards the ball while it is coming to you, you will find yourself in this space. If you can wrong foot your marker just before you lead back to the ball you will have even more space.

The third is **space that is not occupied at all**. A coach once told me to “go and stand on the edge of space.” I thought I was being sent to Mars!!!! But he was right. If you go and stand in a space, it is no longer a space. And we know from experience that our marker will just come and stand next to us. So what we need to do is identify where this space is and be ready to make decisive leads into these spaces so that we meet the ball in the space before the defender can get to us. This requires a good team plan and decisive movement of the ball and the player.

This is all good stuff for the attacker but how can this knowledge help me as a defender. Defenders need to read the game well and anticipate the movements of the attackers. If you can tell that the attackers lead away is only being made to create a space to lead back into, then don't be sucked into following the attacker too far or getting on the wrong side of them. Hold your ground between them and the space they have created so they have to get past you to get to the space.

If they are using the space created by the ball coming towards them you need to either stay tight in behind them so they cannot turn and attack easily. Conversely, if you can anticipate the forward running back towards the ball, you can mark in front and get to the ball before them. You need to be careful that they don't lead around behind you into another space. This is where the talk from your team mates behind you is critical.

If they are standing on the edge of a space in a dangerous area of the field, you need to make sure you are in a position to get into the space sooner than they do. This often means you will have to position yourself on the space side of the player.

This leads onto the defensive concept of channeling players into dead areas of the field. Coaches will often talk about defending the castle which is the top of the circle and the inside of the circle. Defenders will often give attackers the spaces out wide and encourage them to use them. This is especially useful if the defense is outnumbered in a fast counter attack. A good defender will create enough time for his teammates to cover in behind and pick up all the passing options. At this point the defender can put in a flat stick tackle and be assured that if the tackle is missed the options in behind will be limited.

## **2 v 1**

The final word on space creation is 2 v 1. The game of hockey is easy to win if you can create a 2 v 1 situation and win it each time. Eventually you will score. The key to a good 2 v 1 is for the ball carrier to engage the defender. I have seen it so many time at training when the coach sets up a 2 v 1 drill and the two attackers run parallel to each other and the defender positions themselves between the two attackers. Either the ball is passed square and the defender intercepts the pass or the ball carrier just keeps on running and the defender channels them to the sideline or the baseline.

If the ball carrier runs straight at the defender then the defender becomes engage with the ball carrier and the other attacker can get away into a good receiving position. This position will be determined by the defenders tackling position, the line run by the ball carrier, and the relative position of the goal. Once the ball is passed to this free attacker they immediately look for another 2 v 1 opportunity by engaging another defender and looking for a new free player to pass to.

## Final Block of 3 weeks

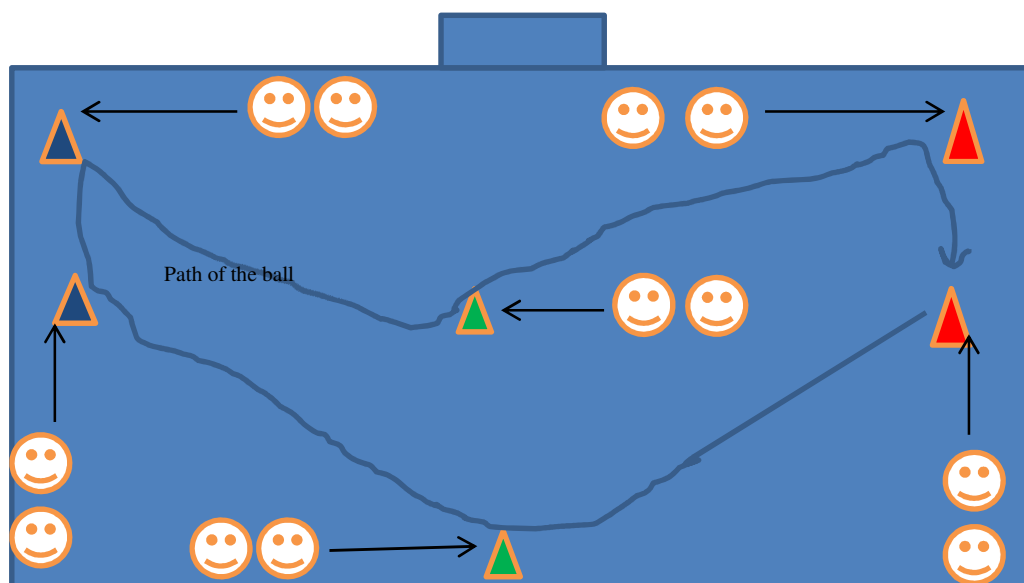
### Station 5 - Advanced Hitting - Turf 2A (1/2 turf)



Activity: Advanced hitting

Focus: Hitting with accuracy and power over distance.

Process: Revision of technique and test how good they are. If they are OK, move on to more advanced hitting. If not, repeat station 1 from first weeks programme. The focus for advanced hitting is power and accuracy of the sweep hit. We will also look at a mobile receive if they are up to it. Set up a drill where they sweep over 1/2 width of field, targeting a cone which the receiver will run onto. Players will follow their pass. Introduce a second ball once they have the concept sorted. If players are really advanced you may like to introduce a reverse stick pass.

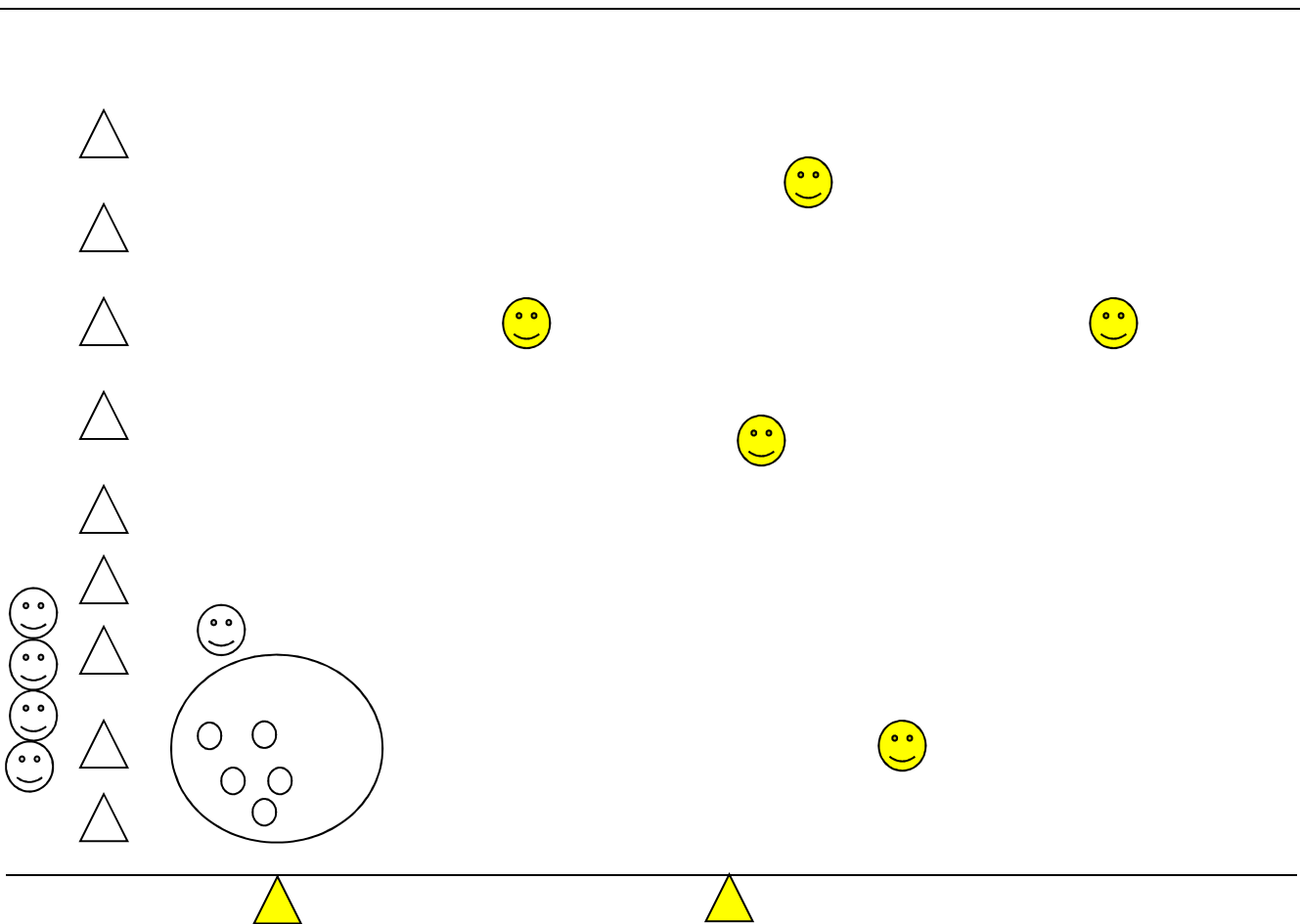


Game: **Scatter Ball**

## Scatter Ball / Tee Ball / Rounders



- Two teams of five. One team fields and one team bats (hits).
- Set up hoop 22m in on the 22m line.
- Place five balls in the middle of the hoop.
- Place a row of cones from hoop to base line to form a sideline (foul ball line). The 22m line forms the other sideline. Field faces into fences.
- First batter up takes balls out of hoop and then hit all five into the field.
- Batter then runs to a cone placed 5 meters away from hoop and records runs.
- Fielder must dribble balls back and push into hoop.
- Once all balls are back in hoop, batter stops running and records completed runs.
- Each team member bats once and then teams change sides.



## Final Block of 3 weeks

### Station 6 – 6 v 6 Game - Turf 2B (1/2 Turf)



Activity: 6 v 6 game

Focus: Focus on leading and timing

Process: Stop the game often to show the players where the space is and how to move the opposition around to exploit this space.

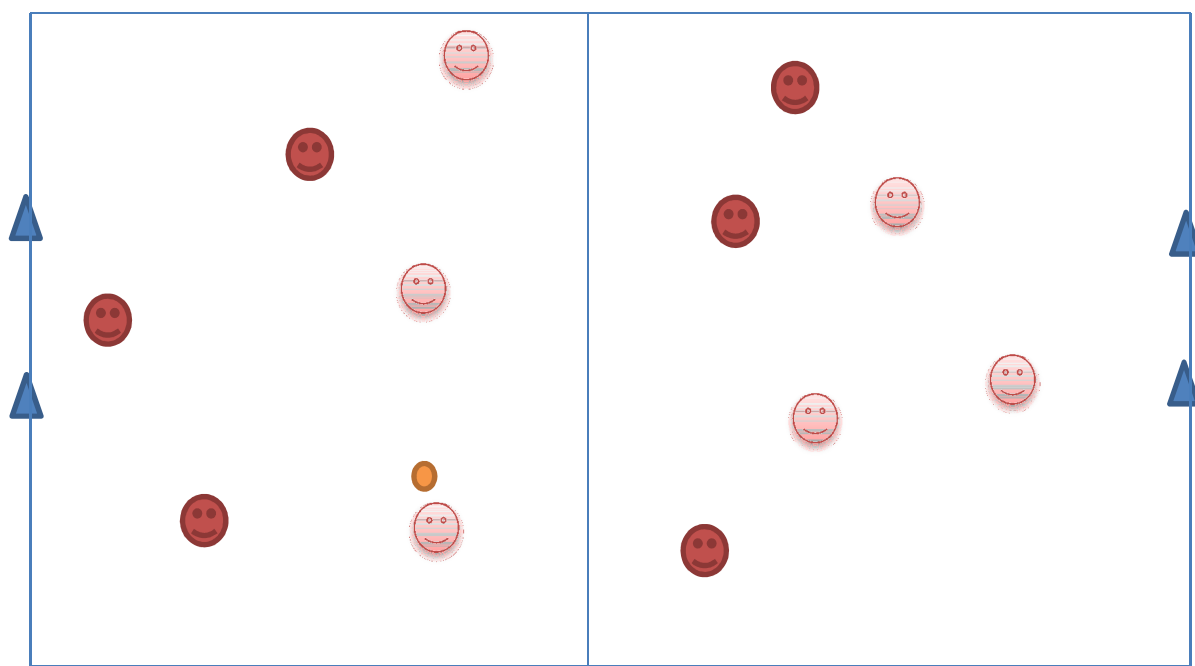
Game: **6 v 6 game**

Game: **Overload Game (if they are up to it)**

## Overload Game



- Play 6 v 6 across a  $\frac{1}{4}$  turf.
- 3 players from each team are restricted to one half of the field and the other 3 players are restricted to the other half of the field.
- The ball may be passed over the half way line to your other team mates.
- However, if a player dribbles over the half way line they can only stay in the other  $\frac{1}{2}$  until the ball is turned over.
- So you can create a 4 v 3 in your attacking zone. But beware, if you turn the ball over and the opposition player dribbles back over the half way line before you can get back, they will have a 4 v 2. So you had better be sure that you will score before you dribble over the line.



### Coaching Points:

- Encourage players dribble into the attacking half if there is a clear opportunity.
- Discourage players from crossing over if there are 2 or 3 opposition players between them and their team mates as they are likely to be dispossessed and create a 4 v 2 situation behind them.



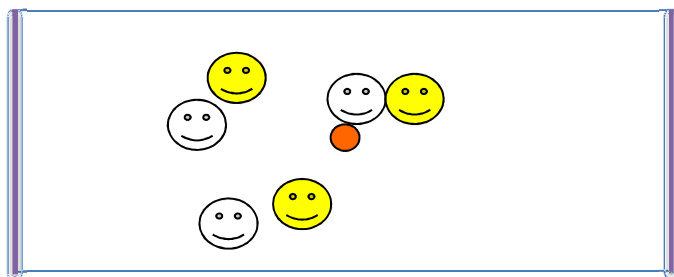
# Additional Games

These are additional games that can be used on all stations if the kids are up to it and it relates to your station in some way

## No Goal Hockey

Focus here is on giving the ball carrier a straight and square option. Straight can be back or forward. Square can be left or right.

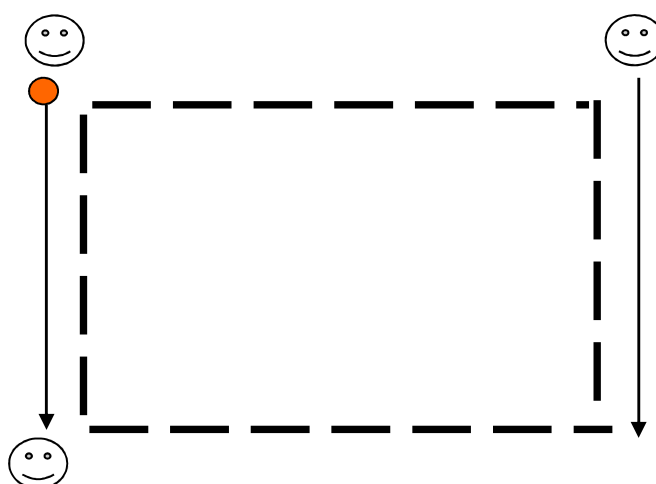
Play 2 games of 3 v 3 on a 1/8 field. Players must dribble over their goal line to gain a point. Once they score they immediately start to attack in the opposite direction.



## 4 corners drill

If the games don't work, especially for the weaker players, you may need to do a couple of drills to get them into the right frame of mind.

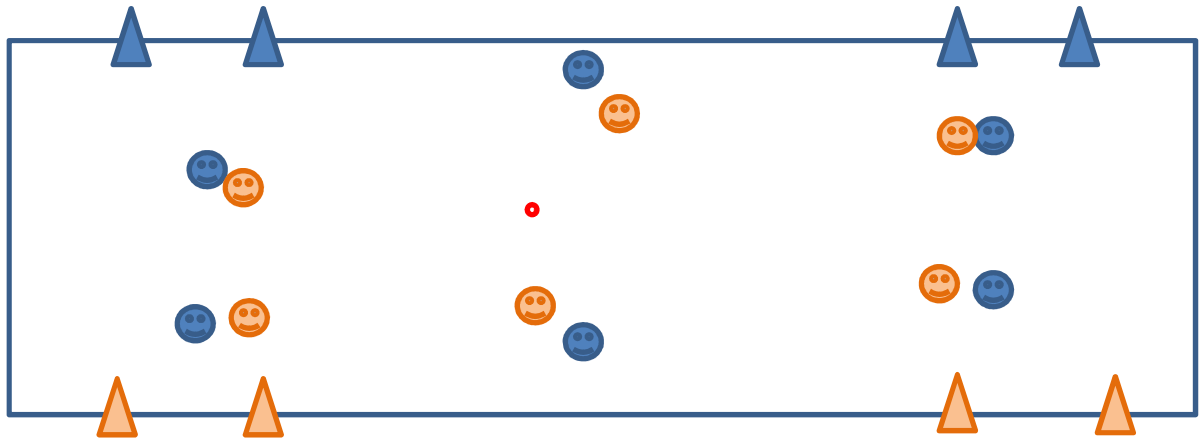
One ball, three players. Player with the ball must have a straight and square option. Start with ball moving clockwise around the square (players moving anti-clockwise). Next change direction. Finally let the players randomly select which way they want to pass.



## 4 Goal Hockey

Focus here is on changing the point of attack.

Play a games of 6 v 6 on a  $\frac{1}{4}$  field. The game is played across the normal 6-a-side pitch. There are 2 goals for each team to attack (both on the same side if the pitch. Players must be within 2 meters of their goal to score.



## The Forbidden Zone

Focus here is on moving the ball wide.

Play a games of 6 v 6 on a ½ field. Normal hockey rules apply.

There is a coned off area that the ball is not allowed to be **carried** through. You can pass the ball through the zone and you can run through the zone but you can't have the ball in the zone. (no intercepting the ball in the zone)

The forbidden zone should be a diamond shape so that the attackers can attack the top of the circle if necessary.

