10 week coaching guide for new junior hockey players:

Local Rockhampton & Gladstone Juniors:

Jamie Dwyer Celebrates
Olympic Gold Athens 2004

Mark Knowles
Olympic Gold Athens 2004

Jamie & Mark
World Cup Gold 2010

Matt Gohdes
junior World Cup 2009

Brodie Bunn-Clinton Mckay
Josh Baxter-Mikaela Walker
Ainslie Deeth & Madelyn Randazzo
Queensland U/13 Boys 2009
Rita Boyd - Development Squad
Queensland U/12 Schools 2009

Douglas Buckley-Ainslie Deeth-Jackson Willie
Queensland U/12 Schools 2009

© Designed & maintained by Neil Shearer
Regional Coaching Director
Rockhampton & Gladstone Hockey

May 2010 1
INDEX:

**Session 1**: Holding the Stick – Dribbling

**Session 2**: Passing (Push pass) – Continue to Improve Dribbling

**Session 3**: Tackling – 1 on 1 Games – Team work – Block tackle (forestick)

**Session 4**: Receiving Skills – Stationary & Mobile

**Session 5**: Introducing the Indian Dribble

**Session 6**: Creating Simple 2 on 1

**Session 7**: Hitting

**Session 8**: Elimination Skills

**Session 9**: Small Field Games

**Session 10**: Small Field Games Continue
Warm-up game: “Chain Tiggy”

Players run around in an area bounded by 4 markers – Nominate children to hold hands and tag the other runners – This chain attempts to tag the children – when caught they then join on or start a new chain – Notice how the chain is working as a team

Holding the Stick:

- Demonstrate how the hockey stick has two sides – round side – flat side
- Place stick on the ground – top of the handle in line with your left foot – round side facing up
- Raise your left hand and show your left thumb and index finger pointing to the sky – we call this a V or L
- Position this grip near the top of the handle with the thumb pointing towards the ground and index finger towards the front – wrap thumb and fingers around the stick with your little finger near the top of the handle
- Bend at the knees and lift the hockey stick with the left hand – hold stick in front of you
- Demonstrate why the left hand is so dominate by turning the stick – Hook points towards the sky – Hook points to the ground - Turn the hook and move the ball from side to side – turn your left wrists thus allowing the flat side of the hook to roll over the ball
- Positioning of the right hand – place right hand under the stick at the end of the handle grip – holding the stick loosely
- Demonstrate holding the stick in the air – turn the toe of the stick towards the sky and ground with right hand on the stick
- The stick will be able to slip through move up and down in the loose right hand like a tunnel
- This demonstration shows how the left wrist turns the stick with the right hand having a soft grip
- The stance – bend at the knees (not the back) with left foot forward and stick on the ground
- If players rotate their right wrist towards their left side, then that player is holding the stick too tight with the right hand
- Players stand with left foot forward knees bent – coach walks around and look at each player’s grip and stance

**Correct any errors**
Skill Development Close Dribble

- Use the basic grip
- Body position is low (*knees bent learning forward*) right hand is forward of the left hand
- The ball is in front of the body and right of the feet
- The stick is right angle of 45° to the surface with the face pointing forward
- As you move forward the stick is in constant contact with the ball – *no daylight between stick and ball*
- Look up (Chin up) regularly to view the play (*vision*)

Tip
- Close dribbling allows you to move the ball with speed in any direction at ease
- To start: Ball moves first - feet second
- Chin up: automatically the players eyes will be looking forward
Skill Development  Open Dribble

- Use the basic grip
- Body position is more upright than close dribbling with the arms extended in front of the body (*right hand forward of the left hand*)
- The ball is in front of the body and right of the feet
- The stick is at a right angle of 45° to the surface with the face pointing forward
- As you are running the stick taps the ball slightly in front of the feet to run onto and tap again
- Look up (**Chin up**) regularly to view the play (**vision**)

**Tip**
- Open dribbling allows you to run and move into space quicker than close dribbling
- To start: Ball moves first - feet second
- Chin up: automatically the players eyes will be looking forward
Skill Development

Dribbling Activities

Each player receives their own ball

- Players move around with their ball in the marked area practicing the close and open dribble. Coach calls out type of dribble
- Variations: Take turns selecting one person to call which dribble to use
- Protecting the Ball: Coach will now ask players to stop the ball and stand still when they blow the whistle. Show players how to stop the ball by rolling the hook over the front of the ball – ball is in front of their feet – stick angled 45° away from body with knees bent. Advise players they are protecting the ball from the opposing players
- Introduce tackling: slid your stick in – same as a snake glides on the grass – players try to protect their ball while tackling others
- 1. Close dribble 2. Open dribble 3. Protecting the ball 4. Tackling – all completed inside the square

Key points:

- Keep the ball close to your stick
- Carry the ball out in front & to the side of the right foot
- Bend at the knees – straight back – chin up
- Learn to look up while moving so that you can see what is happening around you and you won't collide with anyone else
- Roll stick over the front of the ball to stop the ball moving forward & protect
Game: Rob the nest:

- Four teams – each team behind a coloured hoop – place hockey balls in the centre of the square
- One player from each team runs out with their hook on the ground to collect one ball and dribbles back home – roll hook over the ball to stop it in their hoop
- Coach to call out the type of dribble to be used
- No hook on ground or not dribbled back correctly that player will lose a turn
- The next player will run out and perform the same task – Play continues until no more hockey balls available
- Team with the most hockey balls wins
- **Variations:** 1. 1 player can rob the nest from another team once all hockey balls are out of the middle 2. All players can now rob – **Question:** Who is protecting their nest if all players are robbing their opponents nest? Play for one or two minutes extra when robbing the nests

**Key points:**
- Comfortable grip with hands in the right position.
- The ball is in front of the body and right of the feet
- Roll the hook over the ball to stop it
- Advise the teams to use correct technique – *not to cheat*
- Advise the teams that are not winning to rob the nest of the team that is – *therefore creating a fun atmosphere*
- Teams can have one protector/goal keeper for their nest

© Designed & maintained by Neil Shearer
Regional Coaching Director
Rockhampton & Gladstone Hockey

May 2010 8
Revision:

Ask the following questions

- How do we hold the stick? One person can demonstrate
- Name two types of dribbles?
- Can we protect the ball from defenders?

Add in: Close dribble is used in tight contested areas
Open dribble is used in open space running at speed

Warm-up game: “Rats and Rabbits”

Two-teams, the Rats and the Rabbits or call each team a different colour or number. Pair off and stand back to back on the centreline. The coach will call out Rats; Rats attempt to run over their goal line, Rabbits turn, and chase, trying to tag them before the Rats cross their line. Repeat several times calling one team’s name. Coaches call on the size of the field
**Skill Development**  

**Push Pass**

- Use the basic grip
- Body position is low (*knees bent learning forward*) with the arms to the right of the body
- The stick is at an right angle of 60˚ to the surface with the face pointing forward
- The ball is to the right of the body and out in front – *feet inline*
- To push the ball, step forward with your left foot (*ball should now be in line with your right shoulder*) – (keep feet inline) and push – right arm and stick aims towards the target
- Maintain vision

**Tip**

- Push passes are the ideal technique for a short, quick pass
- When push passing on the run, keep your stick close to the ball and push with speed – *Ball in front of hands*
- Very good for weighted pass which is to have the ball stop at a desired point, used by midfielder to striker
Skill Development   Passing Activities

Skill activity 1: Pairs Push

Players in pairs, approximately 5m apart
Player 1 push passes the ball to the forestick of player 2
Player 2 traps the ball and pushes back to player 1

& continue

Skill activity 2: Corner Spry

Player 1 push pass to player 2 – P2 traps and push pass back to P1
P1 push pass to P3 – P3 traps and push pass back to P1
P1 push pass to P4 – P4 traps and push pass back to P1
P1 push pass to P5 – P5 dribbles to P1 position
P1 runs to P2 position – all players move across one position

& continue
Game: Rob the nest:

- Four teams – each team behind a coloured hoop – place hockey balls in the centre of the square
- One player from each team runs out with their hook on the ground to collect one ball and dribbles back home – rolling their hook over the ball to stop it in their hoop
- Coach to call out the type of dribble
- No hook on ground or not dribbled back correctly that player will lose a turn
- The next player will run out and perform the same task – Play continues until no more hockey balls available
- Team with the most hockey balls wins
- Variations: 1. 1 player can rob the nest from another team once all hockey balls are out of the middle 2. All players can now rob – Question: Who is protecting their nest if all players are robbing their opponents nest? Play for one or two minutes extra

Key points: Show improvement from session 1
- Comfortable grip with hands in the right position.
- The ball is in front of the body and right of the feet – dribble back on a semi-circle
- Roll the hook over the ball to stop it
- Advise the teams to use correct technique – not to cheat
- Advise the teams that are not winning to rob the nest of the team that is – therefore creating a fun atmosphere
- Teams can have one protector/goal keeper for their nest
Skill Development

Dribbling Activities

- 2 even Teams
- One ball each player
- Player 1 dribbles out *(close or open dribble)* and place ball in the hoop – runs back and tags the next person
- Each player performs same task as P1
- When all hockey balls are in the hoop – P1 will run back out - collect ball and push pass back to P2
- Each player performs same task as P1
- Winning Team is sitting down first with all their hockey balls
**Beginner:**

- One ball each player
- Player 1 dribbles out *(close or open dribble)* and place ball in the hoop – runs back and tags the next person
- Each player performs same task as P 1
- When all hockey balls are in the hoop – P1 will run back out - collect ball and push pass back to P2
- Each player performs same task as P1
- Winning Team is sitting down first with all their hockey balls

**Intermediate:**

- One ball each player
- Player 1 dribbles towards Hoop 1 – place feet inside hop, ball outside and turn anti-clockwise – dribble towards Hoop 2 – place feet inside, ball outside and turn clockwise – dribble and place ball in Hoop 3 – runs back and tags the next person
- Each player performs same task as P 1
- When all hockey balls are in the hoop – P1 will run back out - collect ball and performs the same skills again back to P2
- Each player performs same task as P1
- Winning Team is sitting down first with all their hockey balls
Session 3  Tackling – 1 on 1 Games – Team work  Block tackle (forestick)

Revision:

Ask the following questions

- How do we push a hockey ball? One person can demonstrate
- When push passing on the run – do we left our stick off the ball before making the pass?

Warm-up game: “Stuck in the Mud”

Children run around in a marked-out area. Coach nominates two players to be taggers. Those two try to tag the other players. Tagged players have to stand with their legs apart and arms extended out beside them. Unstuck players can “unstuck” tagged players by crawling between their legs. Players cannot be tagged when they are unstacking someone else.
Skill Development  

Tackling

- Use basic grip
- Body position is low (**knees bent learning forward**) – **Left foot in front of Right foot or in reverse – side on** with arms in front of body
- Stick position is low and not quite flat to the ground
- The stick should be square to the line the ball is travelling
- The ball should be positioned in front of the defenders body to make the tackle
- Tackle using the shaft of the stick and **do not swing the stick towards the ball** – left wrist controls the sticks’ momentum
- Keep watching the ball at all times during the tackle
- Scan the play to see what is on (**vision**)

**Tip**

- Defenders aim: to keep the attackers eyes down looking at the ball
- Make tackle at the last moment in a low position
- Avoid having both feet square (**flat**) of each other
- Place your body on a similar line to the attacker not the ball
Dog and Bone:

- Two teams, players line up at the end of the field in single file – Ball starts in the middle and coach will call out when to contest the ball
- Players will run into the middle to contest the ball – First to the ball is the attacker second player will try to tackle and take the ball from the attacker to score

**Variations:**

- **2 on 2** – *minimum 1 pass made before scoring* – **3 on 3** – *minimum 2 passes* – **4 on 4** – *minimum 3 passes completed*
  - Attackers to work on push-passing, team-work & communication skills
  - Coach to role ball in to start
  - One player from each team can defend their goal
## Skill Development

- Use basic grip
- Body position is low (*knees bent learning forward – Left foot in front of Right foot – side on*) with arms in front of body
- Push hockey ball towards their opponent
- Lower the right hand grip for extra strength
- Lower the handle of the stick to place more wood on the ball – *not just the hook touching the ball*
- *See who is the strongest: Play to last man standing*

---

## Tackling Game

- Try to avoid knees being on the ground
  - Turn the hook towards your feet – now drag the ball towards your left foot and move forward
  - Therefore eliminating the defender

---

© Designed & maintained by Neil Shearer
Regional Coaching Director
Rockhampton & Gladstone Hockey
Revision:

Ask the following questions

- To make a Block tackle – do you swing your stick towards the ball?
- Are your feet square or flat footed when making a tackle?
- One person to demonstrate a block tackle

Warm-up game: “Lawn Bowls”

Two teams run around in a small-size field trying to score (place ball on their coloured hat). Blue team will use the yellow markers to score and Orange team will use red markers. Children are to stay low in balance, roll the ball on the ground and work together as a team; always on the go. Coaches will notice the players are working up a light sweat.

Variations: Players can throw (underarm) the ball in the air
Skill Development  Forestick Trap

- Use basic grip
- Body position is low (knees bent learning forward – *Left foot in front of Right foot*) with arms in front of the body
- Bring the stick down early at an angle of 30° to the surface with the face of the stick pointing forward
- Receive the ball near the right foot and on the area just above the hook of the stick
- Watch the ball onto the stick – *soft hands* (stick moves back a little to ‘Give’ as the ball is received)
- Control the ball with first touch
- Scan the play situation before receiving to decide on the next action (*vision*)

**Tip**
- Receive the ball in a low position and in front of feet to increase your vision
- Soft hands so that you catch the ball in the stick (*don't have hard immoveable hands*)
Skill Development  Reverse Stick Trap

- Use basic grip on reverse stick
- Body position is low (knees bent learning forward) with the arms to the left and in front from the body
- Turn your upper body slightly to the left
- Bring the stick down early at an angle of 60° to the surface with the round-side of the stick pointing forward – hook square to the ball
- Receive the ball in front of the left foot and on the hook of the stick
- Watch the ball onto the stick – soft hands
- Control the ball with first touch
- Scan the play situation before receiving to decide on the next action (vision)

Tip
- Receiving backstick allows you to protect the ball from defenders
- Your body is between the defender and ball
- It is harder for opponents to win possession
Skill Development

Attacker’s body between defender & ball

Feet aiming towards goal

Stick face is square to the ball

- Use basic grip
- Body position is low (knees bent learning forward) with the arms to the right of the body
- Bring the stick down early at an angle of 60° to the surface
- Receive the ball in front of the body (feet facing in direction of movement) and on the shaft just above the hook
- Watch the ball onto the stick – soft hands
- Control the ball with first touch
- Scan the play situation before receiving to decide on the next action (vision)

- The Player maintains speed and vision
- Can accelerate & protect the ball
- Make sure the hands are square by bringing the top hand into line with the right hand so the stick & the stick face don’t let the ball roll/bounce/slide off the face of the stick

© Designed & maintained by Neil Shearer
Regional Coaching Director
Rockhampton & Gladstone Hockey

May 2010  22
Skill Development: Receiving Reverse Stick Mobile

- Use basic grip on reverse stick
- Body position is low (knees bent learning forward) with the arms to the left and in front from the body
- Turn your upper body slightly to the left
- Bring the stick down early at an angle of 45° to the surface with the round-side of the stick pointing forward and square to the ball
- Receive the ball in front of the left foot and on the hook of the stick (feet facing in direction of movement)
- Watch the ball onto the stick — soft hands
- Control the ball with first touch
- Scan the play situation before receiving to decide on the next action (vision)

Attacker’s body between defender & ball  Feet aiming to go forward  Stick face is square to the ball

Attacker’s direction: Players receive going forward (to continue momentum)
Skill Development

Trapping Drills

**Pairs Trap:**

Players in pairs approximately 5m apart
Player 1 push passes to Player 2
P2 traps on their forestick
P2 push passes back to P1

**Variations:** Reverse stick trap
   Trapping on the move (*mobile*)
   Receive the ball (*mobile*) – dribble – push pass back

**Through the Gate:**

Players in pairs approximately 5m apart
Player 1 tries to score a point by push passing the ball past Player 2
P2 will try to trap forestick or back stick before the ball pass through
If P1 scores a point he or she can have another go
Revision:

Ask the following questions

- Do we watch the ball onto the stick when making a trap?
- Is the hook of the stick square to the ball or on an angle when trapping?
- Who would like to demonstrate the forestick & backstick trapping techniques?
- Do we try to continue a forward movement when receiving mobile?

Warm-up game: Numbers Game

Players in one group: All players run around in random directions avoiding body contact with other players. The coach calls a number and players form groups of that size by holding hands or huddling together.
Skill Development | Indian Dribble

- Use basic grip
- The left hand grips the stick at the top of the handle and turns it
- The right hand has a loose grip and allows the stick to be turned but also steers the direction of the stick
- Body position is low *(knees bent learning forward)* with the arms extended in front of the body
- The stick is positioned with left hand close to the body and right hand out in front – *comfortable stance*
- The ball is in front of the body (approximately 1 stick length from the player’s ankle)

**Movement:**

- Move the ball from right to left – left to right across the body and roll the stick over the ball – *no daylight between stick and ball*
- Increase the distance of the Indian dribble – start ball, stick and wrists outside the right side of the body and drag to outside their left
- Keep the ball in front of the body and look up during dribbling *(vision)*
- Transferring your weight to increase length of drag
- Push off on your right foot with ball on forehand side – Push off left foot with ball on reverse stick side

**Tip**

- Stick and ball on right side – *look at the time on your watch*
- Stick and ball on the left side – *watch is facing down*
- Make sure your hands are outside the ball so the stick does not slide over the ball and this also adds strength and speed into the movement
- Chin up *(vision)*
- Players to place the ball inside the hoop or bike tube
- Position themselves outside and facing the hoop
- Players to try and move the ball side to side without the ball touching the hoop

- Players in pairs
- Player 1 practice Indian dribbling – P2 counts how many drags (side to side) P1 makes
- Place a time limit on each player dribbling – *Practice at home = improvement*
Average Time

**Male**
- U/10 30.50 sec
- U/12 29.00 sec
- U/14 26.50 sec
- U/16 24.50 sec
- U/18 23.00 sec

**Female**
- U/12 31.50 sec
- U/14 29.50 sec
- U/16 26.50 sec
- U/18 25.00 sec
Session 6     Creating Simple 2 on 1

Revision:

Ask the following questions

- What is the “Indian dribble”?
- When using the Indian dribble, does the hook of the stick come off the ball or does it roll over the ball to make it move from side to side?
- One person to demonstrate the Indian dribble

Warm-up game: Juggling skills

Skill Development     Hand-Eye-Coordination-Skills
To Start

- The defender will start with the ball and pass to the right-side attacker to start the play. When the pass goes to the left-side, the same principles will apply as from the right-side. Please note: all 5 kinds of 2 on 1’s do not use fancy stick-work or a high level of skill.
- Make sure you are always in a passing lane (*don't be behind the tackler! if you can see their back clearly you need to change your position*)
- Passer to pass early to avoid the defender making the intercept

1. The right-side attacker receives the ball and runs towards and engages the defender. The attacker is now asking the defender to make a decision, to tackle or fall-away. The left-side player will run at speed in a straight line (*not in defenders reach*) stick down to receive a 45° angled (*hard & flat*) pass behind the defender onto their back-stick; the pass is what beats the defender. Right-side attacker: do not get to close or in sticks reach of the defender before passing.
2. This time the defender has decided to move closer to the left-side players’ line after passing the ball to the right-side player. The right-side attacker will again engage the defender by running towards him/her and creating space at the same time on their right side. The left-side attacker will move forward at speed and behind the defenders’ right shoulder. Now the right attacker (not in reach of defender) will drag the ball left to right, change of speed (quick) and move forward with the ball. The right-side attacker will have 2 options to pass: Option 1 - 45° angled pass behind defender for the left side attacker – option 2 - through-ball for left-side attacker to run-on-to

3. Both attackers (about 1 to 2 metres apart) will move towards the defender passing the ball back and forth to each other at speed. The defender could panic and will be in two minds in how to defend
4. The attacker receives the pass and runs directly towards the defender. About 2 metres in-front of defender, drop ball straight back for team-mate to run-on-to; now re-lead in behind and out of reach of the defender. Your team-mate will run-on-to the ball and pass back to you. *Defender is caught flat footed and their weight is on their right-side*

![Diagram](image1)

5. **X:** Both attackers will run on a 45° angle. Attacker 1 with the ball will run in front, attacker 2 will cut in behind attacker 1 and run-on-to the ball from a drop pass. Same principals apply when performing this play from both sides. *Defender’s weight is on their right-side*

![Diagram](image2)
Session 7

Hitting

Revision:

Ask the following questions

- Can you tell the coach 3 kinds of 2 on 1’s?
- From all 5 different 2 on 1’s: How many drags were made by the attacker?

Warm-up:

Skill Development 2 on 1

- Practice 2 on 1 skills
- Ask the players to chose which type of 2 on 1 they want to execute – *notice the communication skills of the attackers*
Skill Development  

**Short-Handle-Hitting**

- **Start:** Position right hand near top of the handle – now left hand below – now right hand below – *The Hitting position*
- Use the double V grip with the hands positioned together 15-20cm down from the top of the grip – *The Hitting position*
- Body position is low (knees bent learning forward) with the arms to the right of the body
- The ball is in front and to the right of the body

**Step 1**            **Step 2**            **Step 3**

**Tip**

Try to have the arms further away from their body
Step 1:
- On knees
- Elbows away from body
- Ball in line with left knee
- 1 stick length away from body
- Left shoulder will be aiming towards the target
- Backswing: rotate hips & upper body towards the right – cock wrists
- Keep the head still – eyes on back half of the ball – Swing forward: rotate hips and upper body towards the left
- Contact: uncock wrists and hit the back face of the ball

Step 2:
- Right knee down – left foot aiming towards target – knee & foot inline
- Elbows away from body
- Ball in line with left instep – 1 stick length away from body
- Left shoulder and left foot will be aiming towards the target – bodyweight forward
- Backswing: rotate hips & upper body towards the right – cock wrists
- Keep the head still – eyes on back half of the ball
- Swing forward: rotate hips and upper body towards the left
- Contact: uncock wrists and hit the back face of the ball – wrists cross over

Step 3:
- Ball in front of player & to the right of the body – 1 & half to 2 stick lengths away from ball
- Feet square
- Step up with left foot – ball will now be in line with the instep of their left foot
- Left shoulder and left foot will be aiming towards the target – bodyweight forward
- Backswing: rotate hips & upper body towards the right – cock wrists
- Keep the head still – eyes on back half of the ball
- Swing forward: rotate hips and upper body towards the left – knees bent
- Contact: uncock wrists and hit the back face of the ball – wrists cross over
- Follow-through: Right hip and upper body rotate to the left – wrists cross over – the right side of the body will follow-though
Skill activity 1: Pairs Hitting

Players in pairs, approximately 10m apart
Player 1 hits the ball to the forestick of player 2
Player 2 traps the ball and passes back to player 1
& continue

Variation: Pass to player’s backstick to trap and practice their footwork

Skill activity 2: Corner Spry

Player 1 hits to player 2 – P2 traps and passes back to P1
P1 hits to P3 – P3 traps and passes back to P1
P1 hits to P4 – P4 traps and passes back to P1
P1 hits to P5 – P5 dribbles to P1 position
P1 runs to P2 position – all players move across one position
& continue

© Designed & maintained by Neil Shearer
Regional Coaching Director
Rockhampton & Gladstone Hockey

May 2010  36
Session 8

Elimination Skills

Revision:

Ask the following questions

- Are the hands positioned together or apart when hitting?
- Where are the hands positioned on the stick when hitting the ball?
- One player to demonstrate the 3 steps when learning to hit the ball?

Warm-up:

- 5 minutes basic skills
- Players in pairs – push passing while standing still spread over half field (*minimal sound heard when passing*)
- Players start moving to receive on the run – change angle & dribble the ball before passing back to partner
- Introduce hitting to pass – receive on the run – change angle & dribble the ball before passing back

Variations: All players mobile from start – 4 hockey balls in – player without the ball will call players name with the ball to pass
Skill Development

Elimination Skills

**Step 1: Learn to transfer weight – Ice-skater-bound**

- Players in one line facing the coach – *No sticks*
- Players will now move forward transferring their weight from side to side – *Push-off ball of foot, not the heal*
- Players to increase the width of the ice-skater-bound while moving forward
- Look up regularly (*vision*)
Step 2: Transfer weight with correct dragging technique

- Players in one line facing the coach – With sticks – No ball
- Players will now move forward transferring their weight from side to side – Push-off ball of foot, not the heal – Hook on the ground
- Players to start with their hands/stick to the side & out in front of their body – Same on both sides
- Players to increase the width of their drag movement
- When stick is on the right side – their weight is on the right side – stick on left-side – weight is on the left-side
- Look up regularly (vision)
**Step 3: Dragging technique/skills**

- Players in one line facing the coach – *With sticks & 1 ball each*
- Players will now move forward transferring their weight from side to side – *Drag ball from outside the body*
- Players to increase the width of their drag movement – *Hands/stick/ball to the side & out in front of body*
- *When stick & ball is on the right side – their weight is on the right side – stick & ball on left-side – weight is on the left-side*
- Look up regularly (*vision*)

Tip

More bend required in the right elbow & knees bent
Skill Development  Elimination Skills

Players dribble towards markers & drag ball at the same time

One player at a time
Skill Game

1 on 1 Games

Team A             Team B

- Two teams equal numbers
- Team A try to dribble past Team B’s square and into the vacant square
- One point for players reaching the vacant square
- 5 points for reaching the middle square

Variations: Make players squares larger
            Play 2 on 1 – 2 on 2 – 3 on 3
Session 9

Small Field Games

Revision:

Ask the following questions

➢ What are elimination skills?
➢ When do attackers use elimination skills?

Warm-up:

➢ 5 minutes basic skills
➢ Players in pairs – push passing while standing still spread over half field (minimal sound heard when passing)
➢ Players start moving to receive on the run – change angle & dribble the ball before passing back to partner
➢ Introduce hitting to pass – receive on the run – change angle & dribble the ball before passing back

Variations: All players mobile from start – 4 Tennis balls used – player without the ball will call players name with the ball to pass
**Hockey Softball:**

- Split players up into two teams. Change over when each player in the batting side as had a bat

**Fielding team:**
- One player on each base – others positioned in the outfield
- Work together to dribble/pass the ball back to home base – goal box before the batter/batting team runs home
- One fielder run towards home base and be ready to receive the ball from team-mates to run batters out
- Skills used: trapping – passing – body/feet positioning

**Variations:** all fielders touch the ball before passing to home base

= *Team-work*

**Batting team:**
- Batter can push/hit the ball anywhere between the out-side markers – runs round the outside bases to beat the ball home = 1 goal
- Single batter only – can stop on 1st, 2nd or 3rd base.
- Use of angles to bypass the fielders

**Variations:** position 5 Hoops between 1st & 3rd base – one batter will push 5 Balls in any direction – after the 5th ball is pushed away the fielders work together to bring home the 5 hockey balls – place one ball in each of the 5 hoops – Batter dribbles around the bases OR All batters dribble 1 hockey ball each around the markers to score. 1 run = each time the batting team dribble around the markers. If fielding side place all 5 balls back into the hoops before the last batter is home, that last run will not count = *Good fitness*
- 2 even Teams
- 2 Defenders – 3 Mid-field – 2 Strikers
- Yellow goals = 1 point – Red goals = 5 points
- **Aim:** Defend down the middle and force the attackers out wide to score 1 point only not 5 points
- 2 even Teams
- 2 Defenders – 3 Mid-field – 2 Strikers
- **Aim:** Force both teams to play with width and allow the coach to watch and give instructions from the middle
Revision:

Ask the following questions

- 5 point game played last week: Was it better for the defending team to allow the attacking team to score in the middle or outside goal?
- What is the defending team trying to achieve when playing the 5 point game?

Warm-up:

- 5 minutes basic skills
- Players in pairs – push passing – mobile – half field (minimal sound heard when passing)
- Players moving to receive on the run – change angle & drag the ball before passing back to partner
- Introduce hitting to pass – receive on the run – change angle & drag the ball before passing back

Variations: 4 Tennis balls used – player without the ball will call players name with the ball to pass
2 Teams of 7 – Rotate players

- 2 defenders: stay in their defensive zone
- 3 midfielders: can entry both defensive & attacking zones
- 2 strikers: stay in their attacking zone
- Players must be 3 stick lengths away from the ball at ‘free plays’
- Players may dribble the ball into another zone – i.e. midfielders/defenders may dribble the ball into the attacking zone
- Hitting is permitted; players must use correct hitting technique (low handle grip only)
- The aim is for the players to have fun, learn about each zone and the ability to use vision to pass the ball out of each zone while maintaining possession
Try to avoid this:

Players in a bunch: blow whistle and ask these questions

1. Why is everyone bunched together? Learn to: know your next pass

2. Attackers, where do you think is the best position to receive the ball?

---

### Skill Development

- 2 Teams of 9 – *Rotate players*
- Introduce vertical (tramlines) zones. Playing positions below
- Teams are encouraged to introduce a fully equipped goalkeeper: pads, kickers, chest protector, helmet
  - Allow every player to try this position at least once during the season, unless one wants to keep each week
- Players must be 5 stick lengths away from the ball at ‘free plays’.
- Rules to be introduced in order are:
  1. Too many players around the ball – safety
  2. Feet
  3. Stick check/bad tackle
  4. Obstruction rule – coming in from the wrong side
  5. Penalty corners & long corners
  6. Removal of vertical (tramlines) zones
- The aim is for the players to learn about each zone, have fun and the ability to use vision when passing the ball out of each zone while maintaining possession
- Hitting and push passing on the run to be encouraged
Team Blue
attacking direction

Team Orange
attacking direction
Warm up & warm down for each and every session

ANYTIME SPENT DAILY ON STICK AND BALL SKILLS WILL HELP
JUGGLING – DRAGING – REBOUNDING SKILLS –
Tennis Balls are great to bring into play

You dream it
You believe it
You will achieve it  Neil Shearer

Awareness of space:

“Awareness is: knowing whether you are in position to receive a pass from the ball carrier regardless of where you are on the field. And hope the attacker can see you to pass you the ball.”

"Athletes don't care how much you know, until they know how much you care." (Inspired by Jim Tunney’s words)

Special thanks to Mark Rutter for his input

© Designed & maintained by Neil Shearer
Regional Coaching Director
Rockhampton & Gladstone Hockey

May 2010  51