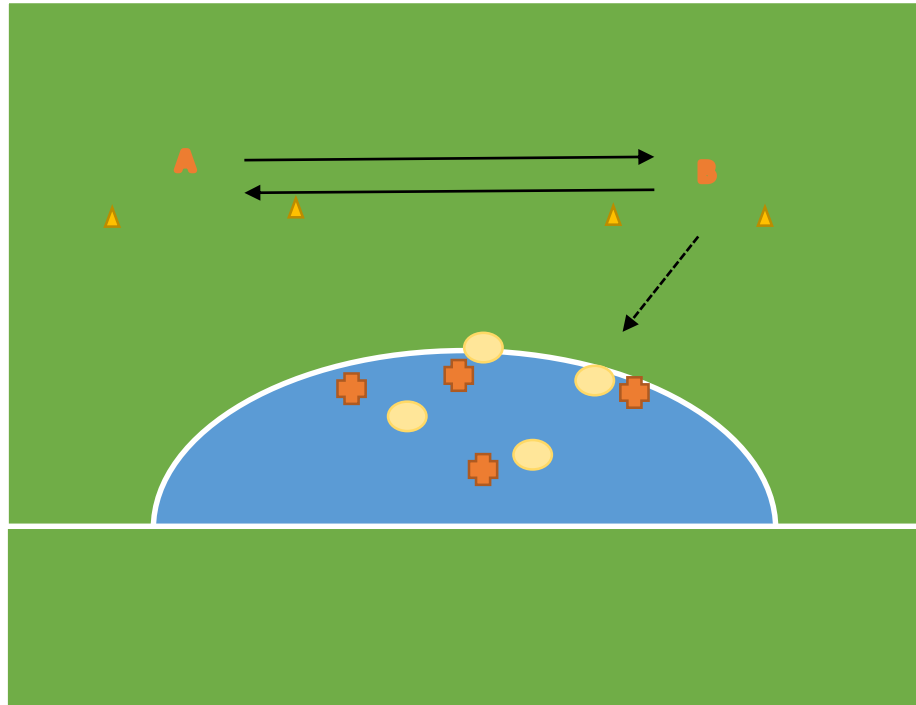




JUNIOR COACHING DRILLS

Hockey SA



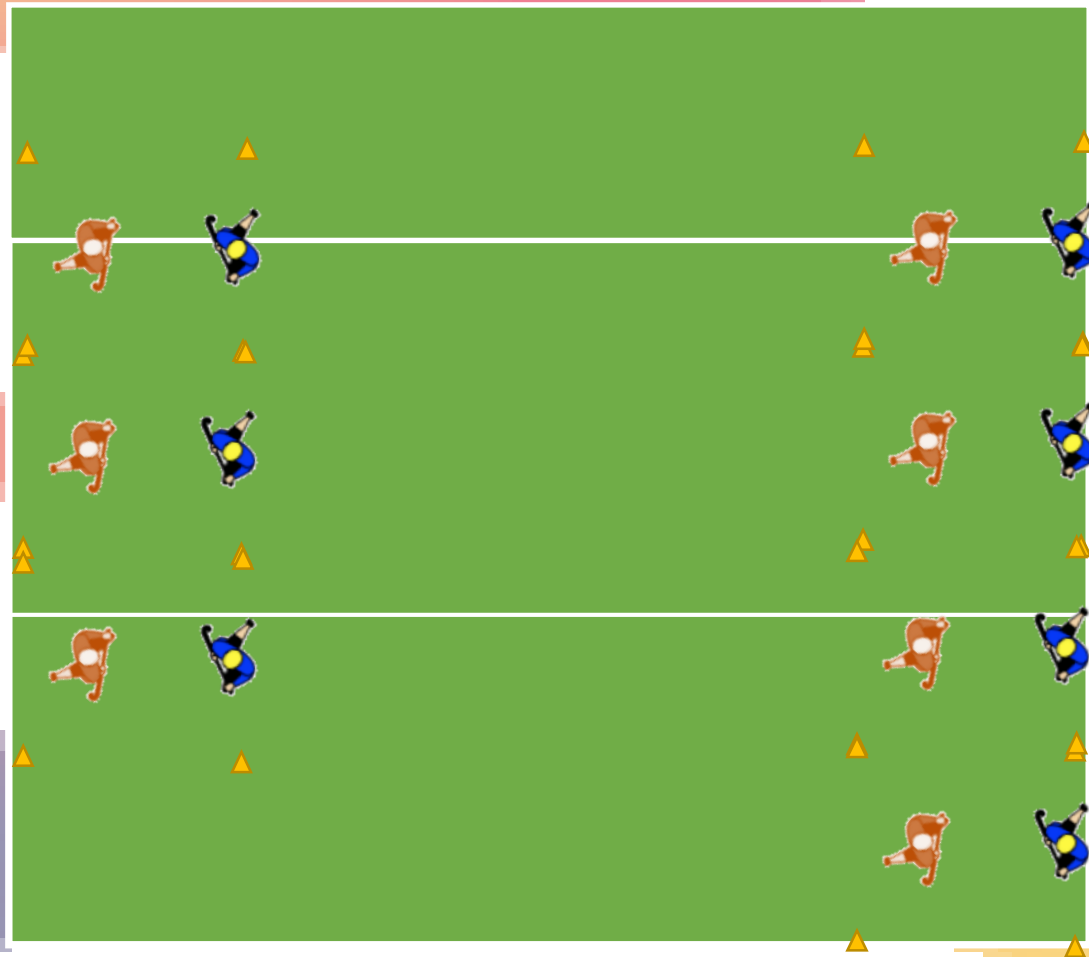
Transitional play / out letting:

A/B – Outlet players

Circles – Team 1 (attack)

Crosses – Team 2 (defense)

1. A/B pass the ball to each other until they find a suitable pass through the gates to an 'O'.
2. 'O' receive the ball and try to score. If they score they remain attackers
3. If the 'X' get the ball, they then must outlet through the gates to A/B. If they manage to outlet, they then become attackers
4. If the ball is outletted to A/B through a gate, they must transfer and move into attack through the opposite gate



1V1's

1. Set up boxes on the sideline (approx. 10 x 5m wide)
2. Each players pairs up with someone of equal ability
3. 1 players starts with the ball on the sideline, whilst the defender starts at the back of the box
4. Attacker must get to the other side and eliminate. If the defender get's the ball they then restart and are the attacker
5. The attacker keeps starting until they are dispossessed

Focusses:

- 1V1 elimination
- Angles/body feints/change of pace
- Defending 1V1
- Mobility/low left hand/strength in tackling

RULES

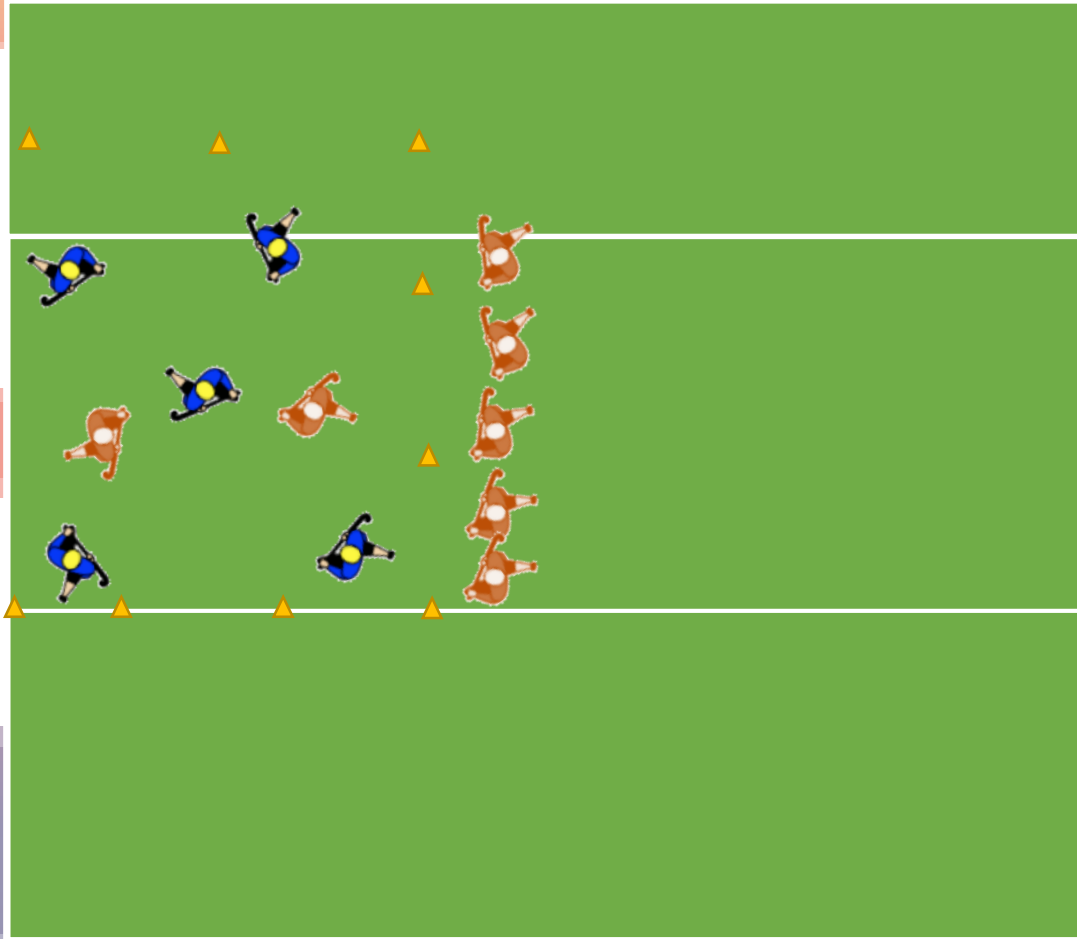
The attacker automatically loses if they turn their back to the defender.
We want to encourage players to attack at speed and develop better elimination skills

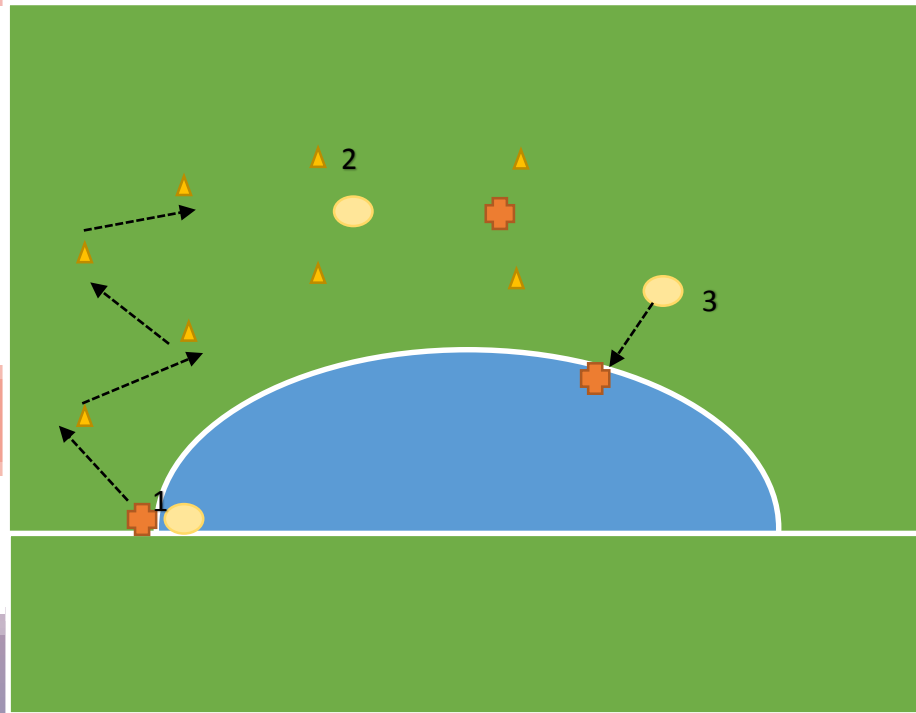
POSSESSION GAME

1. Set up a big box
2. 2 Defs start in the middle & the attacking team must connect 3 passes
3. Every 3 passes a new defender steps into the drill

Focusses:

- 2nd phase awareness
- Off-ball movement
- Tackling (Left hand low – When slow)
- Receiving and passing under pressure





1V1 Competitive Circuit:

Players compete against each other throughout 3 skill circuits:

1. 2 players start on the baseline with the ball. On 'Go' both players race around the cones with Stick On Ball (SOB) using their body to bump/cut their other player off
2. Both players then progress into a 1v1 (The player who loses the race is the defender)
3. 1V1 entering the circle – The losing player from the race is again the defender. The attacker aims to get a shot away on goal (play out until the ball is cleared)

FOCUSES:

- Stick On Ball
- Change of pace
- Elimination skills
- 1V1 defence

B. Fade Out
lead

C. Open
Recieve

E. Bunt pass

D. Receive on
the move

Passing & Receiving Drill

Player A - starts with the ball & passes to Player B
Player B - Fade out lead and receive, then passes to player C
Player C - Open receives & weighted pass to Player D
Player D - collects the ball at full speed
Player E - Deflection pass to the Starting point

*Note - all players follow their pass

FOCUSES:

- Receiving variations
- Pass accuracy
- Leading & movement

Passing/Receiving Drill

Mechanics

- Players run into the box and practice a different receive each time
- Upon receiving, players must exit the box before passing to the next athlete

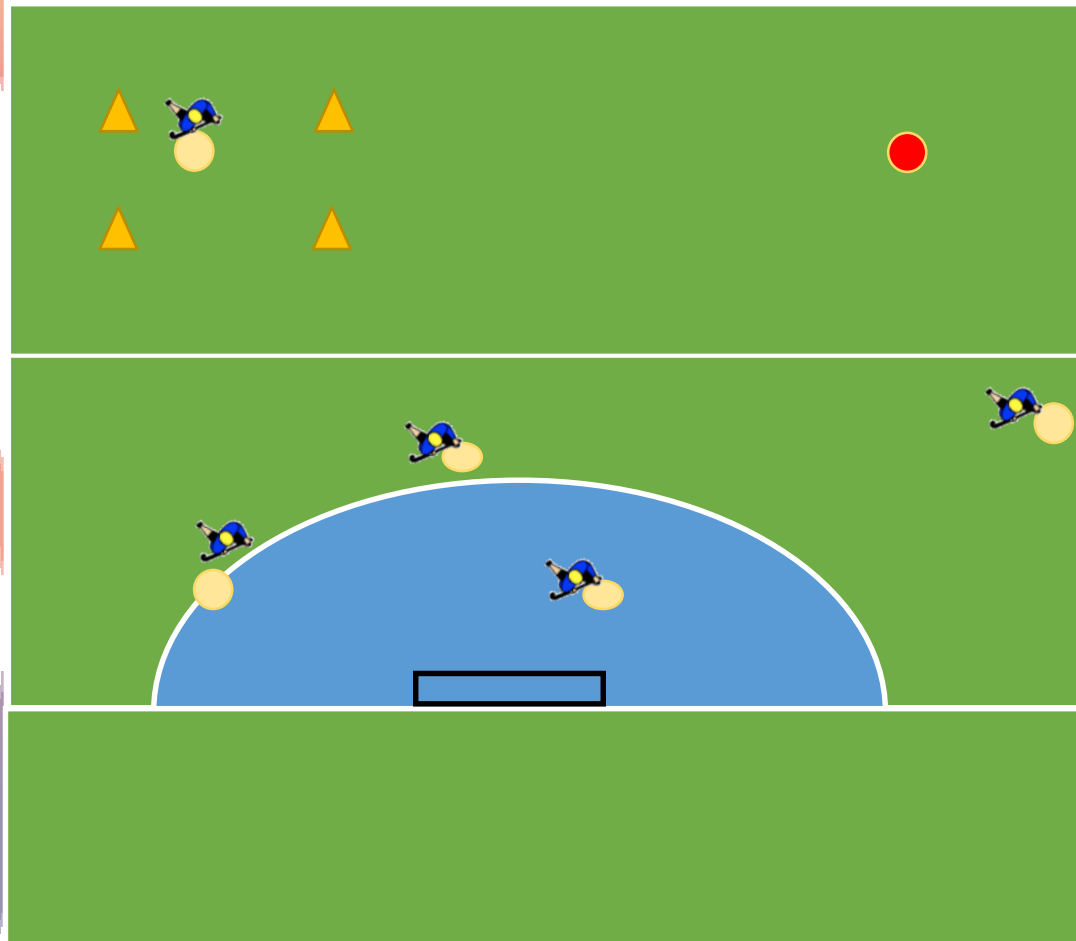
Example 1 – Closed receive and roll out

1. **Player A:** Lead towards Player B. B passes to A who receives on the move and rolls out on their forestick
2. **Player C:** Then receives, the player opposite (E) leads into the box and receives moving forward again rolling out and passing to player D
3. **Player D:** Receives and player B leads into the Box and receives the ball, rolling out onto their forestick and passing

Note – The player opposite that of who is receiving will always lead into the box
Run 3 x 5 minute of sessions

Progressions:

- Round 1: Closed receiving & roll out**
- Round 2: Open receiving & wristed pass**
- Round 3: Reverse stick receive and reverse stick slide pass**
- Round 4: Bouncy receives**



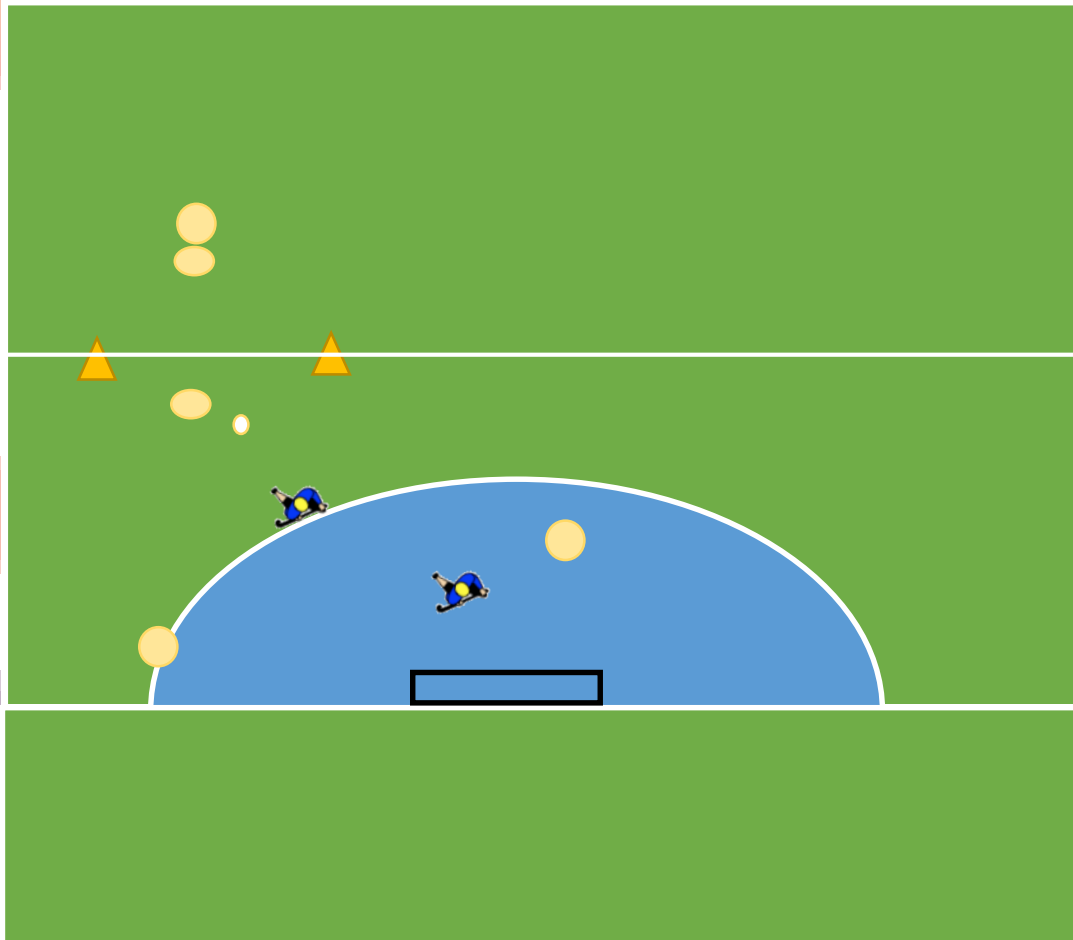
Transition Drill

1. 2 x players start inside the box, the coach throws a ball in and the players either;
 - Dribble through the cones towards the red player
 - Earn a free hit
2. The player who is successful in getting the ball to the red player. (Red player is always an attacker)
3. Both the red player and the successful player from the tackle box then move into create a 6 V 4

PROGRESSION: 6 V 5 and both the attacker and Defender from the 1V1 move into the drill.

Core Focusses:

- Decision making as a defender
- Removing the ball from a contest and transferring into space
- Engaging 2 V 1's when outnumbering the defense
- Zonal defending



Zonal defense/Decision making in attack

1. 2 x defenders and 3 x attackers
2. Attacker starts over the ball and initiates the 3V2
3. If defenders make an intercept they then outlet to the second attacker inline (standing between the gates)
4. The next attacker receives and joins in to create a 4 V 2 and so on.

*Each outlet equals 5 pushups

Progressions:

- 4V3
- Attacker hits the ball into the defenders and the attackers are then pressing in a 3V2 against the defenders

Focusses:

- Zonal marking and covering the dangerline (line to goal)
- Decision making in attack
- Goalkeeper communication

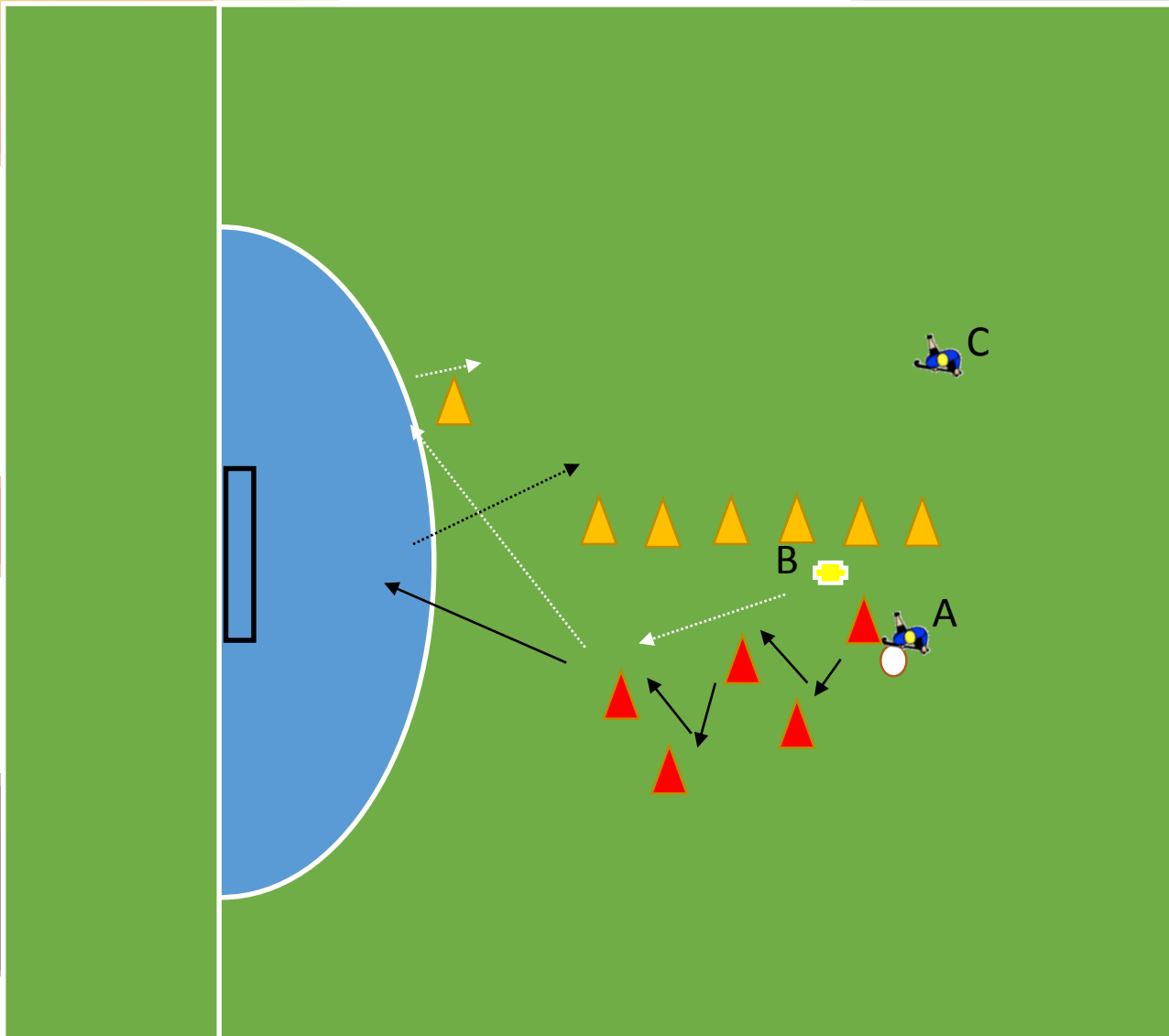
Tackling Footwork into 1 V 1

- Player A dribbles with the ball through the cones
- Player B shadows with correct stick position and footwork.
- Player A reaches the final cones they take off to have a shot
- Player B sprints around the far Cone
- Player A has their shot & they must lead back behind the 25
- Player C passes and A & B compete in a 1 V 1 (A-Attack, B-Defend)

Focusses:

- **Channeling**
- **Footwork (holding inside channel)**
- **Distances**
- **Jab/block tackling**

After 15 minutes swap sides



1V1 / 2V1 Competitive Circuit

FOCUSES:

(A) 1V1 Att and defense

(B) 2V1 decision making

*Attackers rotate through all three 1 after another. Swap defenders after 5 minutes

(1) 1v1

Orange (Def) – Feeds ball to the blue attacker. Attacker is trying to eliminate and progress through the gate to score.

(2) 1V1

Orange (Def) – Feeds ball to the blue attacker. Attacker is trying to eliminate and progress through either of the 2 x gates.

(3) 2V1

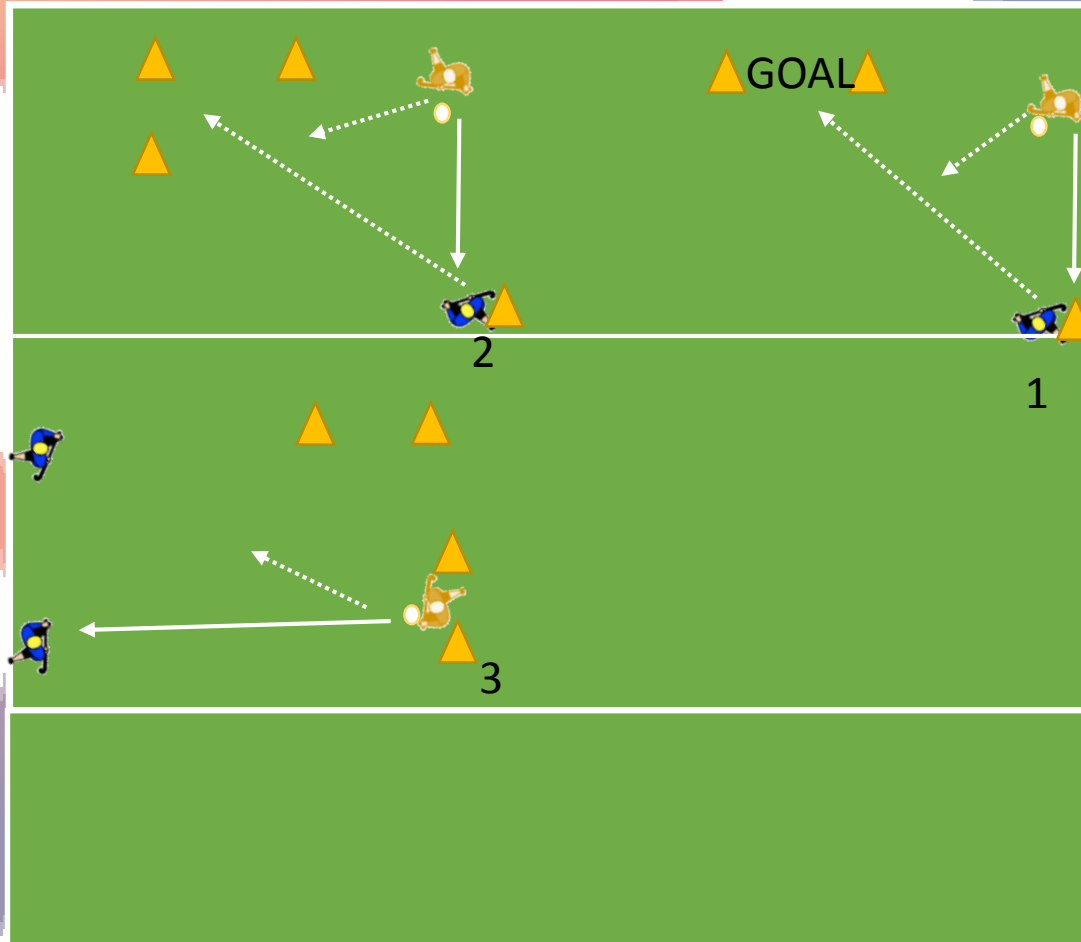
Orange (Def) – Feeds ball to either for the attackers. Attackers play out a 2V1, attempting to score through either gate.

DEFENSIVE FOCUSES:

- Mobility in tackling, always on their toes & not to be eliminated
- Awareness of passing options
- Front should of defender always in line with inside shoulder of attacker (don't allow attacker inside)

ATTACKING FOCUSES:

- Change angles, don't run straight lines
- Deception in 2V1, use your body to send signals



RIM & receive + Eliminate

1. Player 1 'give & go'
2. Player 2 – 2 touch and return pass to player 3 who RIM
3. Player 1 – receives and 2 touch, relead
4. Player 2 – weights a ball out in front of Player 1 who receives and eliminates/protects
5. Goal shot

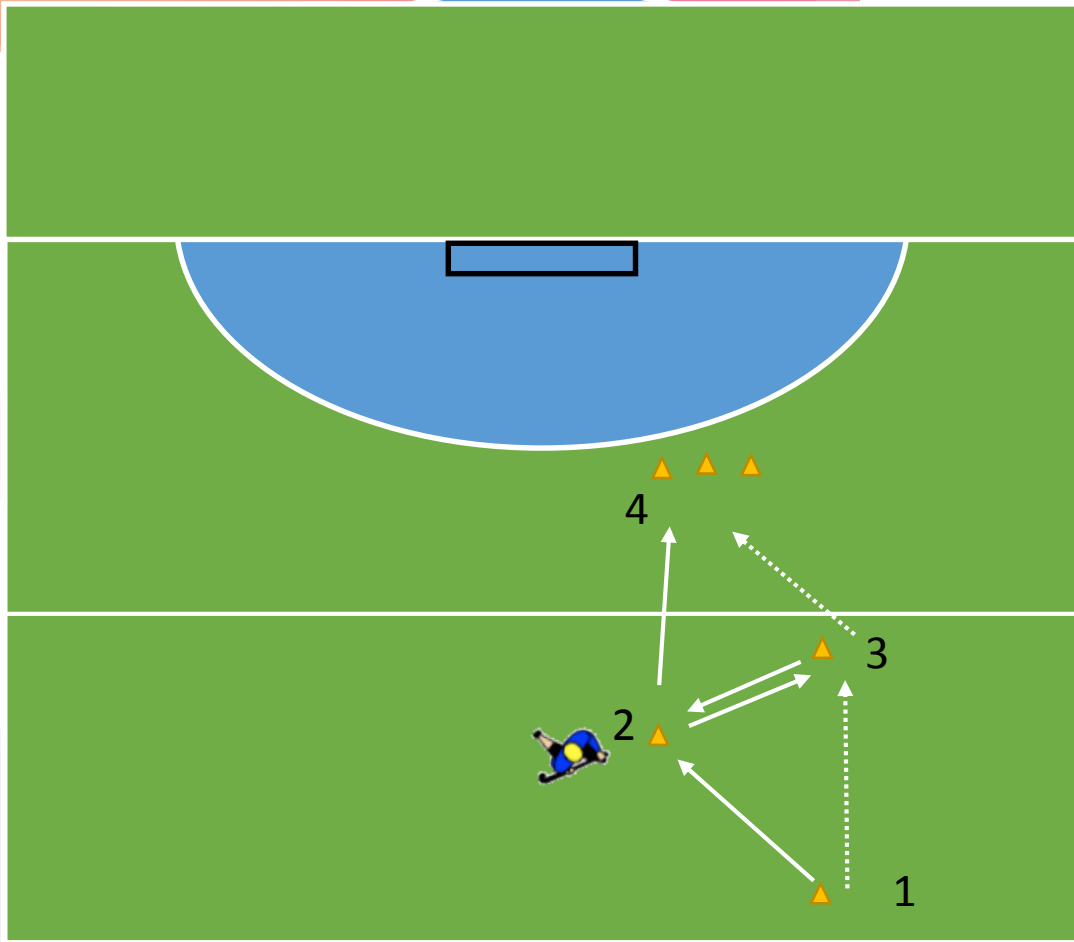
Focusses:

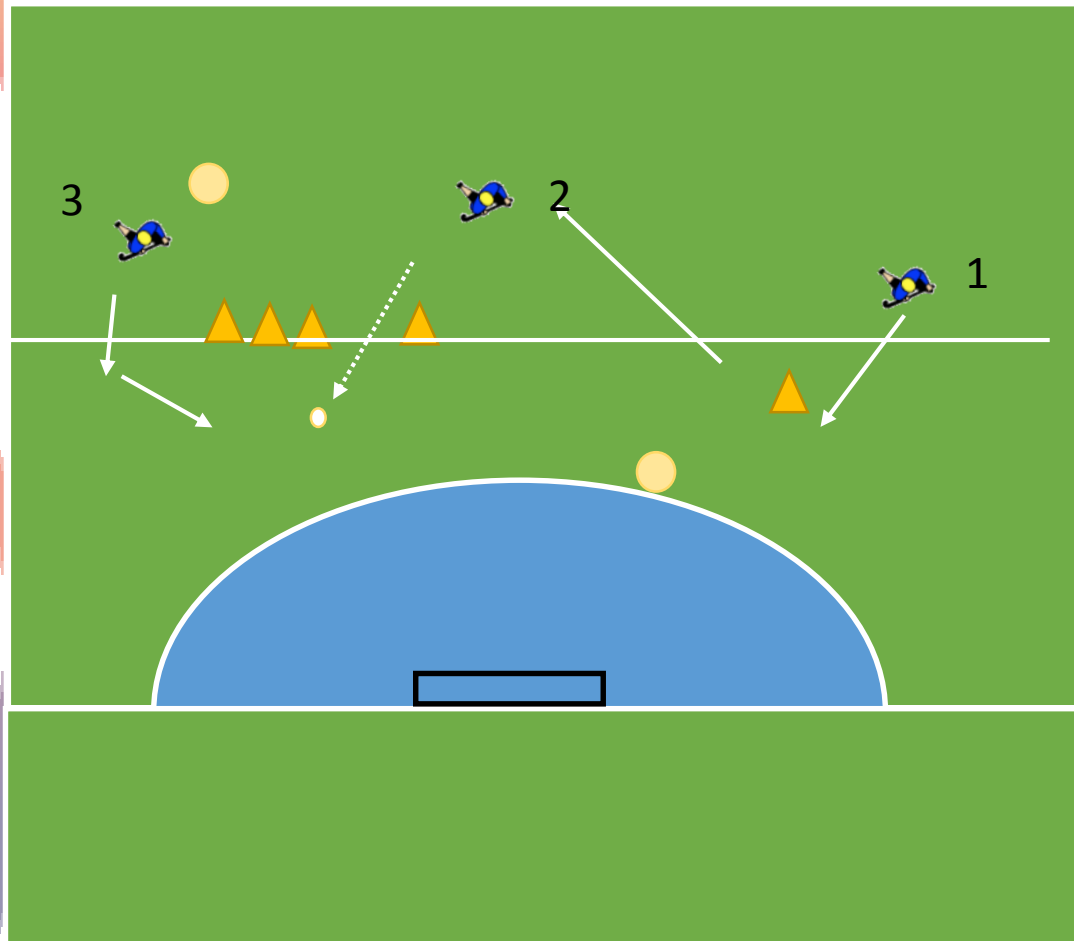
RIM – Receiving In Motion

SOB – Stick On Ball (athletes should not come away/up from the ball at any point)

Final Receive:

1. Slip receive – receives weighted pass across their body and drags onto their forestick
2. Protect & Roll – Player closes of their body and rolls out of the contest into spave
3. 3D receive on first touch – Eliminate and control the ball in the air





3V2 weighted passing

1. Runs on an angle towards the cone. Once reaching the cone, rolls out on their forestick and delivers a pass to player 2
2. Receives with soft hands across their body. Player 2 weights a lofted pass between the cones in behind
3. Starts leading when the ball is about to be give. Lead must be arced in behind the cones (imaginary defender)

Defender 1 – starts at the top of the circle

Defender 2 – chases the player receiving the weighted pass

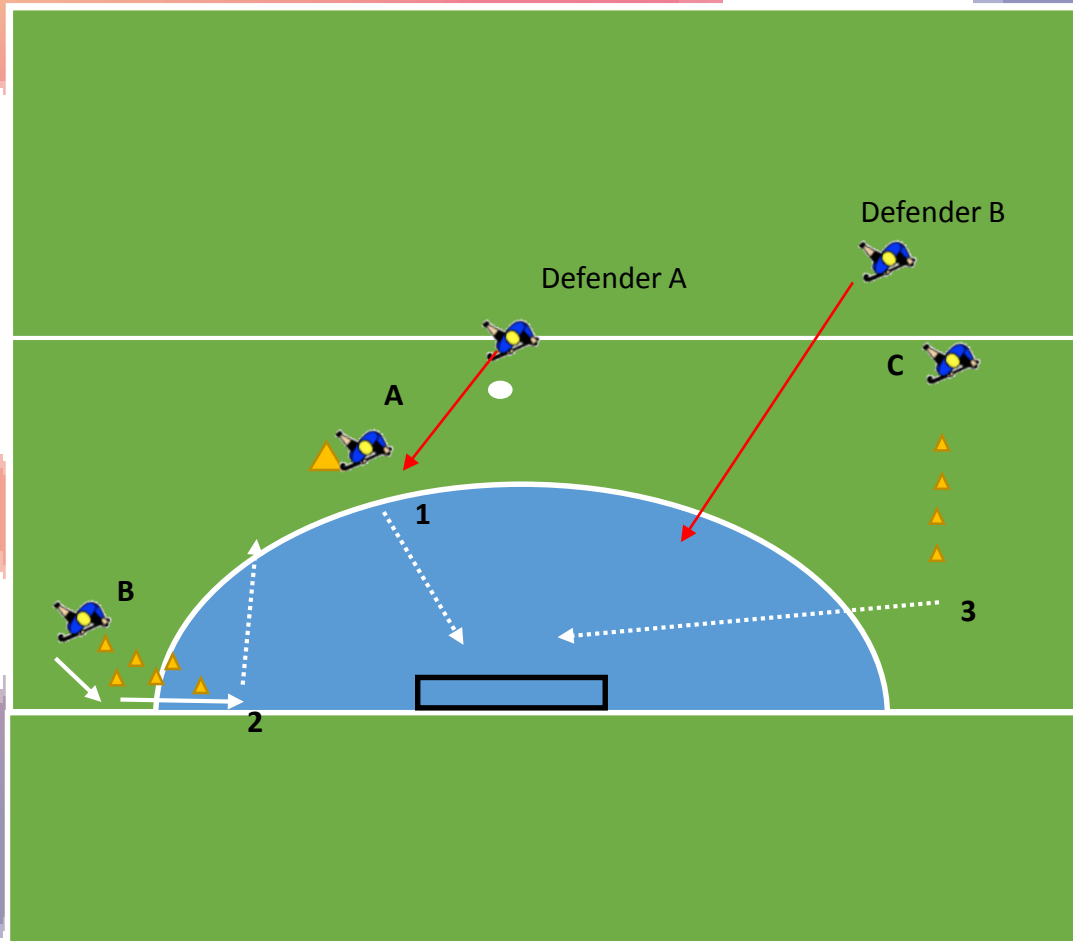
Play out a 3 V 2

Focusses:

Roll out – protect the ball, and stay away from the defender

Player 2 receive- across their body open. SOB – don't come off the ball.

Weighted pass – wristed pass through defenders for the striker to run on to



Goal Scoring

1. Player A runs into the top of the circle for an open shot
2. Player B dribbles the cones in any order and passes a 90 degree ball to player A who has re-lead
3. Player C indian dribbles through the cones and fires a reverse stick pass into the circle for a deflection (Player A & B continue their leads into the front post and the spot for deflections)

Punishments – If the group fails to score in any of the 3 shots, that group must do 5 push ups

Focusses:

- Shooting without pressure
- Developing the habit of finding a 90 degree pass
- Controlled everse stick passing
- Deflections

Progressions:

1. Add a chasing defender who passes to player A for the shot and then pressures Player A's open shot
2. Chasing defender who starts behind player C and runs into the circle to intercept/pressure the reverse stick pass
3. RED LINE – Defenders line to cover to A – pressure the shot, B – cover the central corridor

Small Sided Games

3 x teams:

Team Blue – starting with the ball going towards goal

Team Red – Defending (must score through goal B or C)

Team Yellow – Join in the drill once a goal is scored

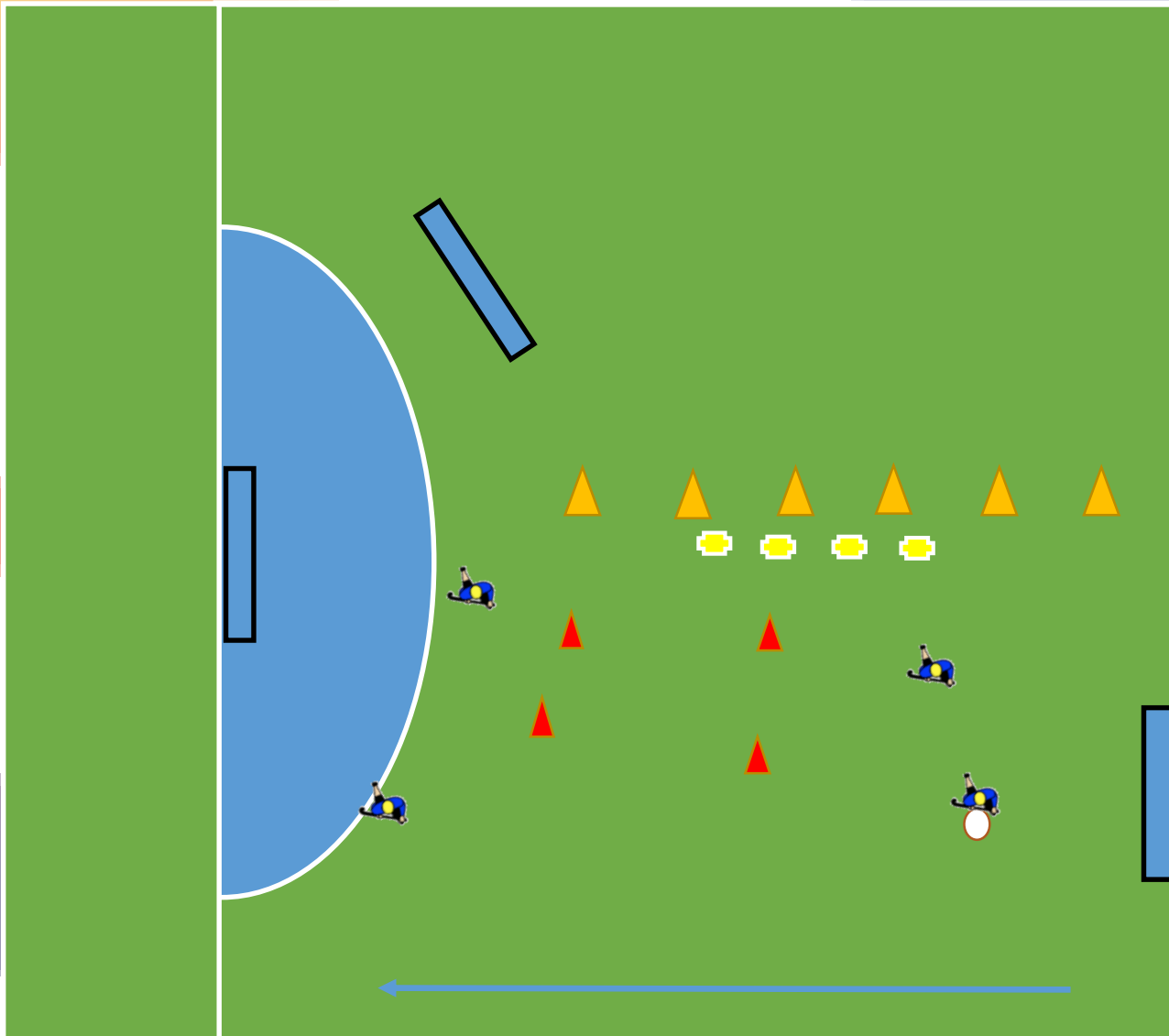
1. **Team Blue** Vs **Team Red**. Team **blue** must attempt to score through Goal A. If the **Blue** team scores they then get the rebound out of the goal and play on immediately (now trying to score through goal B or C), **Team Red** are eliminated and team **Yellow** come in to defend
2. If **Team Red** get the ball and outlet/score in goal B or C Team **yellow** become the defenders and Team **Red** try to score in Goal A

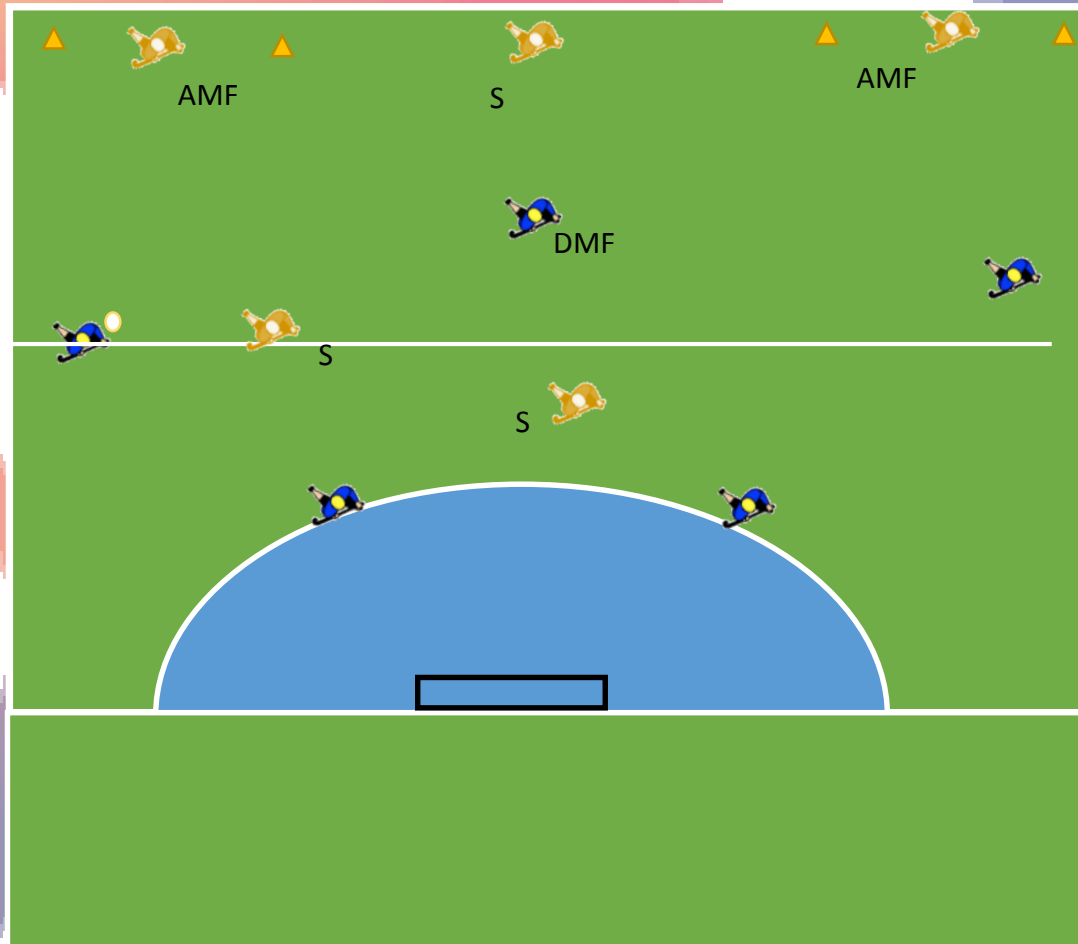
*Rules:

1. Play all rules of hockey (free hits)
2. Bad tackle = jog half lap for that player
3. A team who is scored against is eliminated
4. Winning team stays on

*Winning team chooses fitness of losing teams:

1. 25 push-ups
2. Full field shuttles
3. Full field sprint
4. 15 burpees





Back 4 Out letting patterns/CAP - Competitive

Set Up:

Back 4 + 1 DMF to outlet past 2 aggressive Strikers. Practice outletting patterns from previous drill.

Back four must outlet to either of the AMF's in the gates.

Rules – 1st pass can't go down the line, must make atleast 2 passes before outletting

DEFENSIVE PRINCIPLES;

NBS Defender – must cover in field to protect the central corridor

Pre-scan – before received defenders should know their next pass

Man to man defence once attackers have the ball

Force attack into deep pockets and box in – Don't allow central corridor

ATTACKING PRINCIPLES;

Lead & relead – Even numbers so strikers must be mobile

Spatial awareness – Strikers need to recognise space (leave free) and lead into the space receiving moving forward

Open receives & aggressive – Pass and receive to eliminate. Attempt to create a numbers advantage ASAP

Small Sided Games

2 x teams:

Starts with a 2 V 3, remainder of the players in the middle of the gates with a pile of balls.

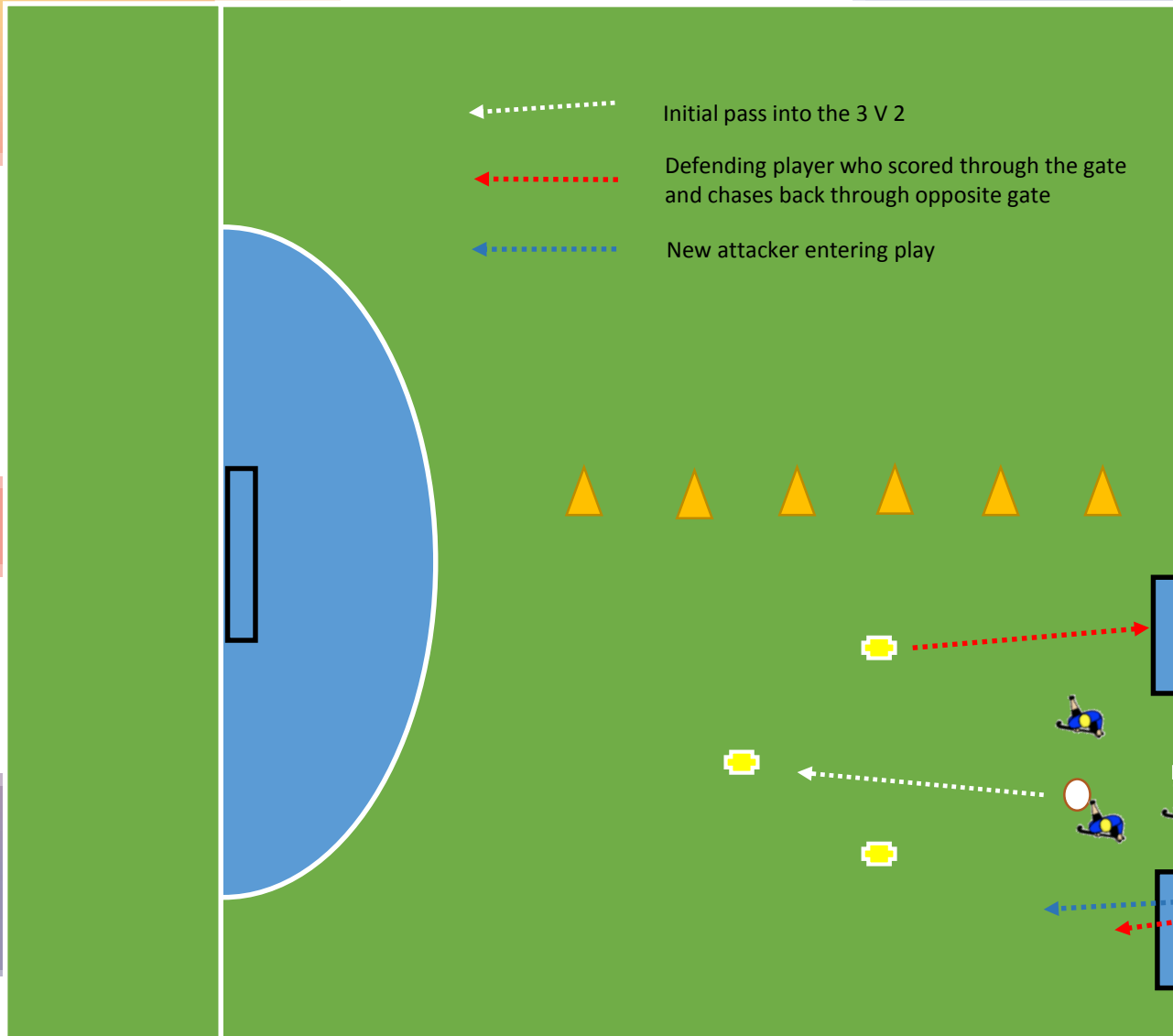
1. **Attacking team** hit the ball into the 3 defenders
2. **The defenders** aim to work the ball out through either of the gates (3 V 2). If they get the ball through the gate:
 - One of the attackers at the half line dribbles a new ball and enters play through the opposite gate to start a 3 V 3
 - The defender who dribbled through the gate must chase
3. This continues until the attacking team scores or the defending team run out of players at the half line

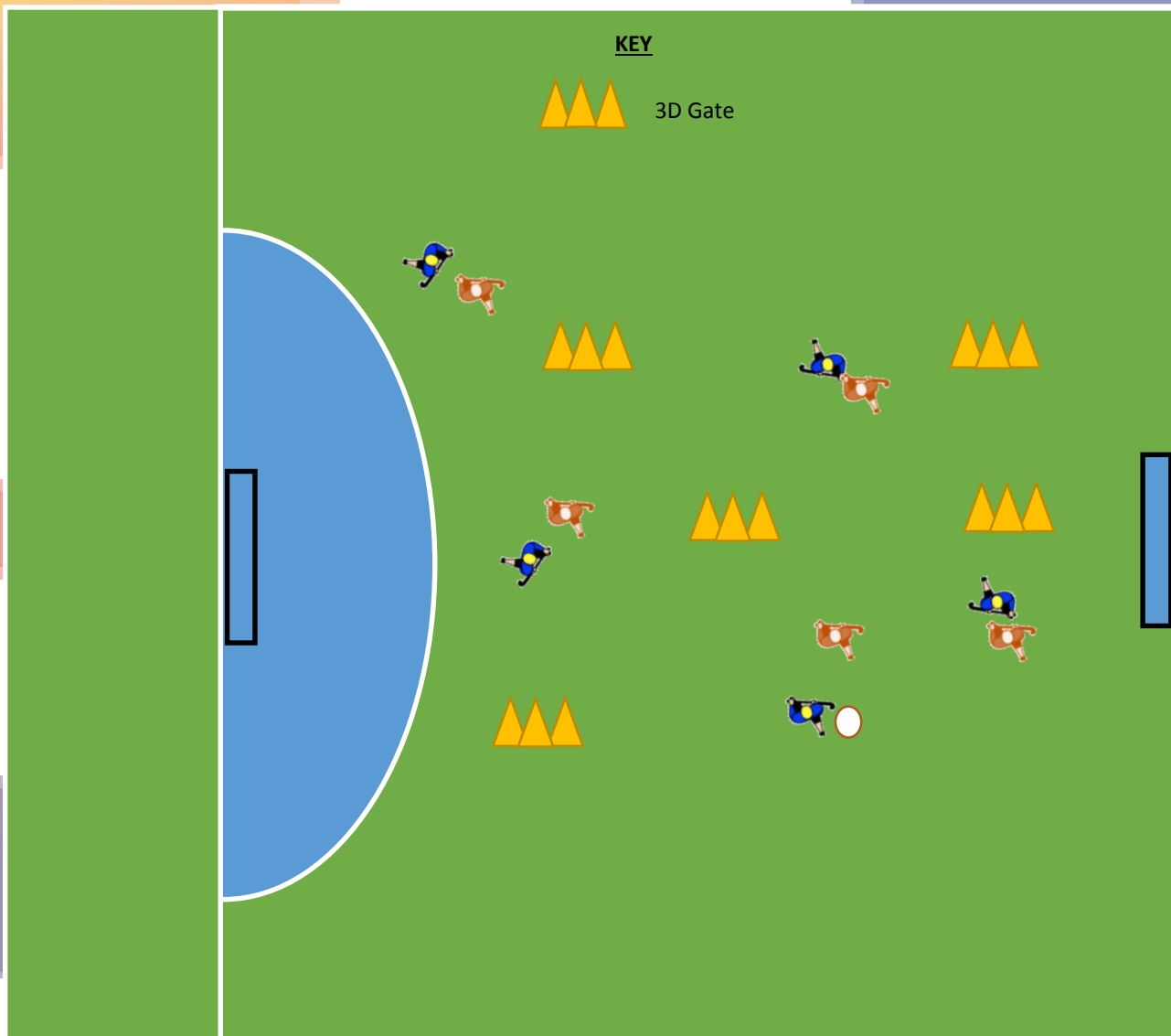
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1. 25 push-ups
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3D Game

2 x teams:

Blue – Score via 3D pass over the gate

Orange – Score via goal at either end of the field

BLUE:

To score blue must successfully pass over a 3D gate to their team mate.

This practises weighted/lofted 3D passes & 3D receiving

ORANGE:

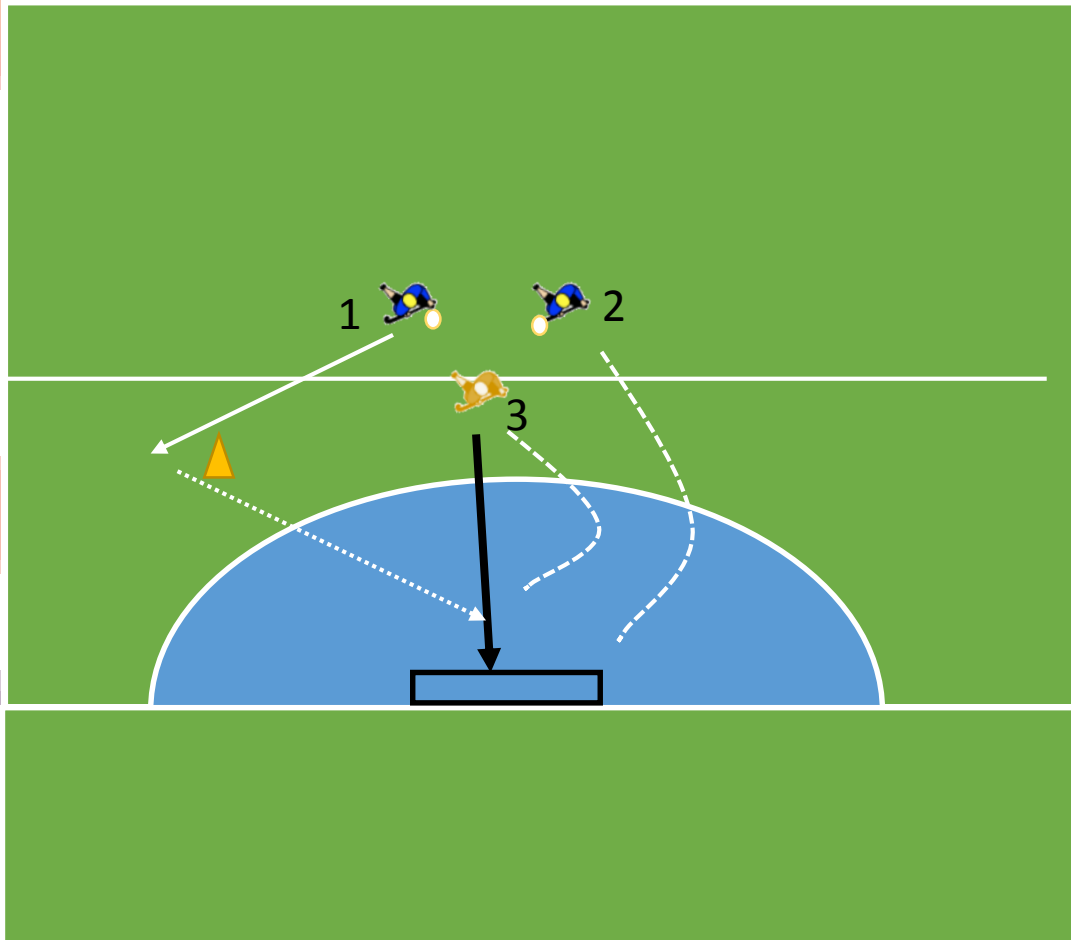
Orange score via a goal at either end of the field.

RULES:

Normal rules (feet, poor tackling)

3D passes over the cone, must be received to score

*If you have extra players – a 3rd team should complete 1 x lap of the field and then sub in



2 Touch Pass & Shot

Set Up:

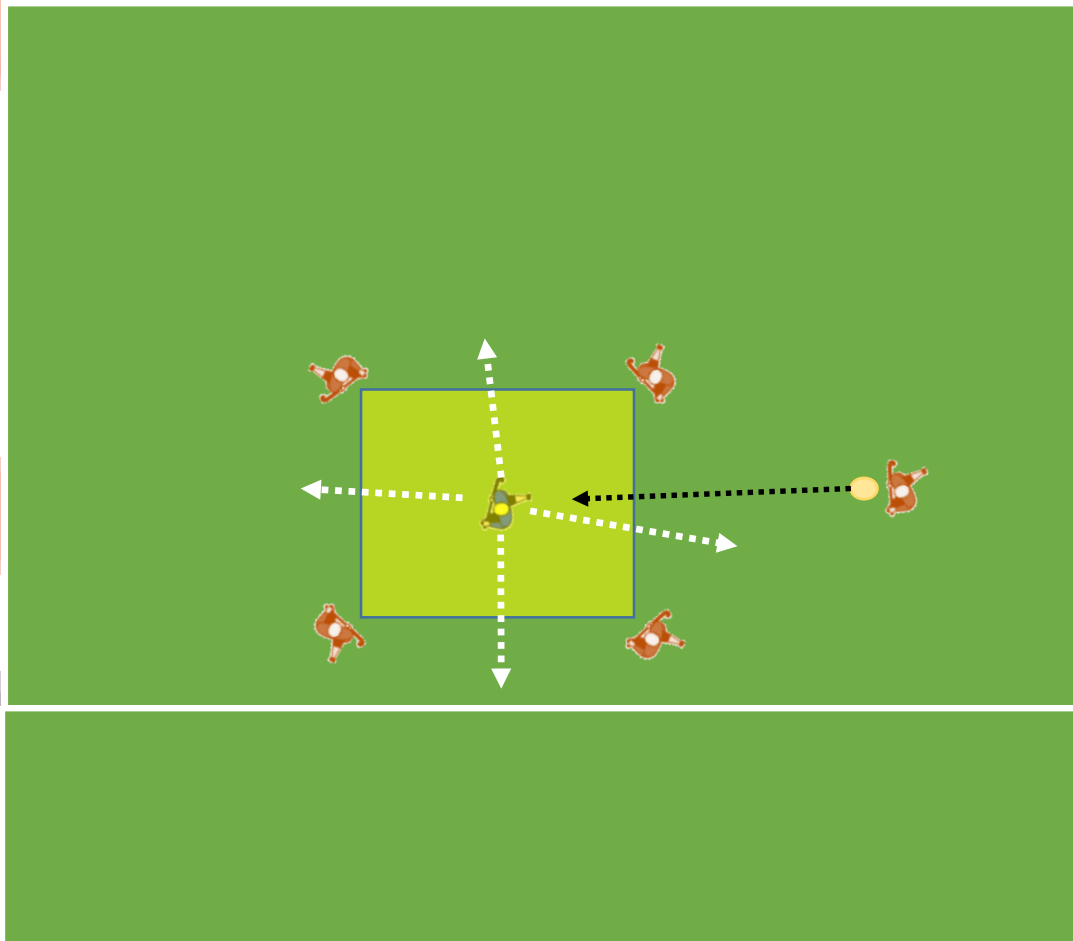
3 players start in triangle formation, with the point starting back to goal.
The two base players start with a ball each.

FOCUSSES:

2 touch passing – quality receive and distribution.
Head and top hand stay steady and over the ball to ensure quality receive and pass.
Left hand out in front (upright) and soft right hand on receive & pass.

DRILL:

- (1) Player 1 & 2 take turns in passing to player 3.
- (2) Player 3 must 2 touch each receive & pass the ball to the same player
- (3) All players move towards goal until the orange (player 3) receives on the top of the circle, they then turn and shoot.
- (4) The player left with the ball, must run around the cone and hit a ball into the spot/back post for a deflection.



Receiving Under pressure

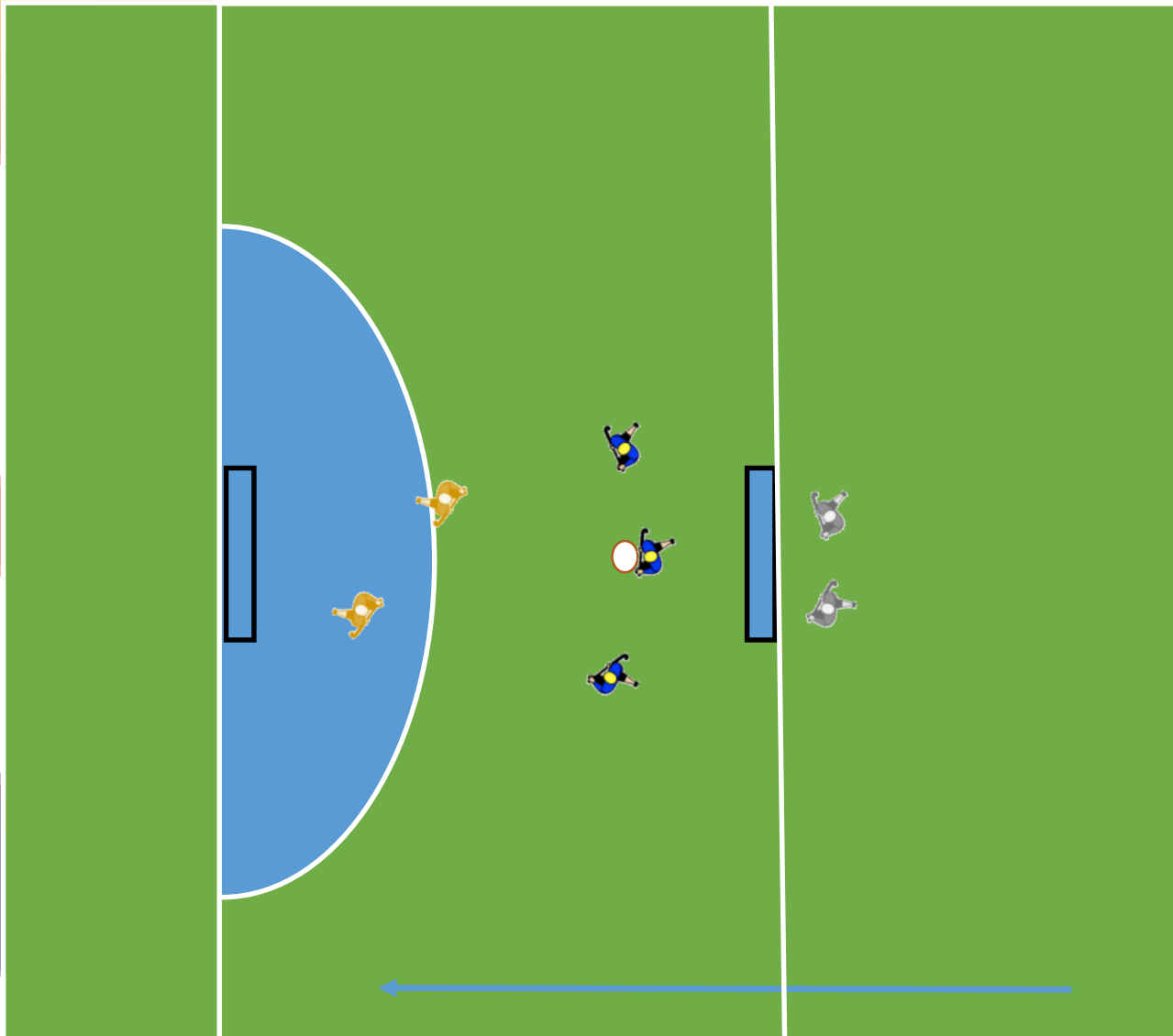
FOCUS:

- Receiving under pressure
- Receiving in motion (RIM)
- Quality first touch (upright, left hand upright, soft right hand)
- Double/Triple teaming (low left hand & mobile)

Setup a box (4 cones) with a defender on each cone and a receiver in the middle. Each player gets 5 receives inside the box

DRILL:

- (1) 1 player feeds the ball into the player in the middle. As soon as the ball is fed, all 4 defenders can engage the receiver and make a tackle (they cannot intercept the first pass)
- (2) The receiver must receive in motion, attempting to receive and dribble outside the border of the box. Each time they exit the box with the ball, they gain 1 point.
- (3) If the defenders win the ball, they must make 2 x passes to each other for that ball to be finished.



3V2 Continuous

FOCUS:

- (1) Width & depth of attack
- (2) Never pass through the face of a defender – find space/pass to advantage
- (3) Running on angles/Receiving at speed

DRILL:

2 x goals (1 on 25 & 1 on baseline).

- (1) 3 players start in attack and aim to get a shot on goal
- (2) 2 players defend and try to make a tackle/intercept
- (3) If an attacking player makes a poor pass, is tackled or misses a trap or misses a shot, they then join in with the defending team, who'll now attack the opposite goal.
- (4) When the Orange team attack the opposite goal, they will then have 3 players (including the player who made an error) and attack the grey team who will defend with 2.
- (5) This is continuous with any players making a mistake joining in on the next attack and essentially having the run further/constantly