

Hockey SA



2015 U13 State Teams Presentation
Coaching & team resources

Team Goals & Values

Team Goals:

1. Top 4 finish
2. Continue to improve every time we step on the pitch.
3. Make the opposition fear & respect the hockey that we play

Team Values:

1. Team orientated - No individuals
2. Respect each other
3. Strive to be better
4. Give everything, leave nothing

'We went out there as a team and believed we could win. I am an Olympic champion.'
- Mark Lewis-Francis

Positions (Abbreviations)

Goalkeeper - GK

Centre Back - CB

Sweeper (Sw) - Free Centre Back

Left Back/Right Back (Right Half/Left Half)

Defensive Midfield (DMF) - Also known as Centre Half (CH)

Attacking Midfielder (AMF) - Also known as Inners (In)

Strikers (s)

Defence

Every player on the field MUST defend;

Strikers - Chase back so we outnumber the attacking team

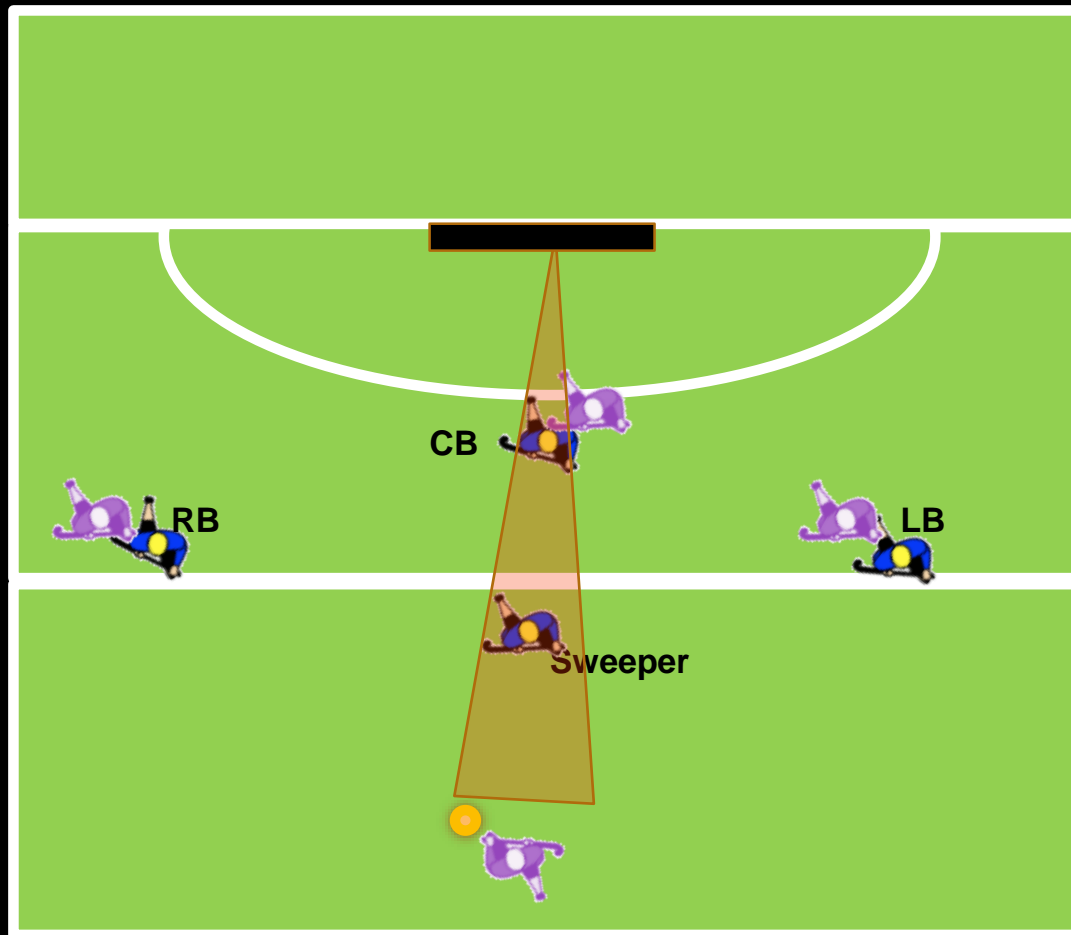
Midfielders - Run back with their players so they're not open to pass to

Defenders - Mark opposition attackers and make tackles to stop them scoring

Rules:

- 11 players behind the ball for free hits
- Make it as hard as possible for the other team to score
- Stay in the contest
- Accountability - Beat your opponent 1V1

Defenders - Roles



LB/RB - Always marking Strikers

CB - Always marking Strikers

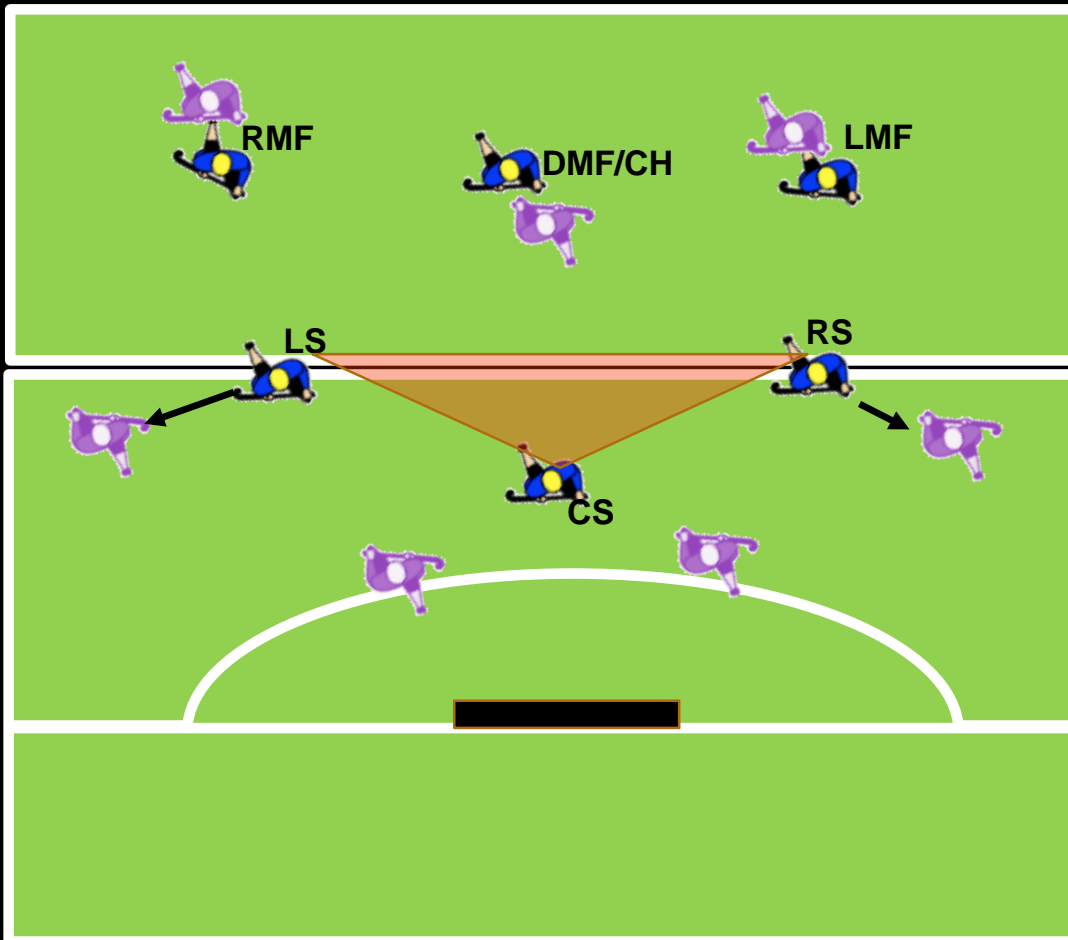
Sweeper - Covers 'Danger line'

*Danger line from ball carrier to the goal

Key points as a Defender:

- Communication
- Marking (watch the ball & your player)
- Strength & mobility

Pressing - Midfielders/Strikers - Roles



Midfielders - Always marking opposition players
*DMF/CH - Mark opposition CH
*Midfielders - Marking opposition Inners/Midfielders

Strikers - Arrowhead formation

Centre Striker - Point of the 'Arrowhead'

Left Striker - Waits until the opposition Wide player receives the ball and then pressures & runs with that player

Right Striker - Waits until the opposition Wide player receives the ball and then pressures & runs with that player

Attacking concepts

The ball moves faster than you - Shift the ball to attack

The ball never gets tired...

Rules:

- Everyone must have a team mate available
- Don't crowd the ball carrier
- Pass to eliminate
- Be smart - Don't hit for the sake of hitting. If we have the ball they cannot score! Own the ball!
- Use the space available. Don't play into congestion

ATTACKING SET-UP (OUTLETTING)

CB & Sweeper - 1 on either side of the field

LB/RB - must be available to pass to. **NOT BEHIND A STRIKER**

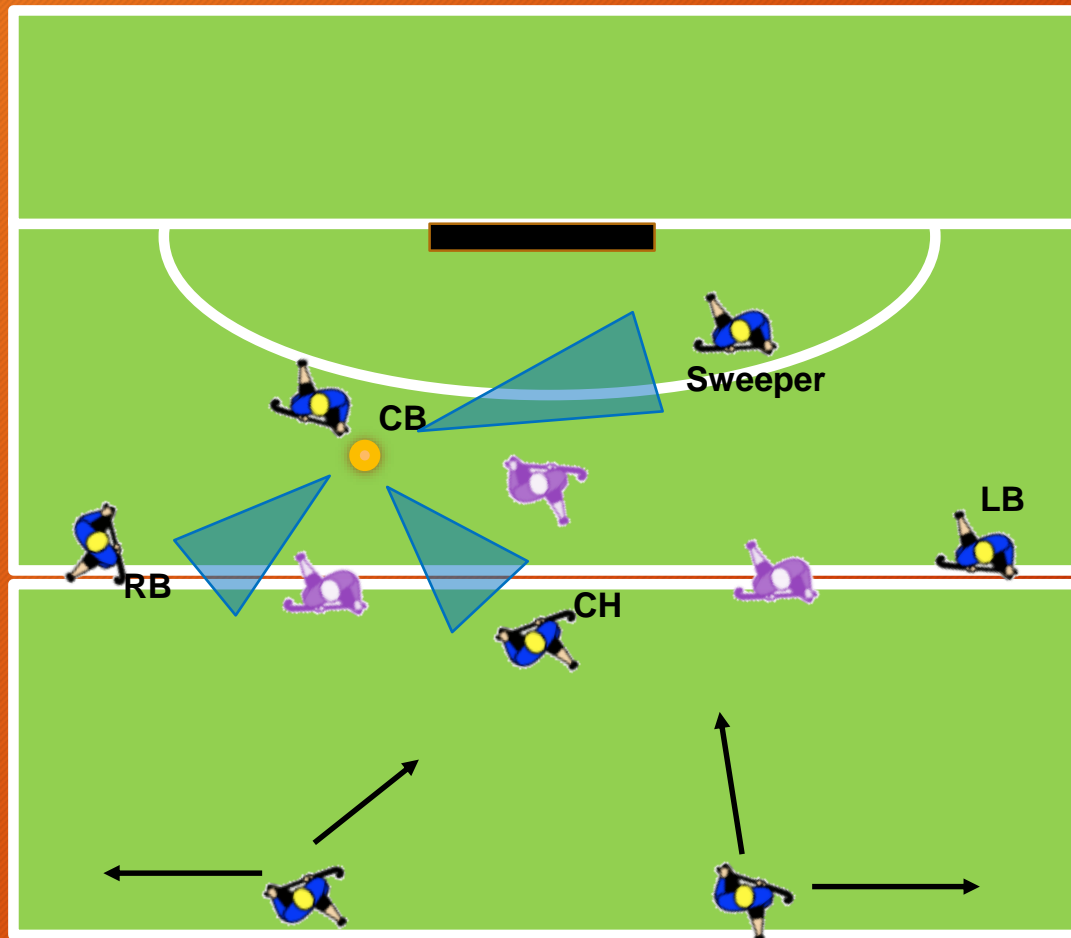
CH - In behind opposition Strikers

L/R MF - Set-up around half line and lead into space

Strikers - Can see the whole field in front. Lead into spaces and gaps in between defenders. **Do not go into our defensive half**

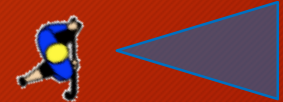


Attacking Roles



OUTLETTING:

CB/Sweeper - Must always have 2 passes available when given a free.



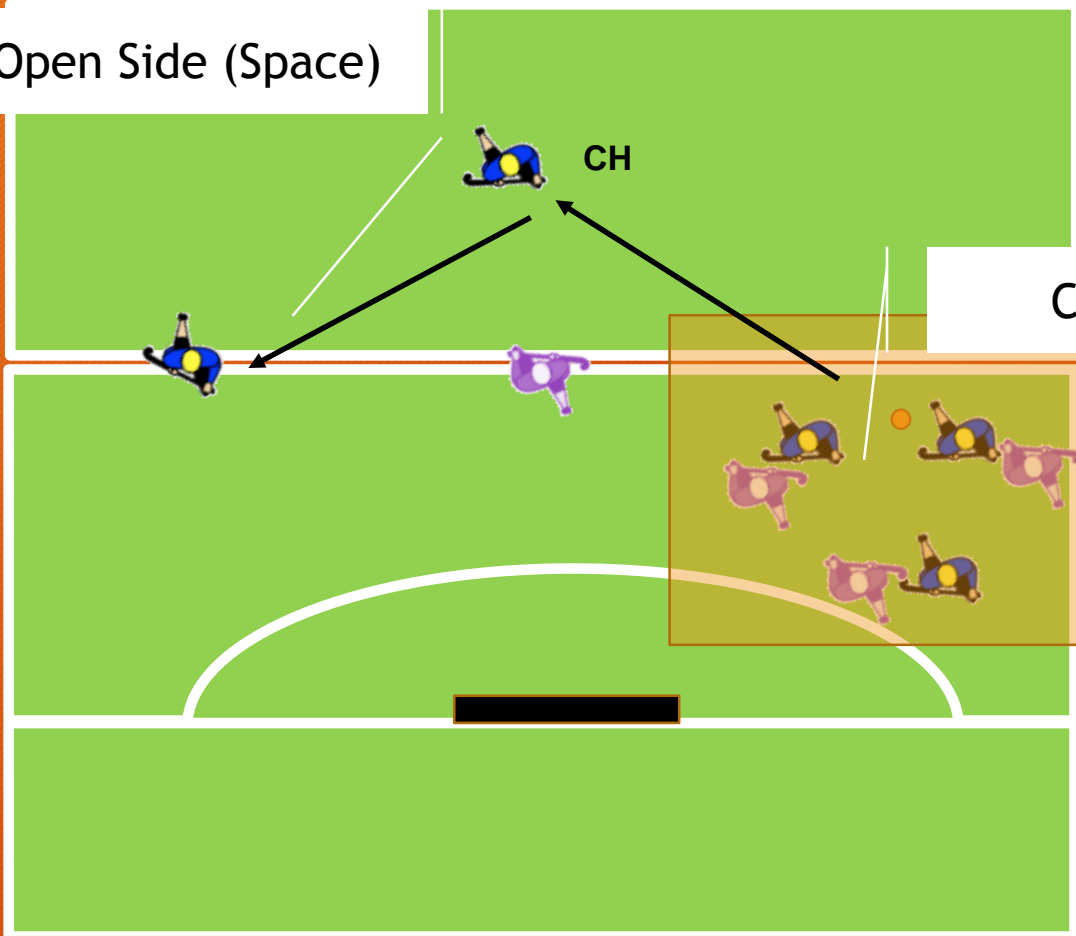
RB/LB - Cannot hide behind strikers. Must be available.

CH - Leads between opposition strikers

L/R MF - Lead into gaps for hits or short passes from CH/RB/LB

With The Ball (Spatial Awareness)

Open Side (Space)



MOVE THE BALL - It's quicker than you
SPACE - Use space to attack.

Congestion

OPEN SIDE - The open side is the 'Non-Ball Side'.
If there isn't space look to pass the ball to the
open side