



COACHING JUNIOR HOCKEY

Basic Skills & Training Exercises

Suited for beginner coaches of Year 3-8 Teams

WORKSHOP 2 - TRAINING SESSION & BASIC SKILLS/DRILLS

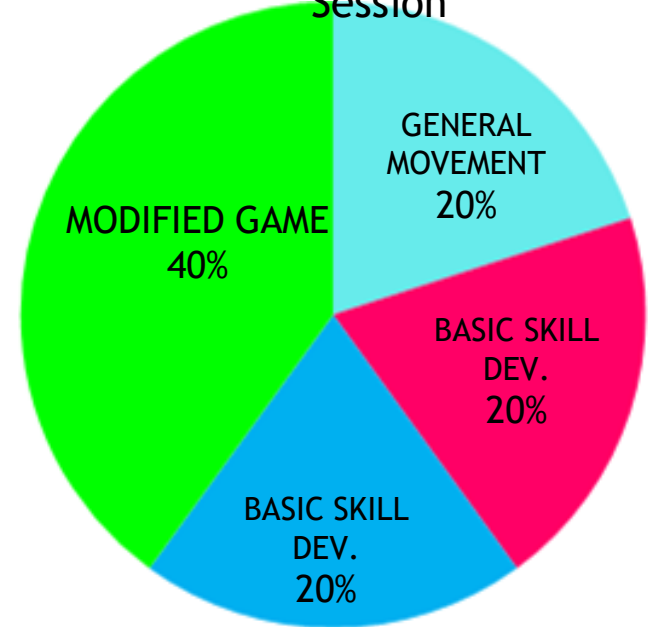
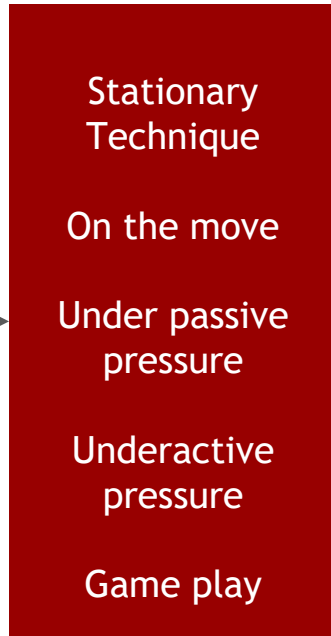
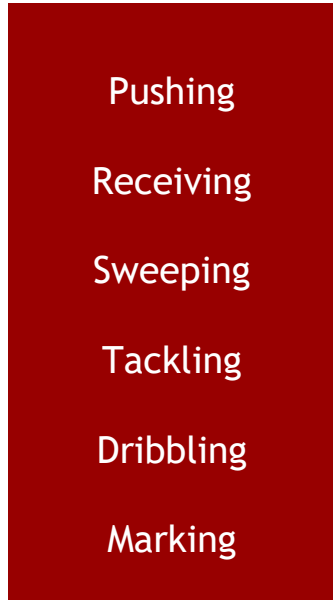
Skills Required



Skill Progressions



Incorporated into the Training Session



Useful Video Resources

WORKSHOP 2 - TRAINING SESSION & BASIC SKILLS/DRILLS

NORTH HARBOUR HOCKEY 1982 **DRILL VARIATION GUIDE**

S **SPACE: HOW CAN THE AREA OF PLAY CHANGE?**
Bigger, smaller, different shape, movement in the space, rules applying to the space, outside & inside lines

T **TIME/TASK: HOW IS THE NATURE OF THE TASK PRACTISED?**
Break the skill into smaller components, practise alone, in pairs, groups. Add time elements for pace of the skill or length of game

E **EQUIPMENT: HOW CAN THE EQUIPMENT BE VARIED?**
Change the type/size of equipment, change how you must use the equipment, add more or less

P **PEOPLE: HOW CAN THE PEOPLE CHANGE?**
Add/reduce players, restrictions/allowance for certain players, role of each player

HARBOURHOCKEY.ORG.NZ

An easy acronym to remember when brain-fog gets the better of you!

Have a read over before practical session next week

Warm Up Activity Body Parts

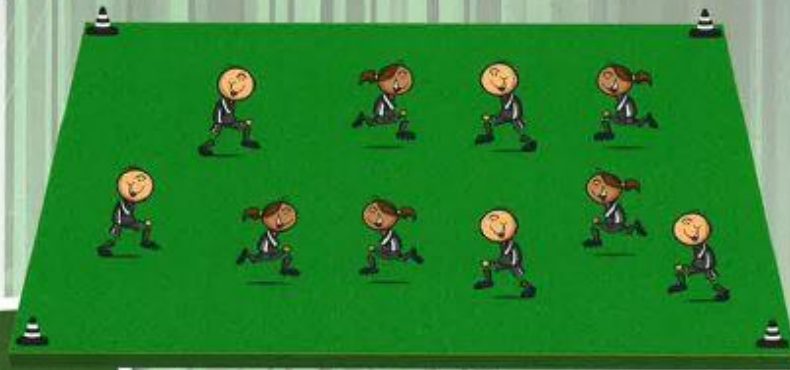
AIM: To get children moving, listening and acting on instructions.

ACTIVITY:

- Players spread out in area – they must remain in coned area
- Start the game on signal
- Once players are moving around – coach calls body part
 - Nose
 - Face
 - Elbow
 - Knee
 - Tummy
 - Back
 - Hands
 - Fingers
 - Ankle
 - Bottom
- The player must touch the floor with that body part

VARIATIONS:

- Can use any injured participant to call out instead of coach.



EQUIPMENT:

- 4 cones

SET UP:

- Mark a square area 25m by 25m or appropriate size for numbers or age of participants
- Use 4 cones to mark the corners

SAFETY:

- Make sure that there is enough space to avoid collisions
- Place body part gently on floor so there is no injury
- Use 2 identical stations if more than 30 children

Warm Up Activity Cone Up Cone Down

AIM: To introduce players to hockey movements, reaching down to flip the cones while moving, and awareness of space and vision.

ACTIVITY:

- Divide the group into 2 teams of equal numbers
- Team 1's objective is to knock the cones down
- Team 2's objective is to put the cones back up
- Start with half cones up, and half cones down
- Players have to grab the cone and turn it over not just hit the cone to knock it over
- After 1-2 minutes stop and count the number of cones up and the number of cones down. Whichever team has the most wins
- Swap so that team 1 now puts cones up and team 2 knocks them down.

ACTIVITY EXTENSION: CONE BALL

- Place all the cones up the right way
- Secretly place tennis balls under 6 different cones
- Teams work against each other to locate as many of the tennis balls as they can.

VARIATIONS:

- Participants can only use one hand
- If there is a player in a wheel chair, cones can be set up on a chair or bench beside that player so that they can be included

COACHING QUESTIONS:

- "How can you do it faster as a team?"
- "What body position makes it easier?"



EQUIPMENT:

- Bands/bibs for tails
- 4 big cones to mark out area
- 20-30 cones for activity (dependant on number of participants)
- 6 tennis balls.

SET UP:

- Mark a square area 20m by 20m
- Use 4 cones to mark the corners

- Place all the other cones within the square – half up and half down
- EXTENSION: place all cones the right way up hiding 6 tennis balls

SAFETY:

- Increase size of area to make it safe
- Use 2 identical stations if more than 30 children.

Roll a Ball

AIM: To provide players with an opportunity to receive and pass a ball. This session will develop eye ball coordination skills, communication and teamwork.

ACTIVITY:

1. "ROLL THE BALL IN THREES"

- Put the players in threes
- Roll the ball around the group – clockwise
- Move and pass amongst the three
- Encourage players to talk to each other to help them get "ready to receive a roll"

2. "ROLL A BALL GAME"

- Teams of 3 or 4 – 1 team has bibs
- The game is started at the centre point. One team has the ball
- Players can roll their ball to each other and try to move the ball into the other teams area and roll the ball into the goal
- Players can move (walk, run) but they must stop and pass (roll) when they are tagged by the other team
- The other team gets the ball:
 - if they intercept a pass
 - if a goal is scored
 - if the ball goes over backline
 - if the ball goes over the sideline

COACHING QUESTIONS:

- "Is it difficult to stop the pass or intercept the ball?"
- "How do you decide when to pass and when to run?"
- "How do you know where your players are?"



VIDEO - Mouse over for controls

EQUIPMENT:

- 6 tennis balls
- 2 goals – can be cones
- Bibs

SET UP:

- Set up area as in diagrams above

HOW TO HOLD THE STICK & BALL CONTROL

My Hockey Stick

AIM: To provide players with an opportunity to get familiar with a hockey stick.

ACTIVITY:

1 PICK UP A HOCKEY STICK

- Sticks laid out on ground – evenly spaced, flat side down
- Children select a place and stand behind a stick

Coach says

- Hold up right hand
- Hold up left hand
- Step forward and put left hand on top of stick and right hand down by colour change
- Stand up with stick and hold out in front
- Turn stick backwards and forwards
- Can you see your stamp or sticker?

2 RUN WITH STICKS

- Holding sticks in right hand as players run around area with their sticks, avoiding each other
- Divide players into 2 teams for a stick relay.
- Players run 10m and touch their stick with their team mate's stick
- Once touch is made that team mate runs back the other way
- Go through a couple of times



EQUIPMENT:

- 16-20 hockey sticks – one for each player

SET UP:

- Stand participants along a line
- All players should get sticker or stamp on right hand if have not got one already

SAFETY:

- Ensure the playing area is safe with no holes

HOW TO HOLD A
STICK - HNZ
COACHING
RESOURCE

[CLICK HERE TO
VIEW VIDEO](#)



L1 - GAME SENSE

**FUN
STICKS**
FOR ALL AGES AND ABILITIES

HOW TO HOLD A STICK



Left hand at top

Right hand half way down



L or V facing down the stick

Flat side facing away from
the body



BASIC SKILLS - BALL CONTROL

Basic grip for receiving, dribbling and pushing

- The left hand at the top of the stick
- The right hand halfway down the stick - around 30cm
- Check left forearm is in line with stick so back of wrist points forwards
- Both arms slightly bent at the elbows

Left hand - used for control of the stick (turning)

Right hand - used for extra strength & guidance

No - There are no left handed Sticks!



Common Errors:

- Hands around wrong way,
- Hands too close together,
- “V” of left hand facing too far towards flat (face) of stick

BASIC SKILLS - BALL CONTROL

Carrying (dribbling) the ball:

Key Coaching Points

- Low body position
 - *Bend at the knees*
 - *Body weight shifts with the ball*
- The ball should be out in front of the body
- Left (top) hand turns the stick via wrist and elbow, so the head of the stick rotates over the top of the ball.
 - *Left elbow must stay out, not bent in towards body.*
 - *Right (bottom) hand remains loose during rotation, creating a guide for the stick to spin within.*
- Right hand then guides the stick to allow for pressure to be created against the ball



DRILL IDEA- BALL CONTROL

YARD STICKS

Aim: To understand the feeling of controlled ball movement. Feeling of shift body weight as the ball moves.



- 1 ball per player
- Players shift the ball from forehand to the reverse repeatedly. Set a time limit and see how many times players can complete the skill.

Advance the skill by asking players to drag the ball outside of line of the feet, back and forward

Coaching points:

- Shift body weight from one foot to the other as you drag the ball.
- Bent knees - like sitting on a toilet

DRILL IDEA - BALL CONTROL

MIRROR BALL

Aim: To encourage players to keep their eyes/heads up or forward, while maintaining ball control.

- 1 ball per player
- Two players facing each other, with a marked line in between (use a sideline or field line)
- Players chose a lead and the other player must copy what the lead does with the ball. Run the drill in sets of no longer than 1 minute depending on the level of the players.

Coaching points:

- Players keep their eyes upward to copy the leader



DRIBBLING

DRILL IDEA - DRIBBLING

RED LIGHT, GREEN LIGHT:

- Remind them to get into the 'Hockey Position' (Like a HAKA POSITION)
- Bend at the knees to keep their head up so they can carry with vision.

Green light, Red light

DESCRIPTION

All players start on the baseline with a ball each.

Coach starts on the finish line (can be different lengths depending on ability). Coach should have a green cone on one side and a red on the other.

When the coach moves towards the green cone the players start dribbling out towards the finish line, keeping the ball under control.

When the coach moves to the red cone the players must stop. If a player doesn't stop within 2 steps then they must return to the baseline to restart.

Whichever player crosses the finish line first is the winner.

COACHING POINTS

Encourages players to look up while dribbling quickly and react to movement in front of them.

Coach can also hold the cones behind their back and show the green or red when required.



DRILL IDEA - DRIBBLING

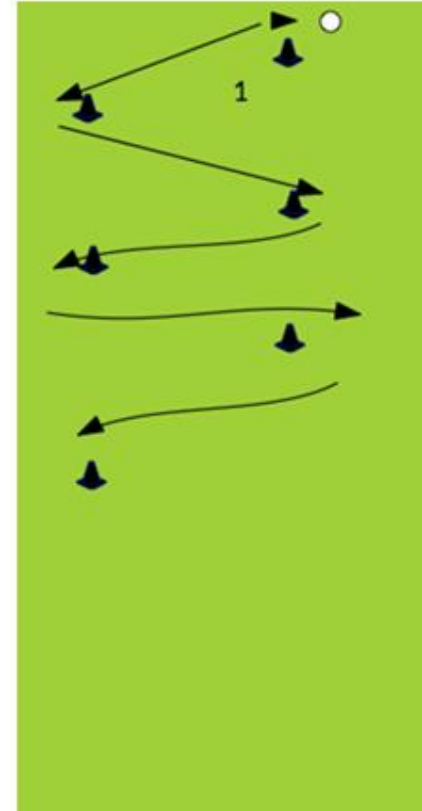
Zig Zag WEAVE

- 1 ball per player
- Players start at one cone and weave (dribble) around the OUTSIDE of the cones to the end
 - A goal at the end for them to shoot adds to the excitement

Coaching points:

- Start by walking to allow time for ball control
- Quick foot movement
- Hands apart and knees bent
- Keep ball away from feet

Advance the drill by changing direction of the zig zag. This will mean they have to get their feet quite far around the cone if they are not confident to use their reverse



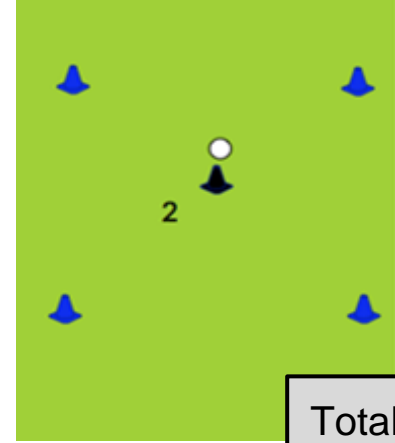
DRILL IDEA - DRIBBLING

STAR DRIBBLE

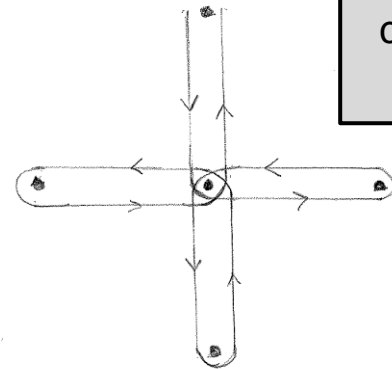
- Place 5 cones about 4m apart to create a “cross” pattern
- Players must dribble around the cones always coming back to and turning left at the middle cone, until they are back to where they started
 - ○ Players can time themselves and see how fast they can complete the “Star”
- Players should aim to make tight turns, keeping the ball on their sticks and close into the cones also ensuring their feet move around the outside of the cone.

Coaching points:

- Start walking then progress to running
- Quick foot movement around the ball
- Players can practice turning right at each cone and carrying the ball on their reverse



Total distance is approx 8m, central cone is 4m



Vision Dribble

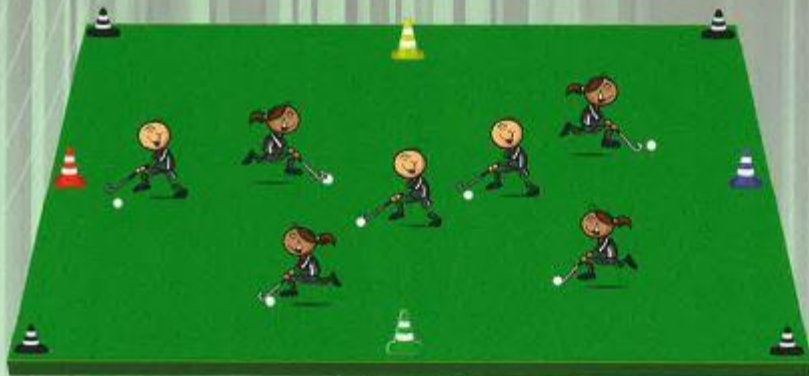
AIM: An introduction to moving the ball with a stick. It also promotes good listening skills and awareness of space.

ACTIVITY: VISION DRIBBLE

- Players dribble the ball slowly at start staying inside area
- Once players are moving around dribbling their ball, the coach calls out one of the colours of the cones (red, yellow, purple, green) – players must dribble past that colour as quickly as they can but with their ball under control
- Start again from the middle
- If there is a player that is injured they could call the colour
- Coach to assist players with their grip and hand positions to make it easier for them to move the ball

VARIATIONS:

- Hold up different coloured items – e.g. bibs/cones instead of telling them – good for vision
- Last person behind the cones does a dribble circuit around the outside – and rejoins after the next round



EQUIPMENT:

- 4 cones to mark out area
- 4 coloured cones as in diagram
- Sticks and balls for all players

SET UP:

- Mark an area 25cm by 25cm or appropriate size for group
- Use 4 cones to mark the corners
- Coaches take part to help demonstrate

SAFETY:

- Increase size of area to make it safe

Minefield

AIM: An activity promoting an awareness of space as well as an introduction to moving the ball with the stick.

ACTIVITY: MINEFIELD (5mins)

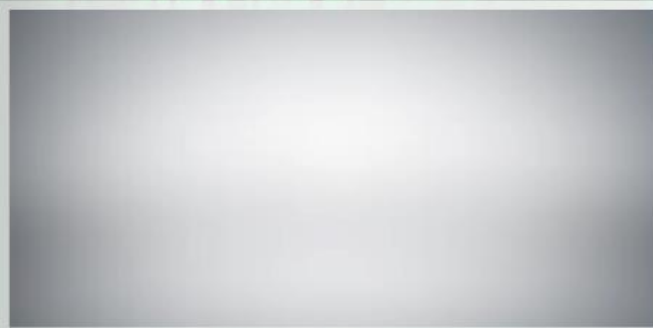
- Mark an area 25m by 25m or appropriate size for group
- All players have a ball and are lined up at one edge of the area
- The area has cones placed randomly throughout
- When the coach says GO the players need to dribble their ball through to the other side of the area without disturbing any of the cones (mines)
- Players should change position so they are taking a different route through the minefield each time

ACTIVITY 2: MINEFIELD WITH CHASER (5mins)

- One player is nominated as the chaser and stands 5m behind the other players without a ball
- All other players have a ball and are lined up at one edge of the area
- When the coach says GO, the chaser chases the dribblers and the dribblers dribble their ball through to the other side of the area without disturbing any of the cones (mines) and without being tackled by the chaser
- Any player tackled by the chaser, or blown up by a cone, joins in as a chaser for the next round

COACHING QUESTIONS

- What position do the hands need to be in to make it easier to control the ball?
- How can you see where the mines are?
- Which type of dribble is best to use?



VIDEO - Mouse over for controls

EQUIPMENT:

- Sticks and balls for all players
- 30 cones to act as "mines"
- Bands for chasers

SET UP:

- Mark an area 25m by 25m or appropriate size for group
- Use 4 cones to mark the corners

- Coach(es) take part to help demonstrate

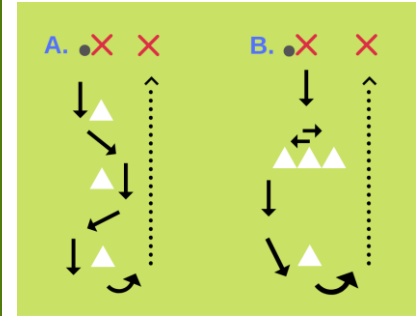
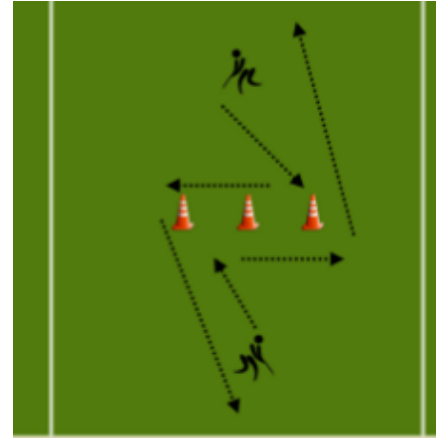
SAFETY:

- Ensure the play zone is a flat surface
- Increase size of the area to make it safe
- Restrict the numbers of dribblers for each turn

BASIC SKILLS - DRIBBLING (ADVANCED)

FLAT SKILLS - DRAGGING (A) & INDIAN DRIBBLING (B)

- In groups set up coned line in the middle of both groups
- Players run up to the cone and drag the ball to the other side of the cone then run to the otherside
- After a time limit the drag or roll changes to the other direction



Coaching Points:

- Keep ball on stick at all times
- Hands apart
- Bent knees / body weight shift when dragging

Advance the drill by getting players to do it simultaneously or changing the cones



The start of the video talks through technique for left to right drag

PUSHING & RECEIVING

BASIC SKILLS- PUSHING & RECEIVING

Receiving the ball

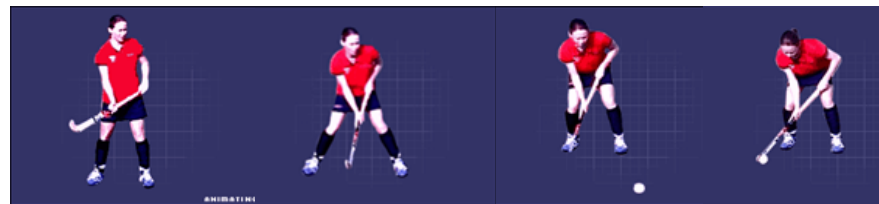
- Low hockey position & "V" grip
- Right hand is relaxed and absorbs the ball
- Ball should be stopped side on and nearer the back foot
- Try use head of stick only (stay upright)
- Encourage forehand receiving, rather than reverse

[CLICK HERE to view video](#)



Pushing the ball

- Low hockey position & "V" grip
- No backswing
- Ball starts side on and nearer back foot
- Strong extension of right arm pointing in the direction of where it is going
- Increase speed and power by transferring weight from right to left foot
- Encourage forehand passing rather than reverse



DRILL IDEA - PUSING & RECEIVING

PASSING ON THE MOVE

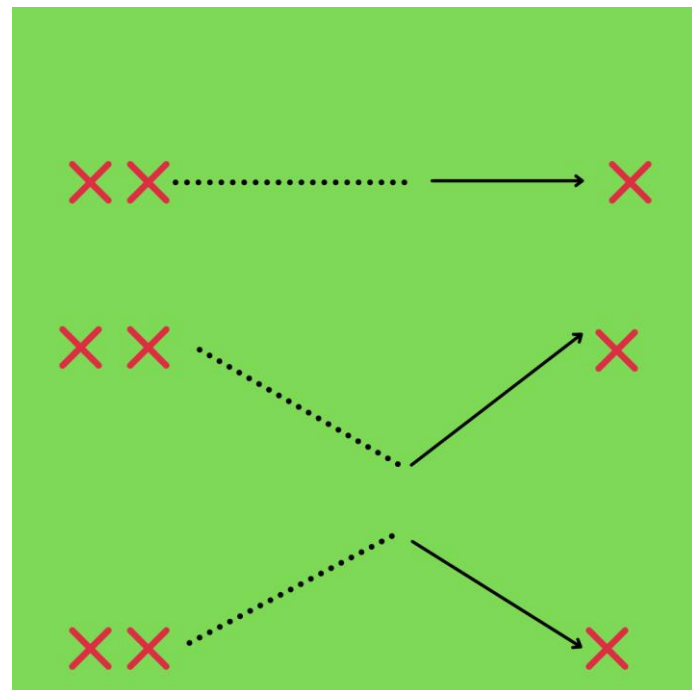
Aim: To practise how to move feet around the ball to make a good pass

- Groups of 3 or more, lining up to have 2 players facing each other
- Carry the ball and pass to their partner. Players follow their pass

Coaching Pointers:

- Keep the ball on the stick, minimal 'tapping'
- Players should be receiving the ball on their forehand side
- Watch players foot movement around the ball to ensure body weight has shifted for a good pass

Advance the skill by carrying the ball on an angle



DRILL IDEAS - PUSHING & RECEIVING

Pushing & Receiving

AIM: To develop good pushing/receiving skills and recognition that these two areas are key skills in playing hockey.

ACTIVITY 1: PAIRS

- Coach demonstrates how to push and receive (push, stop/trap)
- Players in pairs stand on a flat marker or near a cone opposite one another
- Push to each other and work on receiving the ball and pushing accurately

ACTIVITY 2: PUSHING AS A TEAM

- Divide players into 2 teams
- All players in each team take a position next to the flat marker or cone as in the diagram
- Each team has one ball and they must push to each other and back to the start position; (1-2, 2-3, etc., 7-8, 8-1)
- Walk through with one team first, then let the challenge begin! First team back to player 1 wins
- Encourage communication and positive comments, calling for the ball

VARIATIONS:

- Can time the activity and see if the overall time improves
- Add more balls to the start, once the 1st ball has been passed from player 2 then introduce the 2nd ball

COACHING POINTS: PUSHING

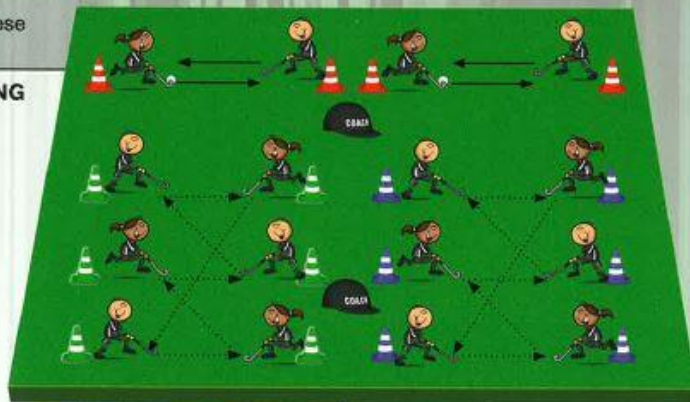
- Hands 25-30cm apart
- Start with the stick against the ball
- Transfer weight from right to left as stick pushes through the ball
- Low body position and follow through with stick pointing in the direction the ball is travelling
- Left shoulder pointing towards the direction of the pass

COACHING POINTS: RECEIVING

- Hands 25-30cm apart (Double V Grip)
- Soft hands to cushion the ball
- Keep looking at the ball as it comes onto the stick
- Contact between ball and stick should happen in front of the player, just to the right of the left foot, and the stick should move backwards slightly to cushion the ball

COACHING QUESTIONS:

- "How do you stop the ball from bouncing off the stick?"
- "Are your hands apart?"
- "Is there a hit sound when you push the ball?"
- "How do you line up to score a goal?"



EQUIPMENT:

- Stick for each player
- 1 mini hockey ball each pair
- Flat markers or cones

SET UP:

- Set up cones 5m apart

DRILL IDEAS - PUSHING & RECEIVING

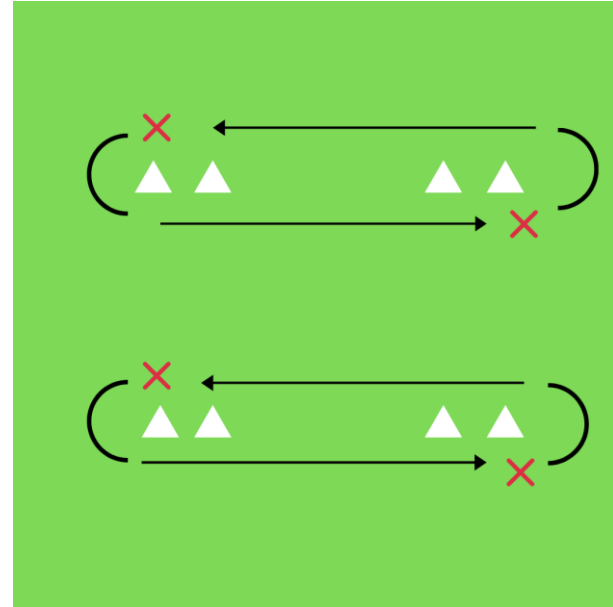
ROUND THE CONES

Aim: Understand the feel for having “soft hands” and moving the feet into a good position to push the ball after receiving.

- Two FLAT cones per person
- Player is parallel to cones (approx. 0.5 - 1m apart). This should make them side on to their partner. Lower the ability level, the less the distance between partners.
- Players pass the ball to each other, ensuring that the ball comes to their back foot and around the cones. The ball is passed back to partner, from the other side of the cones but with the player still on the same side. Stick moves around the cones.

Coaching points:

- Face side on and have soft hands - ball is guided from the front to the back foot (shifting body weight) to control the receive.
- Feet reposition to pass the ball back to the partner



DRILL IDEAS - PUSHING & RECEIVING

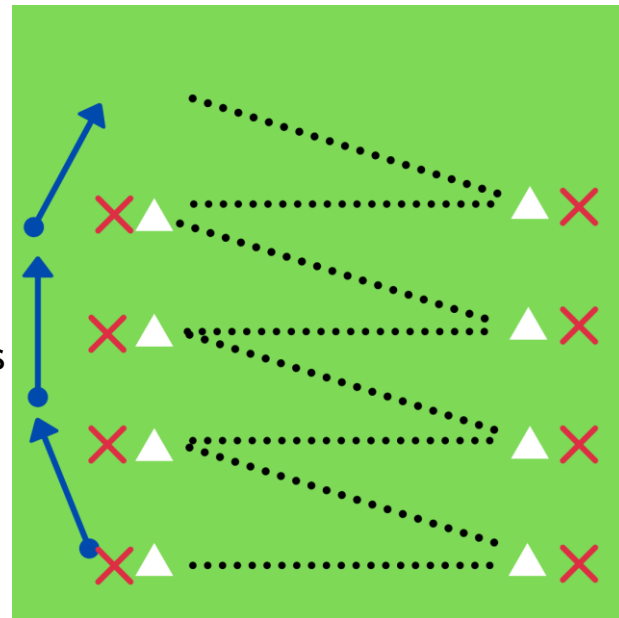
Zig Zag Snake

Aim: Understand the feel for having “soft hands” and moving the feet to push the ball on a diagonal (advanced from back and forth)

- 2 teams (doesn't matter if teams are uneven)
 - Diagram is one team
- Decide the “end” or turning point” approx 20m
 - Lesser length depending on their level/age
- Players pass the ball to each other in a zig zag, after passing they run to the end of their line to receive again. When the ball reaches the turning point, pass in the opposite direction back to the start
 - Cones can be used as markers if they get confused

Coaching points:

- Face side on and have soft hands on the receive
- Move feet between receiving and pushing in different direction
- Point foot in direction of pass



SWEEPING / SLAP HITTING

BASIC SKILLS - SLAP HITTING

Coaching Pointers

- Low hockey position & V grip
- Ball side on and placed nearer to front foot
- Stick starts on ball, comes away a dn then returns to make contact with ball
- Stick follows through to point in the direction of where the ball is going



BASIC SKILLS - SWEEPING

Coaching Pointers

- Hands together at the top of the stick
- Ball placed *almost a sticks length from the front foot*, at a 45° angle
- As the player lunges, the stick sweeps back along the ground - **Like windscreen wipers**
- The stick then sweeps forward along the ground, in a whip-like motion **knuckles almost touching the ground**.
- The ball is hit slightly further down the the stick (*away from the head*)
- The follow through is a quick knocking motion of the **wrists**, ending with the stick pointing in the direction of the target.



Common Errors:

Sweep looks more like a slap hit:

- Hands will often be too far apart

Weak hit:

- Hands won't be close enough to the ground

DRILL IDEAS - SLAP HITTING / SWEEPING

HITTING THROUGH THE GATES

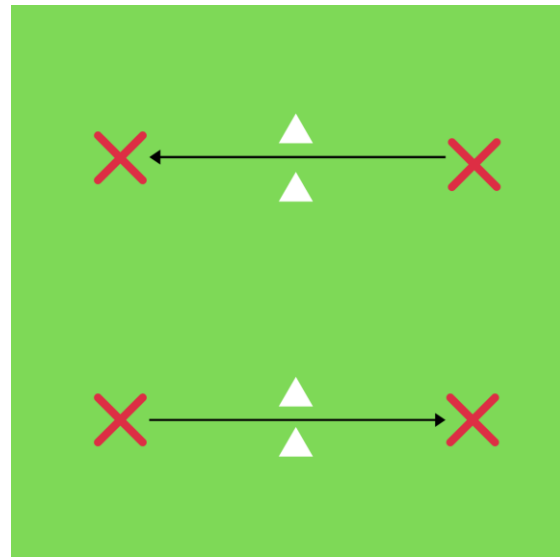
- 1 ball between two players
- Space the players apart (the further apart the harder the skills)
- Put a gate in-between the players (the smaller the gate the harder the skill)
- Players sweep the ball to each other through the gate

Coaching points:

- Hands together
- Knuckles to the ground
- Stick pointing at gate on following through
- Knees bent

To advance the drill, turn it into roller hockey (warm drill at start of the slides). Instead of using hands to roll the ball, use sweeping.

- Make the gate smaller, distance further.



BASIC SKILLS - TACKLING

Coaching Pointers

- Body side on, feet apart (split stance) and in a state of readiness (*alert - on the balls of the feet*).
- Hands apart in the basic grip.
- Low body position, knees bent and head up, stick low to the ground.
- Lunge forward on lead (left) foot, lowering the stick (*hands almost touching the ground*) on an angle and in front of the lead foot.
- Push through the ball with a firm grip and stay down on the ball until the dribbler has moved on past.



REMINDER

You can set cones up and get your team to practise without the ball first.

- Get them lunging in towards cones to practice the tackling technique.

BASIC SKILLS - FLAT STICK TACKLING



Common Errors:

Tackling from behind (overtop)
Swiping tackles

N.B It is fine for the defender to approach the tackle with **only their left hand on the stick** as long as they get their right hand to join as quick as they can post initial contact - **Two hands are required for greater strength.**

BASIC SKILLS - JAB TACKLING

Coaching Pointers

- “Fry pan grip” - left hand at top, right hand half way down stick
- Feet one foot behind the other, on balls of feet
- Gently knock the ball away from the opponent's, out of their possession
 - The right (bottom hand) may fall away from the stick



Common Error
Players get their hands mixed up (see left)

DRILL IDEAS - TACKLING

TACKLE BOXES

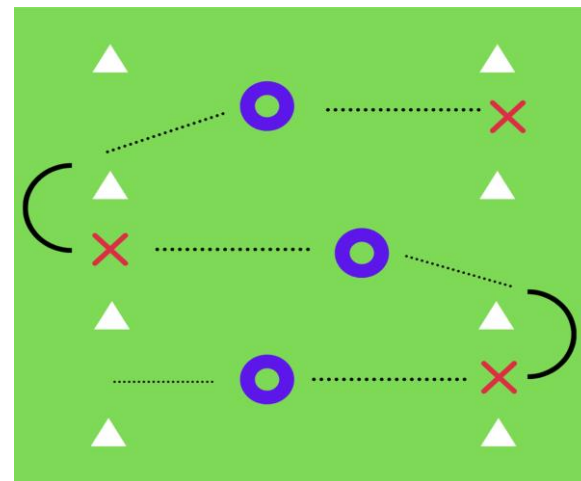
- Set up a number of squares side by side
- One player in each box (defender)
- Other players (attackers start at one end of the box and have to dribble to the other side of the box, past the defender (1 v1)
- Explain drill so players go through each tackle box

Coaching points

- Side on body position
- Hands part on the stick
- Knuckles touching the ground

Advance the drill by adding another attacker (2 v1)

Regress the drill by making the box bigger or smaller (smaller is harder for the attacker)



DRILL IDEAS - KING OF THE SQUARE

KING OF THE SQUARE

Coaching points

- No “swiping” only “touching” the ball out
- Don't make players stay out, let them earn their way back in (eg. 5 star jumps)

Advance the drill by making the square smaller or make a rule

King of the Square

AIM: To maintain possession of own ball while “stealing” or knocking away another player’s ball. Hockey skills developed are tight ball control, vision and quick foot movement in trying to “knock or jab” away another ball. The aim is to try and get through to be a “King” of the square.

ACTIVITY:

- On the word “go” all players move around the “King” zone with their ball controlled on the stick
- As the players move around they may knock another player’s ball away from them but they must not hit away their stick
- A player can regain their ball before it goes over the boundary line and keep going but once it has gone over the line they must dribble their ball around the outside of King’s Square in a clockwise direction before re-entering the game
- Play for 2 minutes – stop and coach gives feedback. Ask “Who has stayed in King’s Square the whole time? ...WELL DONE”
- Play again for a further 2 minutes – stop and give feedback
- Then play variation below

VARIATIONS:

- When the player loses their ball outside the Square, they must stand outside the area with a foot resting on their ball and wait. Each player who is knocked out must do this until there is only one player left – KING OF THE SQUARE!
- Encourage players to cheer for the remaining players

EQUIPMENT:


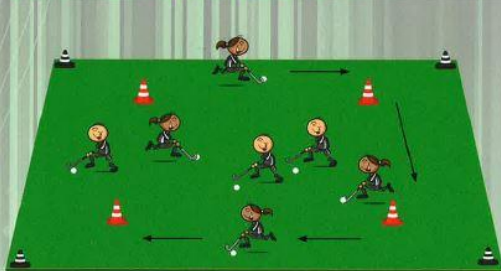
- Enough balls and sticks for one set per participant
- Cone markers for each zone

SET UP:

- A size appropriate to numbers of children

SAFETY

- Increase size of area to make it safer



DRILL IDEAS - STUCK IN THE MUD

STUCK IN THE MUD:

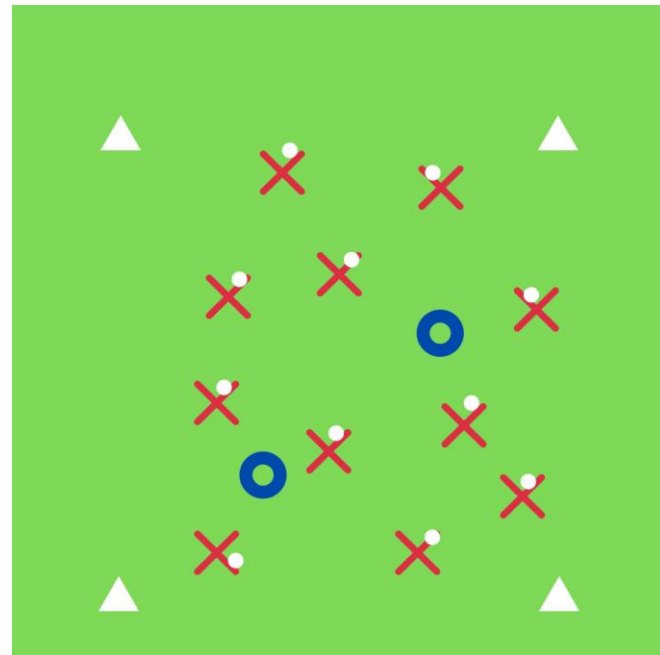
- 1 ball per player, 2 taggers with no ball
- Players must carry their ball in the marked area, avoiding to get tagged
- Players are tagged by the tager “touching” their ball
- Once tagged player stands still and a fellow player must dribble ball between legs to be free

Coaching points

- No “swiping” only “touching” the ball to tag

Advance the drill by adding another tager or making box smaller

Regress the drill by making the box bigger



BASIC SKILLS - MARKING

Coaching Pointers

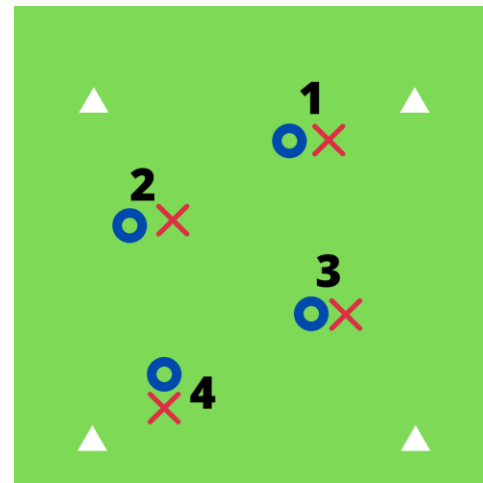
- Players stand next to their opposing position on opposition team
- Should be so close you can touch them
 - This way they can intercept if they think they can get the ball
- In the circle stay with the man they have, don't switch until in a safer part of the field

DRILL: MARKING YOUR PLAYER

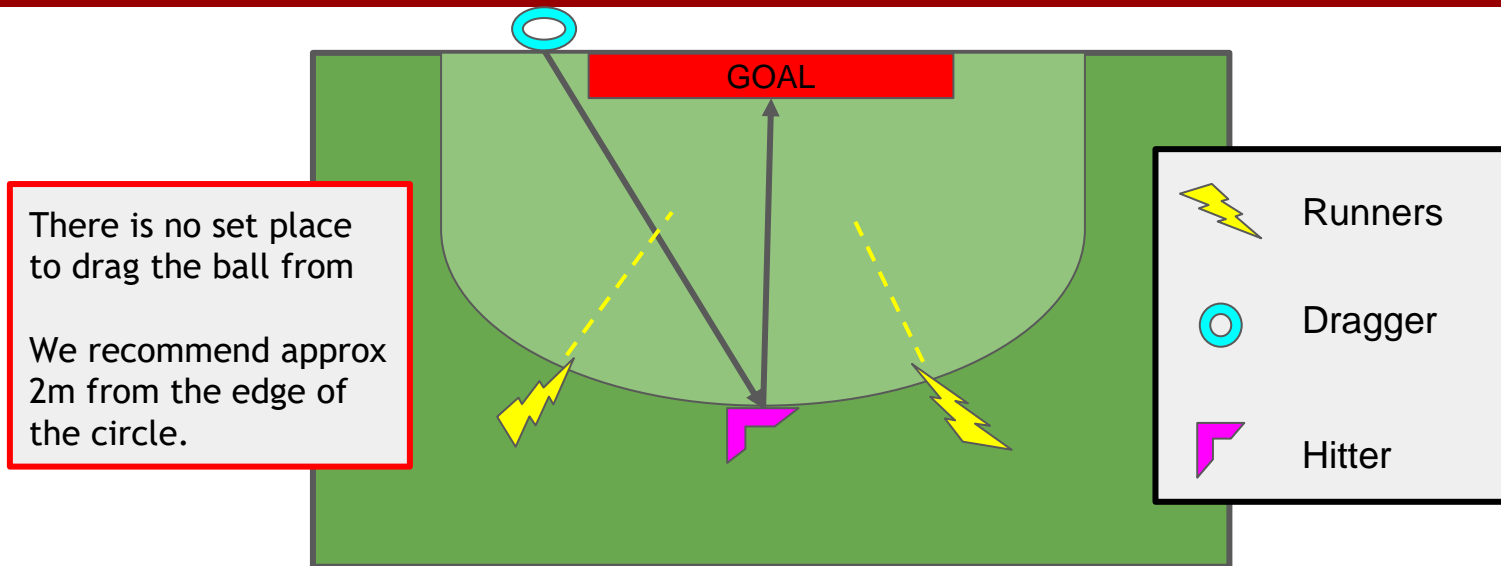
- In a marked area, set up two teams
 - Tends to work easier with goals
- Number each player in the team so that, there is two of each number
- Normal game except can only tackle the person with the same number

Coaching Points:

- Pair up players of similar ability
- Stay close to your partner



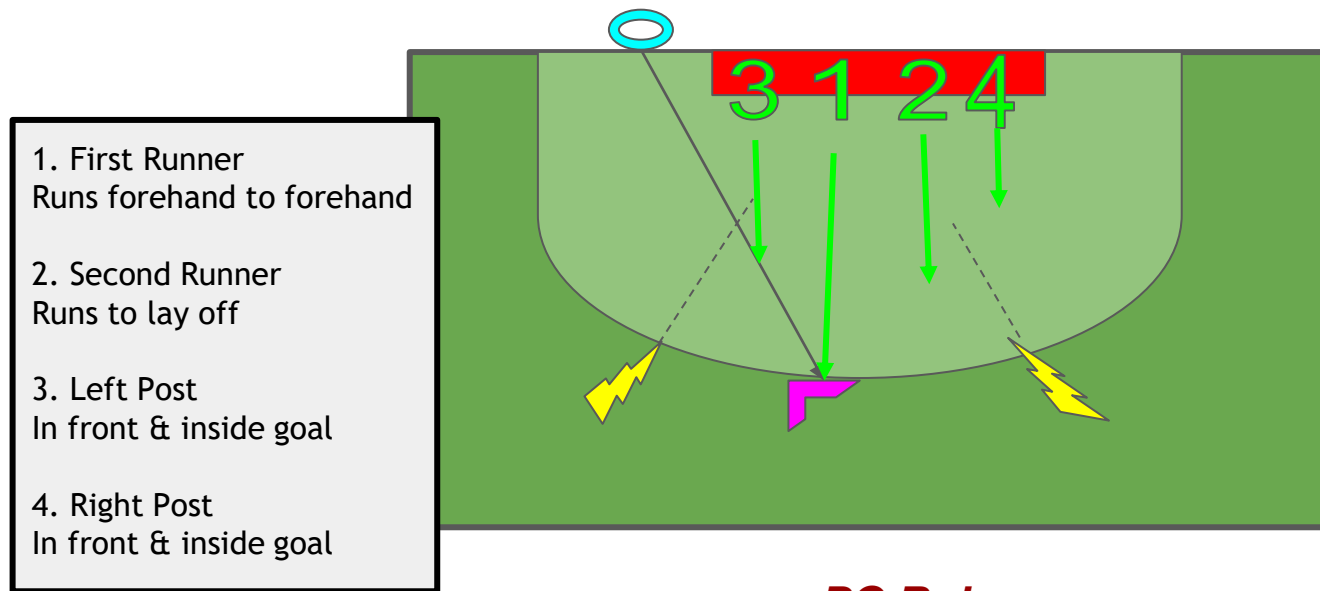
PENALTY CORNERS - ATTACKING



PC Rules

1. The ball must go outside the circle before a shot & shot must be below backboard height
2. 1 foot outside the line when dragging out.
3. Dragger can only touch the ball once - someone else must get it and bring it outside the circle if the drag is messed up
4. Players cannot enter the circle until the ball has left the baseline
5. No subbing during a PC

PENALTY CORNERS - DEFENDING



PC Rules

1. 4 players stay in the goal and other 2 of their players have to go stand in their attacking circle
2. No players can enter the circle until the ball has left the baseline when dragging out

ONLINE LEARNING - FACEBOOK GROUP

Ongoing Support throughout the season

- Safe environment
- No silly questions
- All are welcome
- Tell your friends/parents!

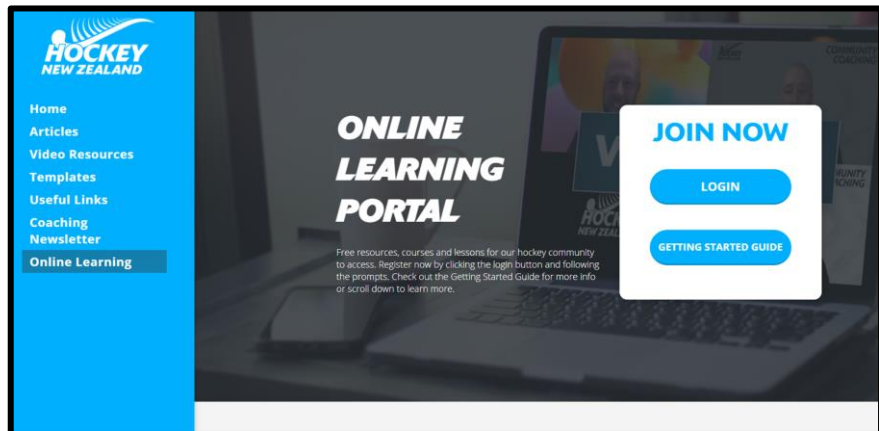


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ONLINE LEARNING - WEBSITES



HNZ Online Learning Portal

Generic coaching resources, a useful tool/starting point

[CLICK HERE to register](#)



Sports Plan

Great for drill ideas

[Click here](#) for Sports Plan