

GUIDE TO COACHING JUNIOR HOCKEY

**Designed for coaches new to coaching hockey players
Under 12 years old**



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STRUCTURE - 1/4 TURF

YEARS 3 & 4, 5 & 6

GAME STRUCTURE:

- 6 Players on field + substitutions
- Game is played in 1/4 of a standard turf
- 2 x 13 minutes, 1 minute half time (water break)
- Team that scores the most goals wins

HOW TO START GAME :

- Game starts with a push forward/back at halfway by one team.
- Each Team must be behind their side of half way.

FIELD OF PLAY:

- Over the yellow lines is out of play

HOW TO SCORE:

- Ball is touched (pushed) inside the **10m score zone/line** by attacking team.
- There are **blue cones** set to indicate zone but **there is no actual blue line**

AFTER A GOAL IS SCORED:

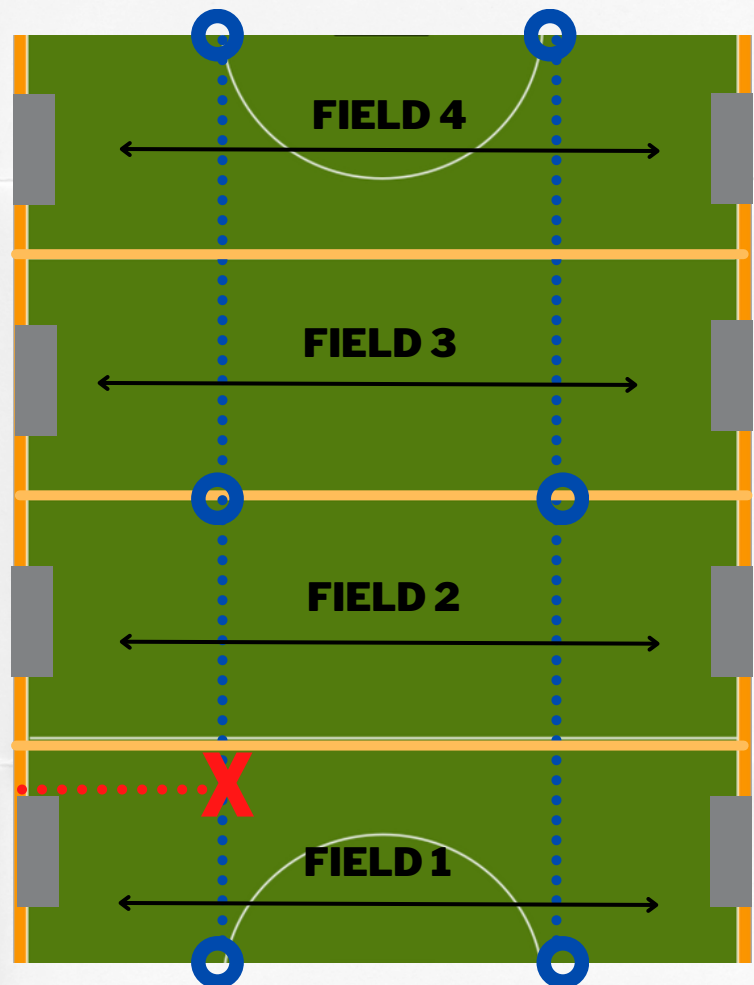
- The game restarts at halfway, with the team that didn't score.

RE-STARTING: GENERAL PLAY:

- The game stops when the ball goes out or a team makes a foul
- The team that does not cause the foul or put the ball out, re-starts play

RE-STARTING: ATTACKING LONG CORNERS:

- Occurs when the ball goes over the baseline by defending team
- Taken from on the 10m scoring line, in line with where the ball went out over the back line. See where **red line intersects** with **blue line**, marked by an **X**



Long Corner Rule: The ball must be passed to another player and travel 5m before the ball can be played into the circle.

STRUCTURE - 1/2 TURF

YEARS 7 & 8

Half turf hockey is played horizontally on half of a standard playing pitch.

Therefore the white lines in the diagram and what you will see on the field are not used.

GAME STRUCTURE:

- 7 Players on the field (incl GK)
- 2 x 13 minutes, 1 minute half time (water break)

RULES ARE THE SAME BUT WITH ADVANCEMENTS:

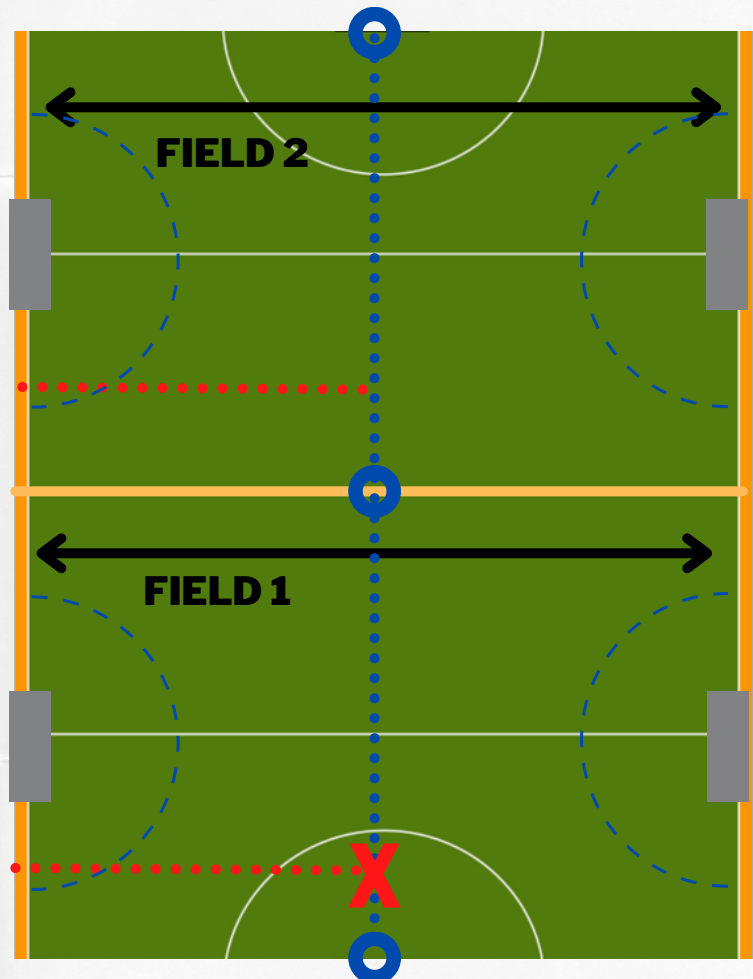
- Bigger turf
- Goals increase to standard size
- Introduction of Auto-Pass option (see rules page)
- Introduction of Penalty Corners (see Terminology page)

RESTARTING PLAY: ATTACKING LONG CORNERS

- Occurs when the ball goes over the baseline by the defending team
- See the **X**, where the **red line** intersects with **halfway line**, marked by **blue cones** (there is no actual line on the field)

Long Corner Rule Same as 1/4 field

- The ball must be passed to another player and travel 5m before the ball can be played into the circle.
 - **Blue lines** are not there but the line mimics the 11 A-side long corner line



101 RULES TO REMEMBER

1

Use **flat side and the bottom half** of the stick to play the ball

2

The umpire *should* stop play if a team causes a foul.

A foul results in a **free hit** awarded to the opposite team to restart play



Common fouls to look out for:

- Ball hitting a players foot (includes the shin)
- Dangerous ball (played above knee height)
- Using the back/round side of the stick
- Stick hacking (unlikely to be identified by a junior umpire)
 - *Our junior umpires are learning too, so it is likely that some of the fouls will not be always be called by a junior umpire*

3

The **free hit** is taken from the point where the foul occurred.

A free hit can be a pass or (only at Year 5+) a self-pass (auto-play), where the player restarts by dribbling/carrying the ball themselves.

4

After the free hit is awarded, the team that caused the foul must retreat 5m from where the free hit is, to re-engage in the free hit.

They cannot step within that 5m zone until the ball has been touched (re-started) by the opposition.

The team taking the free hit can be within the 5m zone

- Junior umpires are not likely to monitor the 5 meters closely

TRAINING STRUCTURE

We recommend training duration is between 30 - 60 minutes depending on the age and attention span of your team.

Below is a guide, of components to cover:

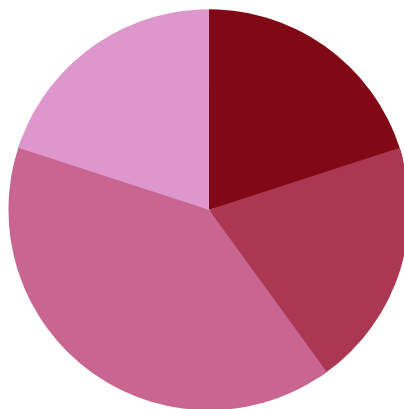
1. Spend time warming up the body. A fun game that sets a good atmosphere - ask the kids to suggest a game from school
2. Chose 1-2 skills to focus on within a basic exercise
 - o Allow time for coaching points
3. Advance/ change the exercise, to challenge the players
4. Allow plenty of time to just play hockey
 - o Modify the game to keep it interesting
 - o Include rules/ goals that enable practise of the skill focus for the session

1. General Movement
20%

2. Skill Focus
20%

3. Skill Progression
20%

4. Modified Game
40%



TRAINING STRUCTURE

PROGRESSING A SKILL AT TRAINING

See below a list of the basic skills required for junior hockey and simple ways to progress the practise of the skill.

BASIC SKILLS

STAGES OF PROGRESSION

Ball Movement

Carrying
Passing

1. Practice skill stationary
2. Practice skill on the move
3. Practice skill while under *passive* pressure

Receiving

4. Practice skill while under *active* pressure

Defending

Tackling
Marking

5. Incorporate practice of the skill into game play

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

The STEP acronym is an on-the-go tool, to refresh the exercises.

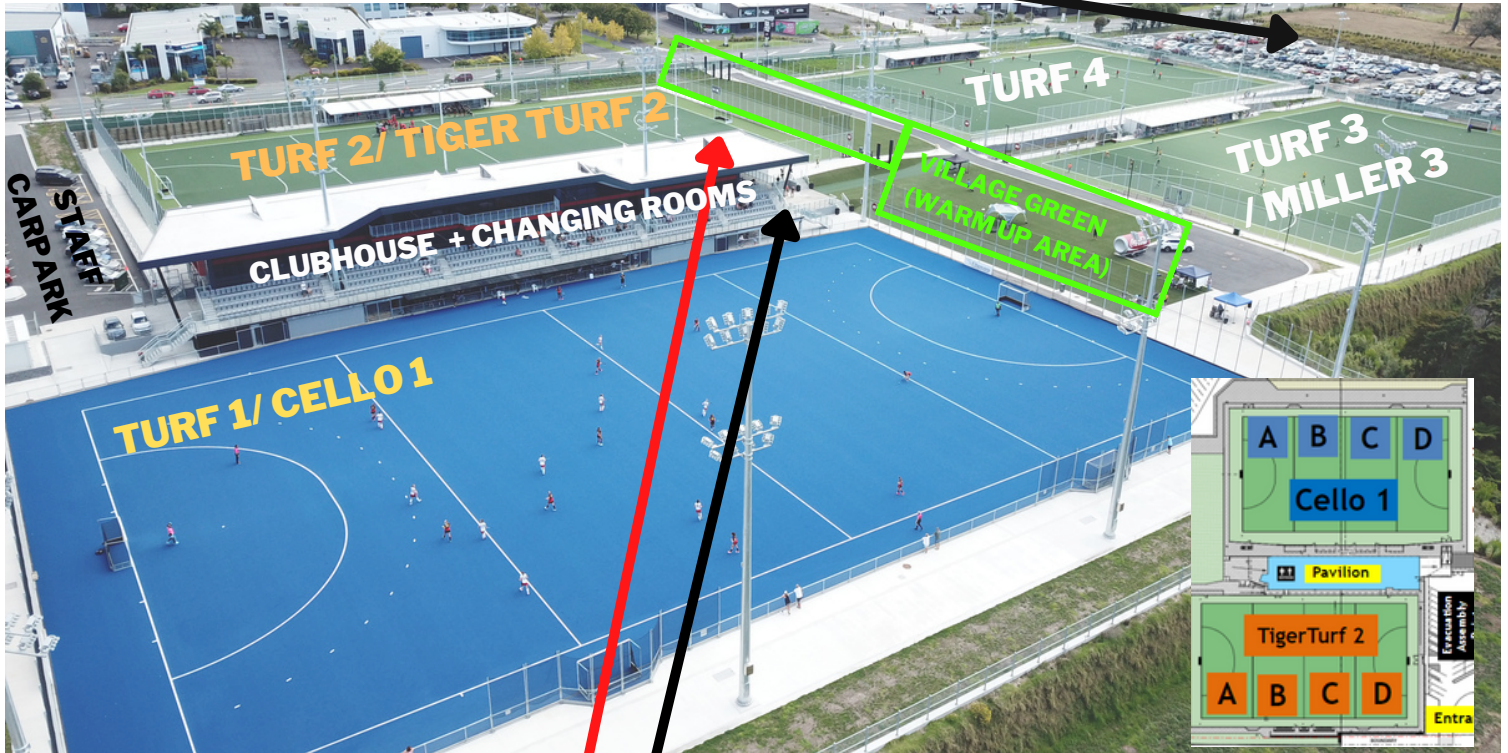
Use it to progress/ regress an exercise to achieve the purpose of the drill or to challenge your players further.

The guide can be applied to any level of coaching.

PLACES TO KNOW:

THE NATIONAL HOCKEY CENTRE (NORTH HARBOUR HOCKEY)

MAIN ENTRANCE & CARPARK



Coordinator / Control Room

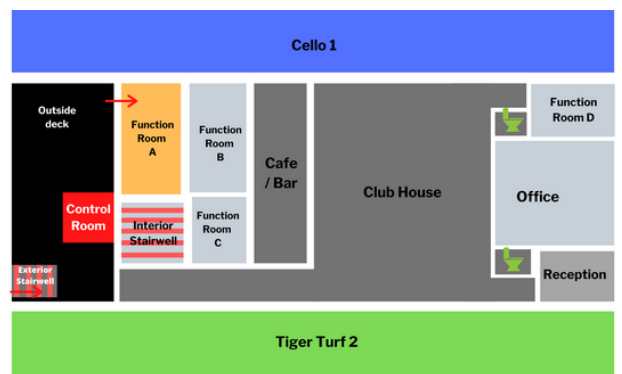
- Collect & drop scorecard here
- Duty School based here
- Coordinator based here to answer queries

Public Toilets (downstairs)

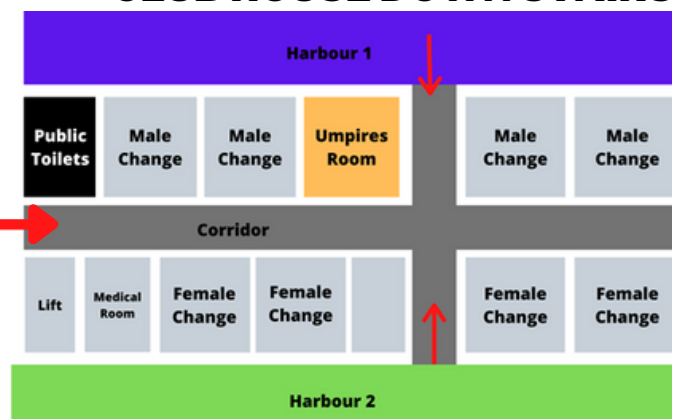
Staff Office & Reception (southern end of clubhouse)

- Open 8.30 - 5.00pm (Mon - Fri)

CLUB HOUSE UPSTAIRS



CLUB HOUSE DOWN STAIRS



EXERCISES & GAME IDEAS LIBRARY

GAME IDEA: MOONLIGHT

Purpose:

- Practise dribbling skills at pace
- Modified game for the end of training

Equipment:

- 1 x ball per person
- 1 marker per person

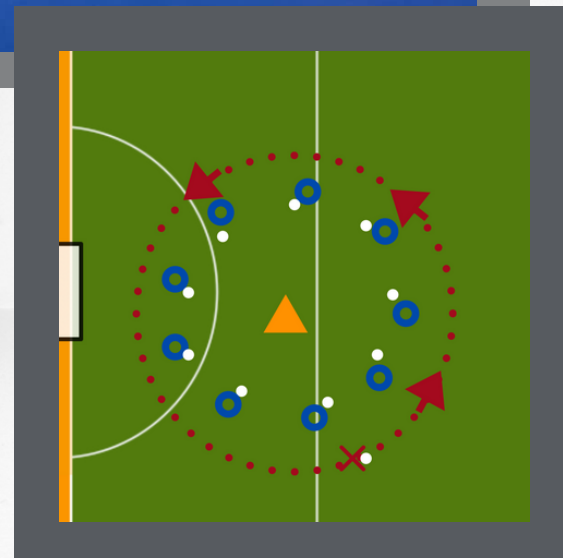
Set-up:

- Create a circle 1m apart from each other facing inwards



How to Play:

Each player is given a name/ number, associated to a group. Eg. Thunder or number 1's



Coach says the group name/ number and all of that group, must dribble their ball around the outside of the circle back to their marker and into the middle of the circle.

The first player there, goes to the next "level". the next level might be a different group (eg. bronze) or it could be a new skill (eg. one handed dribbling)

Tips:

- The ball is easier to control when dribbling anticlockwise

Progressions

- Must complete a task while waiting for your turn

- Progress to clockwise to challenge the players

GAME IDEA: DUCK DUCK GOOSE

Purpose:

Ball control under pressure

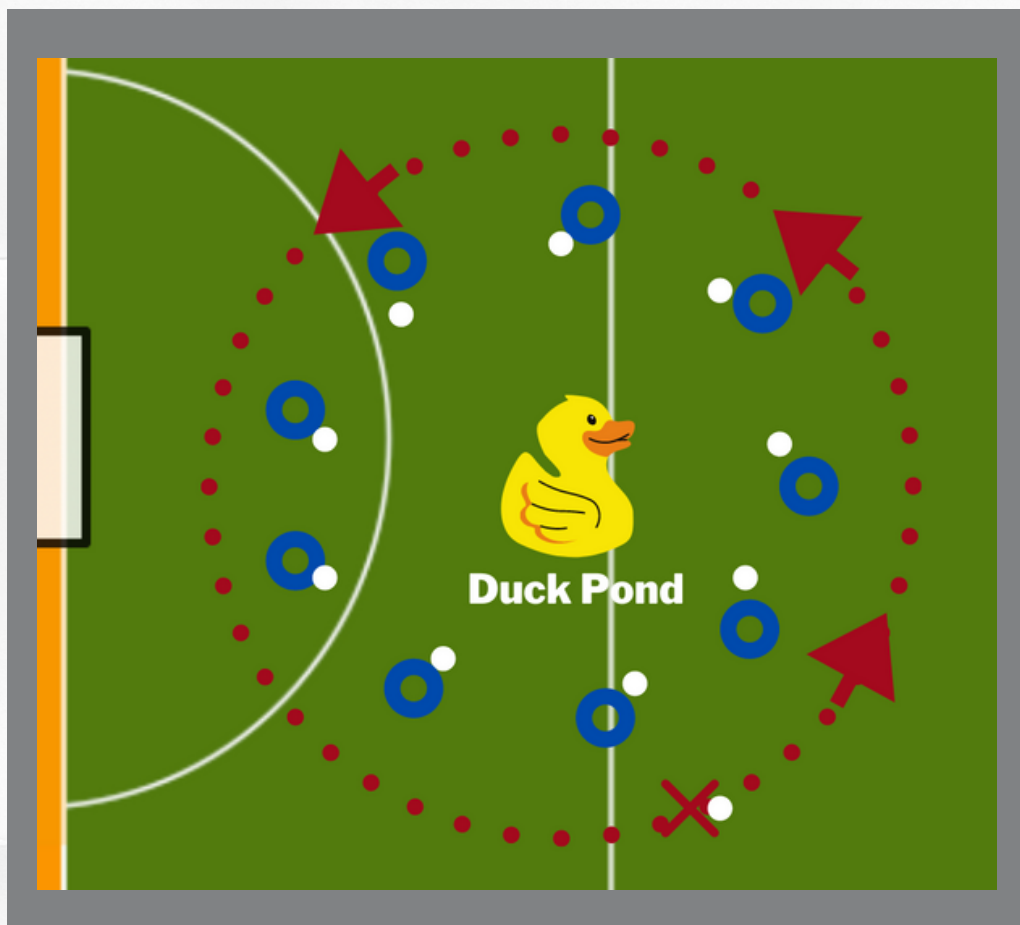
Technique to gaining free-hits

Equipment:

- 1 x ball per person

Set-up:

- Using people as markers, create a circle 1m apart from each other facing inwards



How to Play:

- Starting on the outside, Player 1 is "in" and dribbles the ball around the circle choosing a goose to tag.
- After tagging and yelling "goose", Player 1 must then control their ball as fast as they can around the circle back to the geese spot.
- Meanwhile the goose must chase Player 1, attempting to tag them by putting the ball onto Player 1's foot.
- If Player 1 is tagged, then they sit in the middle (duck pond) until the next round

Tips:

- The ball is easier to control when moving anticlockwise

Progressions

- Give the kids standing in the circle a task
- Progress to clockwise to challenge the players

GAME IDEA: HOCKEY DODGE-BALL

Purpose:

Ball control under pressure

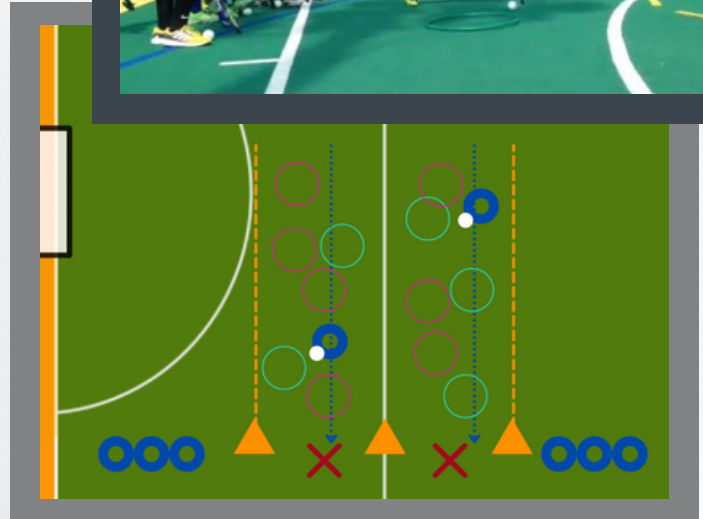
Keeping eyes up/forward
(peripheral vision)

Equipment:

- 1 x ball per person
- A bunch of soft balls or hoola hoops

Set-up:

- Create a channel approx. 2m wide &
- 10m in length, or longer for more skilled players



How to Play:

- Player starts at end of the channel, with the aim of getting to the other end
- Coach (or another player) lightly throws ball/ hoola-hoop along the ground within the channel
- Players must dodge the objects as they navigate to the end
- Create competition rules as required eg. player who dodged the most hoops wins

Tips:

If the player is struggling throw the ball slower or away from their body

Progressions

- Make the channel narrower or longer
- Introduce a time constraint

GAME IDEA: HOCKEY SOFTBALL

Purpose:

Use teamwork to achieve a common goal

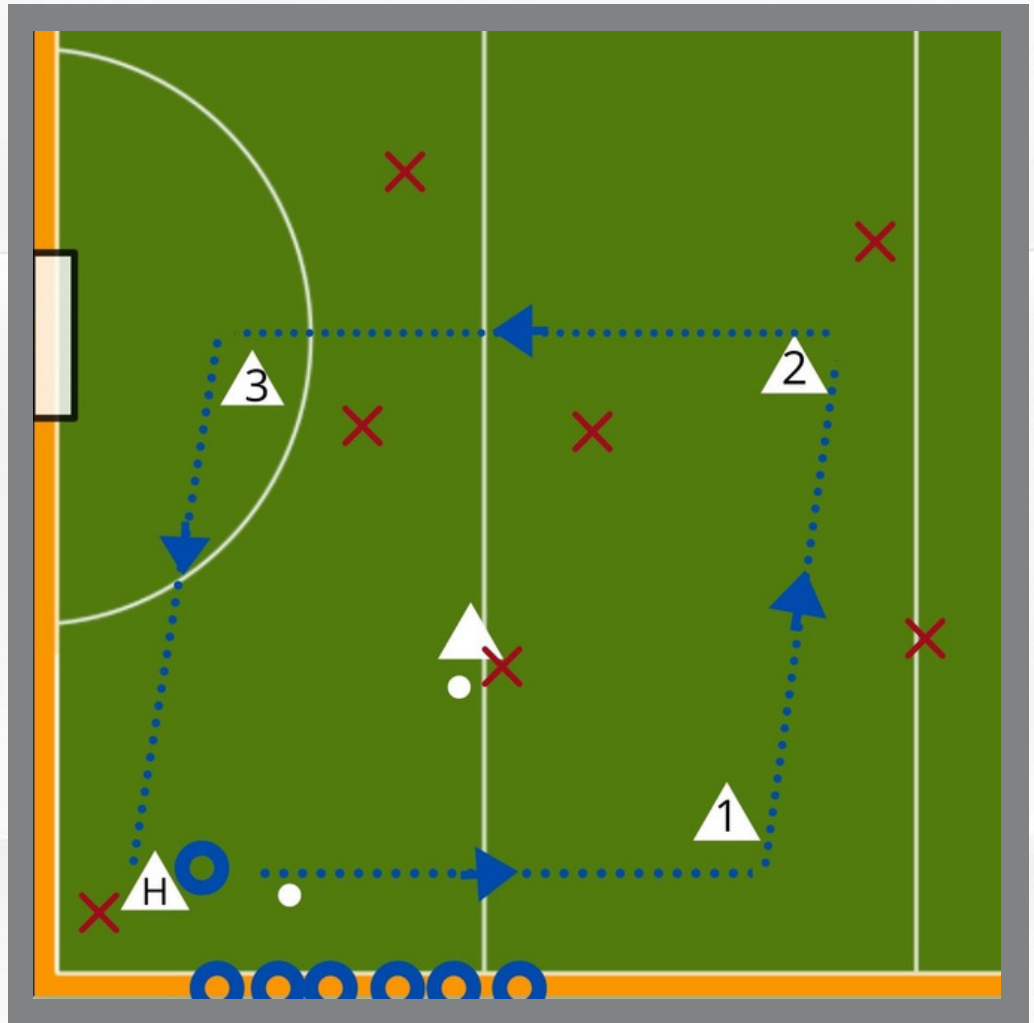
Team based competition instead of individual

Equipment:

- 2 X hockey balls
- Cones/markers
- Cone for the pitcher

Set-up:

- Team of batters & team of fielders
- OR all fielders and rotate the batters



How to play:

- Pitcher push passes the ball to the batter. Batter traps the ball and hits it into the field of play
- Fielders pass the ball to every player before passing back to home base/backstop
- Meanwhile, using a different ball, the batter dribbles around all 3 bases before the fielders get the ball back to home/backstop
- Rotate the batter, pitcher and backstop

Tips:

- Use the corner of the field/court to create boundaries
- Give the queue of the batters a task to keep the batting line engaged

Progression:

- Run instead of dribble around the bases
- Add in different obstacles for batters and fielders

- Adjust the field size according to your age group/ability

GAME IDEA: MEGA ROB THE NEST

Purpose:

Combining competition & skill development

Equipment:

- Hula hoops for nests
- Hockey balls
- Cones
- Ladder (optional)
- Hurdles (optional)
- Plank of wood (optional)
- Any other obstacles you have or can think of

Keep it interesting and use the imagination!



How:

- Each team has a nest placed evenly around from the middle nest.

Tip : Have as many nests as you like and can choose to put players in groups or individual. Each nest has its own different route to get to the middle nest

- To start the game, each player stands in their nest. When you start the game, one from each team runs to the middle pile of balls and works their way back to their nest by going through their obstacle. When they get back, the next player goes.
- Continue this until all balls have gone from the middle.
- Once all balls are gone, teams are free to steal from each other's nests. Encourage only one ball stolen from another's nest at a time. When sufficient time has passed, end the game and count balls in each team's nest.

Tip: Don't have too many on each team or players stand around for too long and get bored.

Try to keep everyone moving as much as possible. Rotate players around each nest to give a go at all obstacles.

GAME IDEAS: OBSTACLE COURSE

Purpose:

Keep things different, interesting and engaging while still developing hockey specific skills

Equipment:

- Absolutely anything you can think of!

Set-up:

- No specific set up. Be creative.



How to play:

- When setting up your obstacle course, have a look around the sports shed or your home to use any equipment.
- The picture above, we have created a channel for the children to dribble through and also asked them to turn their sticks up the other way. This is great for hand eye coordination and concentration.

Tips:

- Don't be afraid to even give it a go yourself! Kids love to see you getting involved and trying too.
- Make sure it is a challenge but still achievable for the children or they will quickly lose interest.