

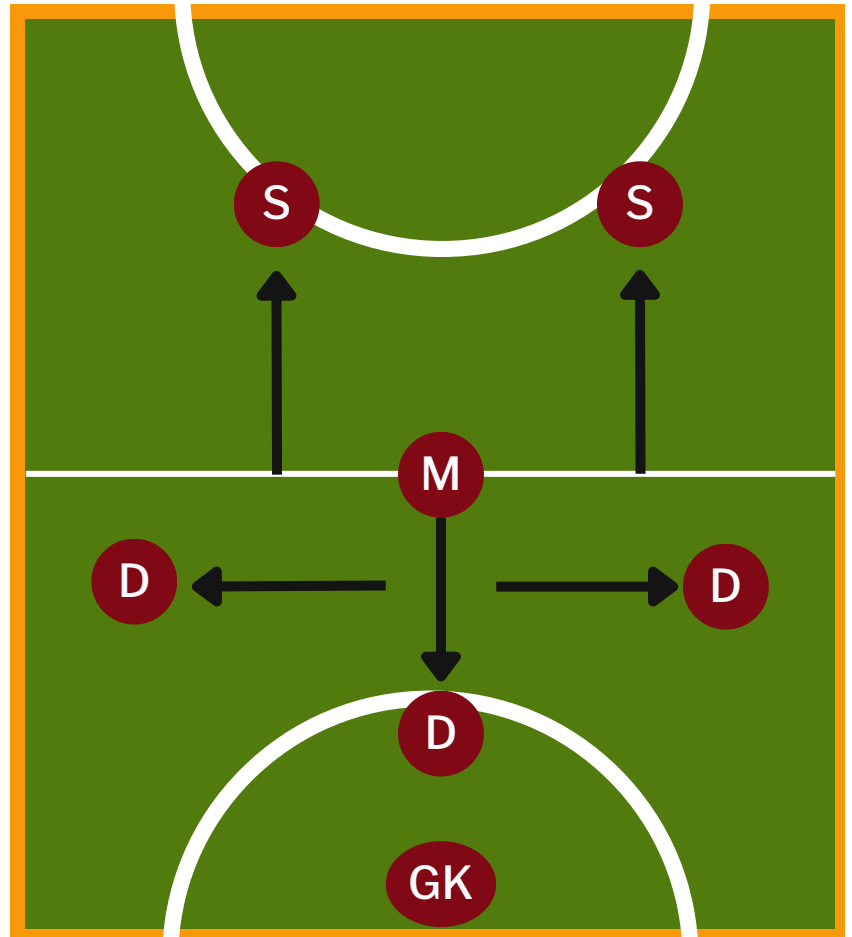
HOCKEY PRINCIPLES: ATTACKING

#1 CREATING SPACE

Creating space on the field gives players more room to move the ball and create attacking options.

When the ball is played into congested areas there is a higher chance of a turnover.

It also slows the game down dramatically.



Example:

In general...

- Strikers move up the field to **create height**
- Outside defenders move towards the outside of the field to **create width**
- Defenders move backwards to **create depth**
- However ALL positions can create space using these movements

HOCKEY PRINCIPLES: ATTACKING

#2 STAY CONNECTED TO MOVE THE BALL

Moving the ball by passing quickly is the best way to create an attack.

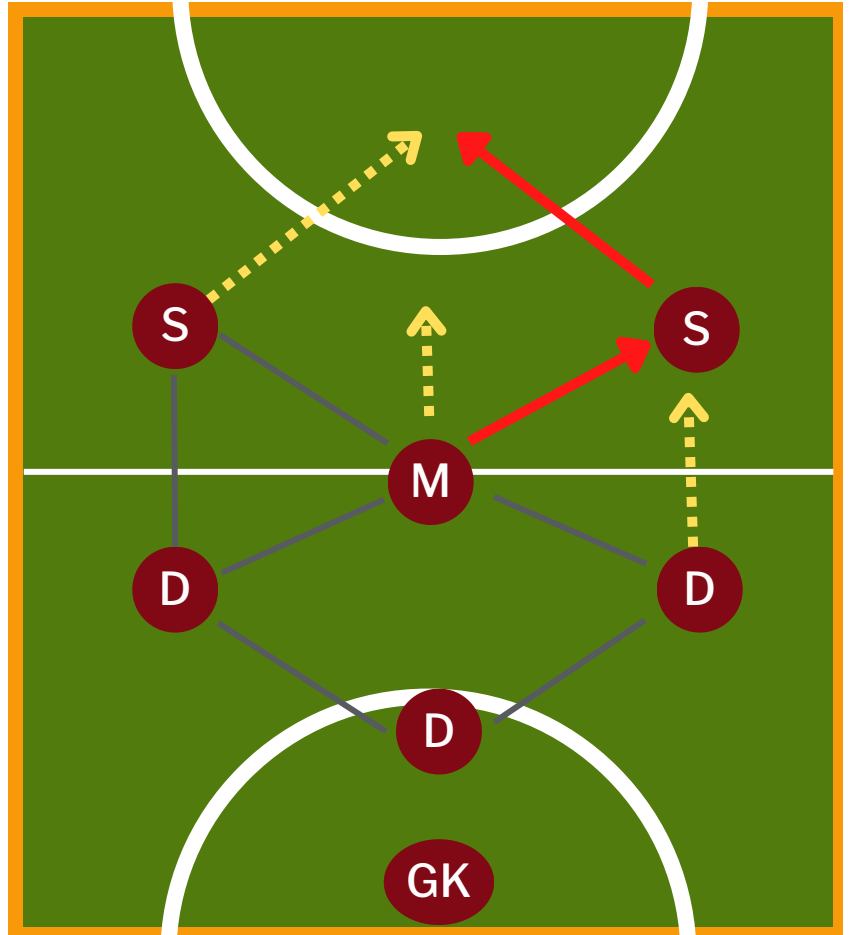
As the ball moves around the field, the players should too to create a passing option

There should always be 2- 3 passing options which can include;

- 1 high
- 1 lateral/ diagonal
- 1 back

Example:

- When the midfield passes the ball to the right striker, the left striker must move again, to become the passing option high.
- The right defender must also move up the field to stay connected as a back option
- The midfield must also move forward to become a lateral passing option

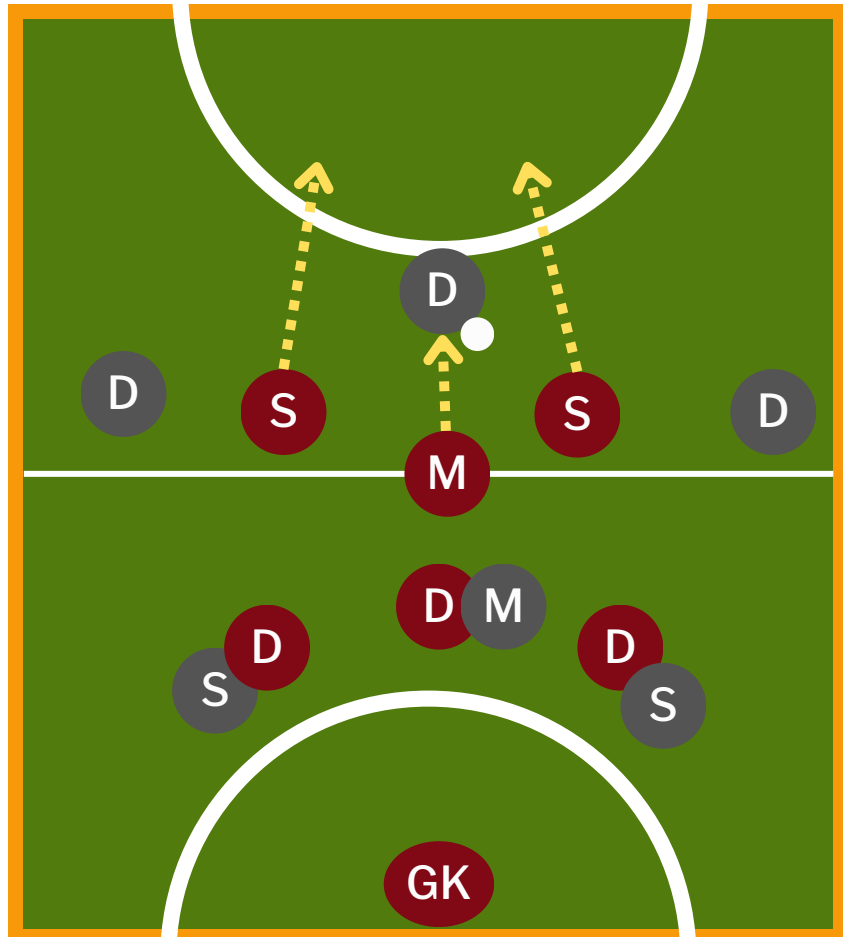


HOCKEY PRINCIPLES: ATTACKING

#3 COUNTER ATTACK PRESSURE

A counter-attack is a fast turnover of possession (often by a striker or midfielder) when the opposition defence is setting up their attack,

A counter-attack generally means the (now) attacking team, will vastly outnumber the defending team



Example:

- Strikers start in-field/narrow shape
- Midfielder turn-over the ball from opposition's central defender
- When turnover occurs, strikers move quickly to become a high & immediate passing option

= 3 attackers VS 1 defender (counter-attack)

HOCKEY PRINCIPLES: DEFENDING

#1 REDUCING SPACE

Three actions contribute towards reducing opposition space to attack

1. Understanding the immediate defensive task? It could be;

- Pressuring ball carrier
- Marking
- Body position, forcing opposition wide
- Communicating

2. Running to get behind the ball/ ball line

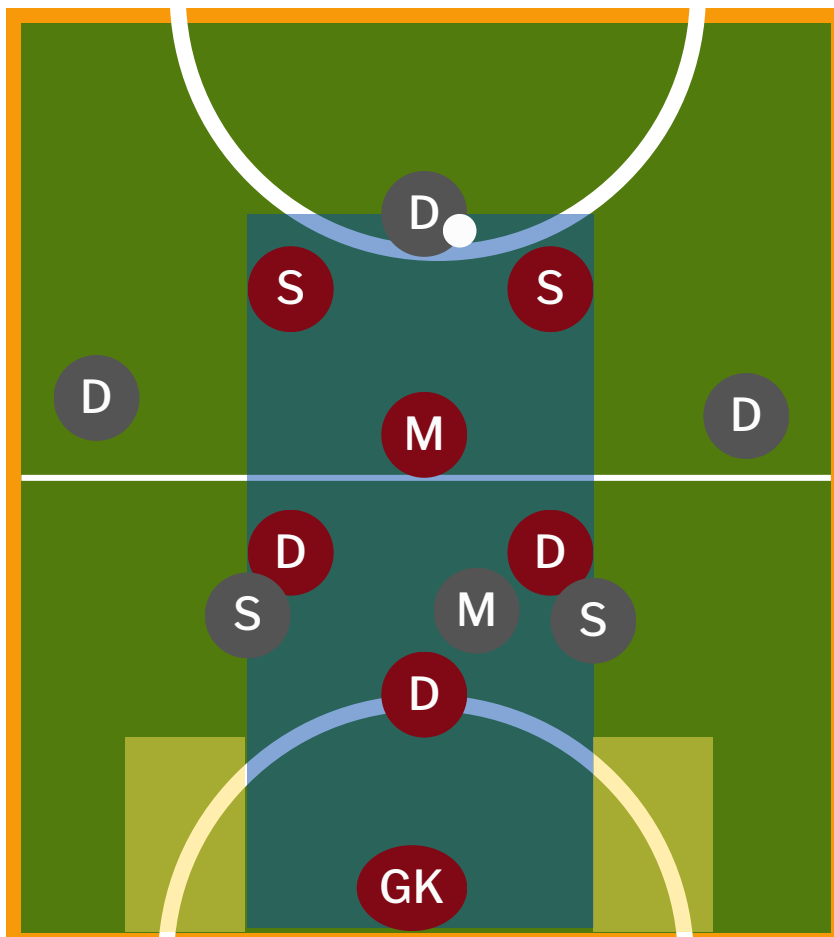
3. Working together

- As the play moves/changes, what is the best way to help? Refer back to point 1

As the play moves, players should stay closely connected by completing the actions above. If the actions above are done correctly, the opposition should have little space to attack

Example:

- All players are in front of the opposition ball carrier to protect any circle attack in the blue zone



- Minimising space, should force the opposition to enter the circle from the widest part of the circle (yellow zones)

HOCKEY PRINCIPLES: DEFENDING

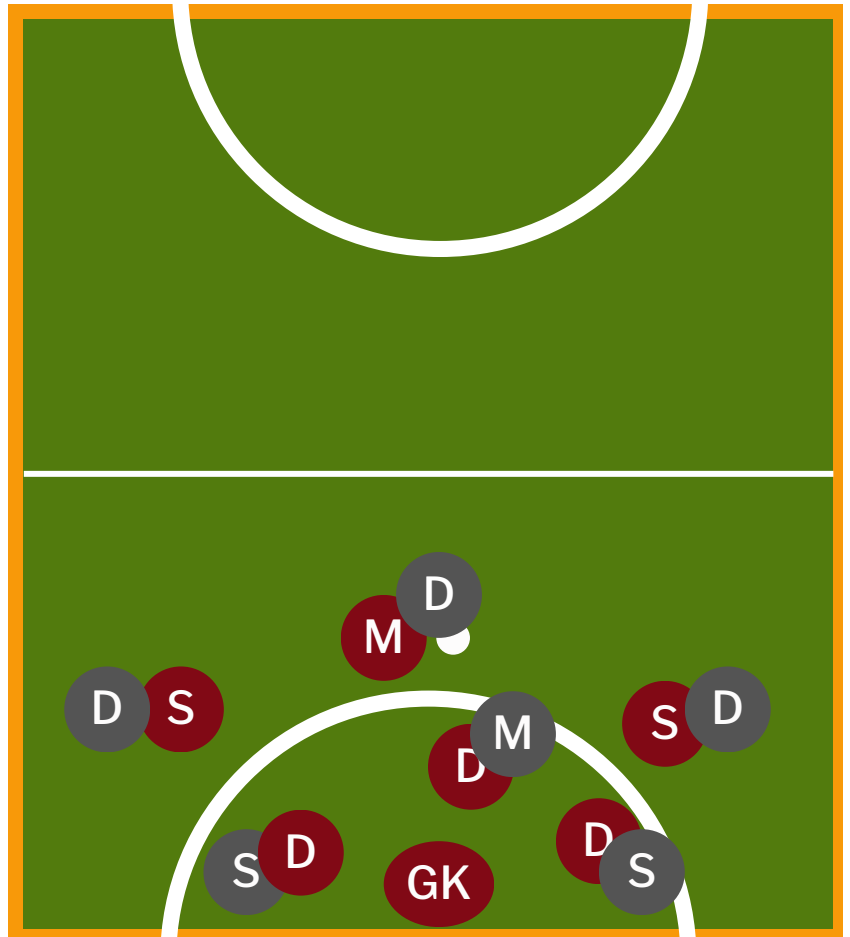
#2 MARKING

When the opposition has the ball in the defending third, each player must mark a player.

Marking means standing so close to the opposition that they could intercept, channel or tackle their opponent immediately

Example:

In general..



- Outside-defender marks a striker
- Central defender marks the mid-field
- Midfield marks the ball-carrier
- However as long as there are no unmarked players, it doesn't matter who marks who.

When there is no padded goal-keeper (primary), do not encourage players to 'act' as a goal keepers and guard the goal

- It is preferred players learn how to mark, because at 7 A-side there will be a GK to do that job

HOCKEY PRINCIPLES: DEFENDING

#3 COUNTER CONTROL/ COVER:

When on attack, teams should (often defenders) set up a counter-control, also known as "covering".

Covering is, to cover for your team mates. Teams must be conscious of the defensive risks when attacking.

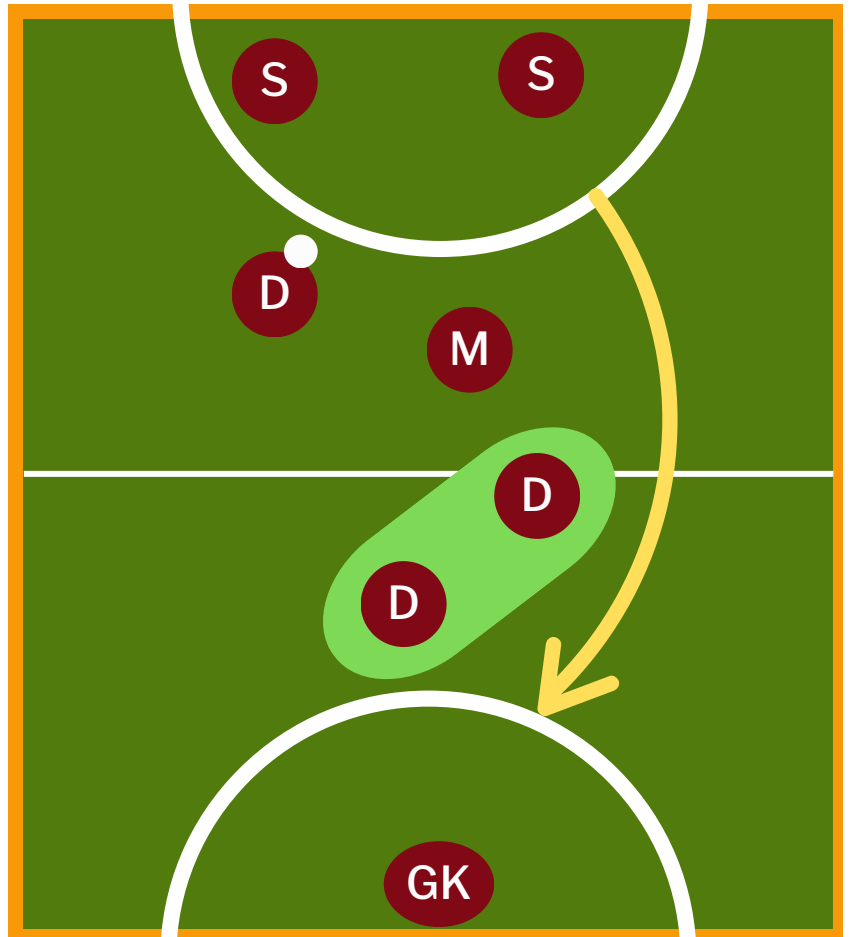
This can be achieved by ensuring balanced numbers when attacking.

Example:

- Attacking with 4 players
- With 2-3 players as the cover (depending if 6 or 7 aside)
- As long as there is consideration for both the attack and the cover, any player can be the attack or covering roles.

If the opposition gets a counter-attack..

- The attackers must get behind the ball by wrapping around the covering players to act as the next layer of cover



HOCKEY PRINCIPLES: ADVANCED ATTACKING

#5 FOREHAND OVER REVERSE

(RIGHT OVER THE LEFT SIDE OF THE BODY)

Playing the ball on the forehand of the stick (right side of the body) is easier/ more favorable compared to the reverse/backhand.



The benefit of using the forehand, also means the opposition must use their reverse to defend, which is (often) the weaker side.

It is important for players to understand the advantages of choosing when to use the forehand and when to use the reverse.

Example:

- Is there a way to play the ball on the forehand to make it easier for the team, or is the space on the reverse more beneficial for the team

HOCKEY PRINCIPLES: ADVANCED ATTACKING

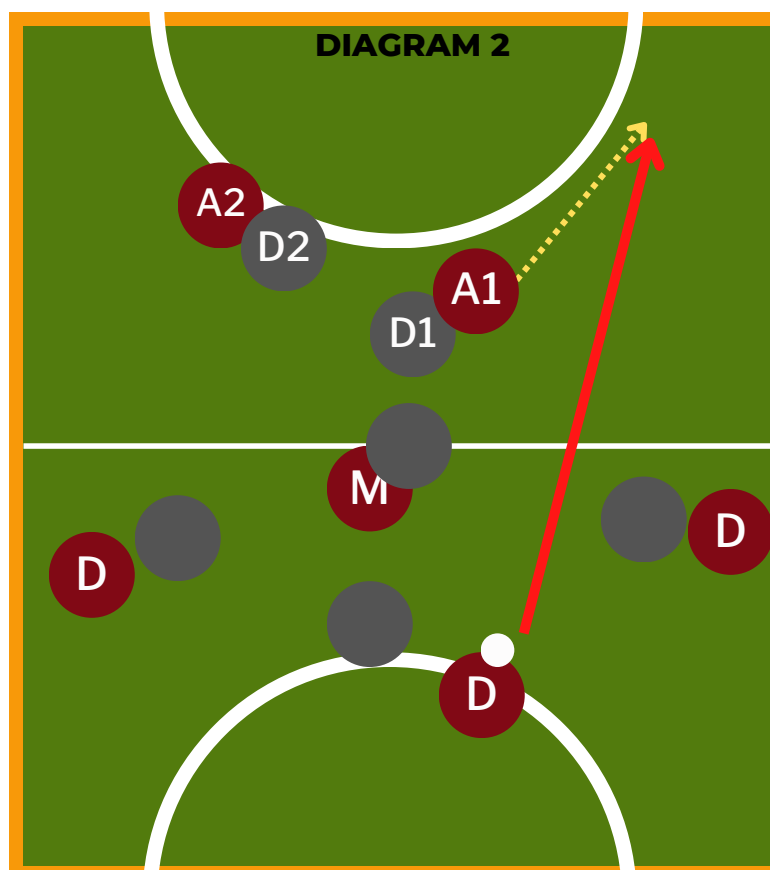
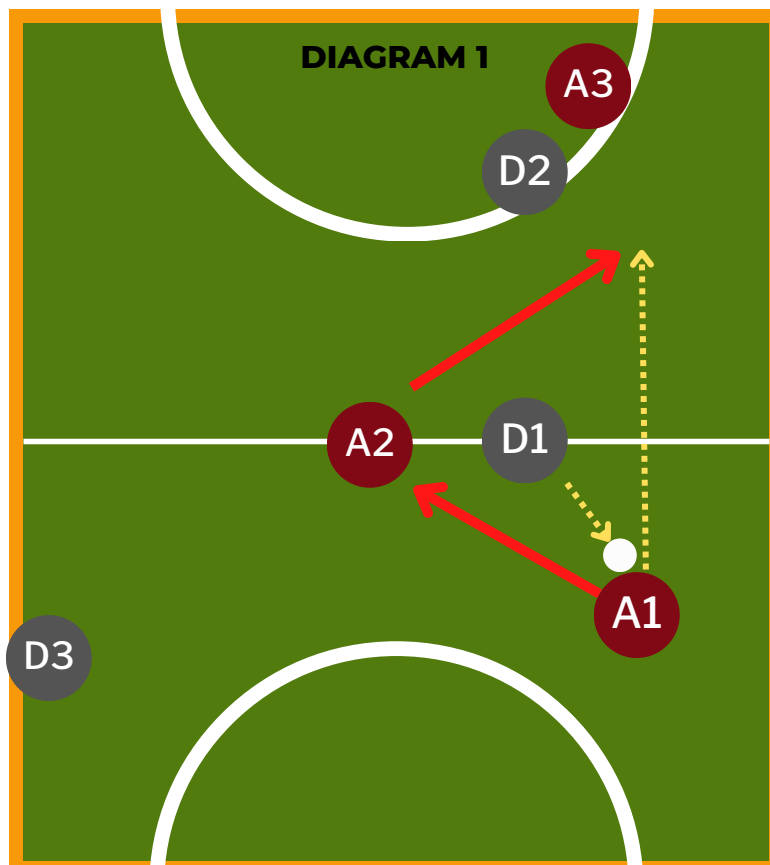
#4 CREATE ATTACK OVERLOADS

This occurs when the attack has more numbers than the defence.

It means there should always be a free player to pass to, putting the attack in a more likely position to score.

Options to create an overload:

- Eliminate opponent 1 v 1
- Give & Go:
 - Pass & receive ball again (diagram 1)
 - Defender 1 is eliminated
- Use height or width positioning, to create a pass that skips the defender (diagram 2)
 - Defender 1 eliminated



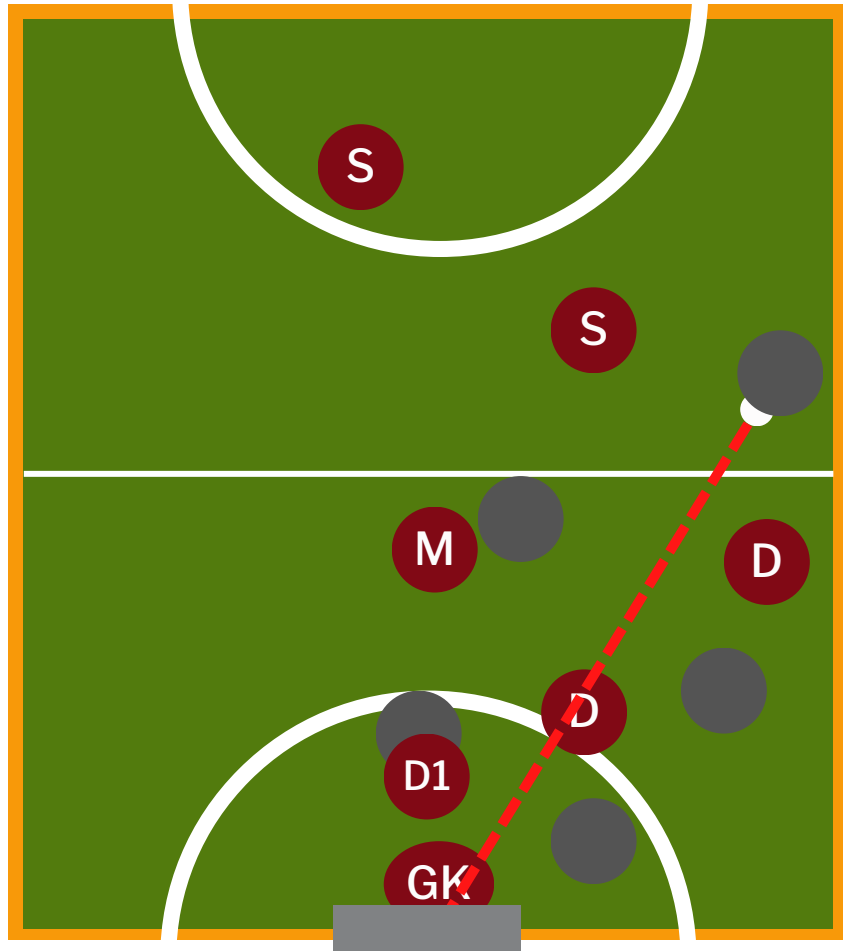
HOCKEY PRINCIPLES: ADVANCED DEFENDING

#5 PROTECTING THE HOTLINE

Important when out-numbered on defence.

There must always be 1 player that protects/stands on the most dangerous passing option (the hotline). It is the line between the ball carrier and the goal.

This is a priority position on defense that any player can fulfil.



#5 ADVANCED MARKING: GOAL-SIDE MARKING

Goal-side marking is to always stand in between the player and the goal no matter where the attacker goes

- As seen by Defender 1

If the opponent receives the ball, they should not have an open shot at the goal because the defender is in the line to the goal

- It also means the defender can always see where the attacker is to mark them more effectively