



Canterbury Hockey

Skills Coaching Resource

Note: The skills covered in this resource are a general guide of how to perform each skill. We acknowledge that there is no one way of performing a particular skill and that everyone learns things in their own unique ways.



Passing: Forehand Hit

- Hands together
- Lift stick around torso & swing forward to make contact with ball
- Step towards the direction of the hit, front knee bent on contact
- Left shoulder point in direction of hit
- On impact, ball level with front foot
- Snap wrists through the ball
- Follow through around body





Passing: Push

- Start in the 'Hockey' position, gripping stick with hands apart
- Stick starts on the ball, with ball starting nearer the back foot
- Step in direction of push, stay low & push ball directly towards target
- Transfer weight from back to front foot
- Follow through towards target





Passing: Sweep

- Hands together at top of stick
- Knees bent & ball level with front foot
- Stick drawn back along ground
- Pull stick forward around body
- Knuckles close to turf, stick parallel with ground
- Snap wrists through the ball
- Right hand crossing over left hand
- Follow through around body & towards target





Passing: Reverse Sweep

- Rotate the stick into the reverse grip position.
- Hands together, with stick face pointing upwards
- Position the ball in front & in line with foot (can lead with left or right)
- Both feet should be point at a 90-degree angle from the target
- Stick drawn back along ground
- Pull stick forward along ground, keeping your weight over the ball
- Contact center of the ball with the stick edge just above hook
- Follow through around body with a short swing





Passing: Overhead

- Set up for push pass, with ball in front of left foot
- Open stick face to get under the ball
- Step ahead & drop right shoulder, picking up the ball up on the stick
- Transfer weight from back to front foot, using whole body to generate power
- Flick wrists through ball & up around body
- Follow through with both hips facing towards target





Receiving

- Knees bent with body in 'Hockey' position
- Hands apart, normally top & bottom of grip
- Watch the ball onto stick, with right hand relaxed to absorb the ball
- If ball bouncing stick should be vertical
- Make your first touch on the ball towards the direction you want to move next
- Be ready to receive on forehand or reverse





Dispossession: Forehand Tackle

- Left foot forward – avoid getting square to the sideline
- Left hand (&right when possible) strong on stick
- Stick close to ground
- Channel ball carrier towards forehand
- Stay mobile, on the balls of your feet
- Push your hands out towards the ball
- Avoid over committing with body weight too far forward





Dispossession: Jab Tackle

- Left foot forward - avoid getting square to the sideline
- Left hand strong on stick, pointing the stick towards ball
- Keep your opponent in front of you – channelling them wide
- On balls of your feet to remain mobile
- When opposition takes stick off ball, jab the ball away
- Bring stick back quickly to protect feet & return to tackling position





Ball Control: Open & Closed

- Hands apart – top & bottom of grip
- Upright position enables player to run freely
- Head up to scan ahead
- Keep ball close to/on stick, with the ball out in front of body
- Carry on right-hand side to enable quick pass or carry
- Closed dribble – ball on stick & close to the body (when in congestion)
- Open Dribble – ball pushed out in front (when in space)





Ball Control: Indian

- Hands apart – top & bottom of grip
- Head up to scan ahead
- Left hand turns the stick – right hand guides it
- Turn stick over both sides of the ball – playing the bottom half
- Keep ball on the stick





Elimination Skills

- Take defender away from area you want to eliminate them
- Balanced – be able to eliminate defender on forehand & reverse
- Use 3D skills to make defenders job harder
- Limit your movements / touches side to side before eliminating
- Players can also utilize deception when eliminating





Goal Scoring

- Develop a variety of shooting techniques
- Early preparation of body & feet positioning before receiving
- Tight receiving skills, with the ability to stop the ball dead
- Be low, balanced & expect ball
- Make adjustments to footwork quickly after receive if required
- Be alert for any rebounds off the goal keeper
- Utilize key circle positions – spot, post or guard (top pocket of circle)





PC Skills: Injecting

- Back foot behind base line as per rule
- Front foot forward & pointing at target
- Right hand half way down the grip
- Weight distribution from back leg to front leg – keep legs bent through transfer until end of movement
- Eyes on target once stick has been placed behind ball – don't watch the ball!
- Drag the ball in a straight line from back foot towards target





PC Skills: Trapping

- Left hand on the head of the stick (the hook)
- Right hand at the bottom of the grip
- Feet in a stable and comfortable stance – ensure you are balanced & able to re-adjust easily if needed
- Ensure the face of the stick is angled downwards so the ball is trapped between the stick and the turf surface
- Aim to trap ball with the head of the stick (the hook)

