



Canterbury Hockey Junior Coaching Resource Exemplar

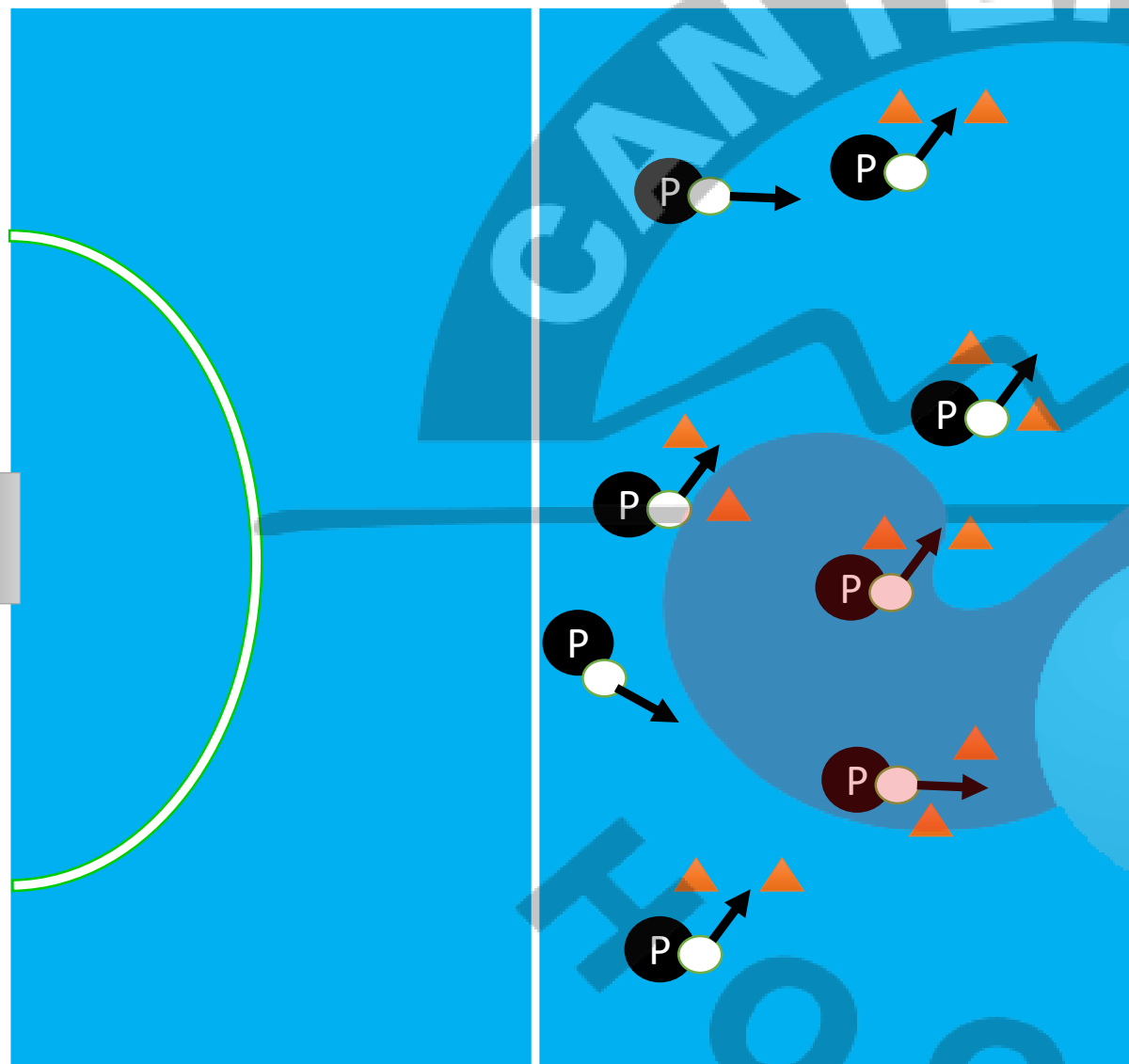


Session Focus: **Basic skills**

- Cover a range of basic skills & assess the groups ability
- Basic passing & receiving skills - on the move
- Quick dribbling movements – keeping stick on the ball
- Basic forehand block & jab tackling
- Shooting the ball from the top of the circle

Timetable:

- 4:15pm - Athletes arrive & warm up
- 4:30pm – Warm up exercise
- 4:38pm – Activity 1
- 4:50pm – Activity 2
- 5:05pm – Activity 3
- 5:20pm – Game (half field or half court)
- 5:30pm – Pack up & warm down



Gates warm-up Drill:

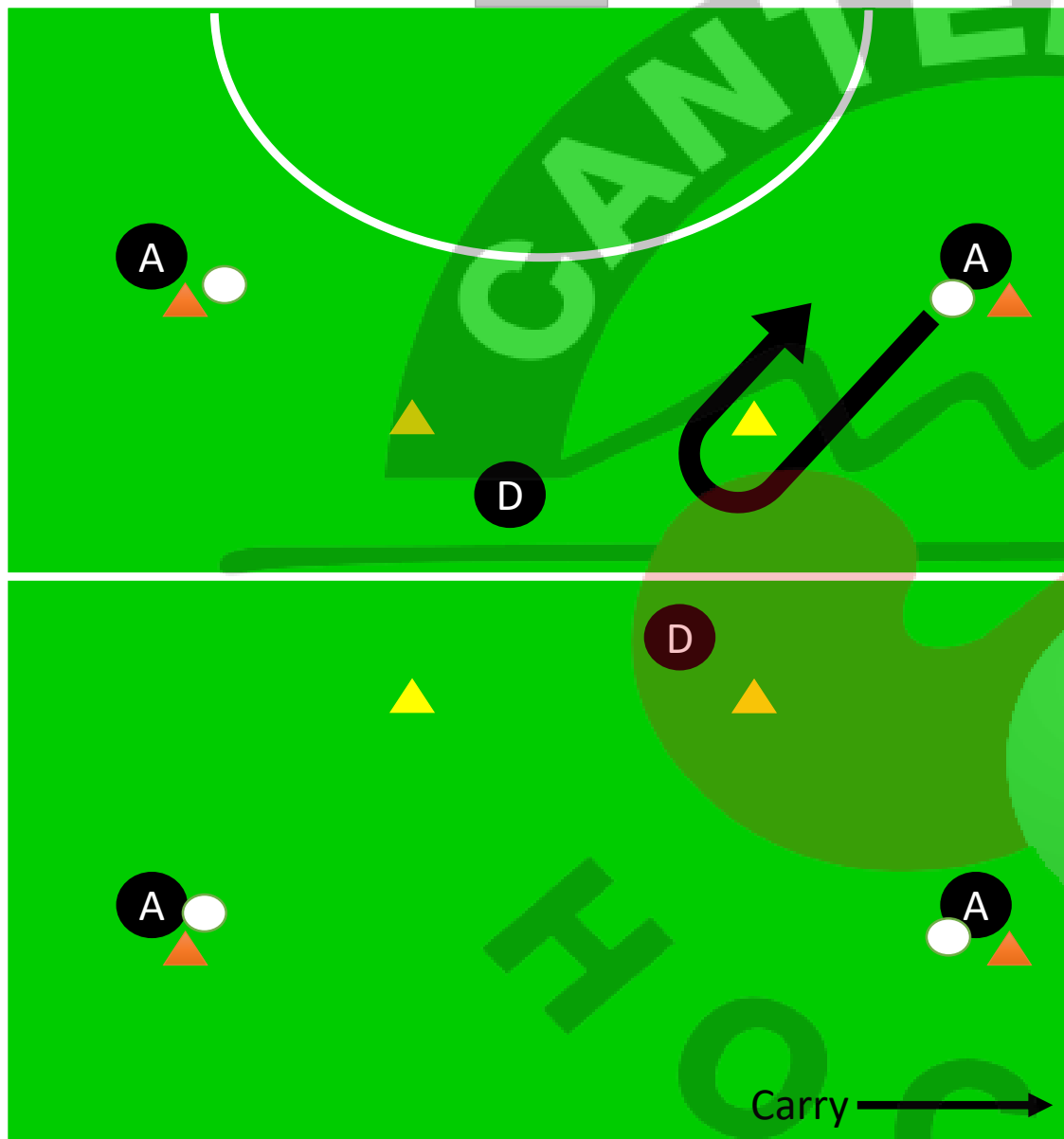
- Set up gates using cones within an area. 1 gate for every 2 people as a minimum.
- Players all have their own ball and are required to dribble through each of the gates that have been set up.
- Setting gates up in a larger area focuses on ball carrying at pace and vice versa for a smaller area focusing on tight ball carrying skills.

Extensions:

- +Challenge players to go through each set of gates once
- +Make players perform some sort of elimination skill before they can go through the gates.

Key Coaching Points:

- Carry the ball on the forehand in a strong position
- Make big/explosive movements around and through the cones
- Keep the stick on the ball when making big drags
- Minimise Indian dribbling as players approach an elimination movement



Defensive Awareness:

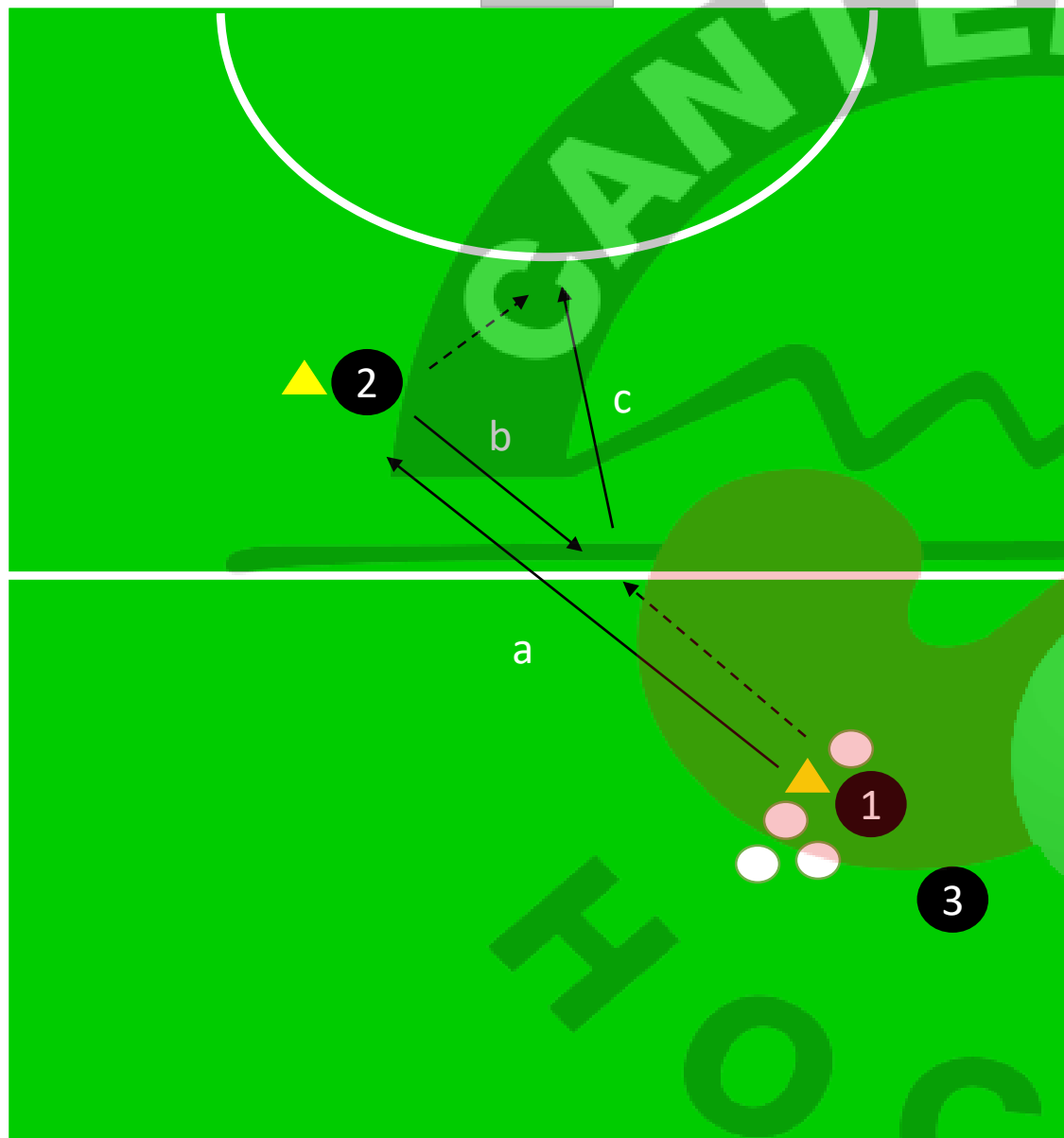
- 4 A players have a ball to themselves on cones set up outside the yellow coned defensive zone
- A players must dribble the ball in and around the inside cone without being dispossessed by D
- 2 D players may roam around within the defensive square and tackle any A player that tries to come into the defensive square.
- If an A player successfully makes it around the cone and back without being dispossessed, the attacking team gets 1 point. If defenders successfully make a tackle, minus 1 point from the attacking team.
- Swap defending players after 2-3 minutes.

Extensions:

- +Change the size of the defensive square. Bigger square will make it harder for defenders. Small square will make it harder for attackers.

Key Coaching Points:

- Attackers look ahead to see when the defenders have moved away from their nearest cone and where the unmarked cones are.
- Defenders be aware of where the attackers are in relation to the defensive square
- Utilize the jab tackle on the outskirts of the defensive square to avoid over-committing to a tackle.



Passing & Receiving:

(Set up 2 x stations to increase reps)

- P1 passes the ball to P2 and then begins to lead towards P2. (a)
- P2 receives the ball and passes back to P1 who is moving towards the pass. (b)
- P1 then passes the ball into space at the top of the circle for P2 to run onto and have a shot. (c)

Extensions:

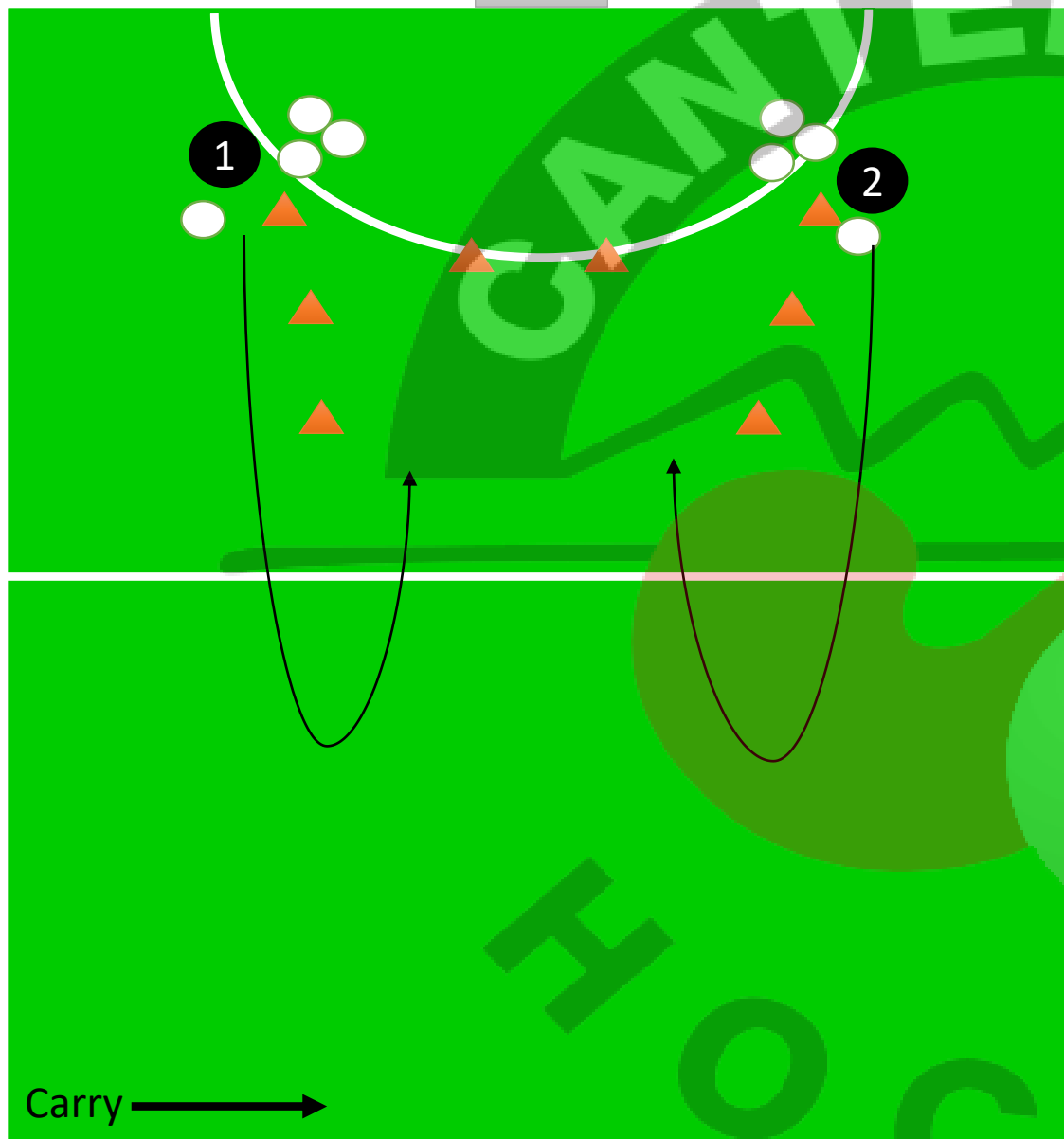
- +Add in a defending player to make it a 2v1 drill after the first initial pass.
- +Change the direction of the drill to change the way players are receiving the ball at the top of the circle.
- +Challenge players to only receive on one side of their body e.g. reverse or forehand.
- +Only bobbly ball passes.

Key Coaching Points:

- Place a strong emphasis on cleanly receiving the ball. Always control the ball before moving it along.
- Receive the ball in line with where you want the ball to go next/in a good position to shoot as quickly as possible.
- Communicate early where you want the ball when receiving.

Pass

Lead



Shooting exercise:

(Set up 2 x stations to increase reps)

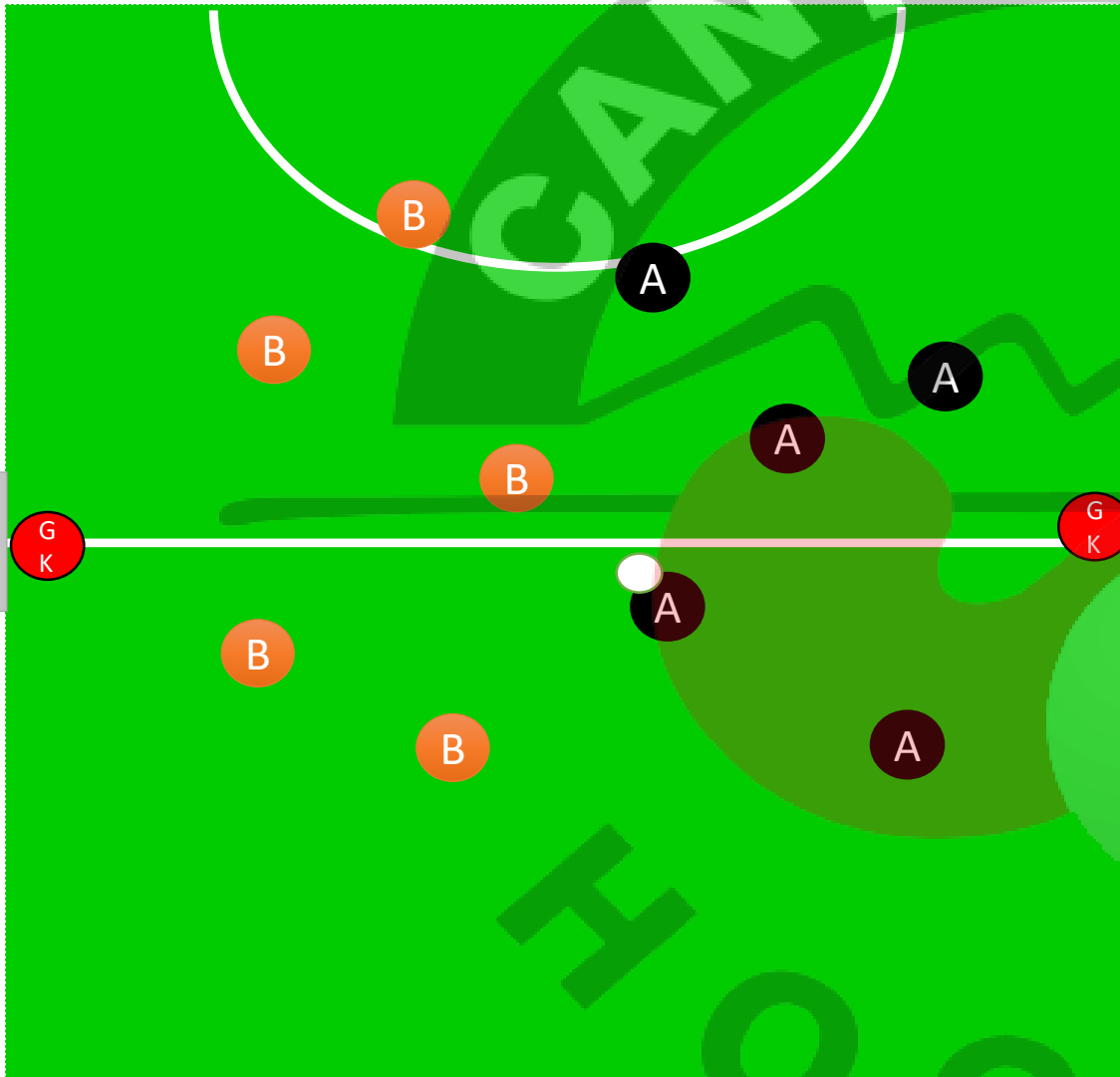
- Players 1 & 2 both start with balls.
- On the coaches mark, both players are to dribble down and around the row of cones and then back towards the circle.
- The first player to make it through the gate at the top of the circle edge, earns a free shot at goal.
- The second player through the gate must carry the ball into the circle for a flick on the move.

Extensions:

- +Change the direction players have to dribble in, e.g inside out as opposed to outside in.
- +Add a passive defender at the gate so attacking player needs to perform an elimination skill before the shot

Key Coaching Points:

- Maintain a strong/low body position through the carry & shot
- Keep head and eyes up with the ball out in front
- Hands apart on stick to enable maximum control
- Left hand at top so you can see 4 knuckles when you look down
- Ball positioned well ahead of feet and slightly to the right



6-8 a side Game:

- Set up a half field or half court games
- Coach should referee the game & provide feedback throughout
- Stop every 4-5 minutes to provide feedback & question the group

Key Coaching Points:

- Using space - creating height & width with field positioning & leading
- Identify & utilize 2 v 1 situations
- Maintain a low body position
- Look to pass & receive on the move
- Communicate to players on your team