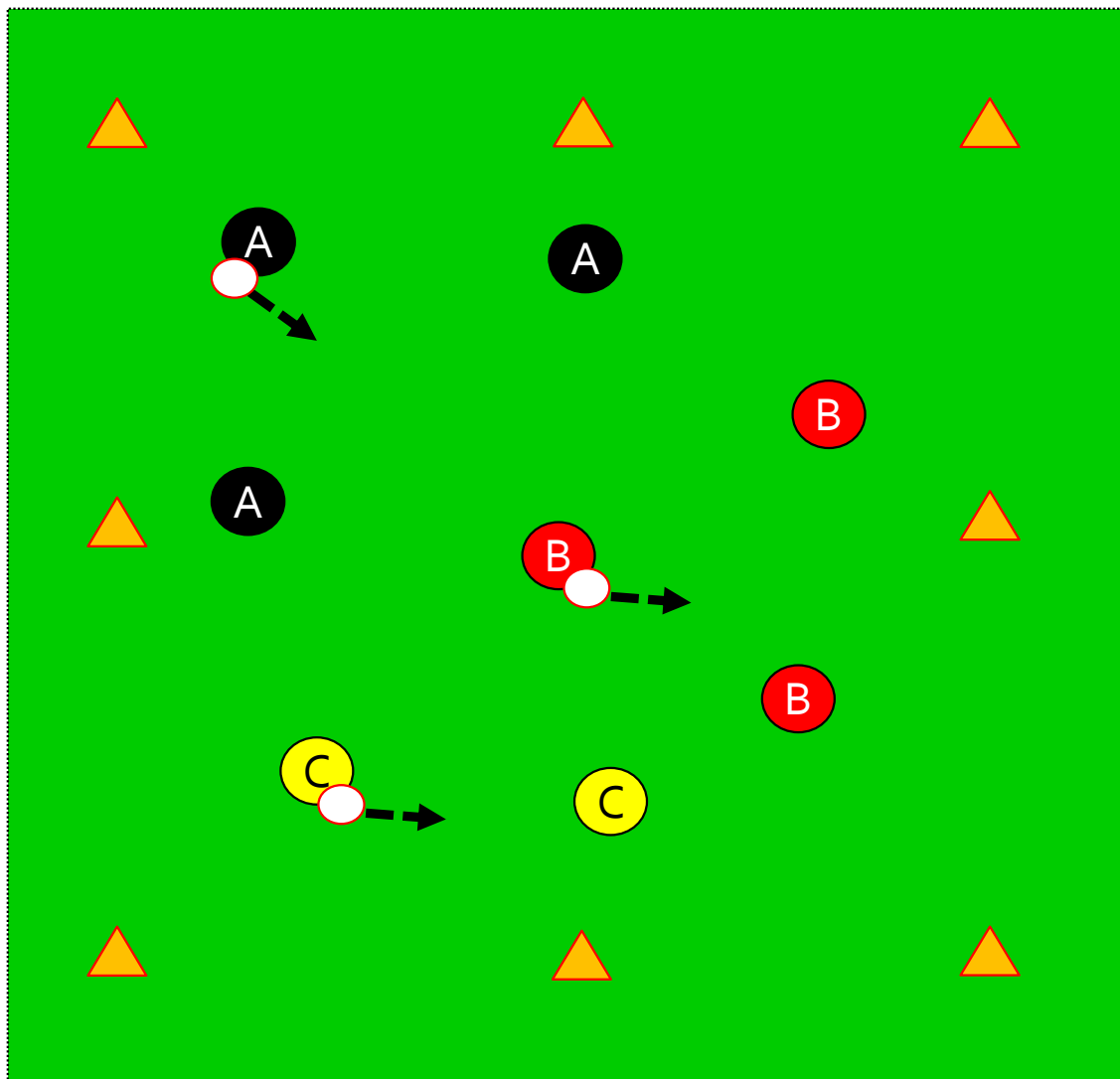


**Canterbury Hockey
Junior & Youth
Training Activities**



Passing/Receiving Activity



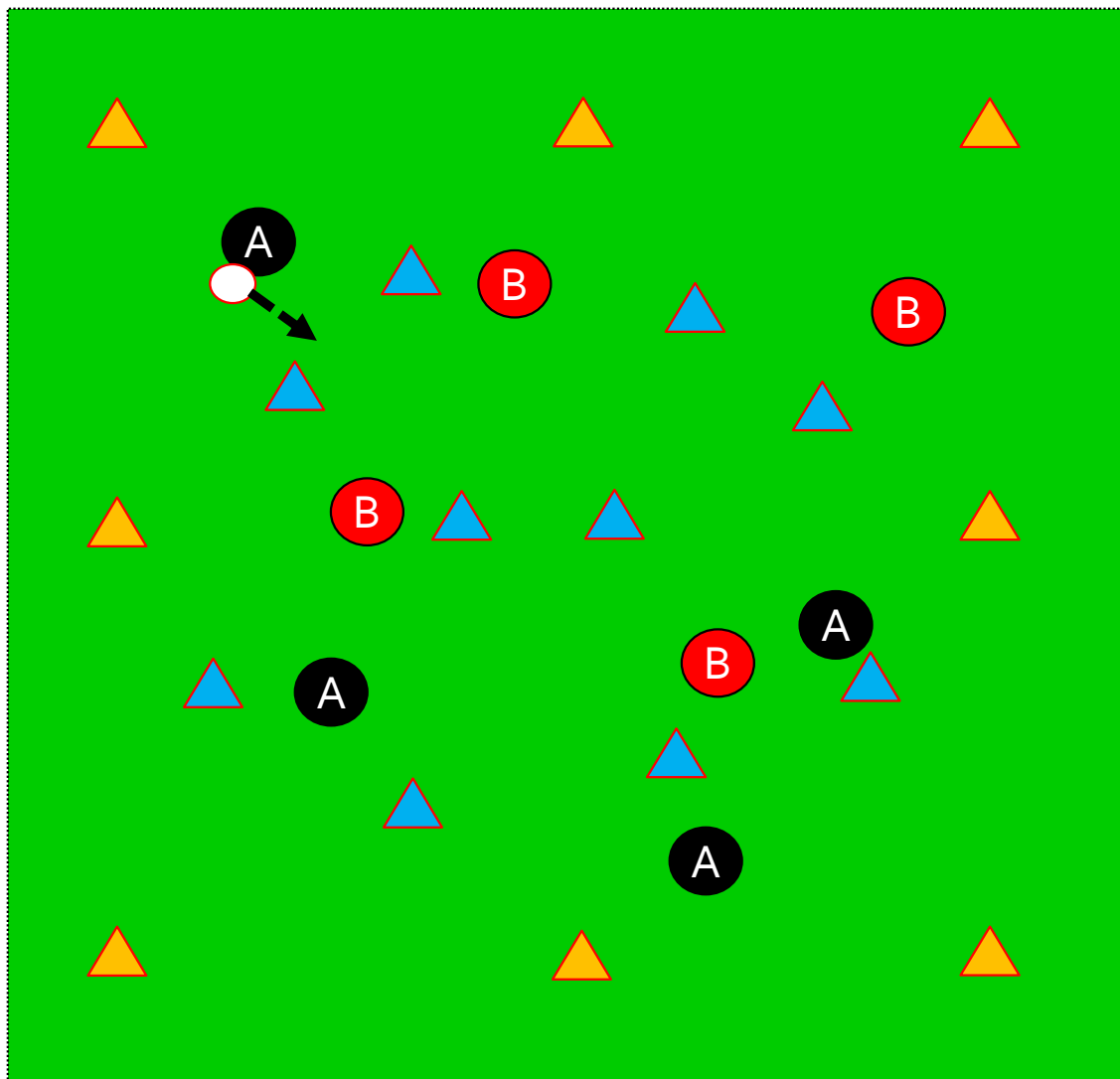
Congested Possession Warm Up:

- Set up box approx. 20x20m
- Create 3 x teams of 2-3 players
- Each team constantly move around the coned area & maintain possession of their ball by carrying, passing & receiving
- They need to be aware of the other teams & ensure they do not run into one another or loose their ball outside of the box
- After athletes achieve a high number of passes, remove one teams ball & have them take on a defensive role
- Defenders aim to steal possession off another team & if successful switch roles with them

Key Coaching Points:

- Vision & pre scanning are crucial – plan your first touch & next target
- Keep the ball out in front of your body, with your head up
- Look to carry the ball at pace & minimise the time you are on the ball (move the ball on quickly)
- Receive the ball on the move into space / where you want to go next

Passing/Receiving Activity



Gate Break:

- Set up box approx. 20x20
- 2 x teams, 4-5 athletes per team
- A team starts with the ball & aim to keep possession whilst carrying or passing the ball to a teammate through the blue gates
- They gain 1 x point every time they break through a gate
- B team look to defend the gates & gain possession of the ball
- When they gain possession of the ball, they take over the attacking role

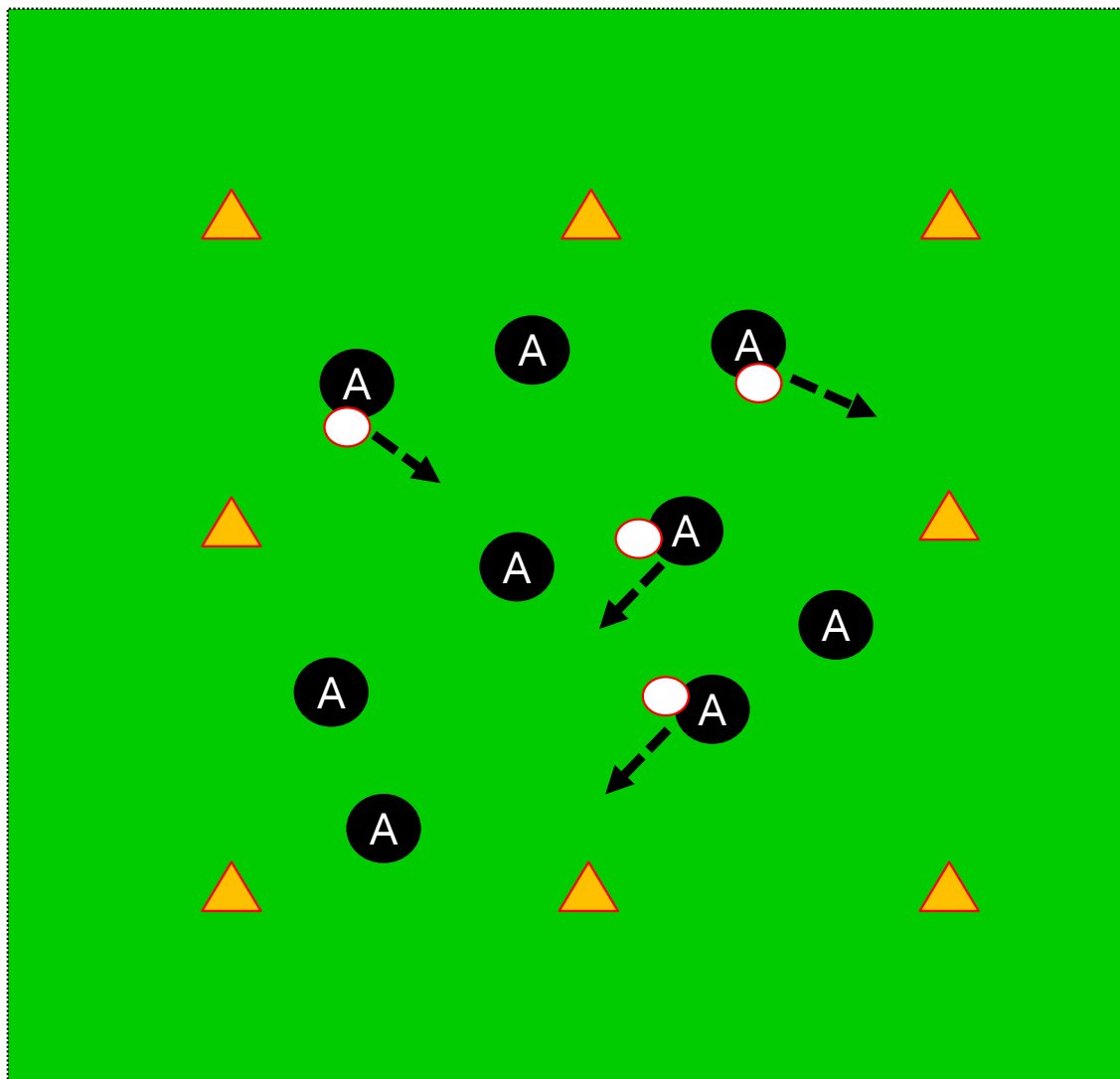
Extension:

- + Coach to set constraints around what pass or receive is carried out
i.e. push pass or reverse receive

Key Coaching Points:

- Vision & pre scanning are crucial – plan your first touch & next target
- Look for & utilise 2 v 1s when on the ball
- Attackers should receive on the move whenever possible
- Attackers avoid & defenders utilise the corners

Ball Control & Passing Activity



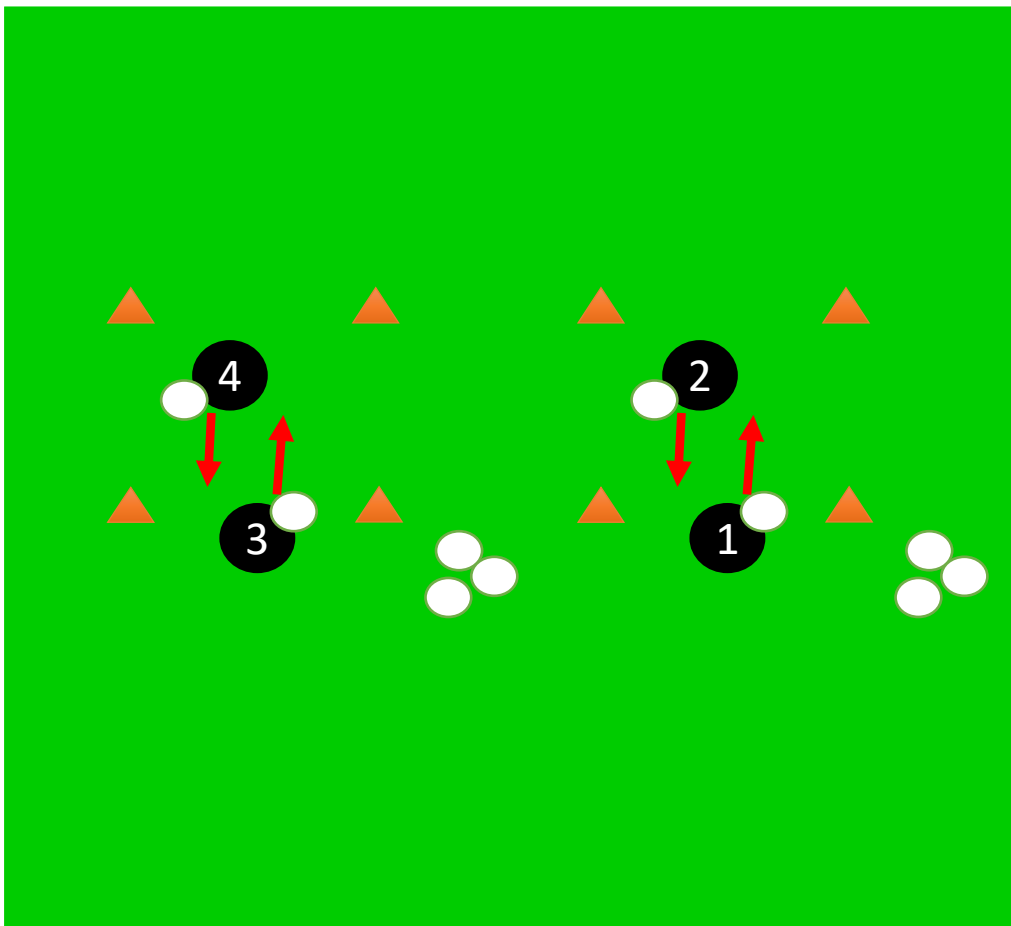
Carry, Pass & Receive Activity:

- Set up box approx. 20x20
- 3-4 athletes start with a ball
- Athletes stay mobile at all times
- Athletes on ball carry until they identify a player without the ball & make a pass to them
- Once a player receives a ball they must take over the role of the previous ball carrier – continuous carry, pass, receive sequence
- Coach to set constraints around what pass technique or carry/elimination movements can be used
 - i.e. only push pass off right foot or execute a left to right drag prior to passing

Key Coaching Points:

- Vision & pre scanning are crucial – plan your first touch & next target
- Keep the ball out in front of your body, with your head up
- Look to carry the ball at pace & minimise the time you are on the ball (move the ball on quickly)
- Receive the ball on the move into space / where you want to go next

Ball Control Activity



Ball Tag:

- In pairs, both players have a ball.
- Players stay inside the square
- P1 has a ball and has to protect their ball from P2. P1 must always be facing P2 i.e. not turning their back to them
- P2 has a ball and has to try and touch P1's ball by dribbling their own ball into it. (Not pushing their ball at it from a pass)
- When P2 is successful, players switch roles

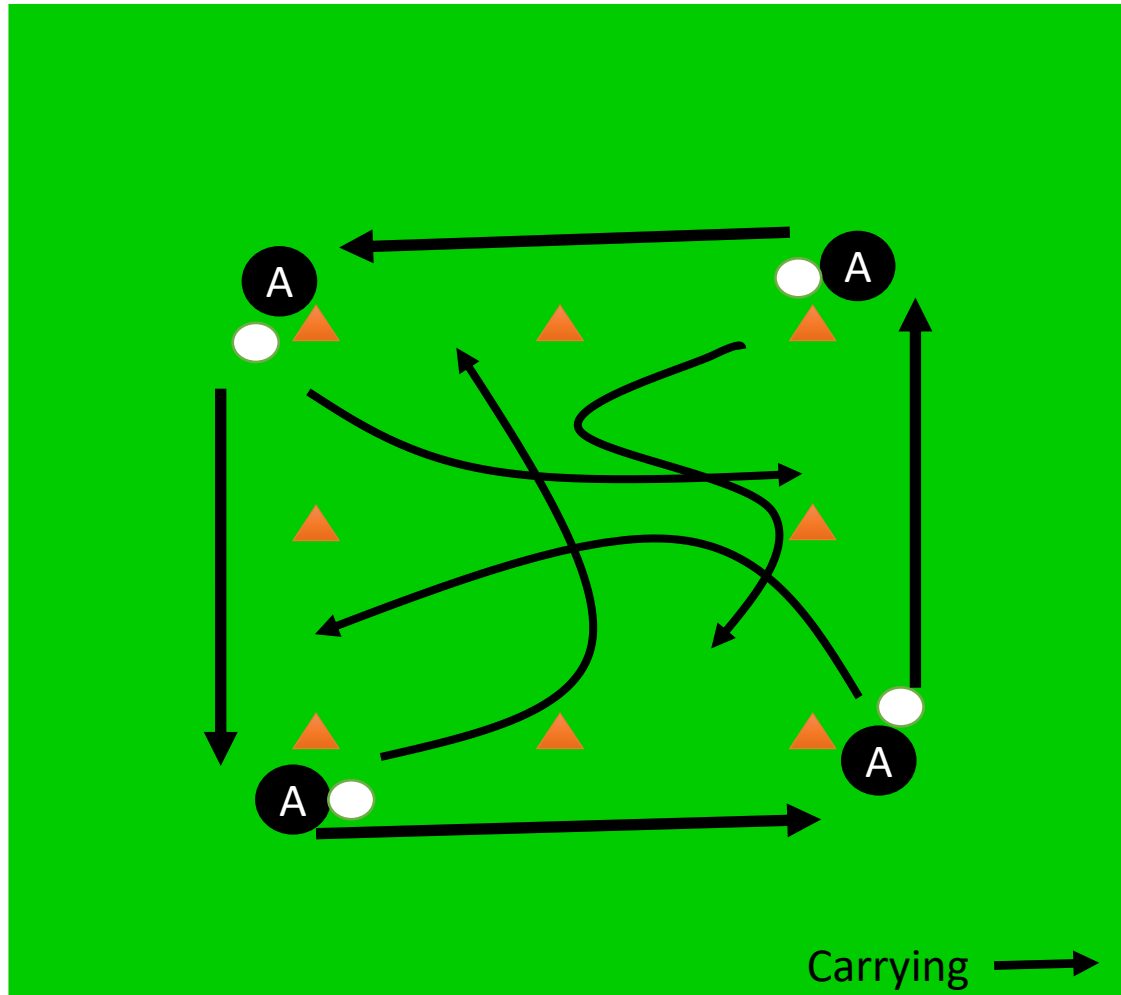
Extensions:

- +Set up a points system – 1 point for P1 contacting P2's ball
- +Increase / decrease the size of the box
- +Add a 3rd player into the exercise – all players try to touch any other players ball

Coaching Points:

- Player trying to get the ball on to the other ball should try and do this with skill, not with a push over a long distance, keeping the ball close to the stick.
- Maintain a low body position throughout
- Keep your head up with the ball out in front of the body

Ball Control & Elimination Activity



Dribbling around and through drill: 10 minutes

Set up multiple squares if more than 4 people

- Four players each start on different corners of the square
- Each player carries the ball around the square anti-clockwise
- On the Coach's call, all players have to dribble across to the opposite side as quickly as possible, whilst dodging others coming through.

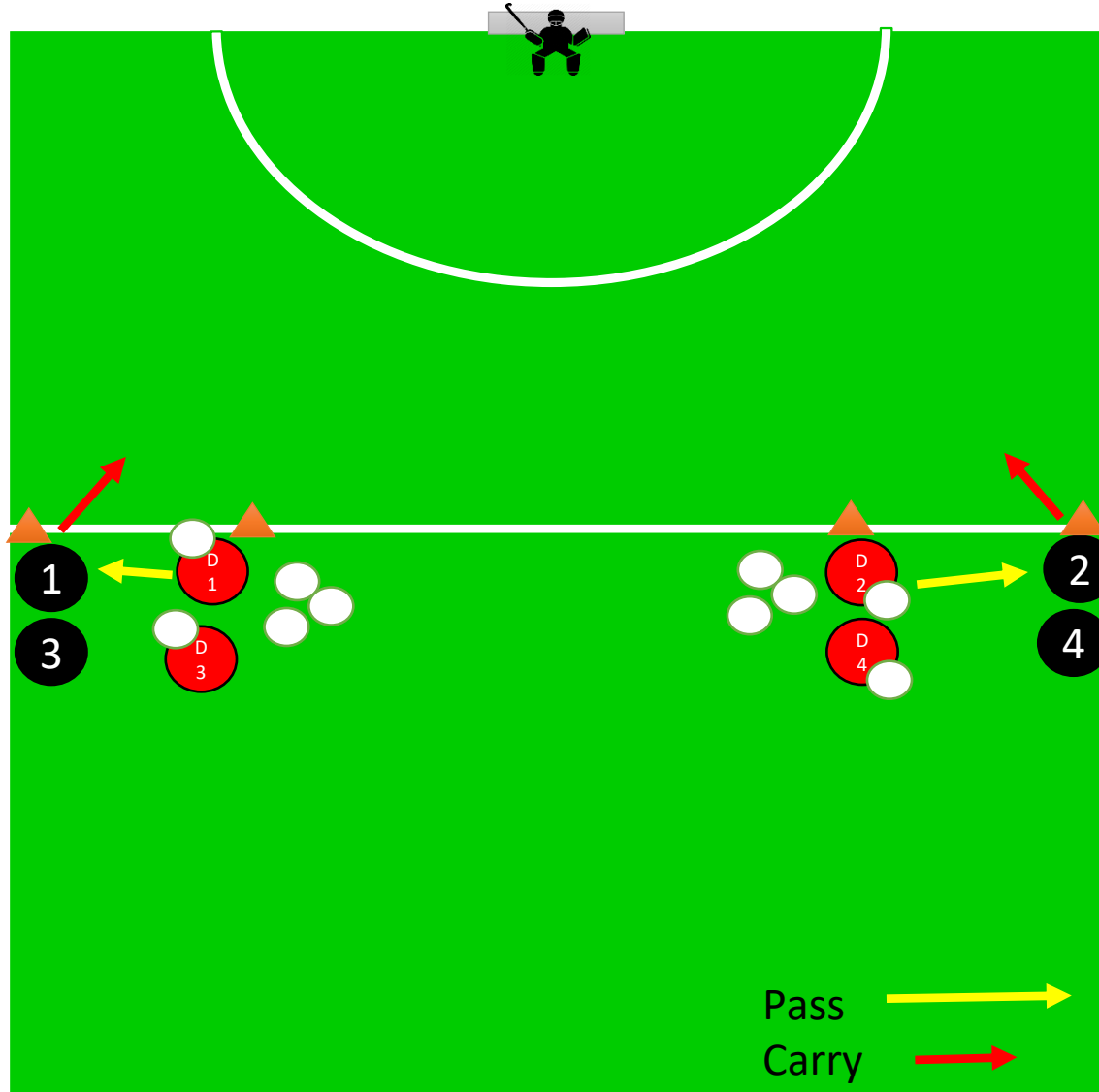
Extensions:

- +Call out a change of direction as well as a change in dribbling technique

Key Coaching Points:

- Keep the stick on the ball as much as possible
- Get the ball out in front / away from their feet
- Make big & quick movements to move around the cones
- Accelerate after going around the cones

Elimination & Goal Scoring Activity



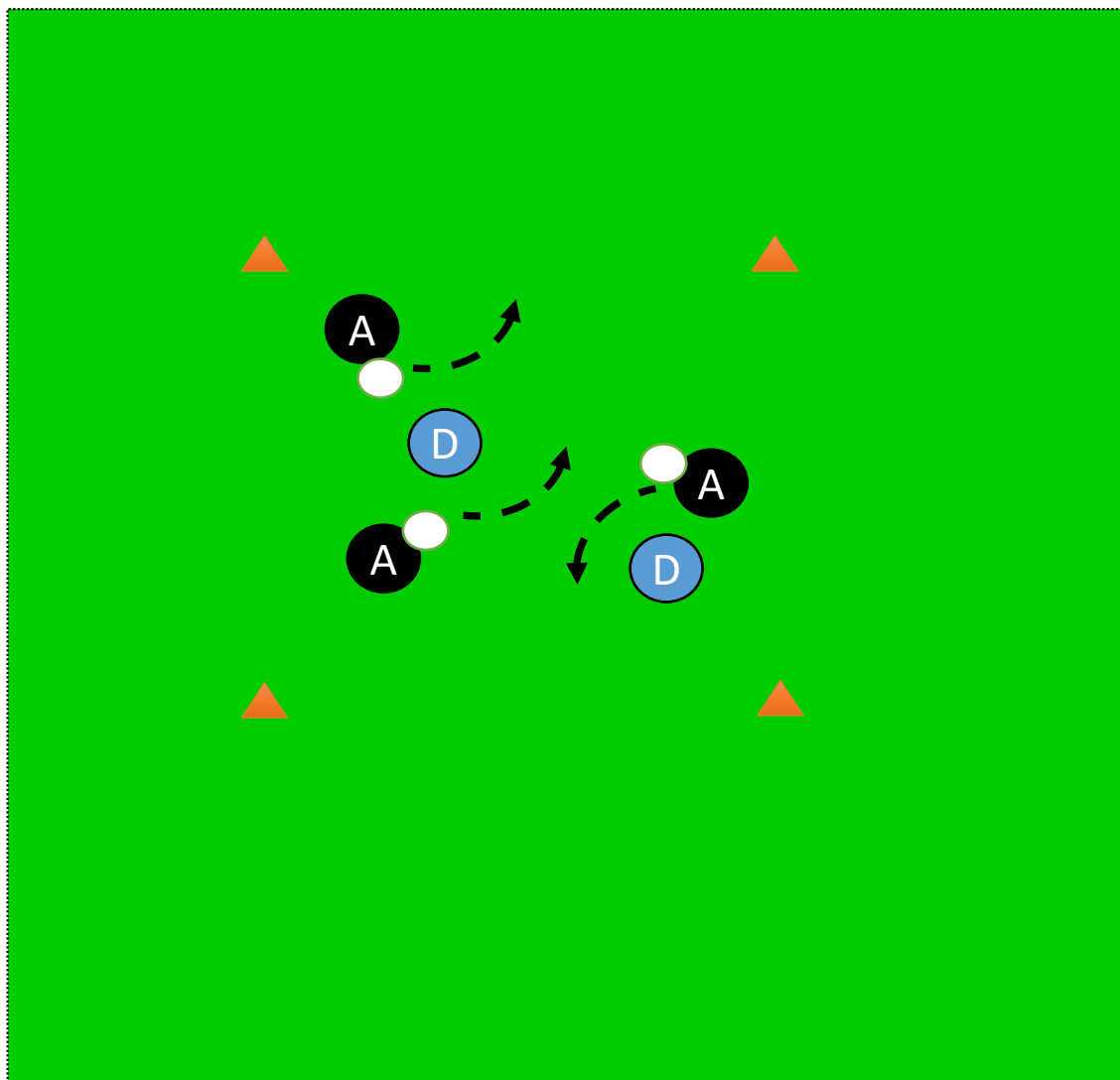
Additions Game:

- Players are split into two even teams
- One team takes on the role of attacking & the other defending
- Players then pair up, with the D (defensive team) starting on the inside cones with a ball each
- D1 starts the game off by passing to 1
- They then play a 1 v 1 until a goal is scored or the ball goes out
- When the ball goes out, D2 passes to 2- creating a 2 v 2
- 3 & D3 do the same followed by 4 & D4
- Once a full set is completed, have teams switch roles & order

Key Coaching Points:

- A should exploit the dangerous line (central channel) towards the goal
- A should identify when they have the opportunity to beat a player 1 v 1 & when to pass the ball
- D should channel players wide
- D should minimise shooting angles for the A team

Ball Control & Tackling Activity



3 v 2 Possession Box:

Set up box approx. 20x20

Set up multiple stations – work in groups of 5-6

- All Attacking players start with a ball, and try to maintain possession while dribbling inside the designated area
- Two Defenders are trying to dispossess any Attacking player
- If a Defender is successful in gaining possession of a ball from an Attacker, they take their ball outside the coned area
- When the Attacker that lost the ball, they support other attacks to maintain possession for as long as possible

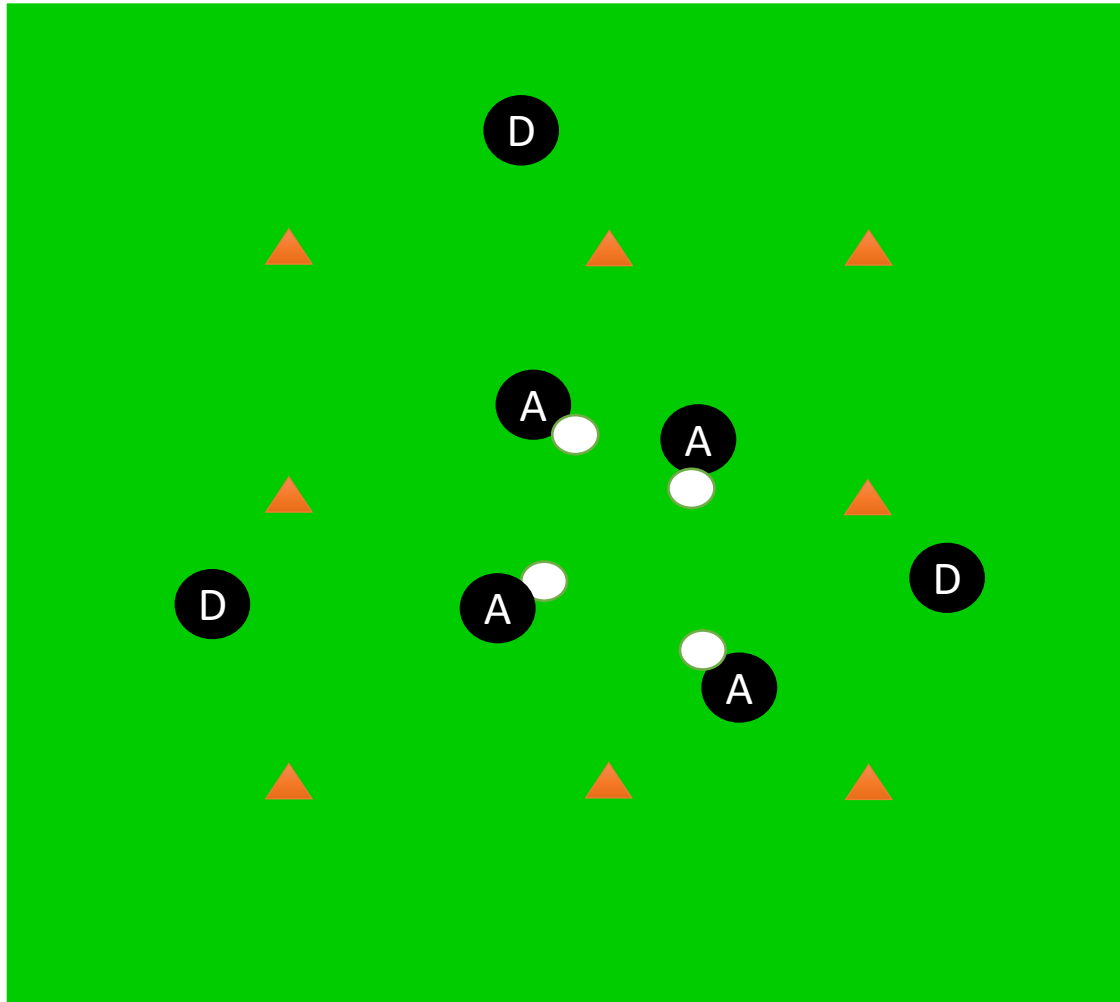
Extensions:

+ Increase or decrease the number of defenders

Key Coaching Points:

- Carry the ball on the forehand in a strong position
- Utilise a variety of movements to evade defenders
- Stay mobile and move into space

Tackling & Possession Activity



Tackling:

- 4 Attackers, 3 Defenders
- All Attackers have balls, and they have to try and keep possession for as long as possible
- 3 Defenders go in and try to dispossess the Attackers by making a tackle and then hitting their ball out of the zone.
- If an Attacking player is dispossessed, they may still stay in and offer up to the other Attacking players as a passing option.

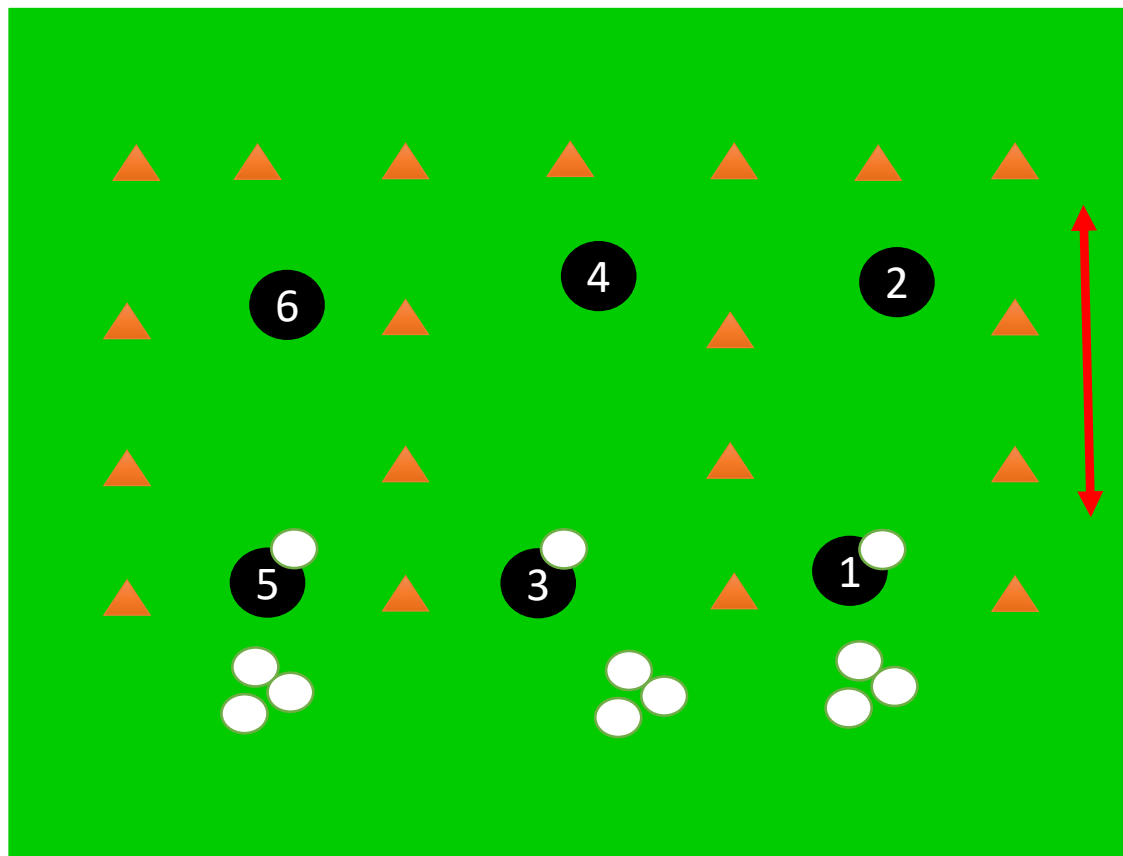
Extensions:

- +Have players only use one way of tackling to dispossess A players.

Key Coaching Points:

- Defending players should be working together in order to dispossess A players as quickly as possible. Communicate who they will target and when to go in key.

Elimination & Tackling Activity



Continuous Tackle Box Drill:

(Set up multiple- number dependent)

-1 v 1 continuous tackle box

-1 player starts with the ball & tries to dribble to the other end of the box

-If they make it to the end they gain a point & turn to attack the other end

-If the other player gains possession they immediately try to carry over the other end line to score themselves

-Coach can time 1 minute with the highest scorer winning

Extensions:

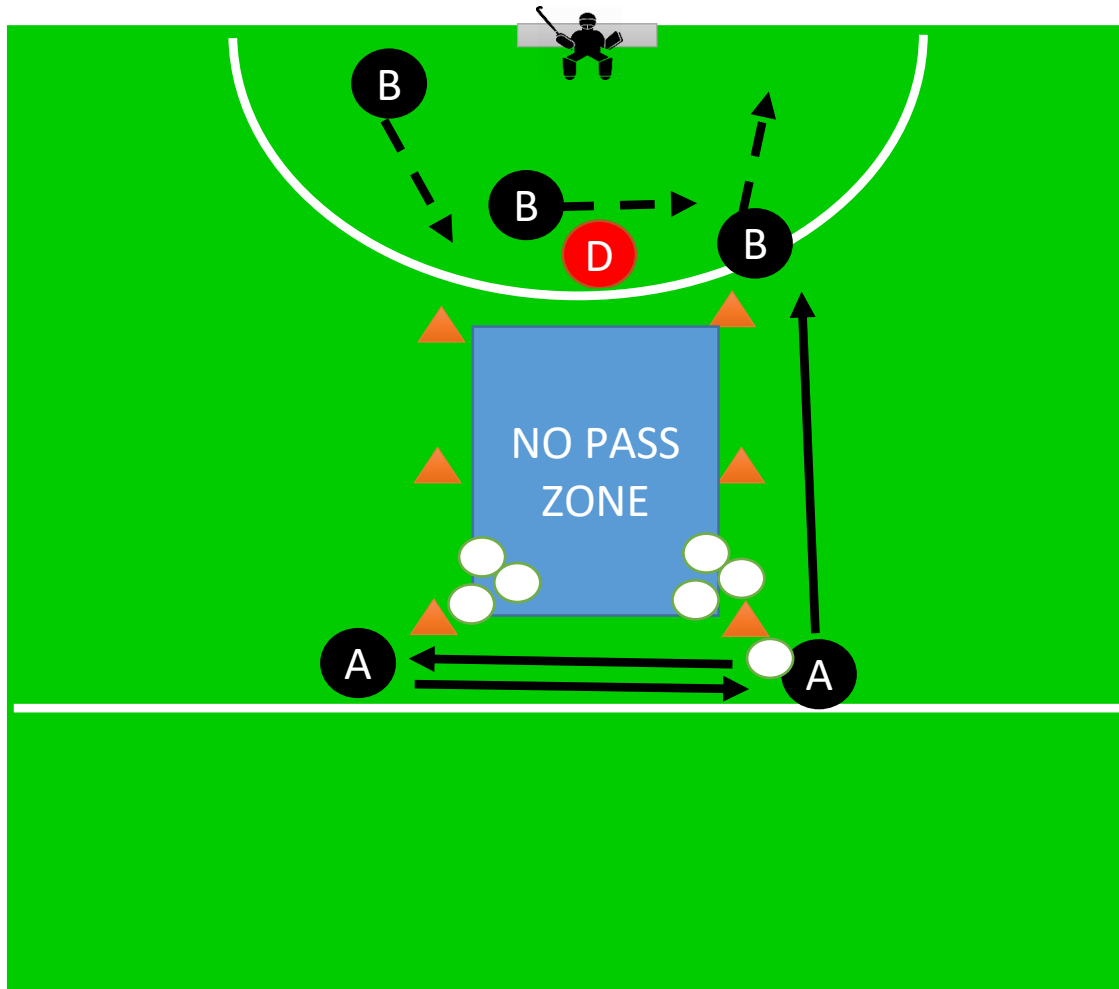
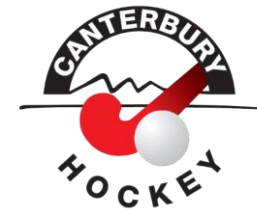
+Create a king of the court system- winner moves up a court, loser moves down

+Set rules about how the player dribbles e.g. only 3D dribbling

Key Coaching Points:

- Focus on staying mobile in a low body position
- Make use of the jab tackle
- Channel players to the forehand as much as possible
- Push through the ball when in contact
- Once a player has gained possession, they should vacate the space quickly

Utilising Space & Goalscoring Activity



L & R side circle attack:

- A pass to one another until B lead and create space for a pass
- B then attack goal with the A who passed into the activity joining
- Play out 4 v 1 with attackers looking for a shot on goal or APC
- If defenders gain possession, they work the ball through the 'no pass zone'
- Rotate attacking players after each set & defenders regularly

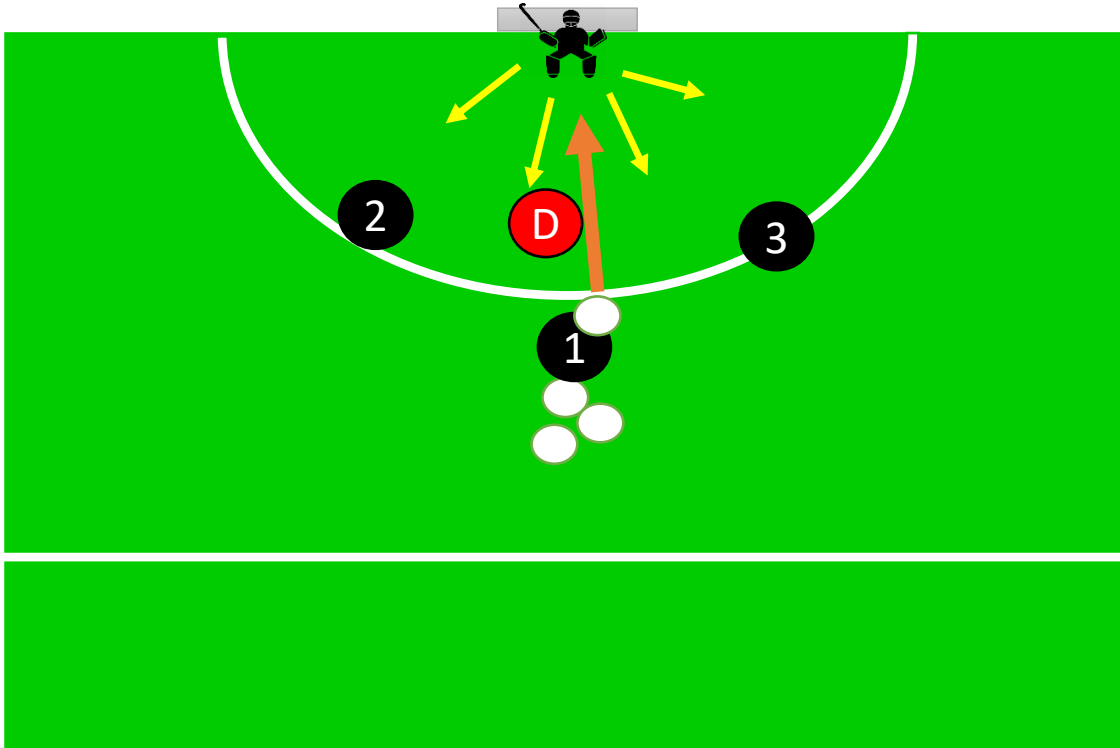
Extensions:

+Add a 2nd defender

Key Coaching Points:

- Create height in the attacking circle
- Occupy 'key positions' and a low body position in the attacking
- Utilise early shots at goal & target the far post
- Follow all shots at goal for rebounds of the goalkeeper

Goalscoring & Goalkeeping Activity



Rebound Goalscoring:

- P1 starts the exercise off by hitting the ball at the goal keeper
- The goal keeper will then make a save with the ball rebounding back out into the circle
- The 3 players will work together to get the rebound and score a goal, with D helping GK defend.

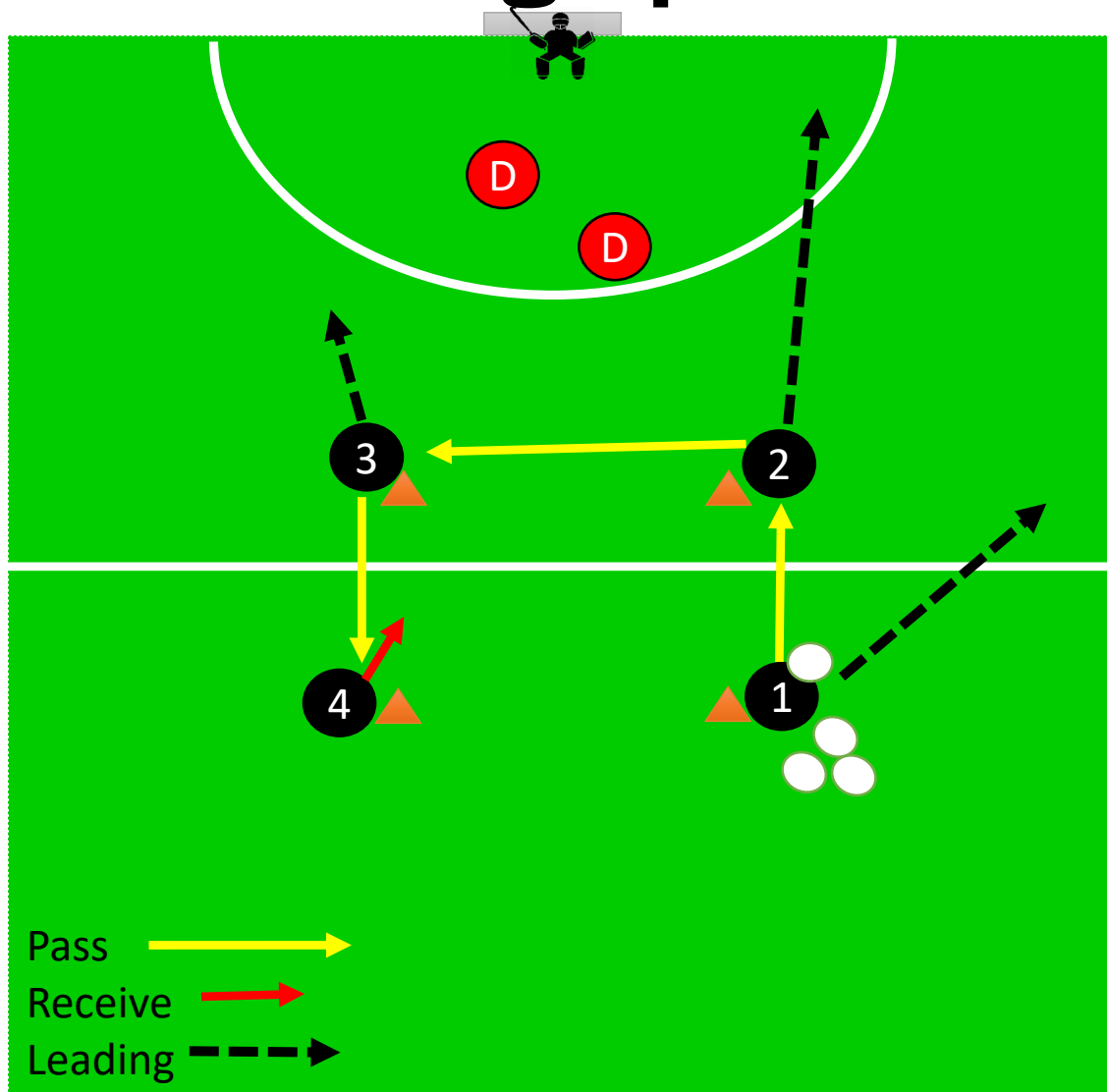
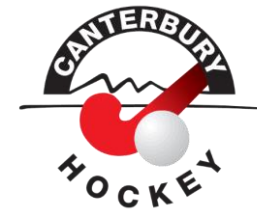
Extensions:

- +Add another attacking player and defender based on numbers
- +Have keeper looking to clear through the gaps in players instead of kicking to them

Key coaching points:

- Make sure attacking players are set and ready to receive the rebound off the keeper. Body position low, sticks down
- If you receive the ball in a “low percentage area”, focus on trying to shift the ball around the keeper to other players in better positions, as opposed to shooting from a tight angle.
- Players not receiving the ball should focus on offering up to the player on the ball and getting into key positions.

Utilising Space & Goalscoring Activity



Leading into Space :

- P1 starts off by passing the ball to P2 & leads away into new space
- P2 receives & passes to P3 before leading into space
- P3 traps & passes to P4 before leading into space
- P4 receives the ball and carries forward into a 4 v 2
- 4 attackers v 2 defenders- attacking team trying to score a goal
- If defenders gain possession, they carry back to coned box

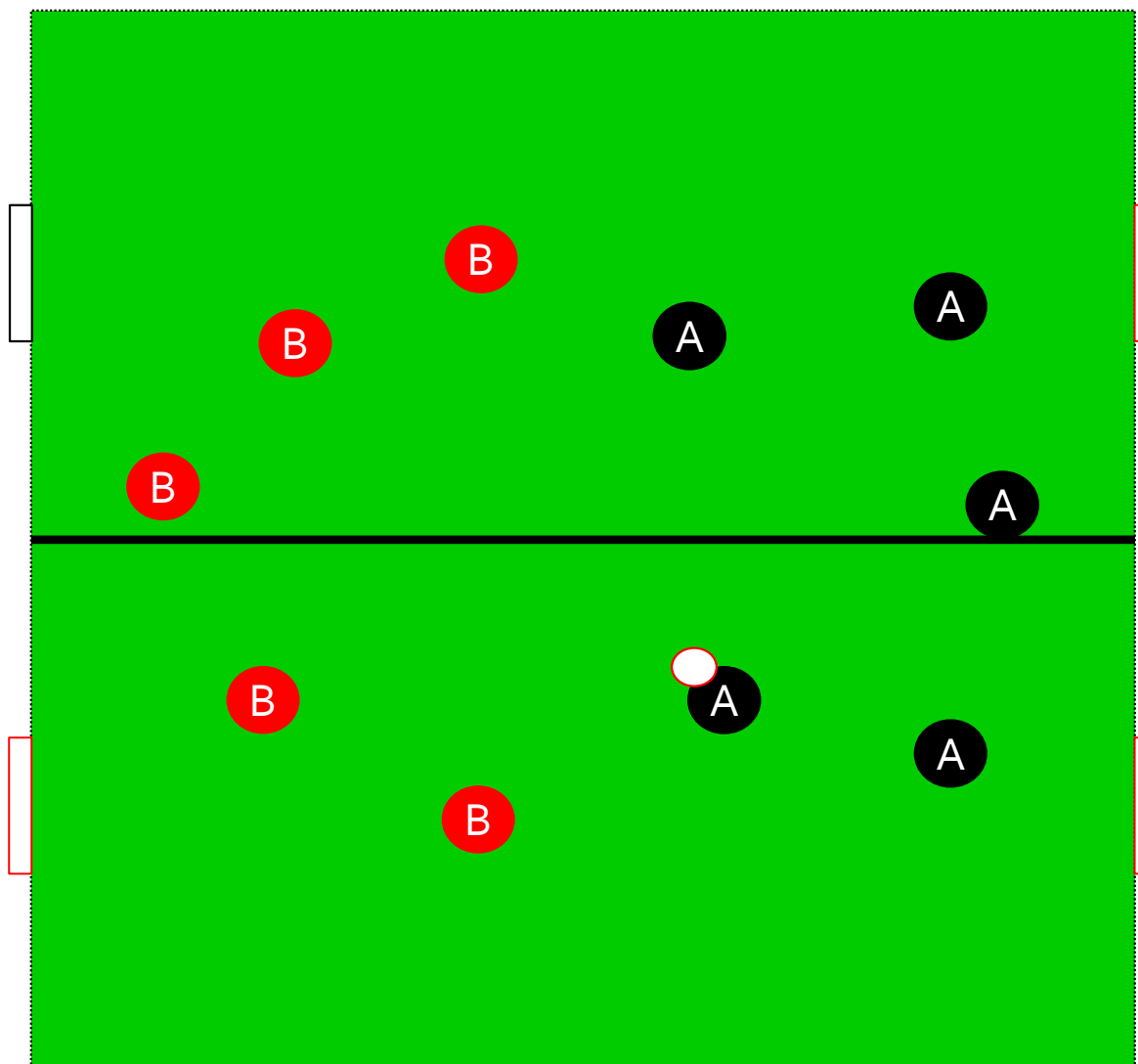
Extensions:

- + Add an extra defender
- + Change position of the box – from side-line etc

Key Coaching Points:

- Lead to create space: 1 player lead high, 1 player leads wide & 1 player in support of the ball carrier
- Isolate 1 defender by themselves (create a 2 v 1)
- Attack at pace & play around the defenders

Utilising Space – Modified Game



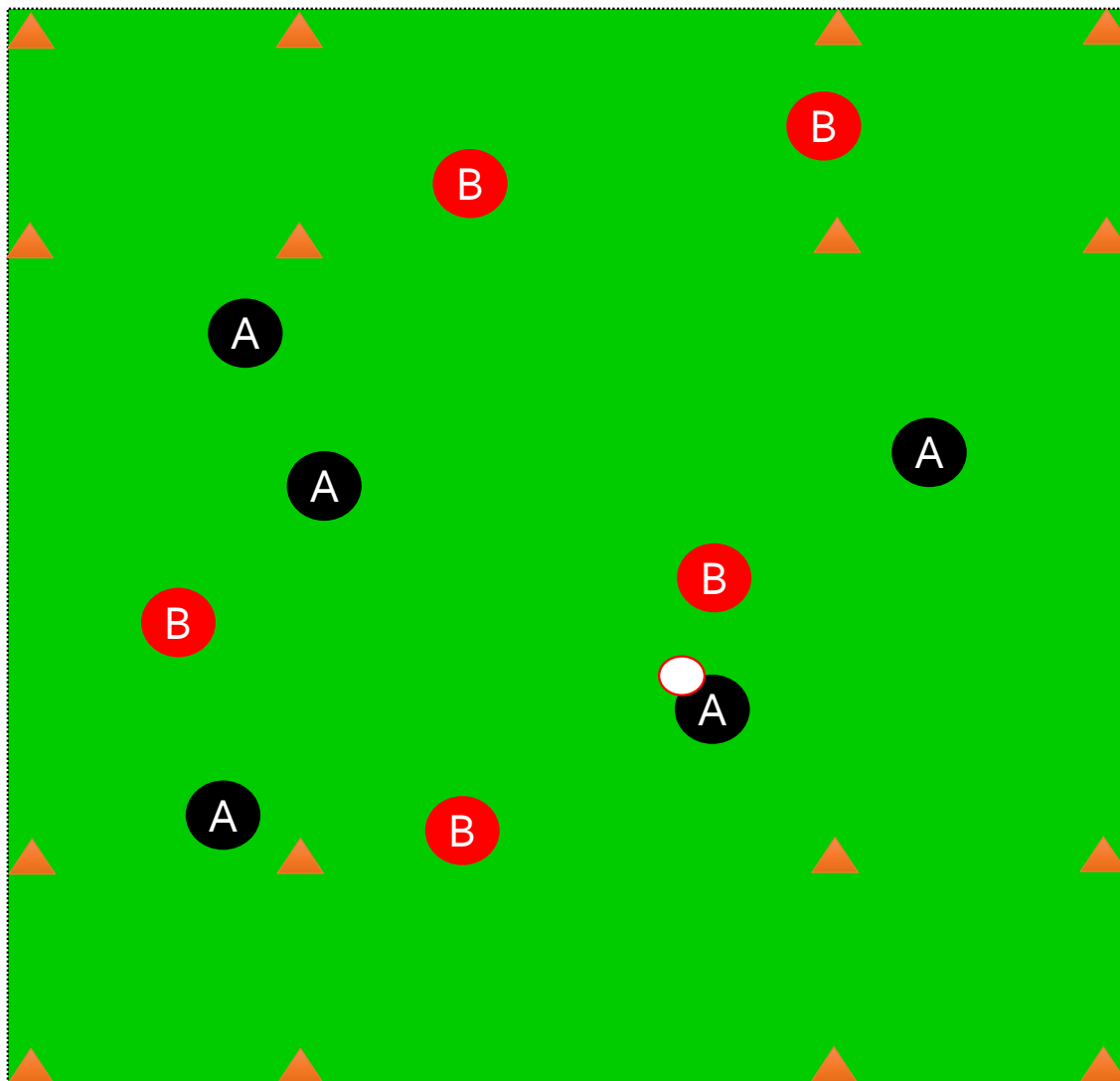
4 Goal Game:

- 2 teams of 5/6 athletes
- Objective is to score in any of the 2 opponents goals
- Goals can only be scored by pushing the ball and can be scored from anywhere on the field (No circles)
- The team with the highest number of points after 5 mins wins. Repeat 2-3 times

Key Coaching Points:

- Offensive Principles – Ball retention, Width and height
- Defensive Principles – Channelling and keeping teams to one side

Utilising Space – Modified Game



Collecting Corners:

- 2 x teams of 5/6 athletes
- Objective to maintain possession and score points by either carrying or receiving the ball into a corner box
- If defenders gain possession, they take over the attacking teams role – trying to score in corner boxes
- Play for approx. 3-4 minutes before having a break and problem solving

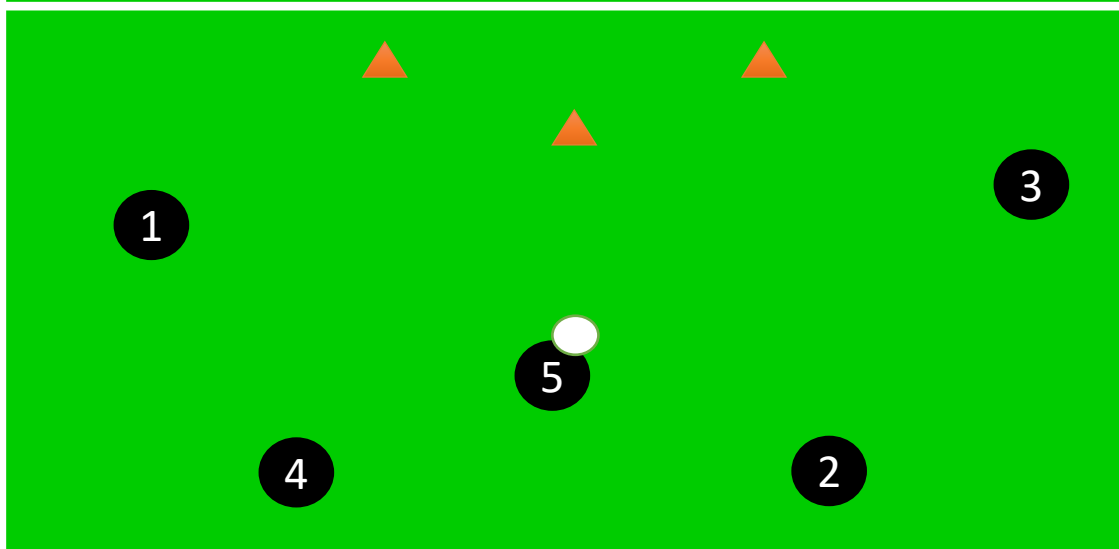
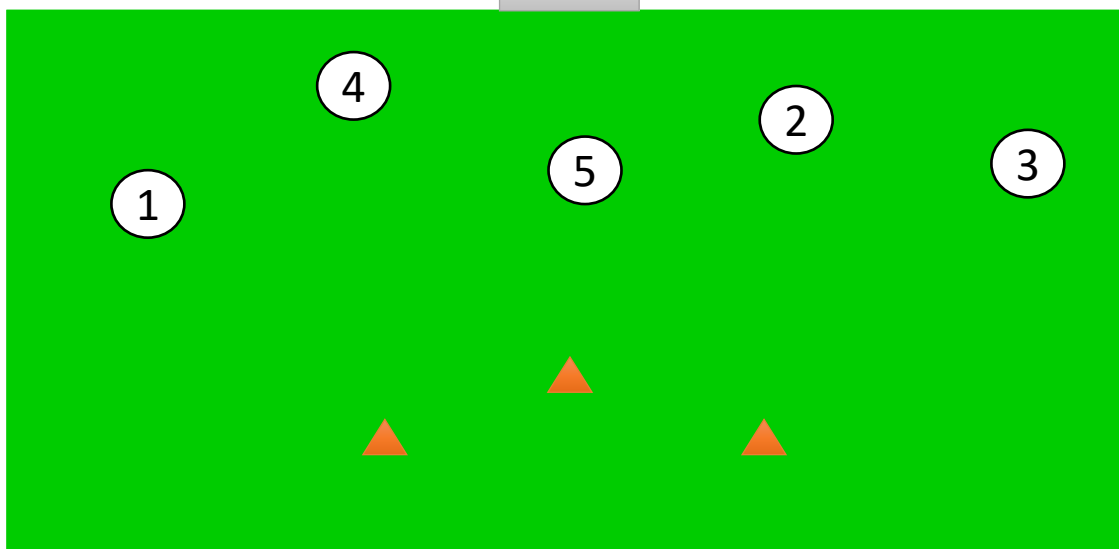
Extensions:

- + Alter the size of the box which D is in
- + Split activity into 2 smaller games – 2-3 athletes per team

Key Coaching Points:

- Support the ball carrier – 1-2 players working to receive the ball
- Create space for others by leading away from the ball
- Think a head – where will you pass the ball once after you receive it
- Defenders work to minimise space and trap opposition in the corners

Utilising Space – Modified Game



Shifting the point of attack:

- 5v5 or 6v6 game
- Normal hockey rules apply except:
- The ball and players must not enter the coned area in the middle of the field

Extension:

- +Increase the coned area to make it more difficult

Coaching Points:

- Occupying key areas of the field to create space for others
- Utilise multiple transfers (both behind & in front of the cones to find space)