

Canterbury Hockey

Junior Coaching Resource

Ball Carrying / Elimination

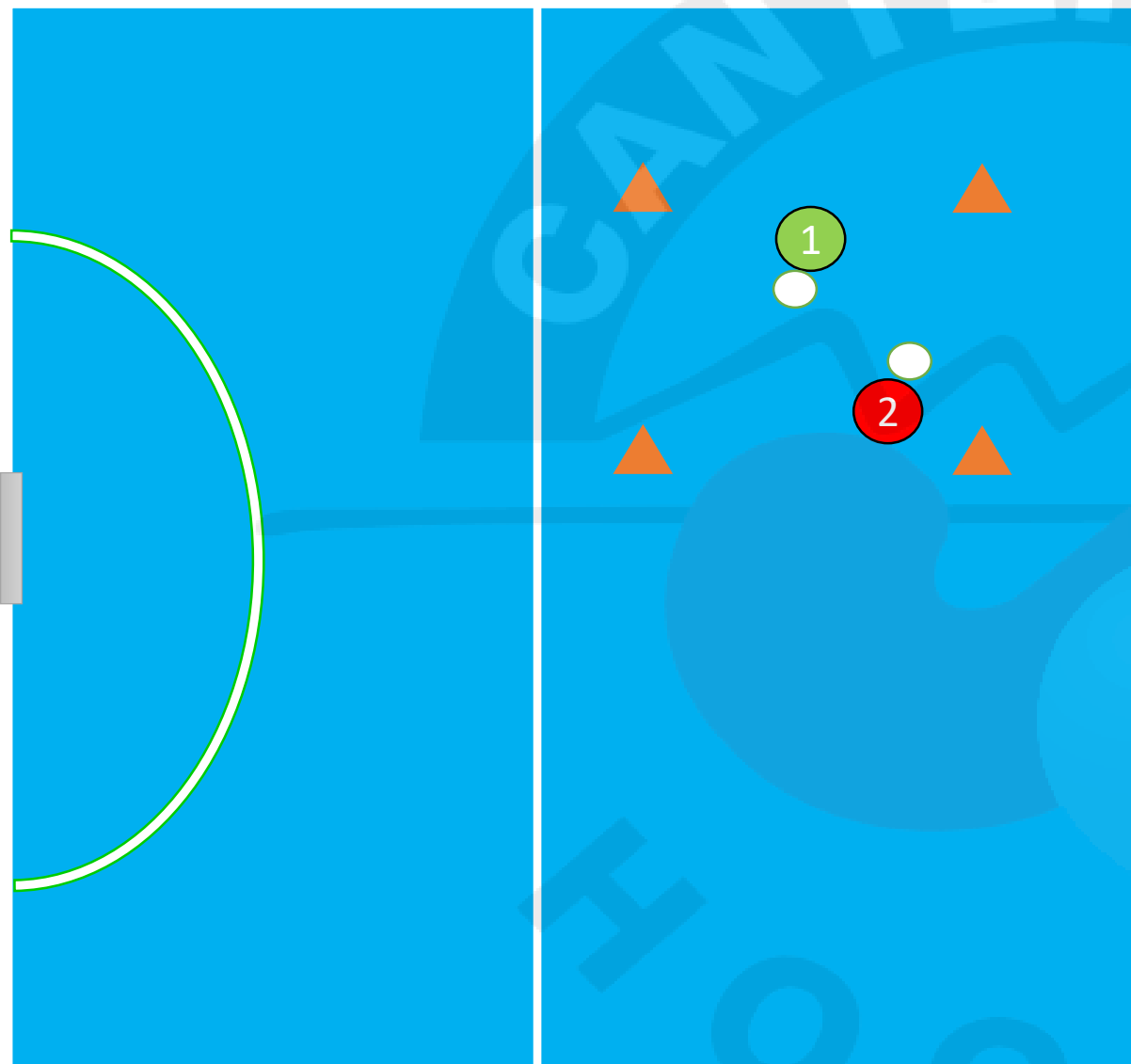
Exemplar Session 1

Session Focus: **Ball Carrying / Elimination**

- Ability to hold onto the ball in congestion
- Ability to carry the ball at pace
- Sharp left to right elimination movement
- Introduction into 3D skills
- Carrying the ball to set up a pass

Timetable:

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



Ball Tag warm up: 8 minutes

(Set up multiple stations)

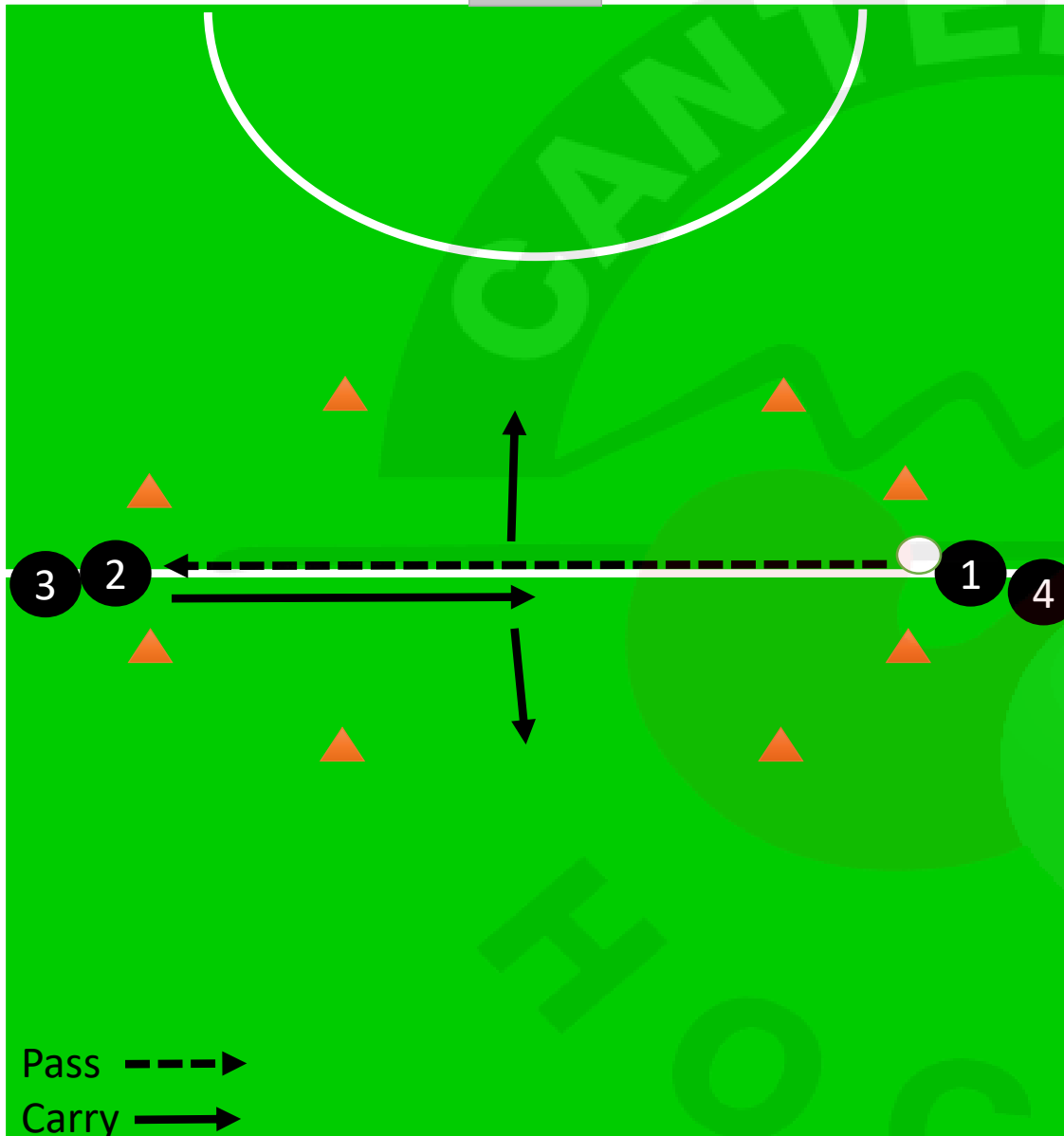
- Players work in pairs
- P1 has a ball and has to protect their ball from P2.
- P1 must always face P2 i.e. not turn their back to them
- P2 has a ball and has to try and touch P1's ball by dribbling their own ball into it. (Keeping the ball on the stick the whole time)
- If P2 is successful, players switch roles

Extension:

- +Reduce the space to encourage tight stick skills
- +Increase the space to make it harder for P2
- +Have players work the ball onto their opponents foot

Key Coaching Points:

- Vision is crucial – Keep your head at an angle where you can see the player and your ball.
- Keep the ball on the stick the whole time
- Focus on getting the stick all the way over the top of the ball before changing its direction
- Bend knees and keep the ball out away from your feet



1 v 1 relay Channel: 10 minutes

(Set up multiple channels depending on numbers)

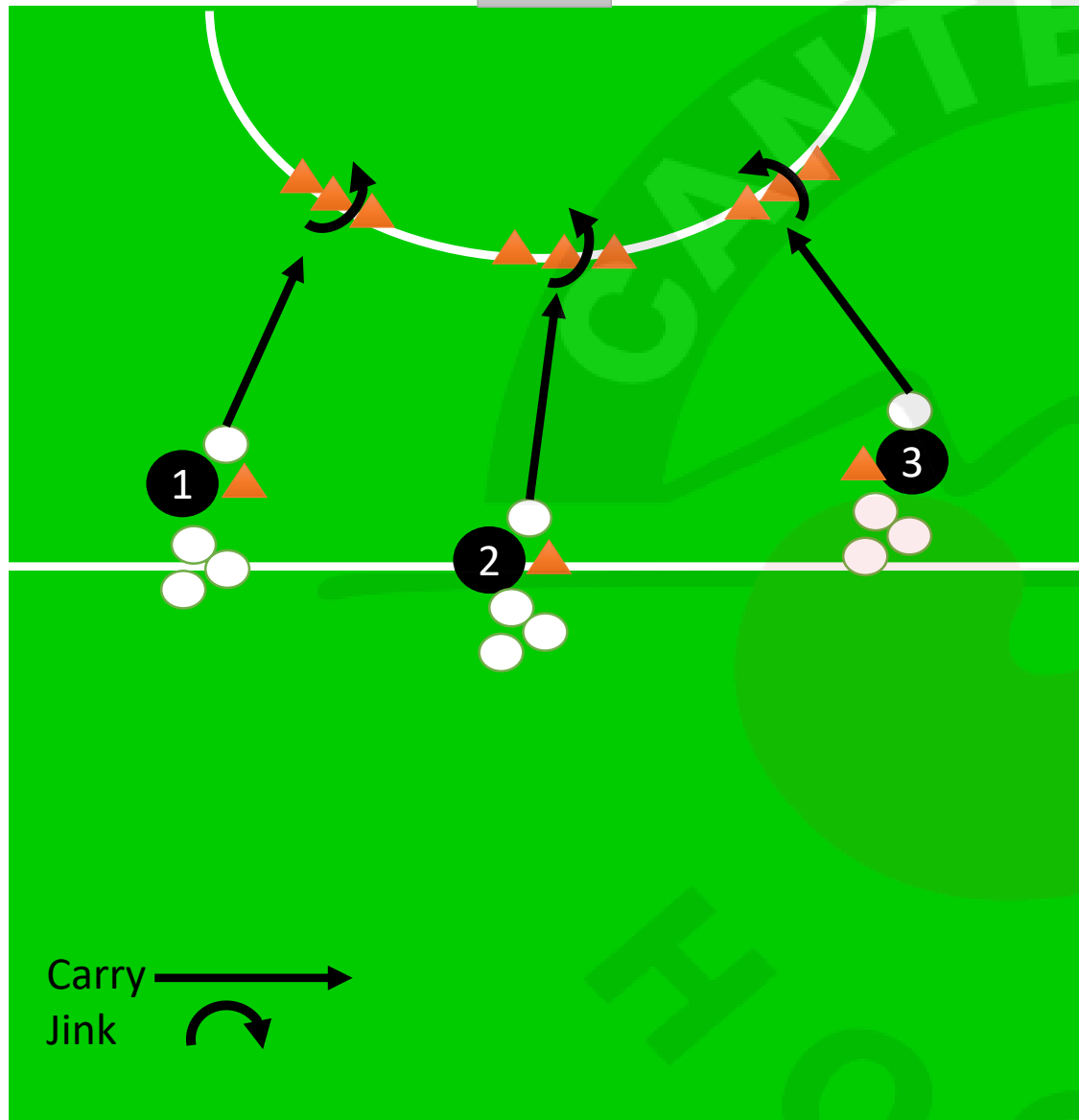
- Drill always starts from the right hand side.
- P1 passes the ball across to P2 and follows their pass to put pressure on P2
- P2 receives the ball and carries into the box before deciding to dribble out either side of the box without being tackled.
- P2 then passes the ball to P4, who does the same with P3
- Players continue to rotate through the exercise

Extensions:

- +Have player utilize deception
- +Set instructions around how you want players to dribble i.e. use a left to right drag before leaving the box

Key Coaching Points:

- Players carrying ball out of the box should make a decision on what side they want to exit early, so they can solely focus on how they go about exiting the box
- Change of direction from carrying forward to finding the exit should be short and sharp, so the defending player has no chance to react/catch you



Carry, Jink & Shoot: 10 minutes

(Set up multiple stations at different angles around the circle)

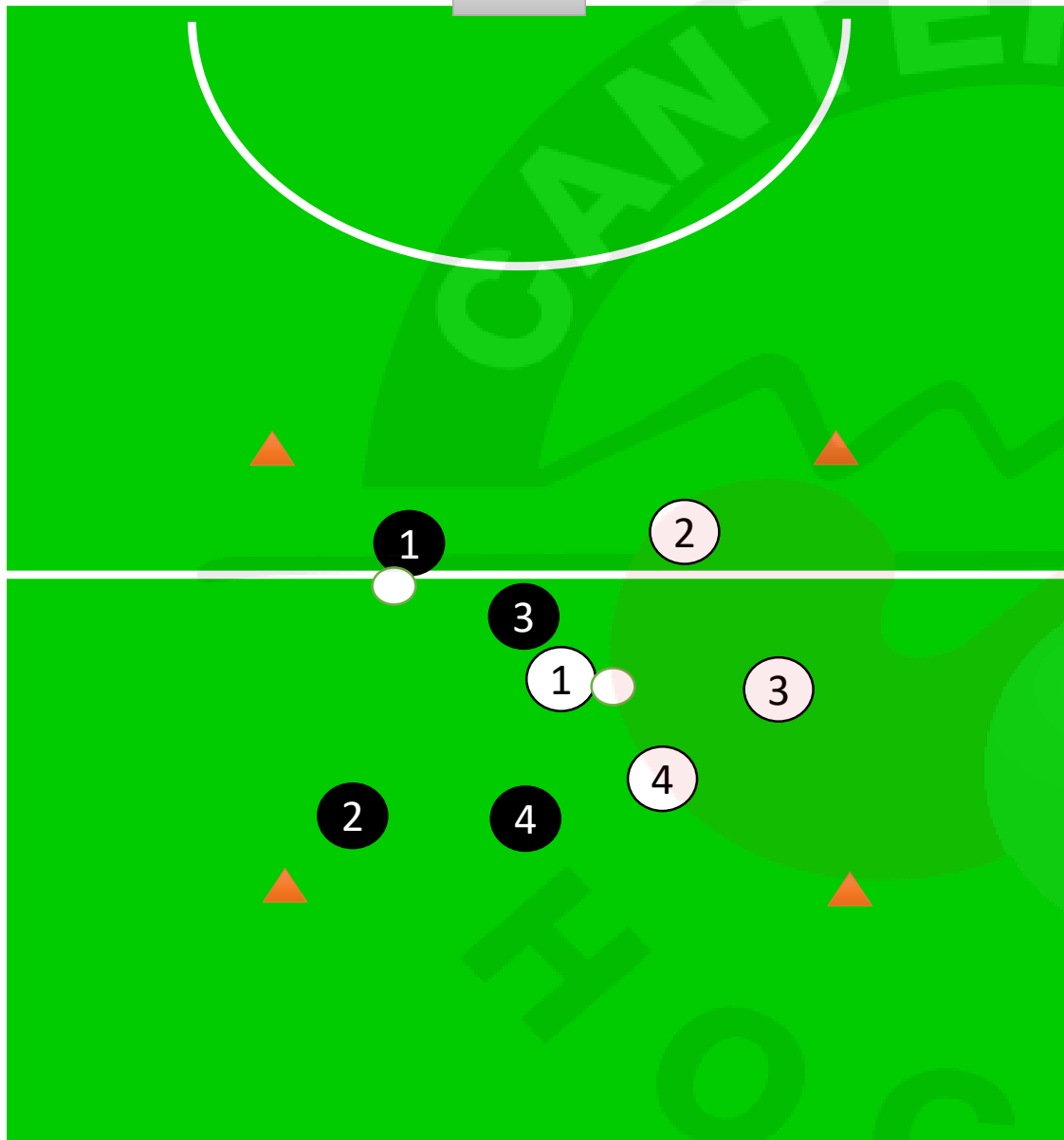
- Players begin the drill by carrying the ball at pace towards the edge of the circle
- As they approach the cones, players will set up for a forehand/reverse jink over the cones, before finishing with a shot at goal.

Extensions:

- +Replace the cones with a passive defender – who keeps their stick on the ground
- +Have athletes replicate the activity but using a reverse jink
- +Have players utilize a forehand squeeze over the cones

Key Coaching Points:

- The carry towards the circle should be a sharp, explosive movement.
- Ball does not necessarily need to stay on the stick, but should stay within touch so you're able to control the ball quickly at any given time.
- When jinking, get hands low to the ground & outside the body
- Move the ball laterally before attempting to jink (rather than in the direction of the movement)
- Keep the ball on the stick whilst jinking, for extra control
- Get control of the ball as quick as possible after the jink



Numbers Passing and Possesion:10 minutes

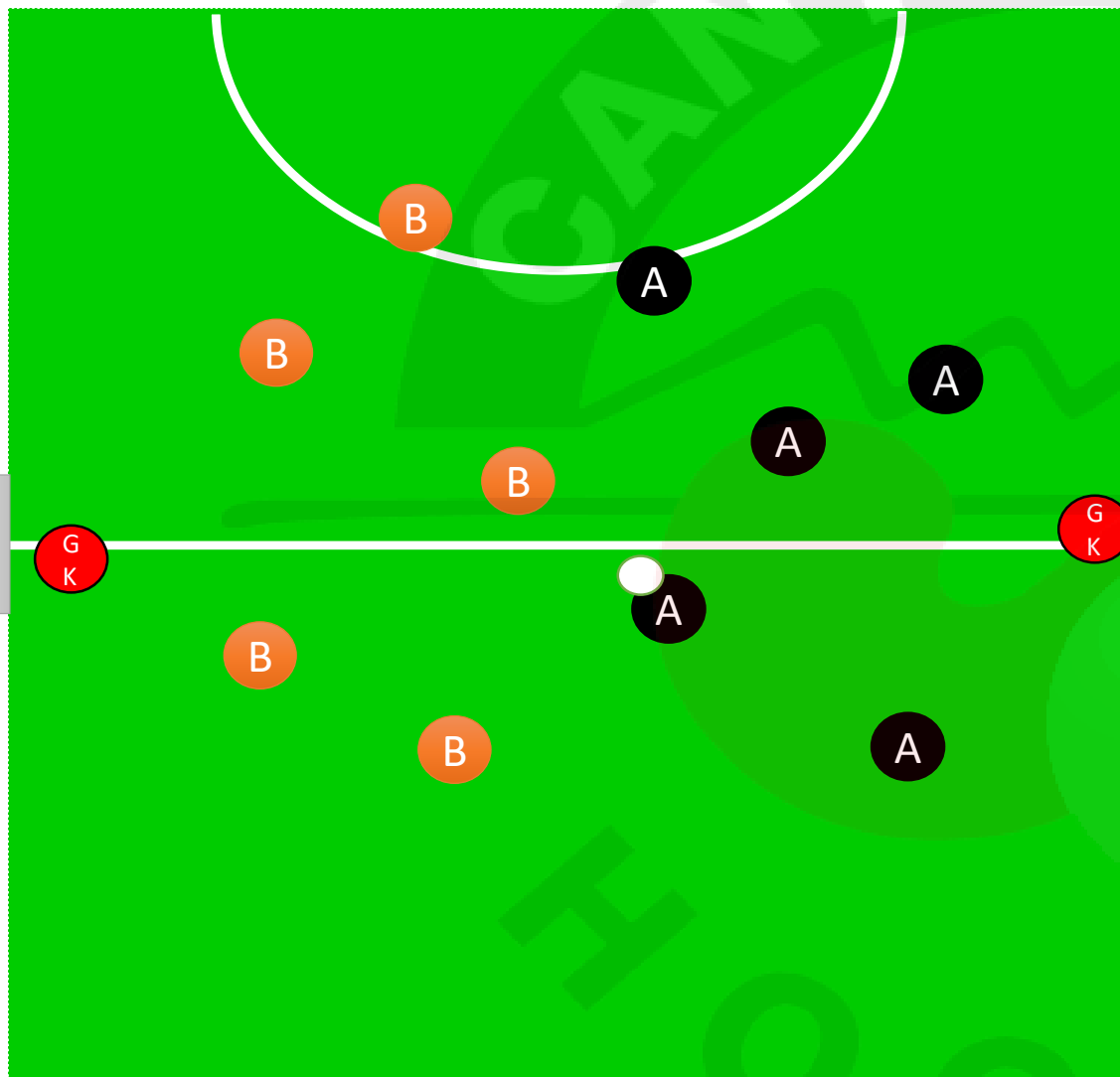
- Create a big enough space to have all players within the area, but small enough that it is still congested
- Split group into 2 teams and have them number off 1-5 or how ever many there are.
- P1 can only pass to P2 and P2 can only pass to P3 so on and so forth.
- Have players look to control and carry the ball around opposition players before giving a good pass

Extension:

- +Instruct players on a elimination move they must make before passing the ball to their teammate
- +Encourage teams to run in and around each other in a bid to put the other team off. Make a challenge out of it – First team to string together 10 or 15 passes

Key Coaching Points:

- It's important players communicate amongst each other to ensure players know where their next passing option is.
- Work on passing straight to your teammates forehand
- Carry the ball out in front to help ensure your head and eyes are up



6-8 a side Game: 10 minutes

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

Key Coaching Points:

- Using space - creating height and 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