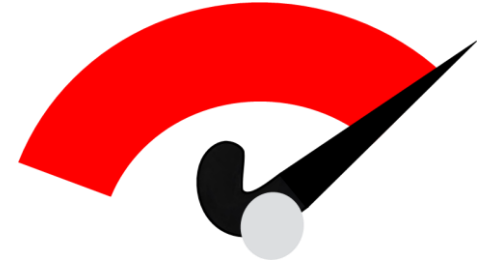




Canterbury Hockey Junior Coaching Resource Exemplar

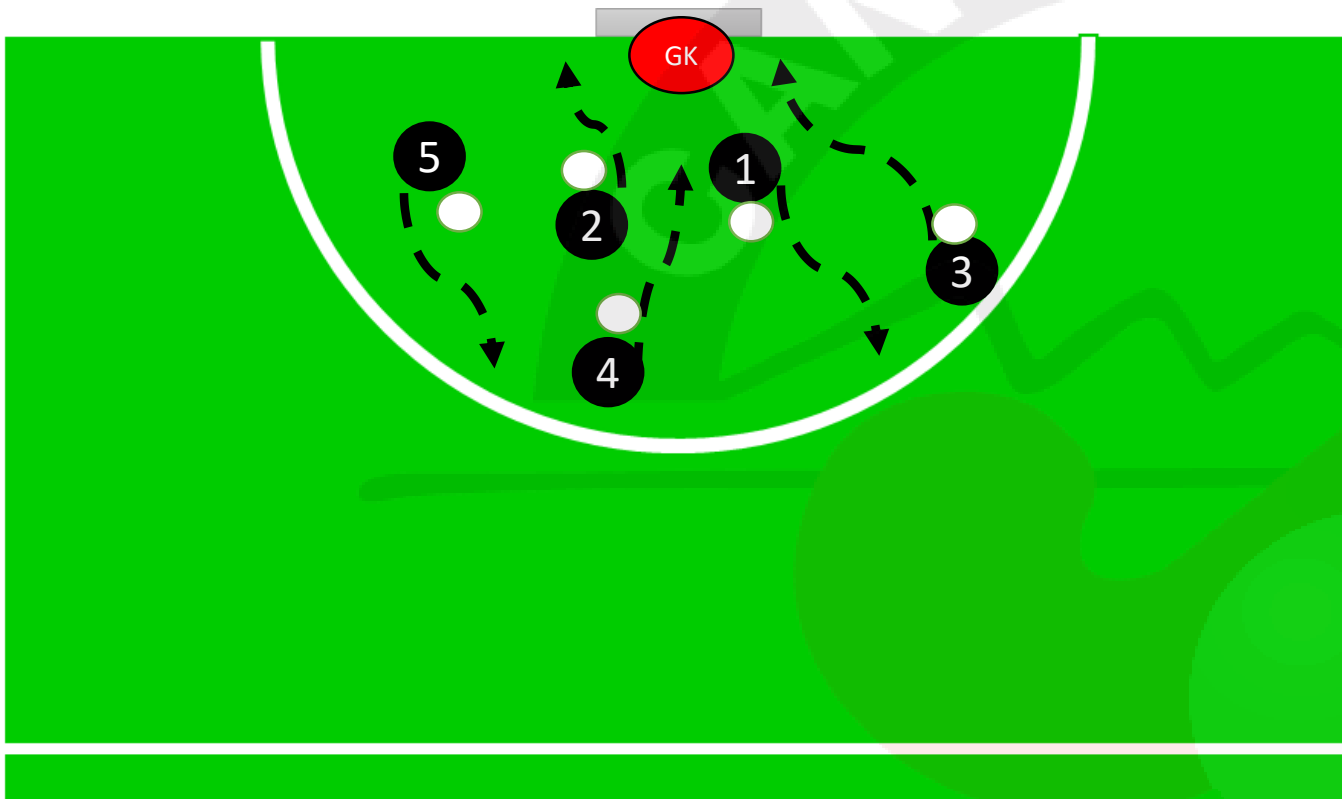


Session Focus: **Goal Scoring**

- Understanding the priority positions in the circle
- Scoring from the top of the circle
- Scoring from the spot
- Maintaining a low body position in the circle
- Receiving & footwork

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

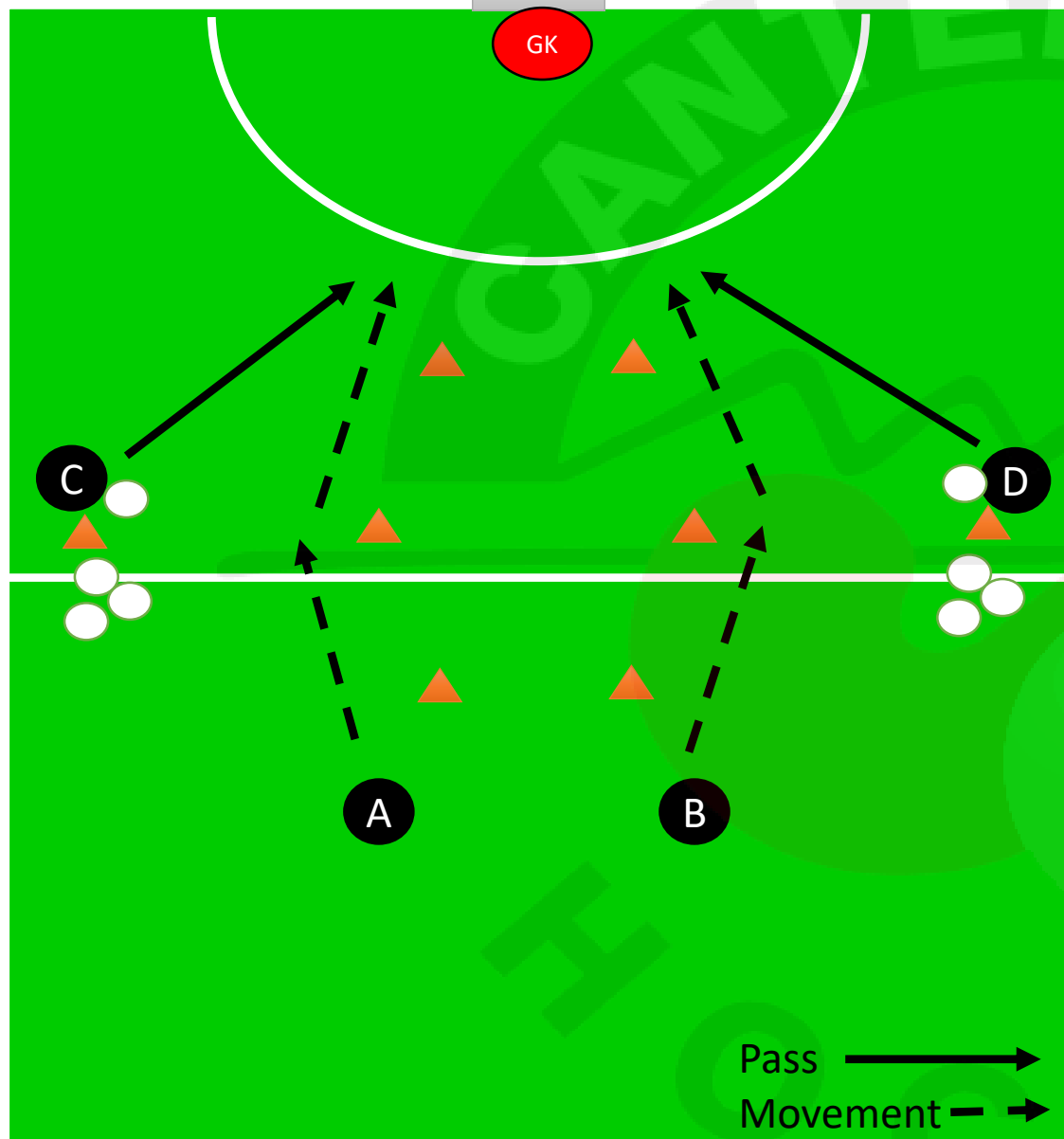


Teaching Key Positions Warm Up: 8 minutes

- All players involved at once
- All players are dribbling around the circle – encourage them not to stop
- The coach will then yell out a key position in the circle (Post – left/right, Spot, Guard – left/right)
- Players then race to be the first one to the position called. First player to reach the position earns themselves a free shot at goal

Key Coaching Points:

- Players need to be aware of where other players are & react quickly
- Players should use a range of shooting techniques relevant to the position that they will be shooting from i.e. if shooting from near the post, the shot should be a push into the corner.



Receiving & shooting on the move: 10 minutes

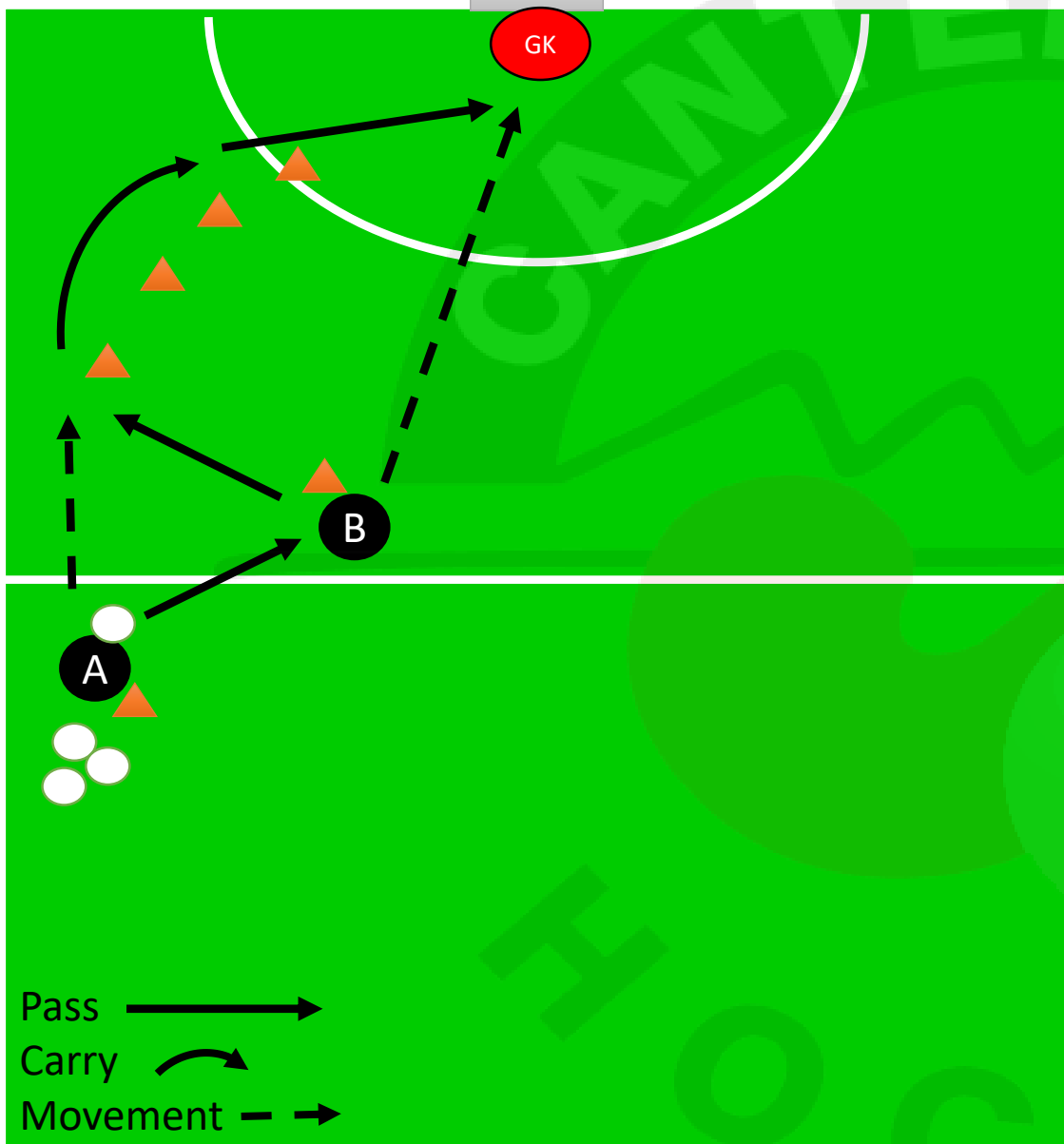
- A and B start the drill off by running forwards on the outside of the cones towards the circle edge
- on A and B's cue, C and D make a weighted pass to the top of the circle for A and B to run onto
- A and B receive the ball on the move and shoot once they reach the circle
- Shooters become passers and passers become shooters. Make sure athletes change sides
- If GK is present, make sure you alternate sides & avoid two shots at once

Extensions:

- +Set rules around which shooting technique can be used – e.g only forehand from the top
- +Add a player on the spot/far post for a deflection

Key Coaching Points:

- A needs to stay low through the receive & shot
- Utilize a push, sweep, short handle hit, flick depending on where in the circle you receive the ball
- Focus on footwork & preparing to shoot the ball before it is received
- Follow through towards target & prepare for a rebound



Shooting from the Spot: 10 minutes

Set up both sides of the drill

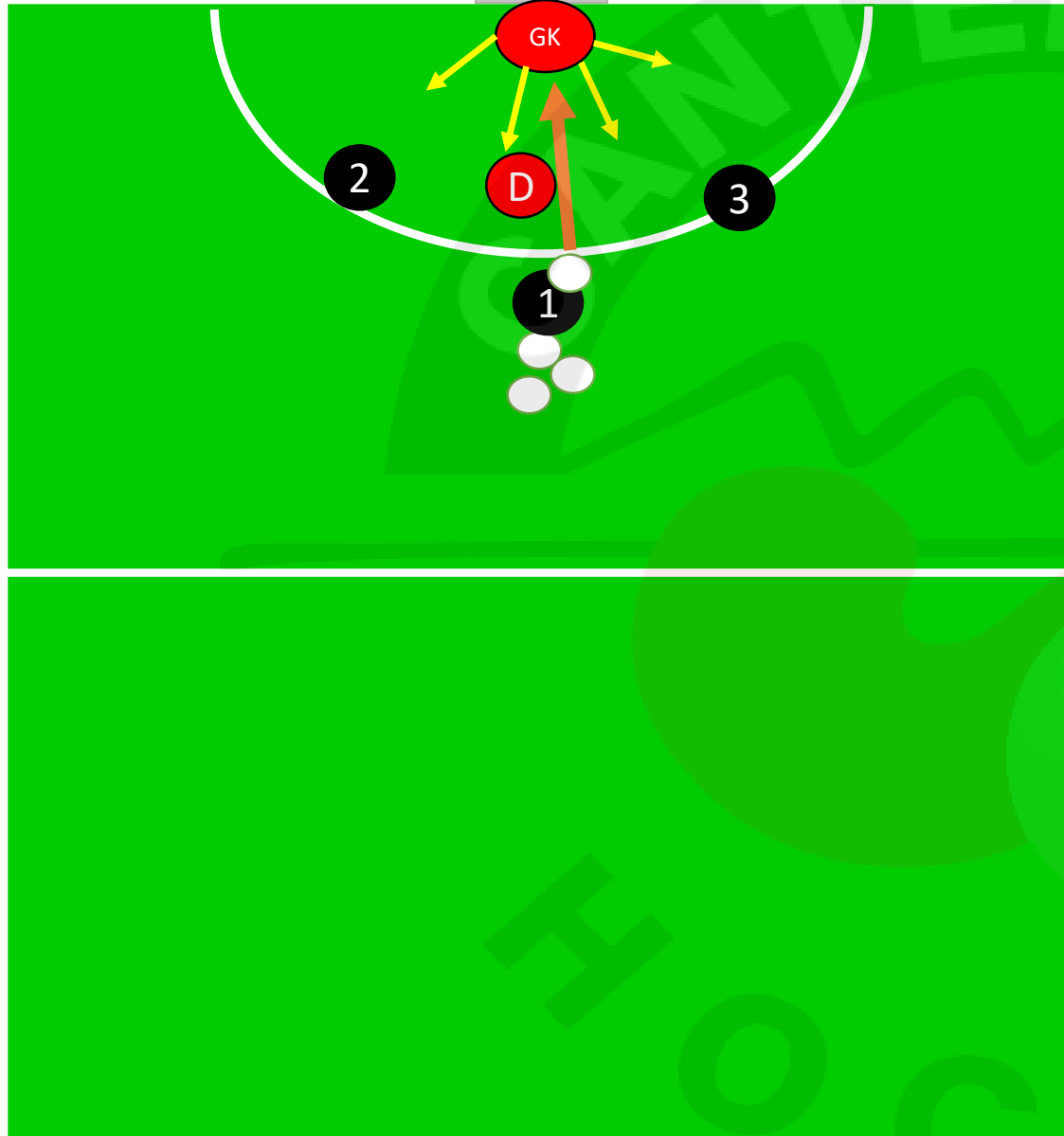
- A starts off by passing the ball to B
- A then leads forward to receive a pass back from B
- B then leads to the spot
- A carries the ball around the cones before passing to B on the spot for a shot

Extensions:

- +Set rules around which shooting technique can be used – only push etc
- +If the pass is firm enough, have players receiving the ball on the spot perform a deflection at goal instead of receiving and shooting

Key Coaching Points:

- B should time their lead so that they are arriving on or near the spot just before the pass is delivered from A
- B needs to stay low through the receive & shot
- Utilize different shooting techniques such as push, sweep, short handle hit, flick or deflection when shooting for goal
- Focus on footwork & preparing to shot the ball before it is received



Goal Scoring Drill: 10 minutes

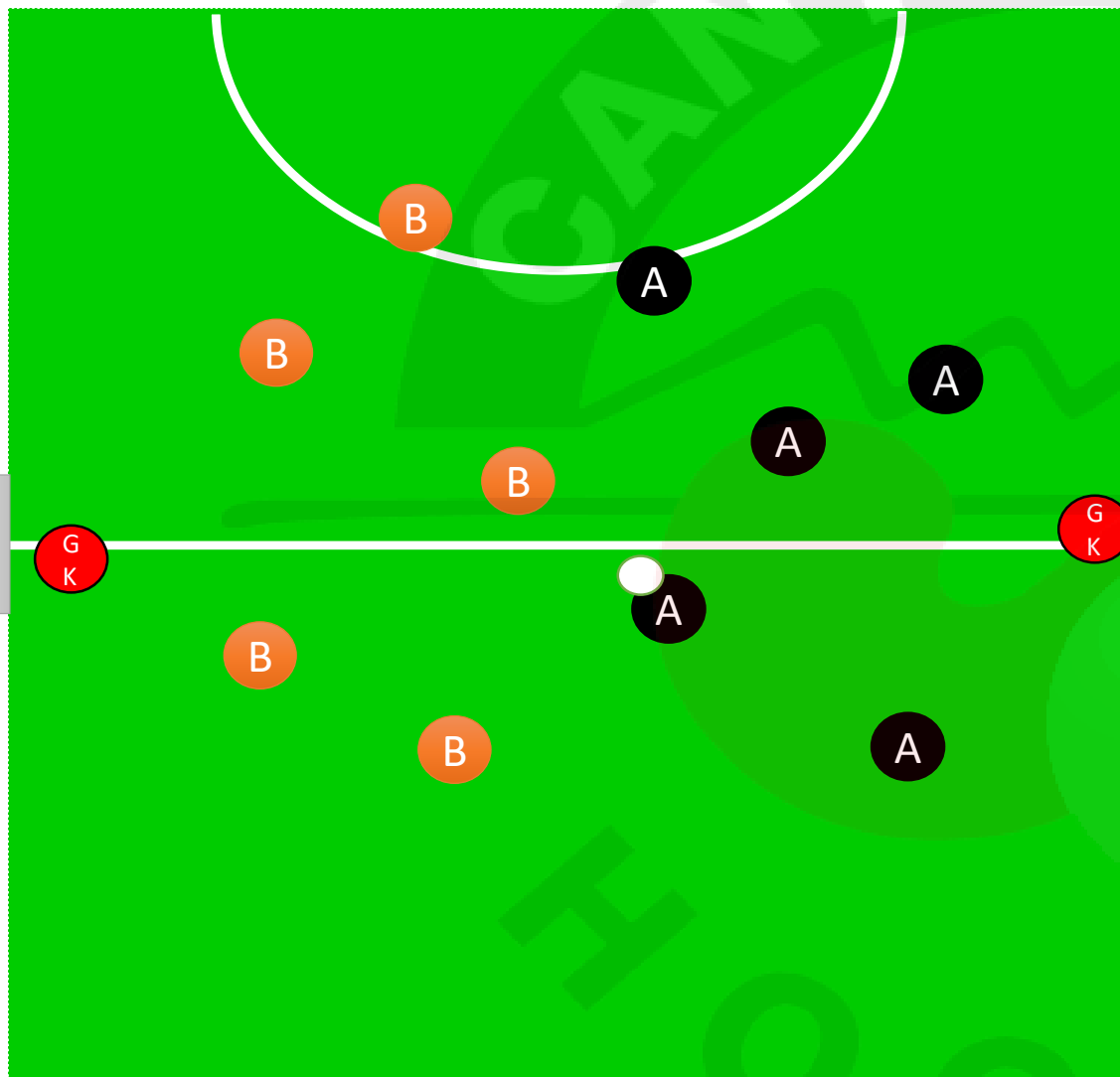
- P1 starts the exercise off by hitting the ball at the goal keeper
- The goal keeper will then make a save, aiming to rebound the ball back into the circle
- The 3 attacking players will work together to get the rebound and score a goal, with D helping GK defend.

Extensions:

- +Add another attacking or defending player
- +Have the GK aim 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 “poor shooting position”, focus on trying to shift the ball around the GK to other players in better positions
- Players not receiving the ball should focus on offering up to the player on the ball and getting into key positions.



6-8 a side Game: 10 minutes

- Set up a half field or half court games
- 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