



Canterbury Hockey Junior Coaching Resource Exemplar

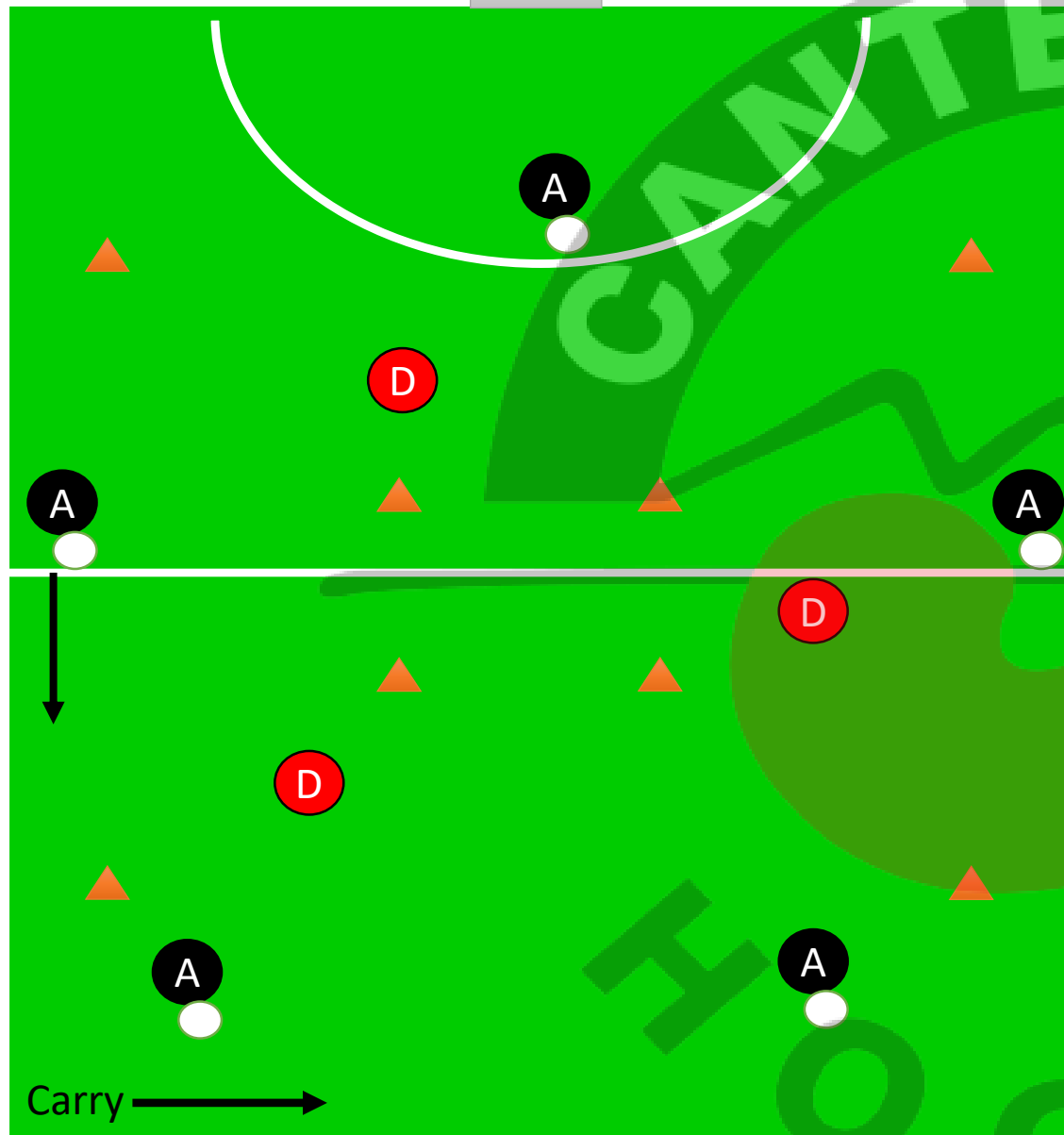


Session Focus: **Tackling / Dispossession**

- Basic forehand block & jab tackling
- Basic tackling footwork
- Ability to intercept a pass
- Understanding of channelling
- Ability to defend a space or area of the field
- Understanding the concept of marking a player

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



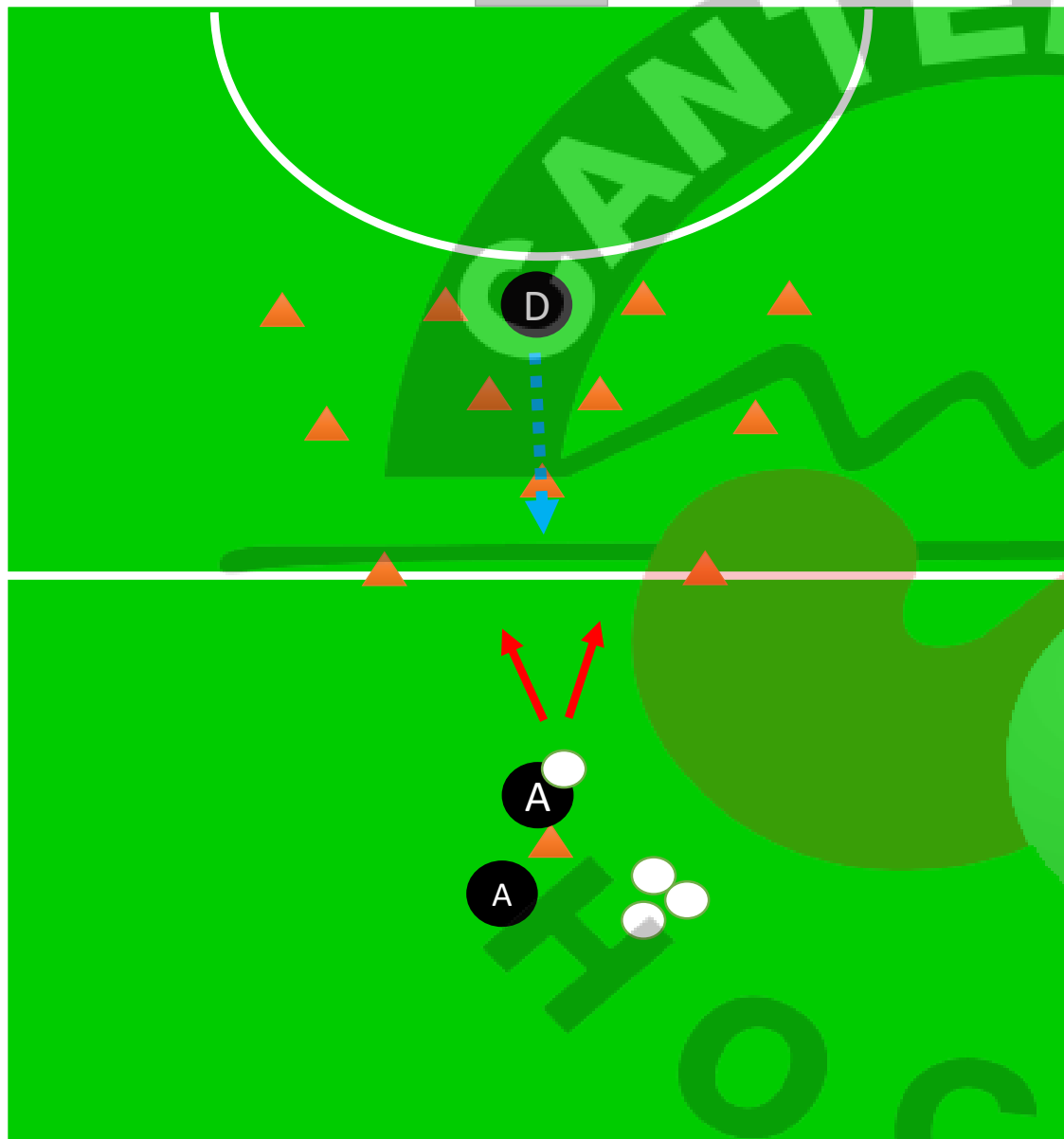
Space Defending Warm Up: 5-8 minutes

If more players than in diagram, just add players to each space according to how many you have. Make sure there is always at least 1 more attacker than there is defenders

- A players start the drill by dribbling around the outer box
- A players are to try and dribble into the inside box without being tackled.
- D players can roam around in the space between the outer square and the inner square and need to stop A players from getting into the inner square by tackling players if they enter the area in between squares
- If a D player is successful in tackling an A player, players switch roles, so D player becomes an Attacker and A player becomes a Defender.
- If A player makes it into the inner square successfully, they earn 1 point and re-join the outside to try again.

Key Coaching Points:

- Defenders be aware of where the attackers are in relation to the defensive square
- Defenders should be evenly spaced out around the square to ensure they cover the most area efficiently.
- Utilize the jab tackle on the outskirts of the defensive square to avoid over-committing to a tackle.



Channelling Drill: 10 minutes

(Set up multiple- number dependent)

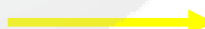
- 2 lanes are set up for the attacking player to dribble through
- The defender moves forward as the dribbler starts to move
- D should then look to close off one channel (channel the player), before getting back in a position where they can defend the end line
- If A gets through they shoot at goal
- If D gains possession they can pass it back to the next attacker

Extensions:

- +Encourage attackers to jink into the lane the defender is trying to cut off

Key Coaching Points:

- The D must ensure they do not get caught square footed
- D should have their stick down facing the direction they want their opponent to move into
- Stay low and mobile

Pass 

Carry 

Movement 

Marking Activity: 10 minutes

Set up multiple stations, working in 3s

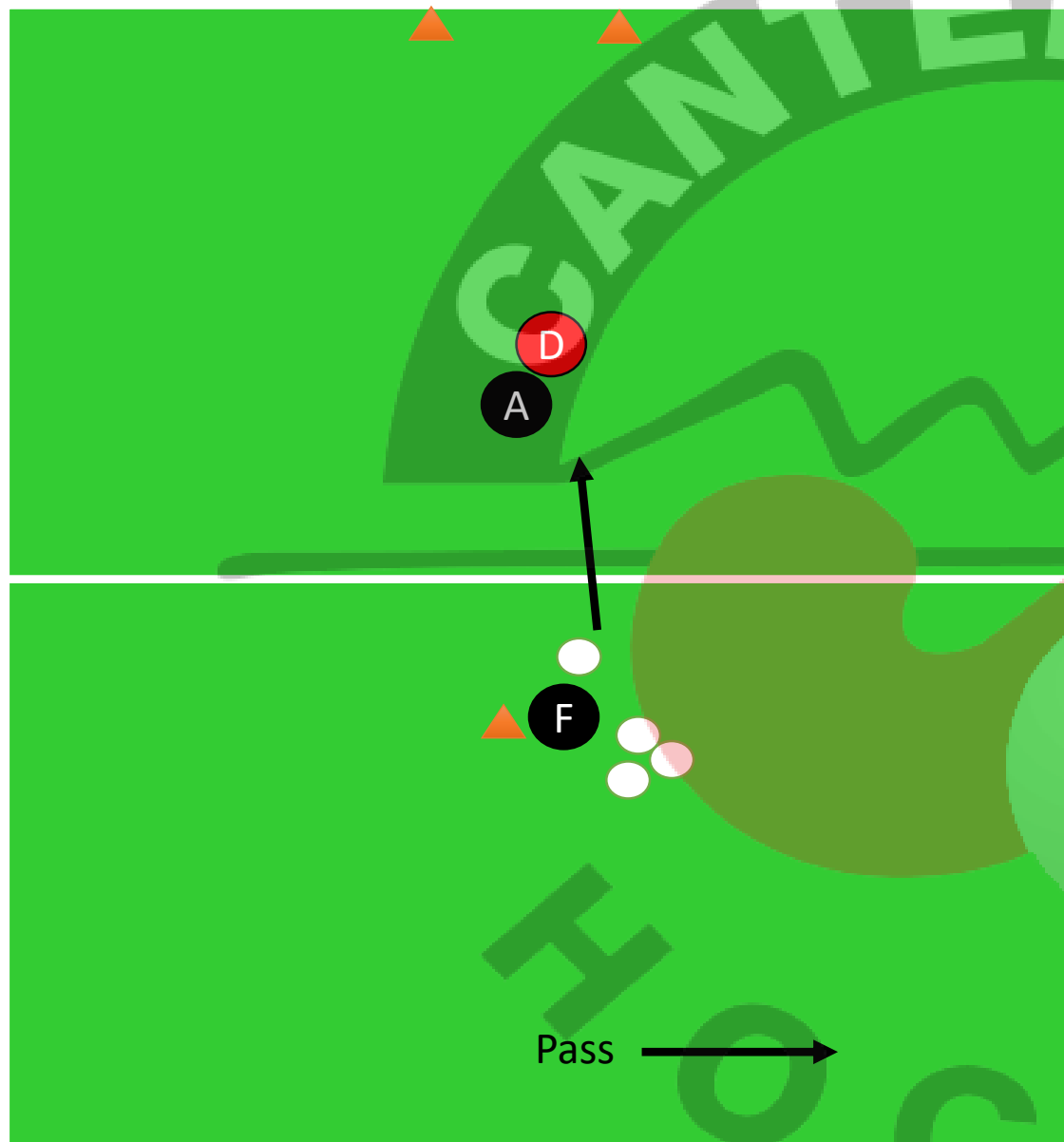
- One feeder, one attacker and one defender.
- Attacking player looks to receive the ball from the feeder and score through the gate.
- Defending player is trying to mark the Attacking player, and stop them from receiving the ball in an open position
- Do 3 or 4 rounds before rotating positions

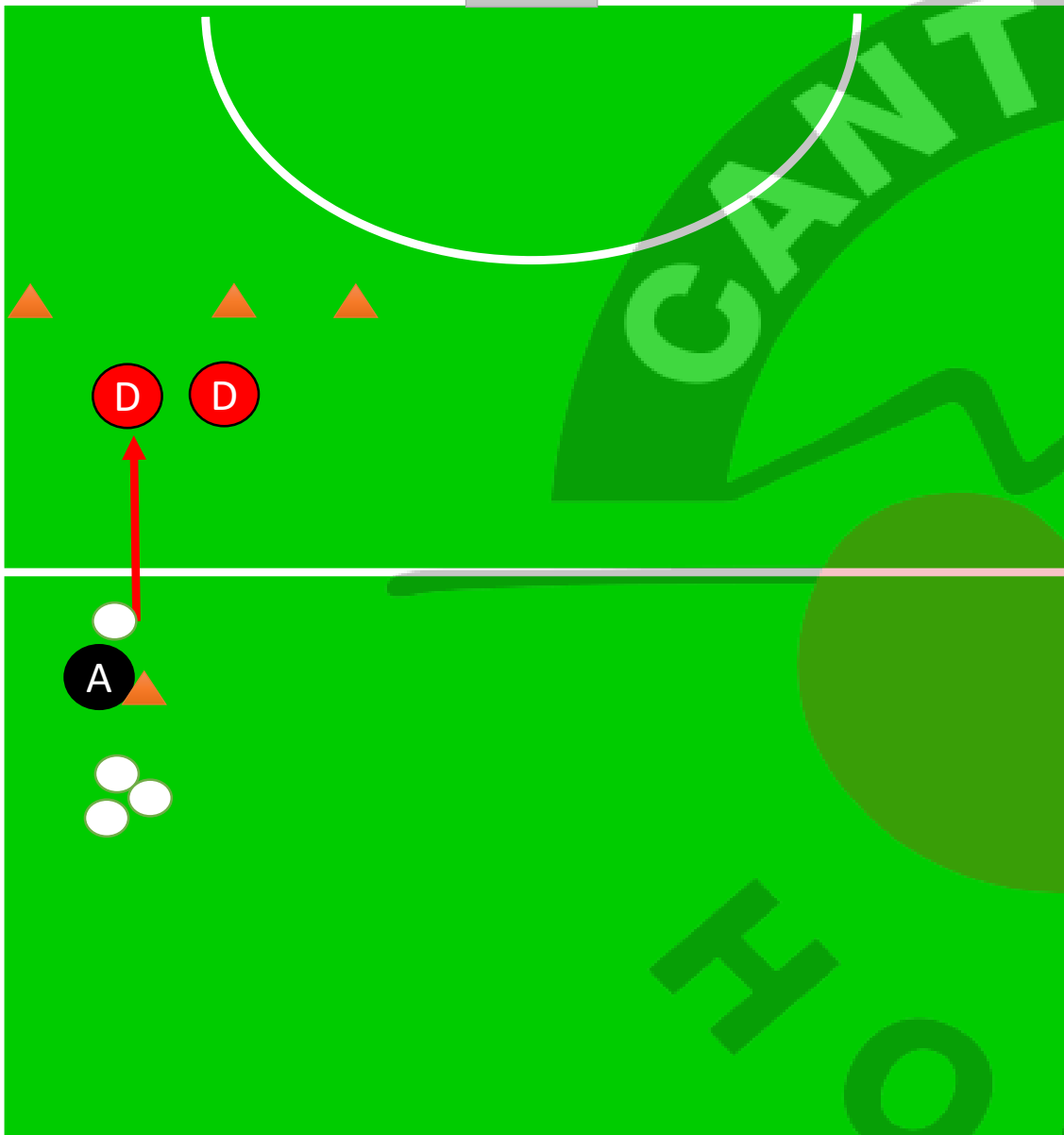
Extensions:

- +Make a points system for the game. 1 point to D for forcing A to receive the ball facing away from goal. 3 points to D for intercepting the pass. 1 point to A for receiving the ball facing towards the goal. 3 points for scoring.
- +Explain different types of marking – front / goal side / zone etc

Key Coaching Points:

- Marking means tracking individual players and covering space through which passes can be made. It is an important aspect of the game with defenders attempting to stop an attacker gaining possession of the ball.
- Marking an attacker in the circle will generally be from slightly behind the player or to the side if more experienced, with the defender trying to intercept the ball
- Defender will keep close to the attacker and between the attacker and the goal





Double Teaming Exercise: 10 minutes

*Set up multiple

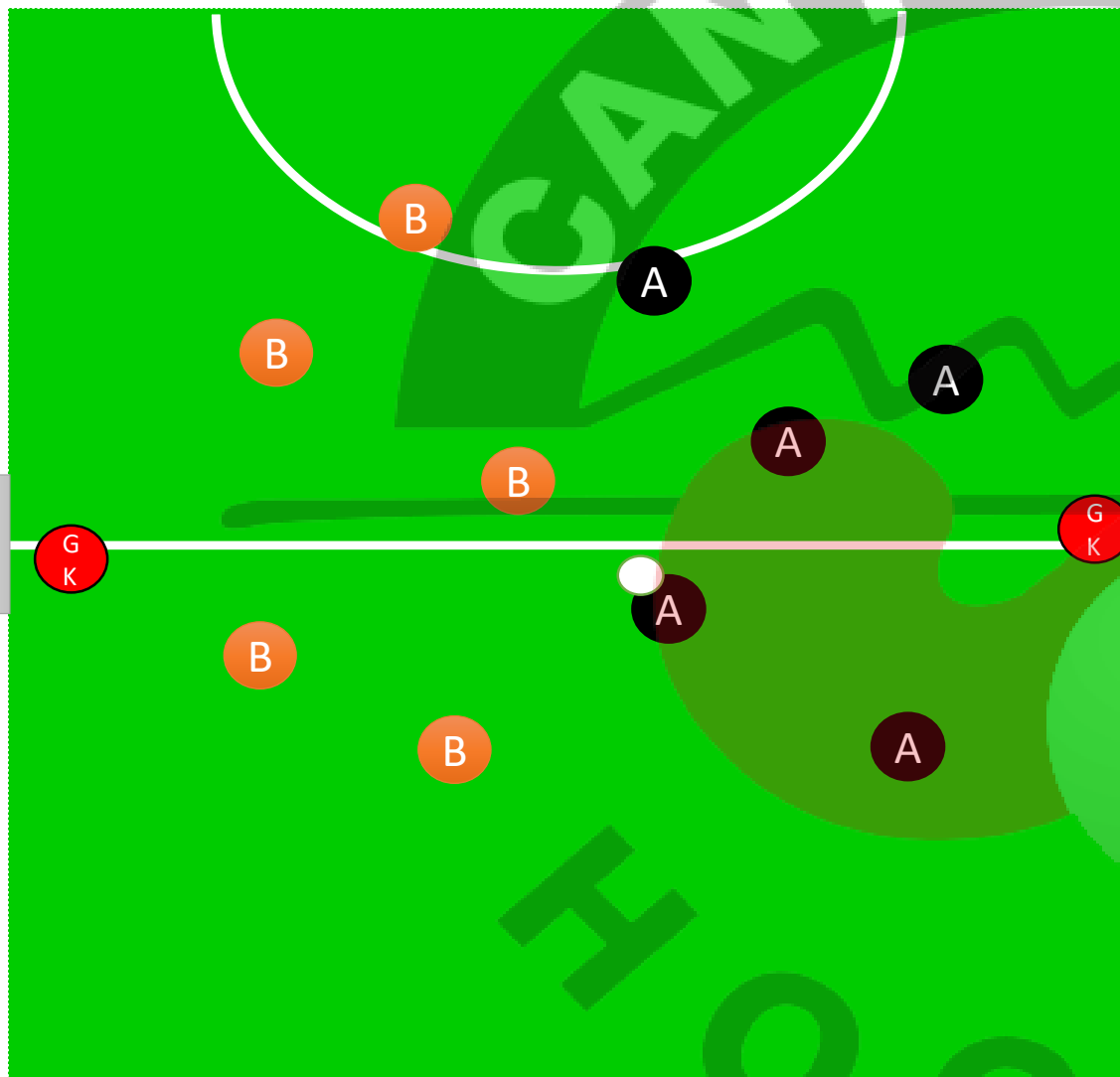
- A player begins the drill by carrying the ball forwards and looks to beat the 2 D players
- If A player carries the ball through the outside channel (big), they earn 1 point. If they carry through the inside channel (small), they earn 3 points.
- 2 D players are to work together in pairs to double team the A player
- If D players make turnover and carry the ball back to where the A player started, they earn 1 point.

Extensions:

- +Challenge D players to only tackle with certain techniques i.e. only use Block tackling or Jab tackles

Key Coaching Points:

- It is important to remember in any double teaming exercises that the initial D player that confronts the A player does not necessarily need to be the one that makes the tackle.
- In most cases, it is actually the 2nd player that comes in to make the tackle.
- The 1st player is more often than not, there to just slow down the A player and channel them into the 2nd player.
- Communication between the defenders is key to understanding who is doing what



6-8 a side Game: 10 minutes

- Set up 2 x half field or half court games
- Coach should referee the game & provide feedback throughout
- Stop every 5-8 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