



JUNIOR HOCKEY COACHING REFERENCE

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INTRODUCTION

This initial part of this document has been compiled to assist coaches in the development of their players and teams.

We believe that the players should be able to perform these skills or have a good knowledge of tactical requirements when they leave these grades.

Coaches should look to use this as a guideline in their coaching.

Some players will be ahead of the requirements and some will be behind.

Remember that all players learn at different rates.

Remember also that as long as the players are enjoying themselves they will be more responsive to your coaching.

Have Fun!

SKILL LEVELS GRADE BY GRADE

As players leave these Grades they should have an understanding of, or be able to perform the skills listed.



E GRADE

Good posture - Knees bent back straight
Trap the ball in an upright position on forehand side
(not by lying stick on the ground)
Push pass
Closed Dribble
Indian Dribble some knowledge at least able to stop
the ball
Sweep hitting some knowledge
Hitting some knowledge
Knowledge that hockey is a passing game
Concept of space

D GRADE

Good posture - Knees bent back straight
Trap the ball in an upright position on forehand side
(not by lying stick on the ground)
Push pass
Closed Dribble
Indian Dribble able to stop the ball and small
movements laterally
Sweep hitting able to consistently make reasonable
contact
Hitting able to consistently make reasonable contact
Knowledge that hockey is a passing game
Concept of space
Concept of lanes' players should stay in.
Basic knowledge of positions
Awareness of vision
Concept of triangles in hockey

C GRADE



Good posture - Knees bent back straight
Trap the ball in an upright position on forehand side
(not by lying stick on the ground)
Reverse stick trapping in upright position
Push pass with accuracy
Sweep hitting able to consistently make reasonable
contact
Hitting able to consistently make reasonable contact
Knowledge that hockey is a passing game
Awareness of Width and Depth
Concept of space
Passing into Space
Concept of lanes' players should stay in.
Closed Dribble at least $\frac{3}{4}$ speed and under control
Indian Dribble able to stop the ball and small
movements laterally
Basic knowledge of positions
Awareness and use of vision
Concept of triangles in hockey
Moving with the ball in one direction and then passing
in another direction
Availability
Cover defence - Basic knowledge

B GRADE



Good posture - Knees bent back straight
Trap the ball in an upright position on forehand side
(not by lying stick on the ground)
Reverse stick trapping
Push pass with accuracy and power
Sweep hitting able to consistently hit with accuracy
and start to develop power.
Hitting able to consistently hit with accuracy and start
to develop power.
Reverse stick passing in an upright stance (not with
stick lying along ground)
Knowledge that hockey is a passing game
Awareness of Width and Depth
Concept of space
Passing into Space
Concept of lanes' players should stay in.
Closed Dribble at pace and under control
Indian Dribble able to stop the ball and move the ball
laterally to beat a player
Knowledge of all positional requirements
Awareness and use of vision
Concept of triangles in hockey in attack and defence
Vision
Moving with the ball in one direction and then passing
in another direction
Availability
Cover defence - Basic knowledge
Supporting the ball carrier
Set plays (penalty corners, strokes, long corners etc.)

A GRADE



Good posture - Knees bent back straight

Trap the ball in an upright position in all positions (not by lying stick on the ground)

Reverse stick trapping on all angles

Push pass with accuracy and power

Sweep hitting able to consistently hit with accuracy and with power.

Hitting able to consistently hit with accuracy and with power.

Reverse stick passing in an upright stance (not with stick lying along ground) both along ground and in the air

Knowledge that hockey is a passing game

Closed Dribble at full pace and under control

Indian Dribble able to drag the ball in wide movements laterally then accelerate forwards and cut back onto original line

Awareness of Width and Depth

Concept of space and awareness of it

Passing into Space

Concept of lanes' players should fill and also interchanging of lanes.

Knowledge of all positional requirements

Awareness and use of vision

Concept of triangles in hockey

Moving with the ball in one direction and then passing in another direction

Availability for passes at most times during the game

Ball speed - determined by how long a player has the ball

Game plan a good understanding of how this influences the game

Overheads as a passing option

Set plays (penalty corners, strokes, long corners etc.)

Cover defence - Basic knowledge

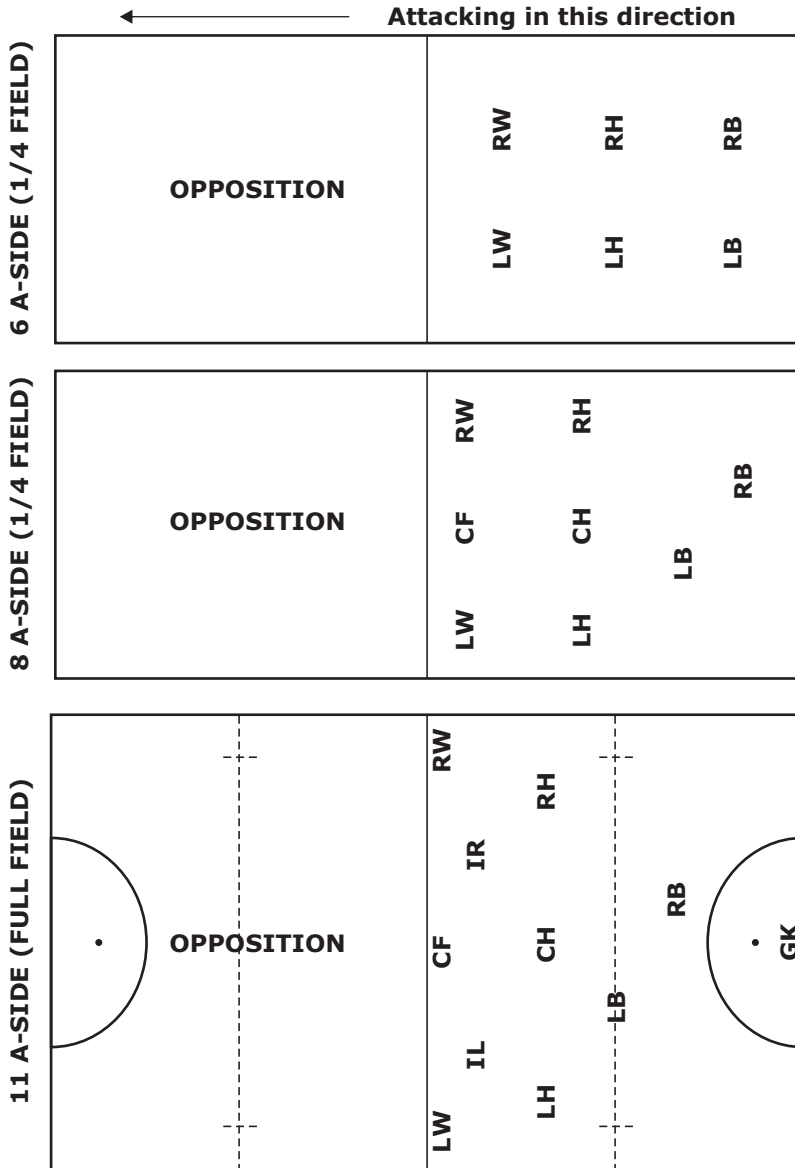
Supporting the ball carrier

A reasonable Standard of fitness

BASIC PATTERNS



These are just some basic patterns that you may wish to use. There are many other ways of setting out your team.





Positional Requirements

When We Have The Ball

Fullbacks

Vision

Quick early accurate ball out of defensive area

Hit ball accurately and hard

Provide support for other team members with the ball

Move up the field in support when the ball goes up the field

Provide adequate depth for back and arounds

Have the ability to beat a player when necessary

Wing Halves

Vision

Be a link between the fullbacks and attackers

Move up the field in support when the ball goes up the field

Distribute the ball 95% of the time

Provide width to the attack

Be aware of congestion

Ability to beat a player (to be used when necessary)

Provide support for other team members with the ball

Centre Half

Link between defenders and attackers

Good Distributor (Wide range of passes)

Good Receiver (Wide range of traps)

Good Vision

Awareness of space

Demand the ball

Controls the speed of the game

Provide support for other team members with the ball

Inside Forwards

Links to the wing

Link to the centre forward

Ability to beat a player when necessary

Good goal awareness

Provide a passing option out of defence

Vision

Wings

Provide support for other team members with the ball

Create leads(in your lane) so you or your team mates can get the ball

Wings

Stay wide

Receive the ball going forwards (towards attacking goal)

Left wing trap in upright position on reverse traps

Vision

Ability to cross the ball

Lead (Run) into space

Speed with the ball

Provide support for other team members with the ball

Score Goals

Centre Forward

Good receiver

Ability to score goals

Good Passer

Leading (Running) into space (draw the defence)

Shoot from anywhere in the "V" (Drawing)

Aggression

Eliminate defenders

Vision

Provide support for other team members with the ball

When The Opposition Have the Ball

Fullbacks

Mark (Cover) the lead forward (positioning).

When not marking the lead forward, cover the other fullback.

Tackle any ball carrier's that come into your area.

Organise players in front of them.

When beaten turn and run back fast taking the shortest route back to the goal.

Delay and/or channel attacking forwards when you are short-handed at the back.

Listen to other players behind you and react to what they say

Vision

Communicate with players in front to cut off the lines of passes.

Wing Halves

Mark wing when ball is on your side of the field (Ball side).

Unless your fullback is making a tackle, then you have to provide cover.

Provide adequate cover when the ball is on the other side (Help side) of the field.

Make good tackles.

When beaten turn and run back fast taking the shortest route back to the goal.

Channel opposing ball carrier away from danger area (Away from the circle)

Listen to other players behind you and react to what they say

Vision.

Communicate with players in front to cut off the lines of passes.

Centre Half

Stay centrally located.

Communicate with players in front to cut off the lines of the most dangerous passes.

Mark any opposing player in your area. Tackle any opposing player with the ball in your area.

Vision.

Listen to other players behind you and react to what they say

Inside Forwards

Mark closely opposite inside when ball is on your side of the field (Ball side).

Cover when the ball is on the other side of the field (Help side).

Make good tackles.

Back tackle.

Communicate with other players around you to cut off the lines the passes may go on.

Vision.

Listen to other players behind you and react to what they say

Strike Forwards

Stand on the correct lines to cut the ball off to the opposition.

Listen to the players behind you and react to what they say.

Close down the opposition defenders when they get the ball.

Back tackle (1st 10 metres hard then if unable to make tackle be available to receive a pass)

Double team (One player goes in first then the other one follows up close behind and picks up the scraps).

Vision.

General

All positions are best filled by Team players (not individuals)
Hockey is a Passing game and this should be encouraged vigorously

Possession is a vital ingredient if you want to win games

A reasonable level of Fitness is required

Scoring goals is important or at the least creating opportunities

Glossary of Hockey Terms



Warm-up

This is a pre-game or pre-practice exercise in which the players increase their body temperature, stretch, practice the skills that they will use and prepare mentally.

Trap

When trapping the ball we want to stop it so that we have control. A good trap is one that the ball does not escape from.

Tackle

Is where we dispossess the ball carrier of the ball. The desired end result of all our tackles should be that we end up with possession of the ball.

Dribble

This is where a player walks or runs with the ball under his or her control. The three types of dribbling are Open, Closed and Indian.

Hit

This is where a player swings his or her stick and it impacts on the ball. This is the most powerful pass we can use.

Push

Used when the player does not have time to hit the ball. The stick should be on the ball and there should be no sound. Quicker execution but, less power, than when hitting.

Overheads

This is similar to a push but we try to lift the ball over a player or group of players. Players who have the ability to use over heads can open up games tremendously. Players should ensure that they have adequate space in front of them so that they do not cause any danger.

Slap Hit

Is a hit that is executed with the hands apart on the stick. Used by strike forwards in particular for quick shots at goal.

Sweep Hit (Knock Hit)

Is executed by sweeping the hook along the ground using mostly your wrists. Hands need to be just about touching the ground. This can be a very good option when you want to relay on quickly, a pass coming from your right side, to some one on your left without trapping the ball. Very good in trying to disguise passes. Try to hit the ball with the shaft so that it sounds like a "Knock".

Leading Edge Hitting

This is used to hit the ball generally on the reverse stick side using the edge of the stick. Players should be made aware of the need for control of the stick at all times when performing this skill as it can be very dangerous.

Square

When facing the attacking goal or back line a teammate standing at right angles to you is "square". A pass thrown on the same angle is a "square" pass.

Straight

A pass that goes towards the attacking back line or goal line.

Through

Is a pass that is thrown on a diagonal. A straight pass can also be called a "through" pass.

Back Pass

Is a pass that is thrown towards your own goal or back line.

Weighted Pass

Is a pass that is thrown so that a teammate can run on to it.

Vision (scanning)

Players need to be scanning (looking) all the time to see where the danger (defensively) is or where their teammates are (attacking) or the space is.

Space

Areas of the field that are unoccupied that we can best use to our advantage by passing into the space or populating it.

Communication

Two types of communication are visual and vocal. With in each area there are two parts to successful communication, "Giving" and "Receiving". No team will be successful if they have all talkers and no listeners.

Leading

This is where players run into space to get the ball or where they run to create space for someone else. Leading can be undertaken in any direction. Players should be encouraged to lead and then lead again in the same movement incorporating changes of direction.

Width

This is a commonly used term. It has come about because teams do not use the full width of the field. We must encourage our wider players to remain so.

Depth

We must ensure that we have adequate depth on both attack and defence. In the defensive area we must have one player in a deep covering position when the opposition has the ball. When ever we have the ball we need to make sure that we have at least one player behind the ball carrier so that if necessary we can execute the back and arounds successfully

Forehand

Or fore stick side is the right hand side of our body.

Reverse

Or back stick side is the left-hand side of our body.

Aggression

This should be used in hitting, pushing, tackling, and goal shooting and at all times in our running. This should not be confused with over vigorous play.

Lanes

Are areas of the field that define in general terms where

players should be on the field.

Back and Around

This is where players realize that if they go forward that they will go into a congested situation. So they pass back in the general direction of their own goal, their teammate will endeavour to transfer the ball on quickly to the other side of the field and then on to another player nearer to the attacking goal than the initial player. This play should be performed quickly and with purpose.

Roll Out (off)

Used when trapping the ball facing your own goal. Once you have received the ball you then dribble the ball in an arc (roll out) either way and end up facing the goal you are attacking. Players should be encouraged to create a reasonably sized arc of three meters or more.

Double Arounds

This occurs when the ball carrier dribbles on a diagonal line towards or in to a team mates lane. The team mate lets the ball carrier go in front of him or her and then transfers to the ball carriers original lane making sure he or she runs behind the player with the ball (otherwise there could be a shepherd). The ball carrier can then elect to drop a pass into the supporting player or continue dribbling the ball. When this play is executed with a defender present there is uncertainty created in the mind of the tackler.

Crosses

Usually performed by the wings but also are made by the inners and halves. This is a pass that gets the ball from the wider areas of the field into the circle or the centre of the field. Crosses are not used very much but are effective when performed well.

Far Post

Is used in Goalkeeping and goal shooting. The far post is the one furthest from the ball.

Near Post

Is used in Goalkeeping and goal shooting. The near post is the post nearest the ball.

Help Side (Defence)

When the ball is on the other side of the field to you, you are on the help side so that you should provide adequate cover for your teammates.

Ball Side (Defence)

When the ball is on your side of the field you need to mark tightly

Cover

This is where players position themselves in such a way that, if, their teammate the tackler is beaten, they can step across into the tackling position. Or if the opponent passes the ball (prior to your teammate attempting to tackle) to your opponent you can also step over that way and make an effective tackle.

Channeling

This is where defenders encourage the opposition ball carrier to dribble the ball that we want them to go. This may be to a side line or away from his or her support players.

Delaying

This is used when we are short numbered at the back. We try to slow the play down by holding off our tackle, back peddling and not committing ourselves. We should encourage the ball carrier to continue to dribble the ball and therefore slow down the attack.

Pointing (defence)

This is the key when using a simple arrowhead method in defence. Once a player confronts the ball carrier this is called pointing the defence. The other defenders can then form the rest of the arrowhead. Problems arise when no-one points the defence, this creates confusion amongst the defenders and allows the attackers to progress easily and sometimes unchallenged towards the circle.

Goalside Marking

This is where a defender stands between his own goal and his or her opponent.

Side Marking

The defender stands to the side of his or her opponent. This

dictates where the pass will go. When the pass is made the defender should step in front of the opponent and intercept the ball if he or she is confident they will get it. Ensure that the defender can see both their opponent and the ball (not easy).

Front Marking

The defender stands in front and to one side of his or her opponent. By doing this they discourage the pass being made.

Again the defender must be able to see both the opponent and the ball.

Double Team

Is where two players tackle or close down an opponent who has the ball? By doing this we can reduce the options that our opponent has. This can be very effective against top players, but only if the two players work together.

Squeeze

This is normally used when the opposition has the ball in its defensive area in a re-start situation (sideline, free hit, 16). We push far more players than normal in to this area and try to keep the team from breaking out. Eventually we hope that the pressure applied will create a turnover.

Half Court

This is where a defending team tries to congest the field by dropping its strike forwards back and pushing its defenders up and so making it harder for the opposition to penetrate your defensive zone.

Plus One

Used in defence as part of the game plan that there will always be "One" more defender than the attackers e.g. 3 attackers = 4 defenders, 1 attacker = 2 defender. This ensures that we always have cover.

Switching

Is where we have our right fullback up the field and our left fullback covering. When the ball is transferred to the other side of the field then the right fullback drops back in cover and the left back moves up to point the defence. This can also occur with wing halves and fullbacks.

16's

The restart of the game by a defender after the ball is played over the back line by an attacker. Generally taken in line with where it went out and level with the circle edge.

Bully

This is where no breach has occurred but play has been stopped for some reason. We then restart the game with a bully.

Game Plan

Strategy for the team to work together towards a successful match or season. The game plan can be simple or complex and changed from game to game if necessary. Make sure your players understand the game plan.

P.C.

Penalty Corner which results from defenders infringing in the circle or deliberately infringing in the "25".

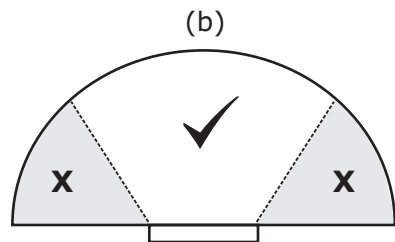
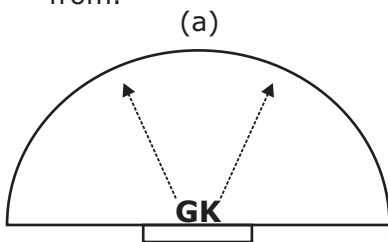
Stroke

Penalty Stroke results from defenders deliberately infringing in the circle or infringing when stopping a certain goal. The shot will be taken 7 yds from the goal by an attacker who must push or flick the ball into the goal.

In the "V"

(a) Used for goalkeepers when kicking the ball in the general area that it has come from.

(b) Also used in goals shooting but is wider and is a general guide as to where players should or should not take shots from.



Cool Down

Used after a game, practice or when subbed. We jog slowly or walk, stretch and reflect on the game.

Priority Passing Sequences



These are passing options that we should encourage players to look for:

FULLBACKS:
(in defensive 1/3)

1st.	wing 1/2s
2nd.	insides
3rd.	wings
4th.	C.H.

FULLBACKS:
(in middle 1/3)

1st.	C.H.
2nd.	wing 1/2s
3rd.	insides
4th.	wings
5th.	C.F.

WING HALVES:

1st.	insides
2nd.	wings
3rd.	C.H.
4th.	C.F.

C.H.:

1st.	insides
2nd.	wings
3rd.	C.F.
4th.	wing 1/2s
5th.	fullbacks

INSIDES:

1st.	wings
2nd.	C.F.
3rd.	insides
4th.	C.H.
5th.	wing 1/2s
6th.	fullbacks

WINGS:

1st.	C.F.
2nd.	insides
3rd.	C.H.
4th.	wing 1/2s

C.F.:

1st.	goal
2nd.	wings
3rd.	insides
4th.	C.H.
5th.	wing 1/2s