

# Defensive Penalty Corners (DPC's)



## BASIC ROLES

### GK

Your role is to stop 100% of the hits that are within playing distance of you.  
Take 2 – 4 paces out towards the ball.  
Get in the ready position – Eyes over knees over toes  
Reposition on a layoff so that you are between the ball and the Centre of the goal.  
Communicate my ball.

### 1<sup>st</sup> Runner

Start from left side of the GK (so you don't block the line of sight).  
Pressure the stick stopper and straight hit by sprinting towards the ball.  
Get out quick & then slow down ensure you don't run through past the stick stopper.  
Have faith that your GK can stop the straight hit.  
Pressure any layoffs at the top of the circle  
Fill the centre of the circle once the shot has been taken

### 2<sup>nd</sup> Runner

Your role is to pressure any layoffs  
Start from the left side of the first runner  
Cover space behind first runner  
Go to the ball on any layoff except the to the injector.  
Fill the centre of the circle once the straight shot has been taken.

### Left Postie

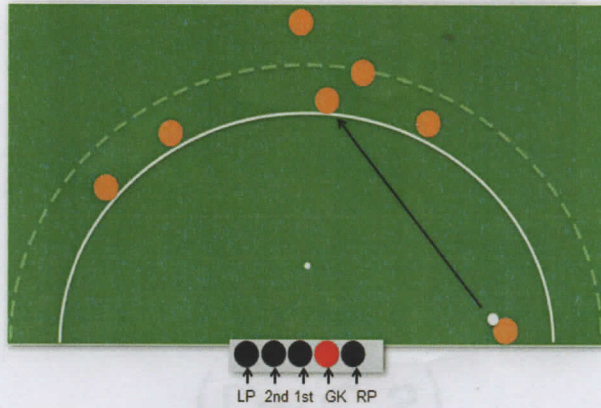
Start to the left of the 2<sup>nd</sup> runner or just behind them. This is dependent on what the GK is doing.  
Take one to 3 steps toward the trapped ball – Lead with Left foot so you don't drift wide  
Cover line from the GK's left foot to the left post  
Deflect ball around the goal over the base line.  
Attack and pressure a layoff to the left  
Reposition to beside and just ahead of the GK on a left layoff

### Right Postie

Start to the right of the GK (ensuring the space left is on your forehand)  
Lead with left foot towards the trapped ball & ensure you start in line with the GK's stopping zone  
Cover line from the GK's right foot to the right post  
Deflect ball wide of goal with forehand deflection  
Don't drift wide and if you are a head of the GK never try to stop the ball with a reverse trap as you'll deflect the ball into the goal  
Attack and pressure a layoff to your right including to the injector  
Reposition to beside and just in front the GK on a right layoff



# DEFENSIVE PC'S



Defensive Penalty Corners (DPC's) are a key set play within hockey. Coaches need to have clear outcomes from their DPC structure/s that ensures no goals are scored.

## COACHING FOCUS:

- The same starting set up
- Defined positions & roles
- Execution of the individual roles
- Striker Roles & positioning.

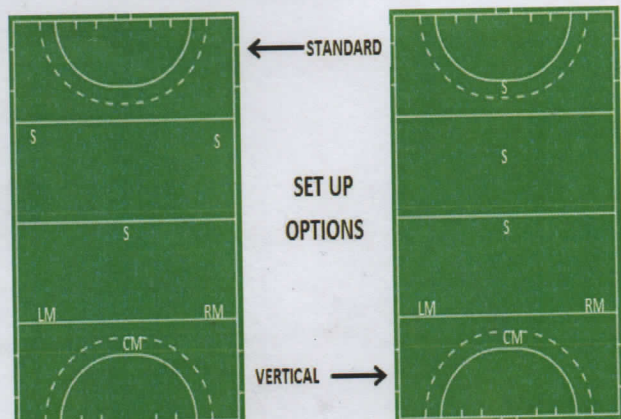
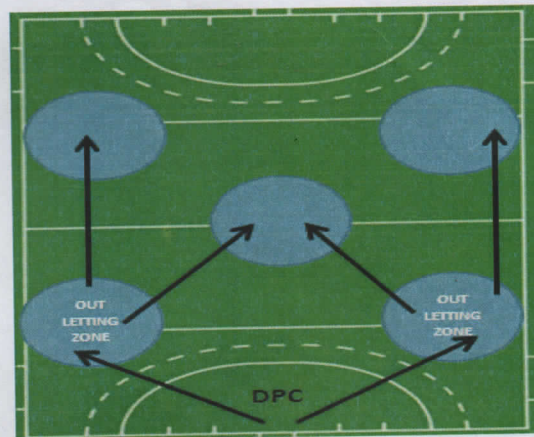
## DPC BREAKOUT

Teams need to have a DPC out letting plan; in most cases the DPC players are trying to get the ball to where the 25 intersects the side line. The ball is then passed (not dribbled) to players or spaces ahead of the ball. If done correctly this can be a very dangerous situation for the APC team as it will probably be a 4 v 2 defensive scenario.

It is important you have a plan for all the players not involved in the DPC that ensures the DPC team understand the outcomes & situations that come from a DPC turnover. Please don't anticipate that your players have learnt or will do this without your lead.

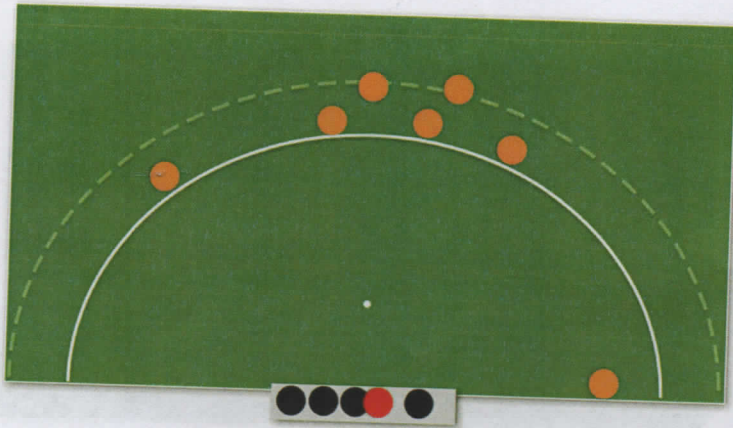
### KEYS TO A SUCCESSFUL DPC BREAKOUT:

- Out letting passes to the 25
- The Outlet receiving player must be a passer not a dribbler.
- Ball speed, situational awareness & smart leading from players ahead of the ball are vital. Players must read what's in front of them and make the most aggressive decision.
- The aim would be to get a circle outcome within 10 seconds of the turnover / outlet.





# 2 - 2 Hold (S1)

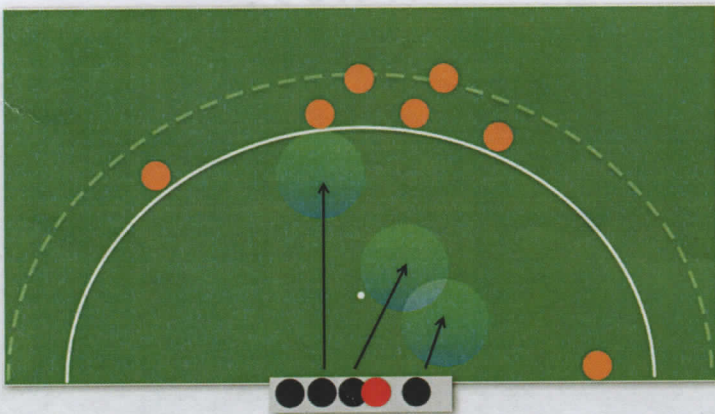


2-2 Hold

## Key Points

- Good option with recognised flickers on both brackets
- 2nd Runner block slide left
- Postman assess Wide Right possibility - ready to step out

# 2 - 2 Hold (S2)

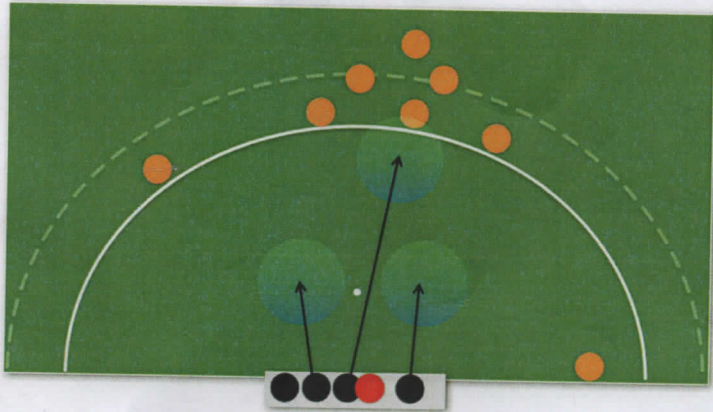


2-2 Hold

## Key Points

- Good option with recognised flickers on both brackets
- 2nd Runner block slide left
- Postman assess Wide Right possibility - ready to step out

# 3 - 1 (S2)

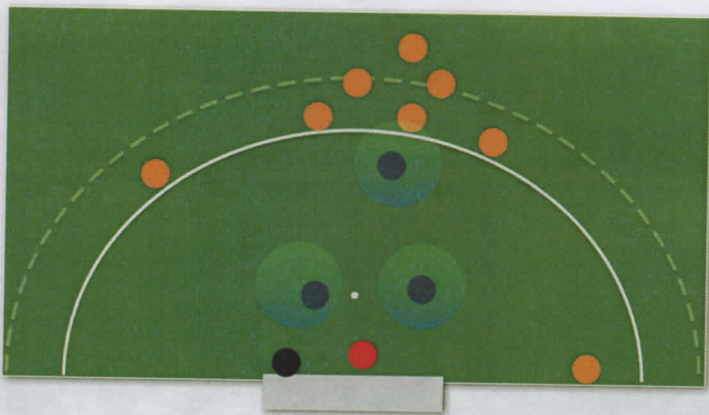


3 - 1

## Key Points

- 1st Runner tight line close to GK & block glove side flick / Get any German
- 2nd Runner / Right Defender prepare for slides & rebounds
- Adjust if it goes to the Wide Bracket
- Postman ready for flick down the line / If the 1st Runner's target is the wide bracket be prepared to step out to the Wide Right - check personal & interest

# 3 - 1 (S3)



3 - 1

## Key Points

- 1st Runner tight line close to GK & block glove side flick / Get any German
- 2nd Runner / Right Defender prepare for slides & rebounds
- Adjust if it goes to the Wide Bracket
- Postman ready for flick down the line / If the 1st Runner's target is the wide bracket be prepared to step out to the Wide Right - check personal & interest