

Title: **Junior Coaching course**

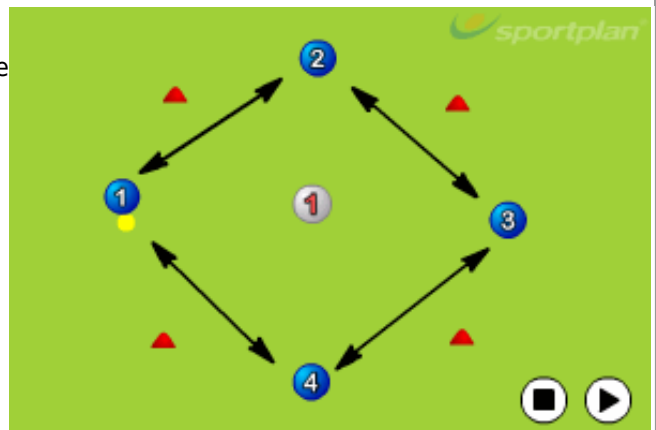
Date: 18/04/2016	Venue: Northland Hockey Seminar room	Duration:	No of Players:	Ability / Level: entry
Equipment:		Purpose:		

Time	Task / Activity / Session Content
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Interceptor

Description

4 Players with one ball can only be outside the square of cones. A player is chosen to play inside the area. The players on the outside have to pass the ball through the square. The player in the middle tries to intercept the ball.



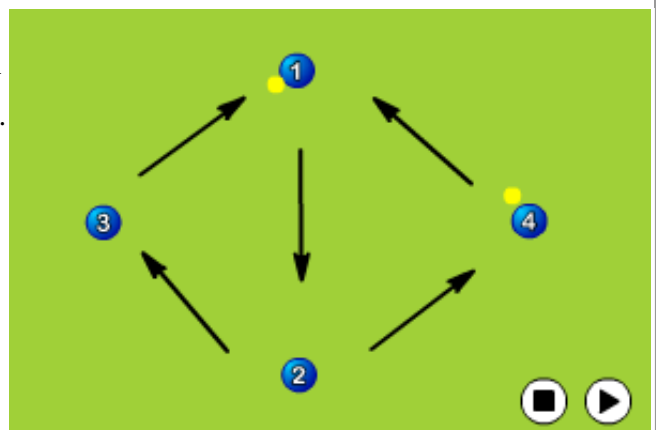
Distribution

Description

1 Player feeds and 1 player has to receive the ball and pass alternating left and right concentrating on the first touch being in the direction of the intended pass.

Coaching Points

Players should prescan before receiving a pass so they know what passing outlets are available



Two player square passing

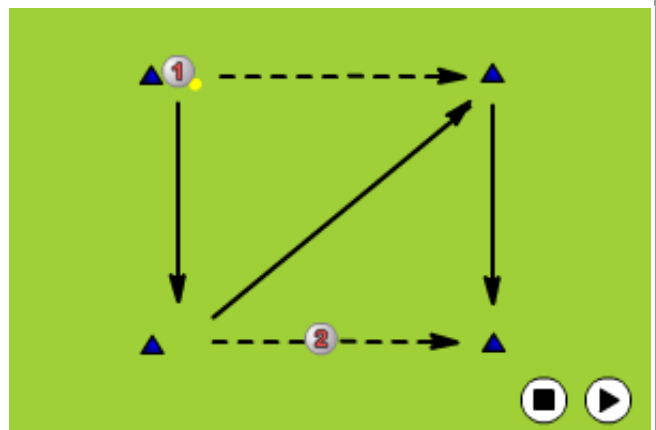
Description

Moving back and forth between two cones players make straight and diagonal passes to each other while moving.

Coaching Points

Players should time their passes so that it arrives at the cone just as the runner reaches the ball.

Look for good control, preferably using only two touches. One touch to bring the ball under and the other to set themselves up for the pass to the other player.



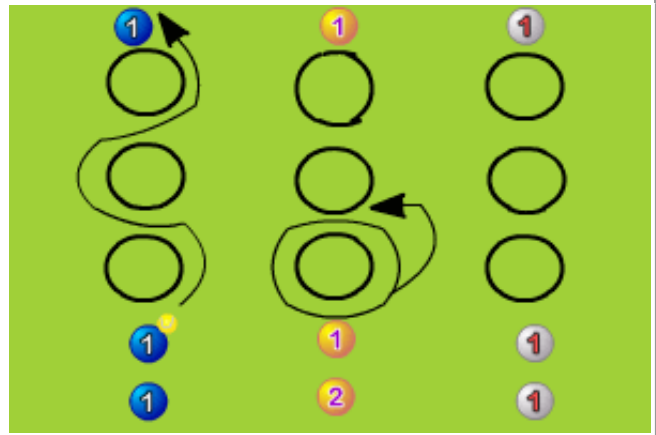
Slalom Hoops

Description

Set out a slalom course with hoola hoops and divide the players into groups of 3

Coaching Points

- Straight forward slalom
- Go anti clockwise round first hoop then clockwise round the 2nd and anthe the next before giving the ball to the next player.



Running with Ball

Description

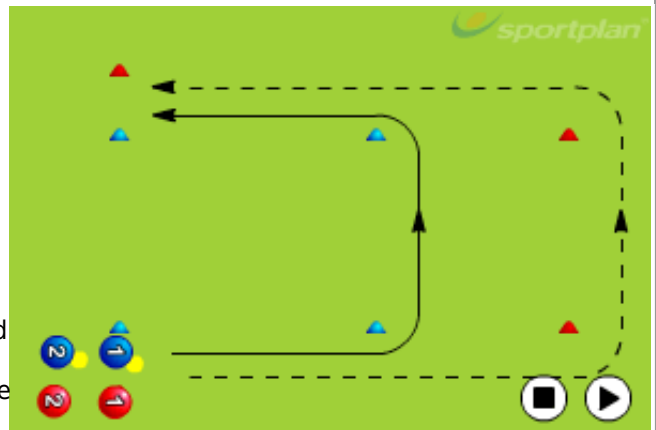
- Setup as shown.
- Split the group into 2 - One group with balls the other without.

The blue team have a ball each and on the coach's command run around the blue cones.

At the same time the red team run (without the ball) around the red cones.

Coaching Points

- When running anti-clockwise move the ball around the cone first.
- If running around clockwise move feet first then the ball.



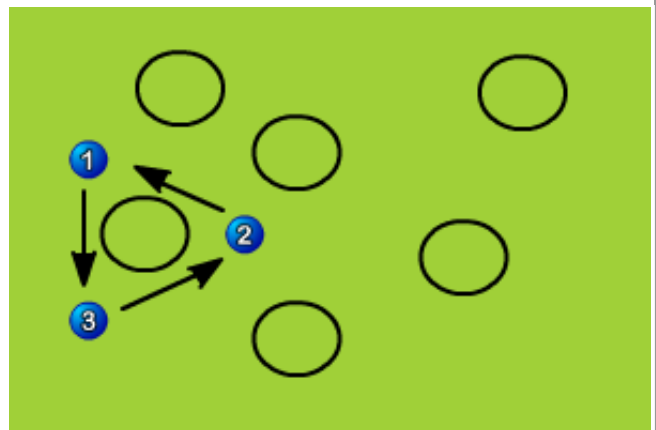
Passing Round Hoops

Description

Using the plastic hoola hoops place them around the pitch. Players get in groups of 3 and pass a ball around the outside of the hoops.

Coaching Points

- Pass ball anti clock wise
- Pass ball clock wise
- Have some spare hoops around the pitch when a a team has passed the ball round the hoops 3 times go to another one and do it again.



Find a new ball

Description

Every player with a ball and stick.

Players can run anywhere they like or restrict the area.

On the whistle all the players leave the ball and have to find another ball to continue to run with the ball until the next whistle.

