

## JAB TACKLE: COACHING POINTS

### GRIP

- Left Hand at the top using a pancake grip.
- Right hand is the guide hand & is halfway down the stick

### FOOTWORK

- One foot in front of another
- Low body position with knees bent
- Players need to be light on their feet, balanced and mobile.
  - Don't get caught square & flat footed.

### TECHNIQUE:

- Jab from your belly button.
- Thrust with the top hand while right hand releases & guides the stick.
- Bring stick back to belly button & right hand.
- Channelling the attacker to the closest side line by positioning on a 45 degree
- Patience
  - Set the ball carrier up by not going for the ball with the first jab.
  - Create perceived pressures by getting your hook in their eye line.
  - Use at least 2 jabs before committing to the ball.

### MISTAKES:

- Over balancing from jabbing for the ball, missing & jabbing well past the ball.
- Jabbing from outside the left side of your body. Ensure long stroke.
- One & done. Not setting the attacker up & not understanding that the attacker will pop the ball into the space behind the jabber.
- Getting court square.

### FOCUS:

- Use multiple jabs (at least two) while being patience so the defender does not get eliminated on the first tackle.
- Channel to the side line – No Inside Breaks
- Turning the Ball carrier into a dribbler by creating perceived pressure. Multiple jabs & getting your hook in their eye line will help with this.
  - This may also lead to a simple turn over by the ball carrier.



"To be the best place to play Hockey in New Zealand"

# THE

# FUNDAMENTALS

# SKILLS

# OF

# HOCKEY



## THE GRIP:



This is the basic grip for receiving, dribbling, pushing and passing, the left hand at the top of the stick (V down edge of stick) and the right hand halfway down the stick (Not too far down to close off vision by bringing head down).

### Coaching Points

- V of the left hand is going down the edge of the stick
- Right hand is half way down the stick. Players should receive and pass with it in the same position
- Check left forearm is in line with stick so back of wrist points forwards
- Both arms slightly bent at the elbows
- Players in the haka position to ensure vision & strength

### Common Errors:

- V of the left hand in the wrong position
- Poor ball position - eyes down all the time
- Ball too close to the player's feet.



## **DEFENDING**

Players need to be aware of the 3 ways to defend in a 1 v 1 situation:

1. In front
2. Side to side
3. Behind or Back Marking

The Term **IFIT** – In Front In Touch refers to the defending concept of marking just in front and to the side of the opposition player while being close enough to touch the opposition attacker.

- This has two benefits
1. The attacking player does not look they are an option for a pass.
  2. The defending player can step in front and intercept the pass.

Players also have to be able to channel the ball carrier to the nearest side line or onto another defender. This is achieved by their starting position. Tackling from a 45 degree angle & not straight on is the key.

Protecting feet is vital especially in the defensive circle. Being mobile, balanced and having the stick more vertical will help. The hook needs to be near or close to the ground.

**WE ENCOURAGE ALL COACH TO COACH PLAYERS TO DEFEND USING THIS IFIT CONCEPT.**

## **TACKLING**

- 6 P'S OF TACKLING**
1. Patience
  2. Positioning
  3. Posture
  4. Posture
  5. Pressure
  - 6 Persistence

### Coaching Points

- Mobility
- Patience
- Footwork
- Posture-Head Up (ensure you stay down in correct position)
- Versatility – Players need to practice this tackling on both sides of their body
- Reverse side tackles – players need to roll the stick over and try to smother the ball (not use the leading edge and hit the ball away)
- Encourage players to stay down on the ball until the dribbler has run on past
- Encourage players to have good movement (footwork) after a successful tackle to
- Ensure a quality pass.

### FOREHAND TACKLE:

This tackle should be the most used tackle in hockey as it is probably the easiest to execute. Players should endeavor to position the ball carrier on the forehand side if possible in most positions. The ball carrier must be shown the forehand side as the obvious side to dribble to. The tackler must be patient and be prepared to run with the attacker.

### TECHNICAL POINTS

- Feet should be on a 45 degree angle from the direction in which the opponent is running (Diagram 1)
- Left foot forward
- Knees bent, back straight
- Basic grip as for forehand trap
- Initially two hands on the stick
- Stick nearly vertical with the head on or close to the ground
- Weight distributed evenly on both feet
- On the balls of the feet
- Stay mobile
- Head up for good vision

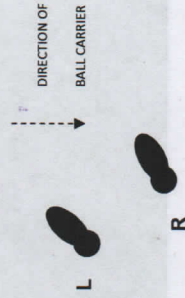


Diagram 1

## HITTING: COACHING POINTS



#### GRIP

- V of the left hand down the edge of the stick
- Both hands together with the butt of the right hand in the V of the left hand.
- Both hands at the top of the stick.
- Same grip as the hit

#### CONTACT

- Make contact in line with left foot
- Hit through "Middle" of the ball with shaft of the stick. (approx. 6")
- Hook vertical so contact is with a square stick
- Follow through is a quick knocking motion of the wrists
- Knuckles need to be almost touching the ground
- Back swing and follow through must be along the ground
- Smooth controlled swing that has a full follow through

#### POWER

- Low body position
- Use wrists, swing harder & follow through to increase power
- When sweeping a moving ball ensure the final touch is in the direction that you wish to hit the ball – redirection

- This style of hit uses mostly wrists to develop power

#### COMMON ERRORS

- Contact is poor, often this is due to poor grip (V of the left hand & butt of the right hand in the wrong position)
- Contact not in line with the left foot
- No follow through
- Ball contact too close to feet.
- Hands on contact are too high, must be at ankle height, (see photo's)



#### PUSHING:

#### COACHING POINTS

#### GRIP

- V of the left hand down the edge of the stick
- Right hand halfway down stick.

#### TECHNIQUE

- Low posture and follow through to target (Haka position)
- Stick starts against lower part of ball that is positioned in line with the right foot (No backswing involved).
- Transfer ball and body towards the target
- Release ball using wrists and follow through towards target
- Role wrists to ensure ball stays down

#### POWER

- Low body position (ball placement further away from the player's feet).
- Transfer weight from right foot to left
- Use wrists & follow through towards target to increase power

#### COMMON ERRORS

- Poor grip technique
- No weight transfer
- Lack of follow through or follow through "around the corner".
- Body position leaning back which increases the chance of lifting the ball & decreases power.

#### BALL CARRYING (DRIBBLING)

#### GRIP

- V of the left hand down the edge of the stick
- Right hand halfway down stick.

#### TECHNIQUE

- Low posture (Haka position)
- The ball position is to the right side & out in front of your right foot, this increases the player's vision.
- Identify different forms and their uses – closed, open & Indian

#### COMMON ERRORS

- Poor vision
- Incorrect ball position (Too far back in stance)
- Poor Hockey decisions
- Hockey is a passing game, player's must be scanning for a pass
- Over dribbling & dribbling into trouble.
- Ball back in the stance will lessen vision.
- Defensive pressure ensures players focus on the ball, which decreases vision.



## RECEIVING (TRAPPING)

### THE MOST IMPORTANT HOCKEY SKILL:

- With Hockey evolving and getting faster receiving in motion has become the most important part of a hockey players skill set. Receiving with Forward Flow or receiving on speed will ensure your players move at the same speed as the game.



### RECEIVING

- Is needed all over field in every phase of play – attack, defence, midfield
- Clean execution of this skill results in a better outcome in the next phase – eg a pass, goal shot or an elimination of opposition

### COACHING POINTS

- Early preparation and concentrating on the task
- Grip – left hand at top- right hand further down shaft for control
- Watch the ball on to your stick
- Soft hands to absorb the ball (this will negate rebounds off stick)
- Lower hand (right) moves back with the ball slightly to control ball
- Players should use their vision before receiving the ball so they know their options and the position of players around them – “receive in daylight”
- Footwork very important – moving to relieving the ball
- Forehand and Reverse (this should only be encouraged in the upright position)

### FORWARD FLOW:

- Receive moving toward your attacking goal
- Receive the ball a head of your body.
- Allow the ball to pass past your body before it makes contact with your stick.
  - Contact behind the line of your body will cause the ball to pop up.

### REVERSE RECEIVING

- Basic ‘V’ grip down back edge of stick
- Low body position - Haka
- Stand side on, right or left foot can be the lead foot.
- Head and eyes over the ball, following it onto the stick.
- Keep the stick face square with the ball & cushion it by bringing stick back with the ball but not past the line of the lead foot.
- Allow ball to cross to the back foot.
- Adjust Stick angle so the ball doesn't pop up in the air



### WHEN RECEIVING

# Expect to stop everything

### GRIP

- V of the left hand down the edge of the stick
- Both hands together with the butt of the right hand in the V of the left hand.
- Left hand just down from the top of the stick, shortened grip.

### CONTACT

- Hit through the “Middle” of the ball with centre of hook
- Make contact in line with left foot
- Hook vertical so contact is with a square stick
- Smooth controlled swing that has a full follow through

### POWER

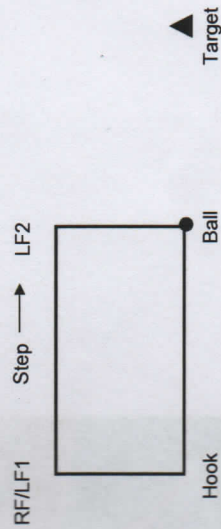
- Low body position
- Use wrists, swing harder & follow through to increase power
- When hitting a moving ball ensure the final touch is in the direction that you wish to hit the ball – redirection

### COMMON ERRORS

- V of the left hand & butt of the right hand in the wrong position
- Contact not in line with the left foot
- No follow through
- Ball contact too close to feet.

### BOX HIT:

This diagram may help in your explanation, (see photos). Both feet start together hook on the ground with blade vertical. Hook, ball and target are all on the same line. When the player steps they should step so that they make a box



### SWEEP HITTING: COACHING POINTS