

HOOK IN 2 HOCKEY

COACHING PACK

COMMUNITY – STAGE 2 PROGRAM

CONTENTS



INTRODUCTION	4
ROOKEY	5
Session 1: TACKLING – Jab/Poke (From the Right & From the Left)	8
Session 2: ELIMINATING – Dummy (From Right to Left & Left to Right)	10
Session 3: PASSING – Deflection	12
Session 4: ELIMINATING – Pull Drag	14
Session 5: GAME CONCEPTS – Outnumbering the Opposition	16
Session 6: GAME CONCEPTS – Leading	18
Session 7: GAME CONCEPTS – Principles of Defence	20
Session 8: GAME CONCEPTS – Principles of Attack	22

INTRODUCTION



Welcome to the Hook in2 Hockey Coaching Pack. Hook in2 Hockey has been redesigned to be suitable as a Community (club or association) program as well as a primary school program.

This Coaching Pack contains session plans for Centres delivering Hook in2 Hockey School and Community Stage 1 programs.

FORMAT

Each Hook in2 Hockey session is divided into four sections:

- 1. WARM UP ACTIVITY** – running and chasing-based games.
- 2. SKILL ACTIVITIES (X 4)** – pairs and small group activities designed to teach participants the basics of a skill.
+ Indicates a progression or change to the activity.
- 3. SKILL GAME** – small games where participants can challenge each other using the skills they have learnt.
- 4. ROOKEY** – a modified junior hockey game utilising zones.

GROUP MANAGEMENT

Centres are recommended to allocate one Leader for every 12–15 participants.

Groups of participants can rotate around the Skill Activities during a session in any order, with the exception of Session 10: Passing – Hit, when the Skill Activities should be completed by all participants in order, from Skill Activity 1 to 4.

Centre Coordinators and Leaders should decide on the duration of each activity or game according to the group size, participants ability and the space available.

ROOKEY



Rookey is a great modified hockey game that is played at the end of each Hook in2 Hockey session. The zone-based game is a fantastic way to learn the skills of hockey in a safe and fun environment.

RULES OF ROOKEY

1. THE BALL MUST BE ON THE GROUND AT ALL TIMES

If the ball becomes raised from the playing surface, all players must wait for it to return to the ground before attempting to play it.

N.B. Players should not raise the head of their stick above waist height at any time.

2. NO BODY CONTACT

Sticks may touch during the game but players bodies should not come into contact.

3. NO STOPPING OR KICKING THE BALL WITH FEET

If the ball hits a players foot without them looking to control it or propel it, then play on.

4. ONLY ONE PLAYER CAN TACKLE ANOTHER PLAYER AT ONE TIME

Players should also be encouraged not to tackle from behind the player with the ball.

5. PLAYERS MUST BE THREE STICK LENGTHS AWAY FROM THE BALL AT 'FREE PLAYS'

Free plays are awarded when a player breaks one of the Rules of Rookey and they allow a player to either pass the ball to a team mate or dribble the ball themselves.

PLAYING ROOKEY

Here are some hints to help you run a Rookey game:

- Teams should be of a similar age and physical size and ability.
- Players are divided into three zones being for defenders, midfielders and attackers.
- Players should stay in their zone to avoid crowding around the ball.
- During a game of Rookey, Leaders should rotate players into each zone to give them an opportunity to be a defender, midfielder and attacker.
- There are no goalkeepers or 'kicking backs'.
- A one touch bully[^] is used to start and restart a game after a goal has been scored in the middle of the playing area.
- A player who consistently breaches the rules should be rested or interchanged.
- Talk to the players during the game to let them know what they can and can't do.

[^]A *bully* is a when the ball is placed between two players with their sticks on the ground to the right of the ball. They then tap the flat faces of their sticks together once just over the ball after which they can both play the ball.

Remember Rookey is designed to get kids active and to be fun, so be creative!

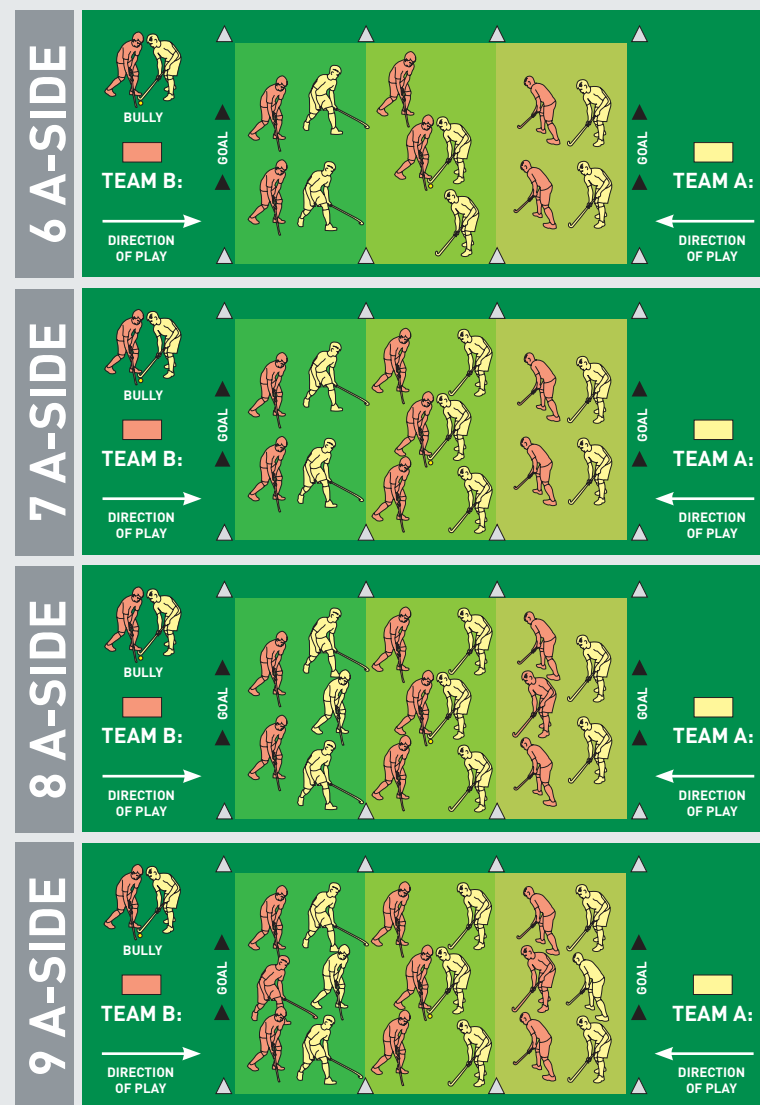
ROOKEY PITCHES

The Rookey pitch is divided into three zones of equal size using cones or markers along the sideline and if required, across the playing area. Goals can be created using cones or markers and should be three metres wide.

The size of a Rookey pitch will depend on the number of players per team. Below is a guide to the size pitch required for different numbers of players. The diagrams on the opposite page show how many players are positioned within the three zones depending on the number of players per team.

NUMBER OF PLAYERS PER TEAM	HOCKEY PITCH*	NO HOCKEY PITCH
6	Quarter field	Width 30–35m Length 50–60m
7	Quarter field	Width 30–35m Length 50–60m
8	Half field	Width 40–45m Length 65–75m
9	Half field	Width 40–45m Length 65–75m

*Goals are positioned on the sidelines.



TACKLING

Jab/Poke (From the Right & From the Left)



SKILL DESCRIPTION From the Right

- Use the one-handed (left hand) grip with the left arm away from the body.
- Body position is low (knees bent, leaning forward) with weight more over the left leg.
- The stick should be at an angle of approx 30° to the surface.
- The ball should be positioned in front, and to the left, of the defenders body to make the tackle.
- Defenders distance from the ball carrier to make a jab tackle = one stick length + one step.
- The tackle should be made with the base of the head of the stick.
- To make a tackle squeeze the left hand tightly on the stick, step towards the ball with the left foot, and jab the stick forward in the direction of the ball.
- Keep watching the ball at all times during the tackle.



HOT HINT!

Before making the tackle maintain a low body position and take quick short steps to stay balanced.

SKILL DESCRIPTION From the Left

As per above BUT...

- Body position is low (knees bent, leaning forward) with weight more over the RIGHT leg.
- The ball should be positioned in front, and to the RIGHT, of the defenders body to make the tackle.
- To make a tackle squeeze the left hand tightly on the stick, step towards the ball with the RIGHT foot, and jab the stick forward in the direction of the ball.



HOT HINT!

To keep pressure on the ball carrier, and stop them pulling the ball backwards, stay slightly behind them.

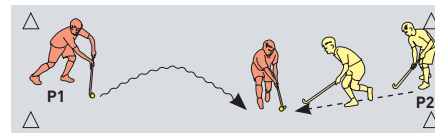
WARM UP ACTIVITY Fish in the Net

Players in one group. Three players form a 'net' by holding hands and they try to catch other players, who are the 'fish', by surrounding them. Caught players join the net and the game continues. The net can only catch other players when all members of the net are holding hands

KEY TO ACTIVITIES

- | | |
|------------|--|
| P | Player |
| △ ▲ | Markers |
| - - - - -> | Path of player without the ball |
| ————> | Path of ball (push/hit) |
| ~~~~~> | Path of player with the ball (dribbling) |
| ~~~~~> | Drag |
| ~~~~~> | Shot at goal |

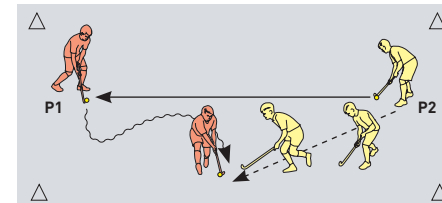
SKILL ACTIVITY 1 Pairs Tackle



Players in pairs. Player 1 tries to dribble past Player 2 and through his/her 'goal' (cones and/or a line) to score a point. If Player 1 scores then he/she keeps the ball, the players swap ends, and Player 1 tries to dribble past Player 2 again. If Player 2 successfully tackles Player 1 he/she can try and dribble past Player 1 and score a goal.

Activity Type = Point scoring.

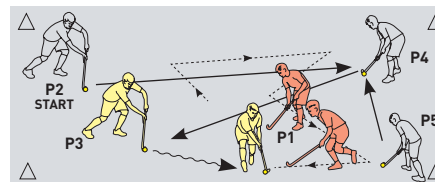
SKILL ACTIVITY 2 Pass & Tackle



As per Skill Activity 1, "Pairs Tackle" but Player 1 passes the ball to Player 2 and follows his/her pass. Player 2 traps the ball and then tries to dribble past Player 1.

Activity Type = Point scoring.

SKILL ACTIVITY 3 Keepings Off

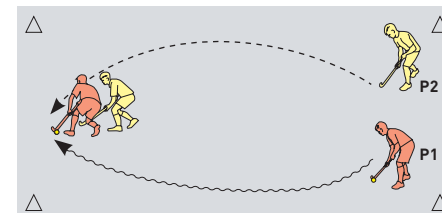


Players in groups of between four and six. Player 1 is the tackler and Players 2-6 attempt to pass the ball to each other without Player 1 gaining possession. If Player 1 gets possession of the ball the player who last touched the ball becomes the new tackler.

+ Players 2-6 are not allowed to pass to the player next to them.

Activity Type = Point scoring. Player who is in the middle the fewest times is the winner.

SKILL ACTIVITY 4 Chase Tackle

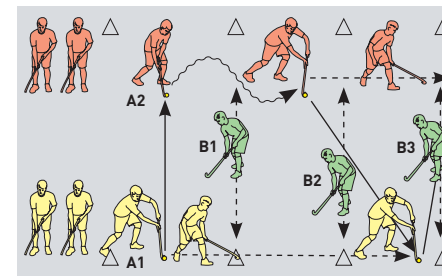


Players in pairs. Player 1 is the dribbler and Player 2 is the tackler. Player 1 tries to score a point by dribbling through his/her goal (cones and/or a line). Player 2 starts to the right of Player 1 and chases him/her trying to make a tackle. If Player 2 gets possession of the ball then he/she can score a point by dribbling through Player 1's goal.

Activity Type = Point scoring.

SKILL GAME Run the Gauntlet

Groups of up to 12. Players A1 and Player A2 attempt to pass and dribble the ball past Players B1-B4 who can only move sideways to tackle. If Players B1-B4 get possession of the ball he/she can pass the ball outside of the playing area and Player 1 or Player 2 collects the ball and return to the group.



ELIMINATING

Dummy (From Right to Left & Left to Right)



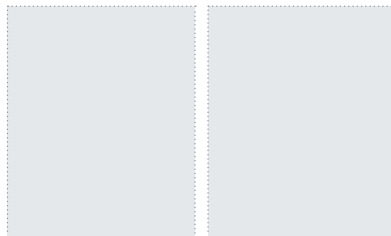
SKILL DESCRIPTION

Dummy from Left to Right

- Use the basic grip.
- Body position is low (knees bent, leaning forward) with arms in front of the body.
- The stick is at an angle of 60° to the surface with the face pointing forward.
- Ball is slightly in front of the body and to the right of the feet.

The movement sequence is:

1. Approaching a defender, step to the left and feint (dummy) to pass,
2. While stepping left bring the stick with a wide movement over the ball from the forestick side to the reverse side,
3. Step right and on the reverse stick, drag the ball to the right onto the forestick side and wide of the right shoulder,
4. Eliminate the opponent on their reverse side.



HOT HINT!

Keep the ball on the right of your feet and body as this is the side that you want to eliminate a defender.

SKILL DESCRIPTION

Dummy from Right to Left

As per above BUT...The movement sequence is:

1. Approaching a defender, step to the RIGHT and feint (dummy) to pass,
2. While stepping **right** bring the stick with a wide movement over the ball from the **reverse** side to the **forestick** side,
3. Step left and on the **forestick**, drag the ball to the **left** and onto the **reverse** stick side and wide of the **left** shoulder,
4. Eliminate the opponent on their **forestick** side.



HOT HINT!

Eliminating the opponent on their forestick side means the step to the right and then movement left has to be quick to get the defender off balance.

WARM UP ACTIVITY

All-in Tag

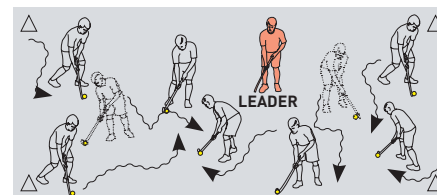
Players in one group. All players try to tag all other players. Those players who are tagged continue to tag others from a crouched position.

KEY TO ACTIVITIES

P	Player
△ ▲	Markers
----->	Path of player without the ball
————>	Path of ball (push/hit)
~~~~~>	Path of player with the ball (dribbling)
~~~~~>	Drag
——>	Shot at goal

SKILL ACTIVITY 1

Dummy the Leader

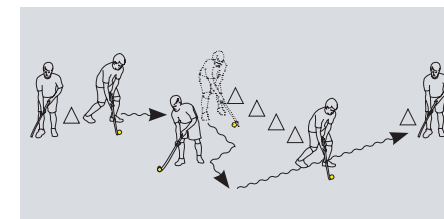


Players in one group. All players have a ball and dribble around the playing area. When they need to change direction to avoid another player or the Leader(s) they must use a dummy, either:
1. Dummy right to left, or;
2. Dummy left to right.

Leaders present a passive block/flat tackle for players to be able to dummy around them.

SKILL ACTIVITY 2

Cone Dummy



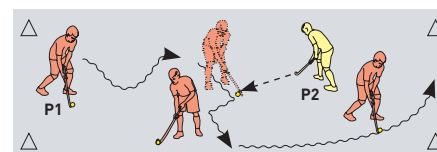
Players in teams of between four and eight. Player 1 dribbles towards the cones before dummieing from right to left and dribbling the ball to Player 2 who repeats the dribble.

+ Change the angle of the cones and players dummy from right to left.

Activity Type = Race to completion.

SKILL ACTIVITY 3

Pairs Dummy

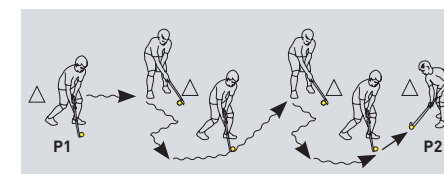


Players in pairs. Player 1 tries to dribble past Player 2 using a dummy and then through his/her 'goal' (cones and/or a line) to score a point. If Player 1 scores then he/she keeps the ball and the players swap ends and Player 1 tries to dribble past Player 2 again. If Player 2 successfully tackles Player 1 he/she can try and dribble past Player 1 and score a goal.

Activity Type = Point scoring.

SKILL ACTIVITY 4

Dummy Relay

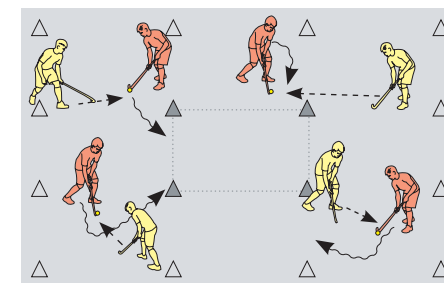


Players in teams of between five and eight. Player 1 dribbles towards the first cone before dummieing from left to right and dragging the ball from left to right past the cone. Repeat this dribbling and dummy for all cones until reaching Player 2 and passing the ball to him/her.

Activity Type = Race to completion

SKILL GAME

Dummy Circuit



Players in two teams of equal numbers using a grid of three squares by three squares. Team A try and dribble through each of Team B's corner squares using dummies to eliminate their opponents. One point for Team A players reaching a vacant outside square and three points for reaching the middle square.

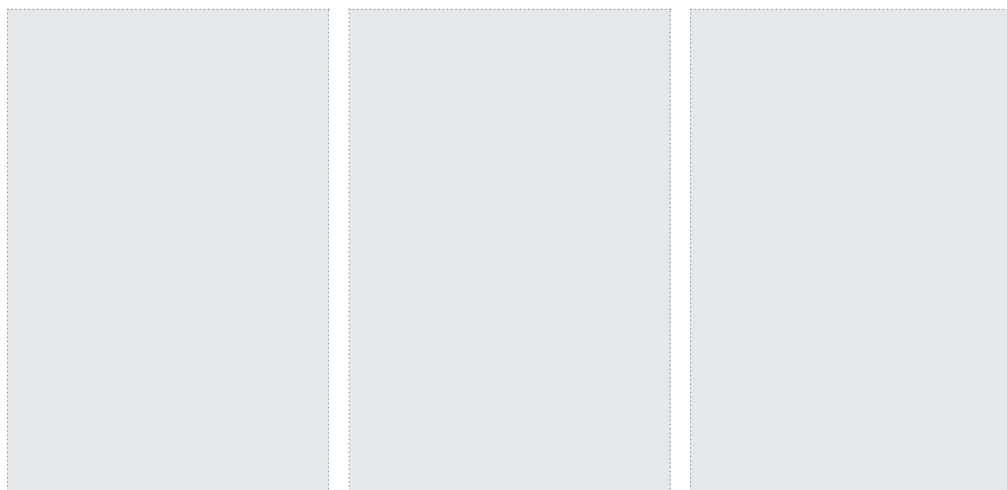
PASSING

Deflection



SKILL DESCRIPTION Deflection

- Use the basic grip.
- Body position is low (knees bent, leaning forward) with the arms in front of the body.
- The stick is at an angle of 60° to the surface with the face pointing forward.
- The ball is played from slightly in front of and to the right of the body.
- Before the ball arrives, look at and plan, where the ball is going to be deflected to.
- Prepare early to receive the ball, use a short backswing and deflect (one-touch) the ball from the head of the stick.



HOT HINT!

The ball can move quicker than players so use a deflection when there is limited time or space to make a pass..

WARM UP ACTIVITY Form a Group

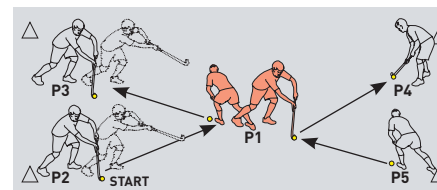
Players in one group. All players run around in random directions avoiding body contact with other players. The coach calls a number and players form groups of that size by holding hands or huddling together.

KEY TO ACTIVITIES

P	Player
△ ▲	Markers
- - - - ->	Path of player without the ball
————>	Path of ball (push/hit)
~~~~~>	Path of player with the ball (dribbling)
~~~~~>	Drag
~~~~~>	Shot at goal

### SKILL ACTIVITY 1

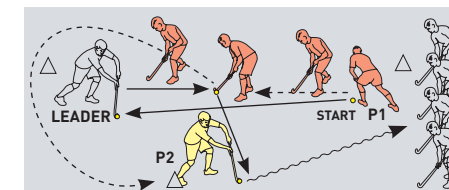
#### Deflection Circle Ball



Players in groups of between four and eight. Player 1 stands in the middle of the group and Player 2 passes him/her the ball. Player 1 deflects the ball to Player 3. Player 5 passes another ball to Player 1 who deflects the ball to Player 4.  
+ Change the player that the deflection is made to.  
**Activity Type** = Race to completion or time based counting the number of passes made.

### SKILL ACTIVITY 2

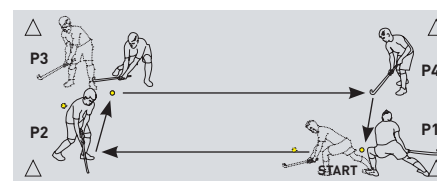
#### Leader Deflection



Groups of up to 12. Player 1 passes the ball to the Leader who traps it and passes back to Player 1 running towards the ball. Player 1 then deflects the ball to the left, using forestick, at an angle of approximately 90° to Player 2 who traps and dribbles it to the group.  
+ Deflections are made using the forestick to the right.

### SKILL ACTIVITY 3

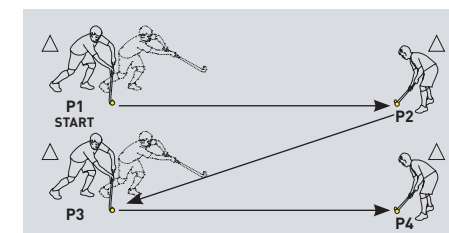
#### Square Deflection



Groups of four passing the ball around the square using a deflection pass. Player 1 passes the ball to Player 2 who deflects the ball to Player 4 who deflects the ball to Player 1.  
+ Change the direction of the pass or person being passed to.  
+ Introduce a second ball.  
+ Introduce a tackler to create Keepings Off.  
**Activity Type** = Time based. Count the number of consecutive deflection passes made.

### SKILL ACTIVITY 4

#### Deflection Wall Pass

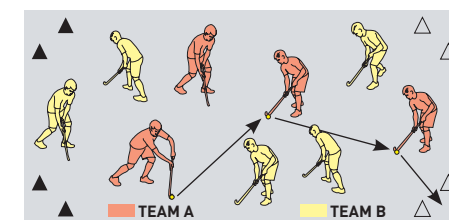


Players in groups of between five and eight positioned opposite each other. The ball is passed by Player 1 to Player 2 who deflects the ball to Player 3. Passing continues to the final player and then back through all players to finish at Player 1.  
**Activity Type** = Race between groups or time based counting the number of consecutive passes made.

### SKILL GAME

#### Four Goal Deflection Game

Players in two teams of equal numbers. Both Team A and Team B have two goals where they can score goals which are at the same end, but in each corner of the playing area. Goals that are scored by any means other than a deflection score one point. Goals scored with a deflection score three points.  
+ Change the goals where the teams can score to be in diagonally opposite corners.



# ELIMINATING

## Pull Drag

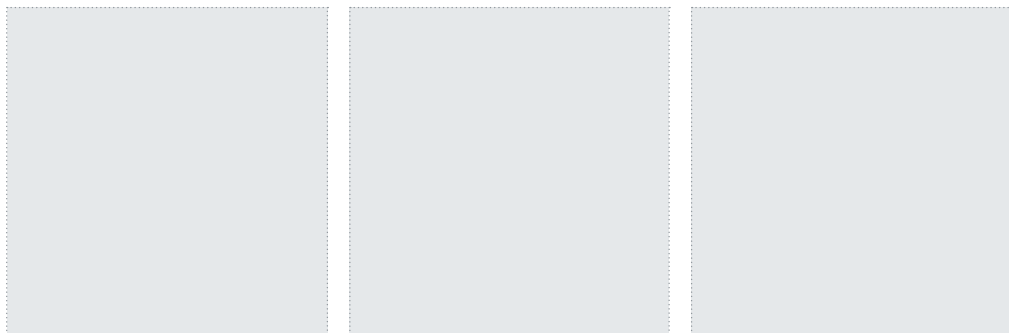


### SKILL DESCRIPTION Pull Drag

- Use the basic grip.
- Body position is low (knees bent, leaning forward) with the arms in front of the body and the upper body turned slightly to the left.
- The stick is at an angle of 45° to the surface with the face pointing backward.
- The ball is positioned closely in front of, and slightly to the right of, the right foot.

#### On the run, the ball movement pattern is:

1. Get the ball in the hook of the stick,
  2. Drag the ball from right to left across the body very close to the feet and wide of the opponents forestick side,
  3. Control the ball on the reverse stick side,
  4. On reverse stick side dribble around/past the defender on their forestick side,
- Keep the ball in contact with the hook of the stick and make one fluid movement when pull dragging the ball.
  - Look up regularly to ensure vision of the play situation.



### HOT HINT!

The pull drag can be used to change the position of the ball quickly which can surprise an opponent and help to eliminate them.

### WARM UP ACTIVITY Flip It

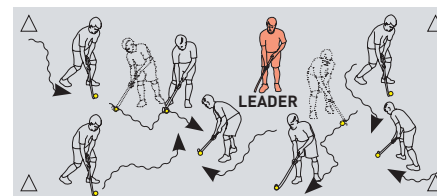
Players in two teams of equal numbers. Each player has a stick. Team A place their sticks on the ground with the round side facing up. Team B place their sticks on the ground with the flat side facing up. On a signal from the Leader, players run around trying to flip over the other group's markers to match their own.

### KEY TO ACTIVITIES

- |            |                                          |
|------------|------------------------------------------|
| P          | Player                                   |
| △ ▲        | Markers                                  |
| - - - - -> | Path of player without the ball          |
| ————>      | Path of ball (push/hit)                  |
| ~~~~~>     | Path of player with the ball (dribbling) |
| ~~~~~>     | Drag                                     |
| ~~~~~>     | Shot at goal                             |

### SKILL ACTIVITY 1

#### Pull Drag the Leader

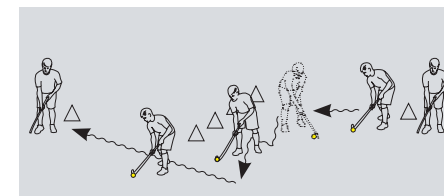


Players in one group. All players have a ball and dribble around the playing area. When they need to change direction to avoid another player or the Leader(s) they must use a pull drag. Leaders present a passive block/flat tackle for players to be able to dummy around them.

+ Players to attempt the reverse pull drag.

### SKILL ACTIVITY 2

#### Cone Pull Drag



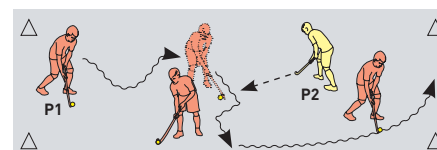
Players in teams of between four and eight. Player 1 dribbles towards the cones before dummying from right to left and dribbling the ball to Player 2 who repeats the dribble.

+ Players to use the reverse pull drag when dribbling around the cones.

Activity Type = Race to completion.

### SKILL ACTIVITY 3

#### Pairs Pull Drag

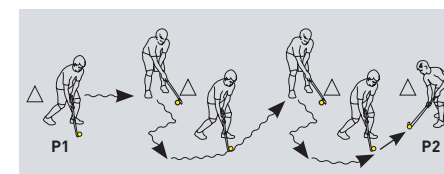


Players in pairs. Player 1 tries to dribble past Player 2 using a pull drag and then through his/her 'goal' (cones and/or a line) to score a point. If Player 1 scores then he/she keeps the ball and players swap ends then Player 1 tries to dribble past Player 2 again. If Player 2 successfully tackles Player 1 he/she can try and score a goal.

Activity Type = Point scoring.

### SKILL ACTIVITY 4

#### Pull Drag Relay



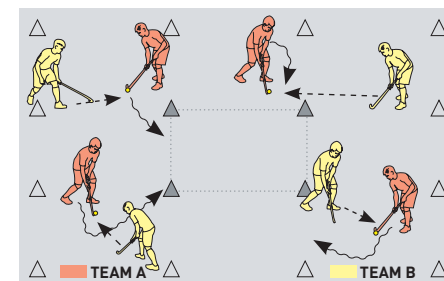
Players in teams of between five and eight. Player 1 dribbles towards the first cone before dummying from left to right and dragging the ball from left to right past the cone. Repeat this dribbling and dummy for all cones until reaching Player 2 and passing the ball to him/her.

Activity Type = Race to completion.

### SKILL GAME

#### Pull Drag Circuit

Players in two teams of equal numbers using a grid of three squares by three squares. Team A try and dribble through each of Team B's corner squares using dummies to eliminate their opponents. One point for Team A players reaching a vacant outside square and three points for reaching the middle square.





# GAME CONCEPTS

## Outnumbering the Opposition



### GAME CONCEPT DESCRIPTION Outnumbering the Opposition

The attacking team players should always be looking to create a numerical advantage of attackers versus defenders e.g. 3 v 2 or 2 v 1 situation whereby they outnumber the defence.

**HOT HINT!**

Attacking players not in possession of the ball should support the ball carrier by making position to be able to receive a pass and create a numerical advantage situation.

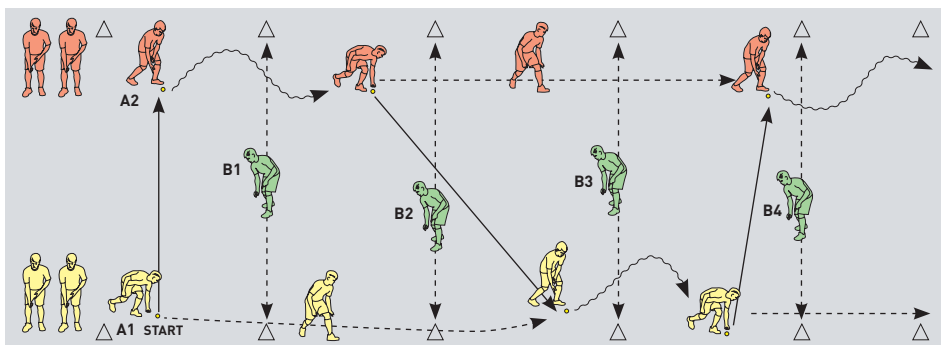
### WARM UP ACTIVITY Scarecrow Tiggly

Players in one group. One player and/or a Leader tries to tag all other players who run from one side of the playing area to the other. When a player is tagged they become 'scarecrows' and stand with their legs wide apart and arms outstretched. Other players can then free 'scarecrows' by crawling through their legs.

### KEY TO ACTIVITIES

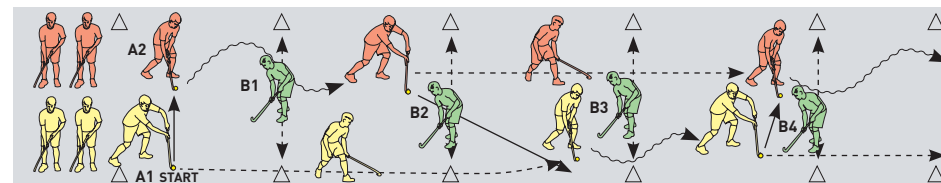
P	Player
△ ▲	Markers
----->	Path of player without the ball
————>	Path of ball (push/hit)
~~~~~>	Path of player with the ball (dribbling)
~~~~~>	Drag
~~~~~>	Shot at goal

SKILL ACTIVITY 1 Rollball Run the Gauntlet



Groups of up to 12. Players do not require a stick. Players A1 and A2 attempt to roll and gather the ball to each other, past Players B1–B4, who can only move sideways. Players B1–B4 attempt to either tag player A1 or A2 while they are in possession of the ball, or try to intercept a pass. If Players B1–B4 gets possession of the ball he/she can roll the ball outside of the playing area and A1 or A2 collects the ball and returns to the group. Players A3 and A4 then start attempting to roll and gather the ball past Players B1–B4.

SKILL ACTIVITY 2 Run the Gauntlet



Groups of up to 12. Players A1 and A2 attempt to dribble and pass the ball to each other past Players B1–B4, who can only move sideways. Players B1–B4 attempt to either tackle player A1 or A2 while they are in possession of the ball, or try to intercept a pass. If Players B1–B4 gets possession of the ball he/she can pass the ball outside of the playing area and A1 or A2 collects the ball and returns to the group. Players A3 and A4 then start attempting to pass and dribble past Players B1–B4.

Ball carrier (Team A) – To try and eliminate the defender (Team B) the ball carrier should try to:

1. Dribble towards the defender before passing,
2. Dribble away from the defender before passing,
3. Pass before dribbling.

Supporting player (Team A) – The attacking player not in possession of the ball should always be:

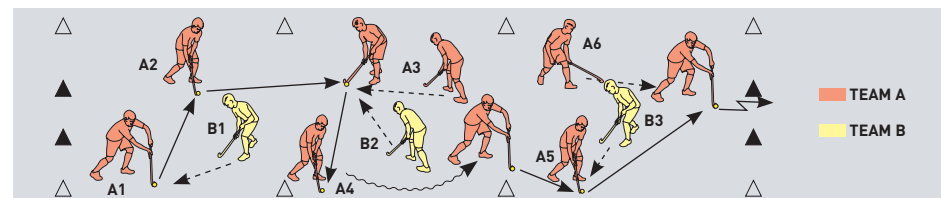
1. Available to receive a pass or,
2. Be moving into a space to receive a pass.

Defender (Team B) – The defender must be able to:

1. Put pressure on the ball carrier,
2. Be aware of the position of the support player,
3. Be able to tackle the ball carrier or intercept the pass to the support player.

+ Allow B1–B4 to move anywhere within their area to tackle players and/or intercept the ball.

SKILL GAME 2 v 1 Game



Groups of nine to fifteen. Three zones with two attackers and one defender per zone. Players from both teams are not allowed outside of their zone. Team A try to keep possession and pass the ball to team mates and score a goal. Team B tries to disposes Team A and pass the ball outside of the playing area. The ball starts with A1 and must be passed to A2 inside their zone before being passed to A3 or A4 in the next zone. A3 and A4 must both touch the ball before it can be passed to A5 and A6 in the next zone who must both touch the ball before trying to score. Rotate Team A players through each zone and swap Team A and B players.

+ Play as a 3 v 2 game i.e. three attackers and two defenders in each zone.

+ If Team B gains possession allow them to pass to team mates in the next attacking zone and/or try to score a goal.

SESSION **6** **GAME CONCEPTS**
Leading



GAME CONCEPT DESCRIPTION Leading

Leading is the movement of an attacking player who is not in possession of the ball to achieve one or more objectives;

1. Create an opportunity to receive a pass from the ball carrier,
2. Create space for the ball carrier to move into,
3. Create confusion amongst defenders.

WARM UP ACTIVITY Rob the Nest

Players in two to four teams of between four and eight each. A central 'nest' of balls is placed in the playing area. One player from each team runs to the nest and dribbles the ball back to their team's nest. When all players from a team have collected a ball, their team are allowed to 'steal' balls from other team's nests. No tackling allowed. The team with the most balls after a certain time wins.

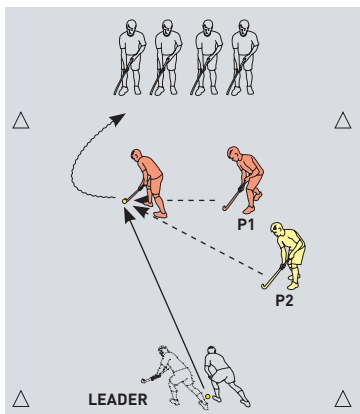
KEY TO ACTIVITIES

- P Player
- △ ▲ Markers
- > Path of player without the ball
- > Path of ball (push/hit)
- ~~~~~> Path of player with the ball (dribbling)
- ~~~~~> Drag
- ~~~~~> Shot at goal

SKILL ACTIVITY 1 Leader Leading

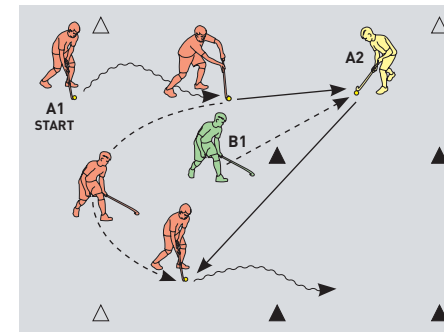
Players in groups of up to 12. The Leader starts with the ball and tries to pass it to Player 1 who is only allowed to lead sideways or away from the Leader. Player 1 and Player 2 start facing the Leader with Player 2 between Player 1 and the Leader. Player 2 tries to intercept the pass from the Leader to Player 1. The Leader waits until Player 1 makes a lead or indicates where they will lead, to pass the ball to them. When Player 1 receives the ball he/she tries to dribble through the cones at the opposite end of the playing area to the Leader.

- + Player 1 leads towards the Leader to receive the ball and tries to run between the cones where the Leader is standing.
- + Add in a second attacking player who can receive the ball and allow the two attacking players to pass the ball between each other.
- + Add in a third attacking player and a second defender.



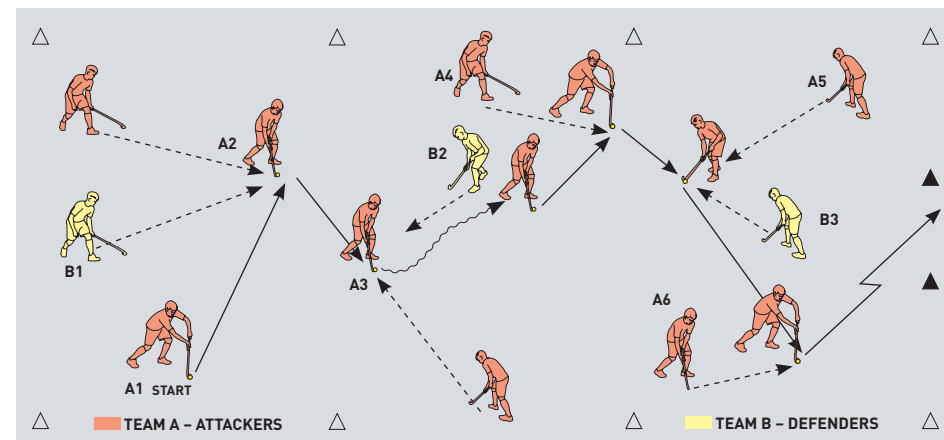
SKILL ACTIVITY 2 Box Leading

Players in groups of three with Players A1 and A2 attempting to pass and dribble the ball past B1, before A1 dribbles the ball into the box marked with ▲ cones. B1 starts anywhere inside the playing area but can not enter the box marked with ▲ cones. B1 can gain possession by tackling either player or intercepting a pass. Player A1 starts with the ball outside the playing area near the corner furthest from the box marked with ▲ cones. A2 should lead in a direction which creates space for Player A1 as the ball carrier to move into. The ball can be passed through the box marked with ▲ cones before A1 dribbles the ball into that area.



Leading should be a quick decisive movement by an attacking player and a second or third lead may be required to create a passing opportunity, space, and/or confusion amongst defenders.

SKILL GAME 2 v 1 Leading



Groups of nine to 15. Three zones with two attackers and one defender per zone. Players from both teams are not allowed outside of their zone. Team A try to keep possession and pass the ball to team mates and score a goal. Team B tries to dispossess Team A and pass the ball outside of the playing area. The ball starts with A1 and must be passed to A2 inside their zone before being passed to A3 or A4 in the next zone. A3 and A4 must both touch the ball before it can be passed to A5 and A6 in the next zone who must both touch the ball before trying to score. Rotate Team A players through each zone and swap Team A and B players.

- + Play as a 3 v 2 game i.e. three attackers and two defenders in each zone.
- + If Team B gains possession allow them to pass to team mates in the next attacking zone and/or try to score a goal.

GAME CONCEPTS

Principles of Defence



GAME CONCEPT DESCRIPTION Principles of Defence

When a team is not in possession of the ball they have two primary objectives:

1. Prevent the opposition from scoring a goal
2. Gain possession and therefore become the attacking team

An effective method of gaining possession of the ball from the opposition team is to 'channel' the ball carrier. Channelling is where a defender(s) uses his/her body position and movement to apply pressure to the ball carrier forcing them into a less advantageous field position i.e. towards the side line or back line and/or towards a team mate.

HOT HINT!

Defenders can channel an opponent individually or work with team mates but should always be trying to force the ball carrier towards a specific area.

WARM UP ACTIVITY Egg and Spoon Race

Players in one group. All players run at the same time from one side of an area to the other and back again with the ball balanced in the open palm of the hand. The aim is not to drop the ball and 'break the egg'. Players who 'break their egg', stand where it was dropped and other players have to avoid running into them. The winner is the last player not to break their egg.

- + The players with 'broken eggs' are allowed to move around without touching the players running past them.
- + Players try to balance the ball on their stick while running to the other side of the playing area.

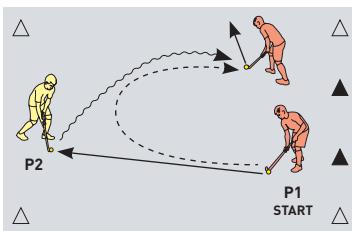
KEY TO ACTIVITIES

P	Player
△ ▲	Markers
- - - - ->	Path of player without the ball
—>	Path of ball (push/hit)
~~~~~>	Path of player with the ball (dribbling)
~~~~~>	Drag
⚡>	Shot at goal

SKILL ACTIVITY 1 Pairs Channel

Player 1 passes the ball to Player 2 and Player 2 tries to dribble the ball through the two cones where Player 1 is positioned. Player 2 should apply pressure to Player 1 and channel him/her towards the sides of the playing area. Player 1 is not allowed to tackle Player 2 but he/she can block any attempt at his/her goal. If Player 2 runs/bumps into Player 1 then players should swap possession.

- + Play as 2 v 2 activity with the players from each pair starting next to their partner.



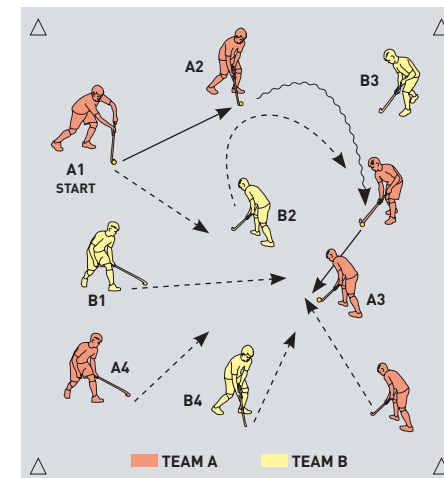
SKILL ACTIVITY 2 Turnover Channel

Players in two teams of between 3-4 each. Team A starts with the ball and tries to keep possession of it for as long as possible by dribbling and passing.

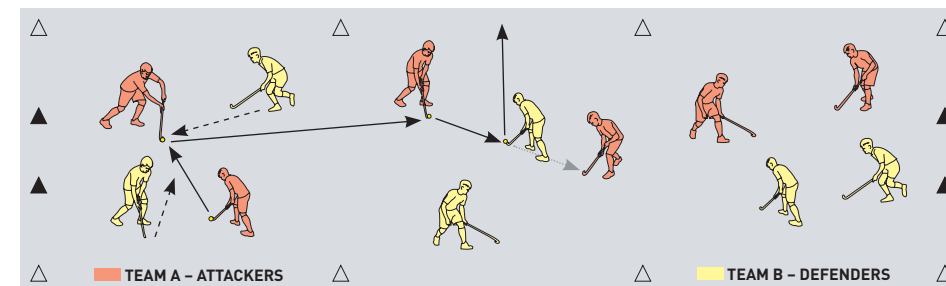
Team B is not allowed to tackle Team A but they can gain possession by:

1. Intercepting or blocking a pass from Team A;
2. Team A losing control of the ball and it going out of the playing area;
3. Stealing the ball as a result of a mis-trap by Team A.

If a player from Team B is attempting to block a Team A player from passing the ball in certain direction then the Team A player must pass the ball in a different direction. Team B should work on forcing Team A to pass to team mates who are in the corners of the playing area and then using 2 or 3 players to apply pressure to that player and force a turnover.



SKILL GAME Channel Game



Players in teams of between six and eight. Team A are the attacking team and Team B are defending. Playing area is divided into three zones with an equal number of players from both teams in each zone. Players from both teams are not allowed outside of their zone. Team A has the ball and must make one pass to a team mate inside the same zone before that player can pass the ball to a team mate in the next zone.

When the ball is in a player's zone – Team B isn't allowed to tackle Team A but they can gain possession by:

1. Intercepting or blocking a pass from Team A;
2. Team A losing control of the ball and it going out of the playing area;
3. Stealing the ball as a result of a mis-trap by Team A.

Team B players attempt to apply pressure to the ball carrier in their zone by working together to limit the players passing options and force (channel) the ball carrier towards the sidelines

When the ball is not in a player's zone – Team B players mark their opponents from in front to try and prevent the ball from being passed to Team A players.

- + Vary the team that starts with the ball i.e. Team B become the attacking team.

GAME CONCEPTS

Principles of Attack



GAME CONCEPT DESCRIPTION Principles of Attack

When a team is in possession of the ball they have three primary objectives:

1. Maintain possession;
2. Improve field position i.e. get the ball closer to the opposition goal;
3. Score goals.

These objectives can be achieved by attacking teams using transfers of play (transfers) and players not in possession utilising the width and depth of the field in their positioning to receive the ball.

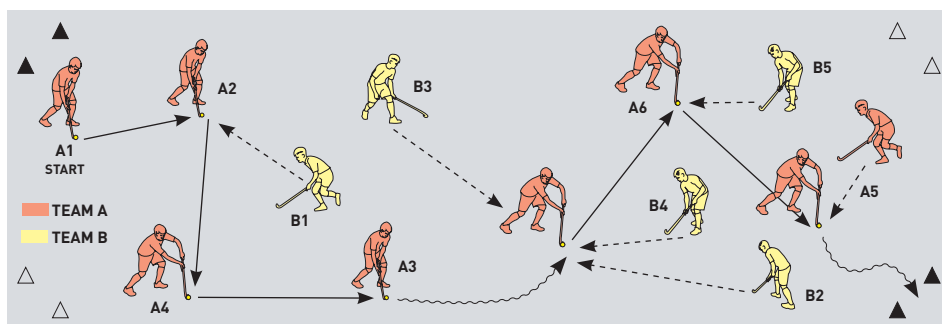
WARM UP ACTIVITY Octopus

Players in one group. One player and/or a Leader is the 'Octopus' and tries to tag all other players who run from one side of the playing area to the other. When a player is tagged they become 'seaweed' and must stand still with their arms outstretched. Seaweed can now also tag other players.

KEY TO ACTIVITIES

P	Player
△ ▲	Markers
----->	Path of player without the ball
————>	Path of ball (push/hit)
~~~~~>	Path of player with the ball (dribbling)
~~~~~>	Drag
⚡>	Shot at goal

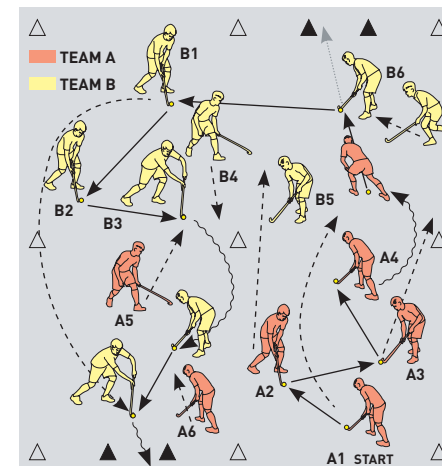
SKILL ACTIVITY 1 Four Goal Game



Players in groups of up to 12. Team A has one more player than Team B and as minimum the team sizes should be 3 v 2 players. Each team has two goals on opposite corners of one side of the playing area. Both teams attempt to score a goal by dribbling the ball between the cones. Team A should look to transfer the ball to players positioned in space wide on the playing area. Team B can tackle Team A players to gain possession and Team B scores two points for every goal scored.

SKILL ACTIVITY 2 Square Transfers

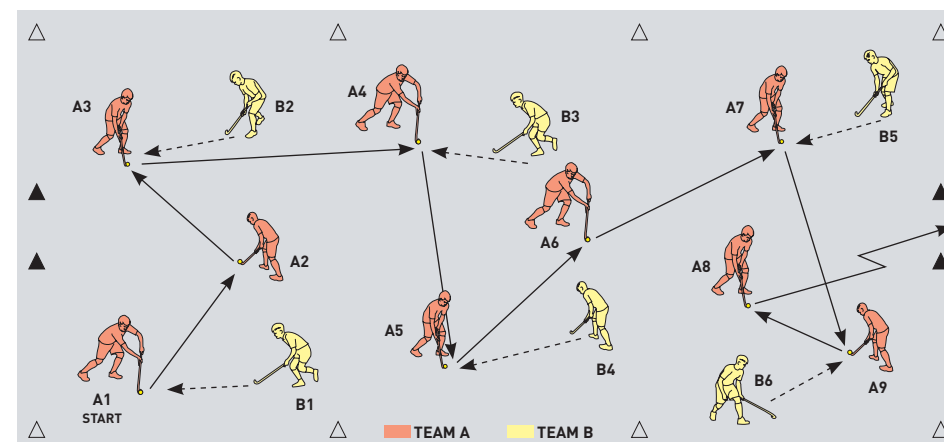
Players in two teams of six players each. The playing area is divided into four equal sized squares with each team having four players (attackers) in one square and two players (defenders) in the square next to it. Team A starts with the ball in the square where they have four players. Team A players then attempt to score by a player dribbling into the square opposite, past Team B's players and between the cones. Team B attempt to gain possession and then transfer the ball to their attackers in the adjacent square. If Team B gain possession Team A are not allowed to tackle but can try and intercept the ball. Once Team B attackers receive the ball they then attempt to score by a player dribbling the ball between the cones.



HOT HINT!

Whenever possible attacking players not in possession should look to occupy, or move into, areas of the field where there is space away from defenders to receive the ball. Ball carriers should look to pass to players in space as soon as possible.

SKILL GAME Zone Transfers



Players in groups of up to 15. Team A has three players in each zone and Team B has two players. Team A tries to keep possession of the ball and score a goal. Team A players are not allowed to dribble the ball and all three Team A players within each zone must touch the ball before it can be passed to the next zone. Team B players can attempt to get possession of the ball by tackling Team A players or intercepting a pass. Team B players may then dribble and pass the ball and try to score a goal.



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