



Hockey Southland TAP Coaches Program 2015



Session 1:

Full Group Session

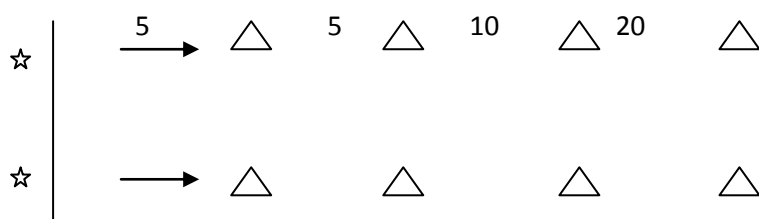
Warm Up: +- 10min

2 x laps

Dynamic Stretching

Stick Warm Up:

(1) +-7min



In groups of 4 or 5 line up on the sideline. Run out to the cone; go around the cone and back. Next person goes. Once everyone has done the first cone move to the second etc, the players once around the cone can push pass the ball back to the next person.

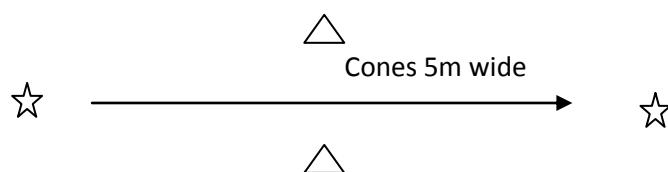
Do the above drill 2 times.

(2) +- 15min

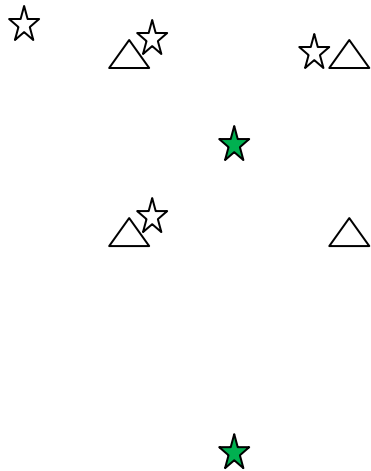
Pair the players up and work on upright hitting – Start the players 10m apart, then push them back to 15m then 25m.

This should be done over a 10-15 min period before moving onto the first drill.

Progression: Set up targets for the players to hit through when they are at the 25m hitting mark.



Drill 1: 3V2 with push pass (Middle field – 10 in from half way line) +-20min



This drill is a 3v2 focussing on (push passing- movement of body and feet- communication-tackling.

The 3 attackers need to string 3 passes together; they have one life if intercepted. If they do not get their three passes send them to the side fence and back.

After 3 consecutive passes, attackers break to score goal, while the 2 defenders attempt to disposes and shut down the attack

Key Coaching tips:

1. Push pass (Technique)
2. Angle to receive the pass for a strong second pass
3. Strength and speed of pass to prevent interception
4. Tackling – (Technique) – angles of entry etc

Game 1: 4 Square +-25 min

The two groups come together to play this game. The teams have to knock down the hat cones in the opposition teams square. Once a cone is knocked over it is reset.

Rules:

1. Players are not allowed inside the coned area, the ball has to be played outside the coned area.
2. Normal hockey rules apply

Coaching areas:

1. Spatial awareness of players
2. Hitting
3. Push passing
4. Tackling
5. Game sense

50m



25m



Baseline

Cool Down: 1lap jog, stretching, debrief

Session 2:

Warm Up: +/- 10min

2 x laps

Dynamic Stretching

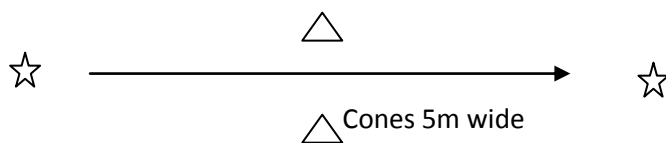
Stick Warm up

(1) +/- 15min

Pair the players up and work on upright hitting – Start the players 10m apart, then push them back to 15m then 25m.

This should be done over a 10-15 min period before moving onto the first drill.

Progression: Set up targets for the players to hit through when they are at the 25m hitting mark and have player coming to meet the ball. Trapping it turning back to spot setting and hitting (Focusing on the hitting but also the trapping)



Game 1 (King of the square) Hitting +/-20min

This game has a hitting and trapping focus – Players need to try progress from the entry square (dustbin) to the King square and stay there as long as possible.

Rules:

1. Players balls need to enter the square between the cones if not they drop back to the start line
2. Players need to trap the ball cleanly and control the ball in the square
3. Any squares can be hit to except Jack if player is not set (Safety reasons)

Coaching Points:

1. Hitting (technique)
2. Trapping – soft hands, control
3. Backing the players to practice and use up right hits only



Game 2: Force Back +-15min

Split your group into two teams (Start in a half field or if players are away cut down to a quarter field).

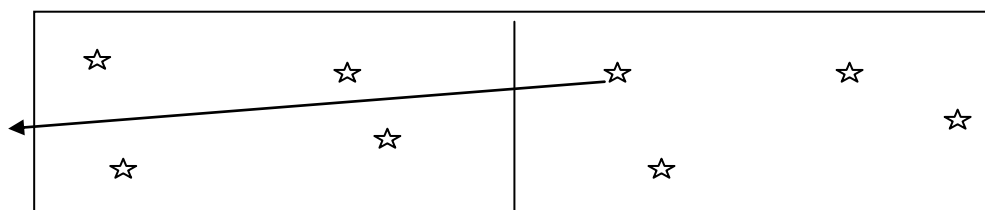
The object of the game is to upright hit the ball over the Sideline of the other team to score a point. The opposition need to try trap it. Where they trap it is where they can hit from. However they cannot cross the half way point as below...

Progressions:

1. Start as above – no passing
2. After 5min add in they can pass up to three times square or backwards but not forwards.

Coaching Points:

1. Hitting
2. Trapping
3. Pushing
4. Positioning to receive the pass from the team mate and positioning of other team mates



Game 3: +-15min

Half Field Game – Group 1 vs. Group 2

Rules:

1. Normal hockey rules apply
2. 1 team will attack for 7.5min while the other defends then they swap over
3. Defending team needs to hold the ball as long as they can up by half way to reduce the attacking team's time on the ball.

Coaching tips:

1. Coaches should work on positioning both defensively and attacking
2. Focus on passing into space
3. Elimination of players
4. Slowing play down and holding the ball

Cool Down: 1lap jog, stretching, debrief

Session 3:

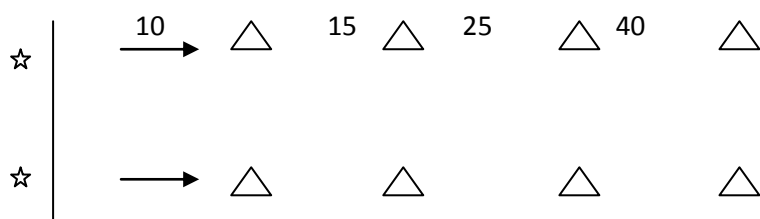
Warm Up: +/- 10min

2 x laps

Dynamic Stretching

Stick Warm Up:

(1) +/- 7min



In groups of 4 or 5 line up on the sideline. Run out to the cone; go around the cone and back. Next person goes. Once everyone has done the first cone move to the second etc, the players once around the cone can push pass the ball back to the next person.

Do the above drill 2 times.

Coaching Tips:

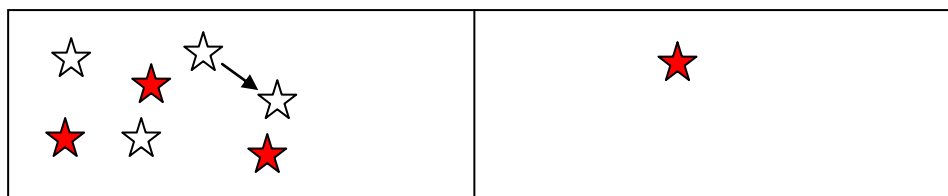
1. Focusing on the pass on the move – push and upright hit
2. Player coming out to meet the ball and trap it

Game 1 (Spatial awareness and control of the ball) +/- 20min

Split your group into two teams and play in a quarter of a field. One team will hold the ball and try maintaining possession for as long as possible in their half of the field. Then 3 or 4 players depending on how many in your group move to the other side to try get possession of the ball. If they do the one or two players they left behind receives a pass while the rest of the team jump back over. See below.

Coaching points:

1. Players work as a team to isolate a player with the ball
2. Passes are strong and accurate or firm and into space for a player to run on to
3. Communication



Game 2: Hockey Rush +-15min

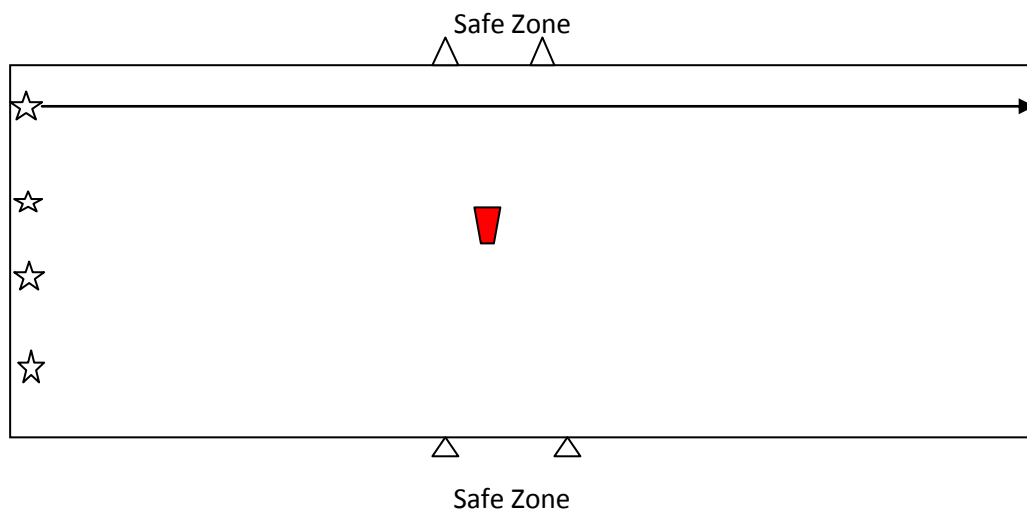
Every player has a ball and tries to get across and area without being tackled. If the players are tackled the tackler needs to move the ball to the safe zone. Until the ball enters the safe zone the player who lost the ball can try getting it back. If the players ball is taken to the safe zone by the tackler with control of the ball the player is out and becomes a tackler.

Set up:

Use a 1/8 of a field

Coaching points:

1. Firm low tackling
2. Body angle
3. Elimination of a player with a left or right drag
4. Change of pace and angle when moving with the ball



Game 3: Full Field 4 Square +-15min

Same as week 1 but full field with the two groups against one another,

2x 20mx20m squares with hat cones, this will allow hitting to try knocking cones over from long range.

Cool Down: 1lap jog, stretching, debrief

Session 4:

Warm Up: +- 10min

2 x laps

Dynamic Stretching

Warm Up Game: Tunnel Ball +-10

Tunnel Ball Hockey

AIM: To develop power and control of push passes in a safe and fun environment.

SET UP:

- Choose half the players to line up next to each other in a line with a ball each
- The other players line up opposite them 8-10 meters apart without a ball
- The coach and 1 player position themselves at either end in the middle of the tunnel with 1 ball

ACTIVITY 1:


- The coach and partner have a ball between them, and they must pass to each other through the "tunnel"
- The players then pass their ball back and forwards to each other, trying to hit the coach/teachers ball as it passes them
- When a players ball hits the coach/teachers ball the game stops, the successful pair of players swap positions with the coach/teacher and the game restarts

VARIATIONS:


- For beginners a large ball (soccer or basketball) can replace the hockey ball being passed down the middle of the target. This provides a bigger target. The large ball can be rolled or kicked
- The space between partners can be widened as the players become better at pushing

COACHING QUESTIONS:

- How do you ensure the ball goes in the direction of your partner?
- Where does the stick need to be to trap the ball?



The diagram illustrates the setup for Tunnel Ball Hockey. It shows a green rectangular field with two lines of players at opposite ends. Each player in the front line has a ball. A coach, represented by a black cap with 'COACH' written on it, and one player are positioned in the middle of the field, facing each other with a ball between them. The space between the two lines of players forms a 'tunnel' through which the coach's ball must be passed.



A photograph of a male player in a black jersey and shorts, captured in a dynamic pose as he uses his hockey stick to hit a ball on a green field.

EQUIPMENT:

- Hockey sticks and balls for all players
- 1 big ball (optional)

SAFETY:

- Ensure the play zone is a flat surface
- Ensure players are well spaced and do not chase their ball into the tunnel.

Game 1: King of the square +-20min

All the players are in a square of cones with a ball each. You have to try knocking each other's ball out. Last person standing with a ball wins.

Progression;

1. First two rounds once you ball is out, you are out and you cannot interfere.
2. Round 3. If you are out you can try drag a players ball out from standing outside the square
3. Round 4. You must try stop balls from going out and try save as many people as you can
4. Round 5. You can either save people or pull people balls out

Coaching tips;

1. Trapping stance
2. Positions of the ball and player while also trying to knock players balls out
3. Movement of player and ball

Game 2: Hockey Cricket +-20min

This is a game for both groups to play against each other.

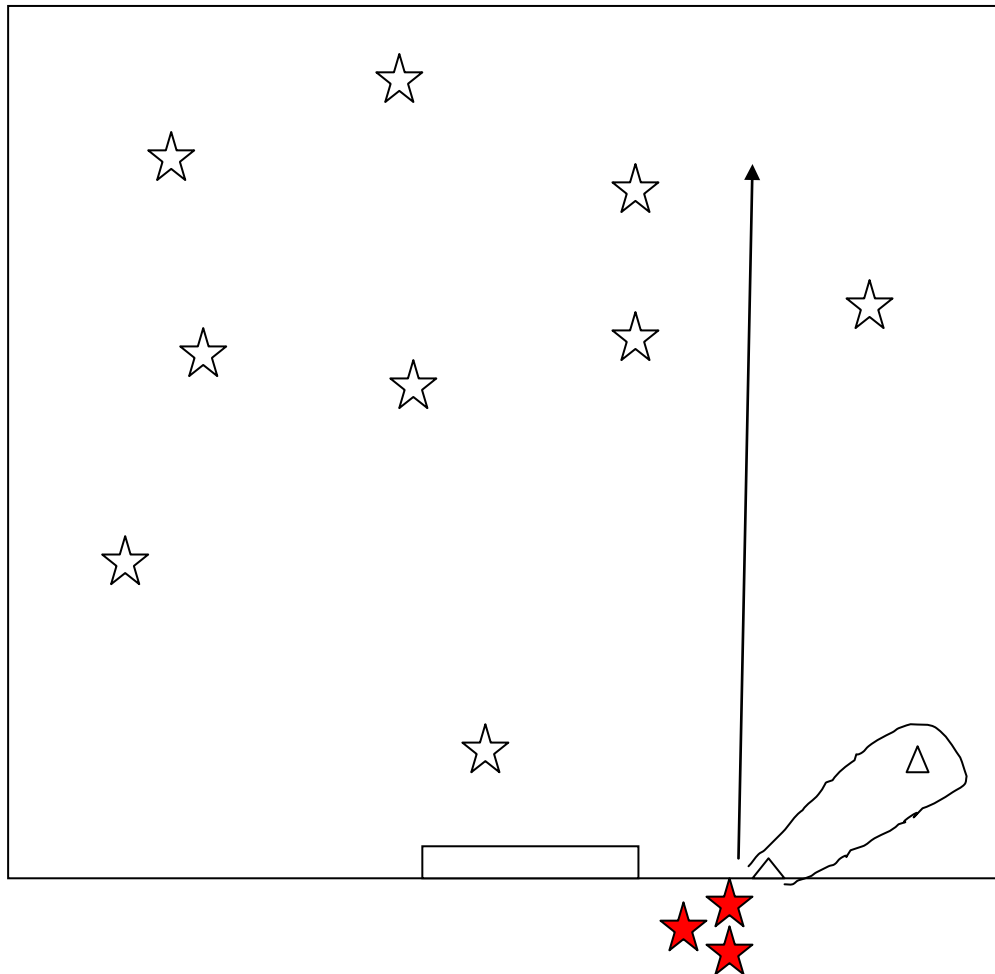
One group bats and tries to score as many runs as possible while the other fields. Then they swap over and the fielding teams tries to run down there score.

Rules:

1. The fielding team needs to get the ball trapped and touched by a player in the D who puts it in the goal which will stop the running.
2. The batting team hits the ball and that player then runs. A run is scored once a player runs to the cone and back=1 run.
3. Once the ball is in the goal the next player hits the ball.

Coaching tips;

1. Hitting
2. Trapping
3. Accuracy
4. Spatial awareness

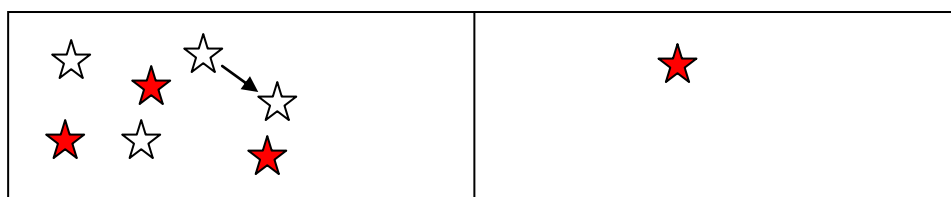


Game 3 (Spatial awareness and control of the ball) +- 20min

Two groups against one another played in a ½ field. One team will hold the ball and try maintaining possession for as long as possible in their half of the field. Then 6 or 7 players depending on how many in your group move to the other side to try get possession of the ball. If they do the one or two players they left behind receives a pass while the rest of the team jump back over. See below.

Coaching points:

1. Players work as a team to isolate a player with the ball
2. Passes are strong and accurate or firm and into space for a player to run on to
3. Communication



Cool Down: 1lap jog, stretching, debrief