

South African Hockey Association

Sports Leaders Hockey Manual

The South African Hockey Association, in conjunction with the Koninklijke Nederlandse Hockey Bond (KNHB) has developed the Sports Leadership Manual to help facilitate the coaching of young beginner and intermediate hockey players between the ages of 6 and 11 years old.

The course is designed to introduce hockey to, and develop primary school and grass root coaches. Young players between the ages of 12 and 18 are also encouraged to participate in the course and become involved in coaching and development of the game at an early age. The course is four hours in duration and provides information on coaching concepts, basic skills, skill acquisition and game development from 1 vs. 1 through to 8 vs. 8.

Coaches will receive input with regards to:

- Development characteristics of players as they move through the age groups
- Information on designing and developing training sessions
- Creating a safe and fair playing environment
- Skill and game development plan for players in the age groups 6 – 11 years old

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COACHING CONCEPTS AND ROLES

1. Player Development Characteristics and Training Tips

The following is a description of important characteristics of the age groups concerned. This is the general characteristic and it may deviate from person to person.

Below are the training tips and points of interest for the different age groups.

Development Level 1 (8 – 9 years)

Age Characteristics:

- There is one big movement compulsion
- Lack of coordination limits development of movement techniques
- Large difference between players in their dexterity (handling) of the stick and ball
- Children think very concrete in black/white
- They will be playful and spontaneous
- Learn from successful experiences and observing
- Very individualised

Training Tips:

- Spend lots of time on basic techniques
- Encourage lots of ball contact and variations
- Everything must be done in movement
- Pay special attention to coordination
- Exercises must be in game forms
- Play in restricted space
- Offer tactical principles
- Encourage players to learn rules whilst playing
- Change groups to encourage them to play with different people
- Simple teamwork
- Use their imagination to teach a skill
- Give rewards and compliments

Development level 2 (10 - 11 years)

Age Characteristics:

- Exhibit more control over movement
- This is the ideal age for learning skills
- They process information through the use of their senses (Observing and trying)
- Exhibit short attention span on tasks
- Successful experience more aimed at team game perception

Training Tips:

- To refine and extend the technique (Increase the difficulty of the drills)
- Create lots of movement and keep players active
- Increase learning tempo to as high as possible
- Tactical learning opportunities must be created
- Rotate players' positions when playing games
- Include many game forms and teamwork
- Increase the number of match situations
- Provide variations

At training sessions for the younger player there are a number of aspects that will need attention from the coach:

- Carry the responsibility to develop and educate players
- Ensure safety of the players
- Stimulate independency
- Encourage a great group environment
- Create an enjoyable coaching environment
- Systematically develop the players performance through the different age groups
- Develop the knowledge of the rules of hockey
- Develop respect within the group
- Stimulate sportsmanship with regard to team mates, opponents, officials and coaches
- Organise social activities
- Care for hospitality towards parents
- Maintain contact with coaching development officers and local coaching coordinators
- Expand your own knowledge through self development by using coaching aids and the internet

2. Design and Implementation of Progressive Coaching Sessions

Planning Training Sessions

Decide what you want to teach and achieve (your **GOAL**).

To design a coaching session for players look at the following aspects:

- Technical:** To what extent have the players master the basic techniques?
- Tactical:** What will extend the players' insight into the individual or team tactic when in possession or without the ball?
- Physical:** What is the basic physical condition of the player?
And, what type of conditioning is necessary to perform in a match?
- Motivation:** Goals, ideals, feelings, interest, fears (fear of failure), and personal character play a role in the individual motivation of each player. A person that wants to compete at the top level of his sport has a different motivation to the person that does sport for a recreational reason.

Once you have determined the level of the players in your training group, it is important that the training program is effective for the particular group. You must ensure that all players in your group obtain the desired level within the set time frame. It can happen that you work in several groups at several different levels. With younger age groups the difference in training groups are considerable. To reach the maximum learning effectively with each child, the training must be challenging (not too difficult and not too easy) for every child.

It is important that the coach evaluates his own starting situation:

- Do you have experience in running training sessions?
- Do you have the ability to show the right way of executing a certain skill?
- Do you have hockey knowledge?
- Are you motivated and creative?
- Do you have humour and respect for the players?

You also need the following abilities:

- Organisational skills
- Ability to improvise
- Enthusiasm
- Ability to be optimistic

As the coach you must take into account a few factors:

- Size and composition of the group
- Level of boys/girls group and individual skill level
- Atmosphere in the group
- Objectives and goals of the group
- The weather: (when it is cold the children must move continuously.)
- Playing area (Full field or ½ field or ¼ field)
- Available coaching material and facilities
- Number of training sessions per week
- Time and duration of training sessions

Your main aim is that the children learn and improve their skills and knowledge of the game; hence it is important that you plan every training session in advance.

Composition of the Training Session

To achieve the aim of a training session each training session must comprise the following three components:

1. The Warm-up

During the warm-up, coach must create an optimum learning environment, necessary to achieve the goal of the training session.

There is only a short time available for the warm-up. For this reason it is recommended that you use simple drills that require a very short explanation and that everyone can perform.

2. The Core

In this section attention is given to acquiring and practising specific technical skills, as well as learning and practising tactical situations.

The choice of activities in this part of training is determined by the objectives, which were formulated prior to the training session.

When the objective is aimed at technique, the core will include one or more phases. In most cases two phases of the learning process will be covered.

Phase 1: Skill Acquisition and Practising

- Develop technique through experience
- Practise, experience and refining the techniques
- Learn and experience tactical principles
- Practise (automate) tactical situation, individually and as a group

Phase 2: Application (game) Part of the Training

- Technical and tactical aspects
- Conditional and mental aspects

Finally, the core part is always in the form of a game or adapted game. The training must end in a climax.

3. The Cool-down

The cool-down of the training must slow down the intensity, gradually decreasing the intensity to rest level.

Training Principles

The organisation of the training will partly determine the success of it. Simple organisation is the best, concentrating on safety and enjoyment.

At training it is important that the explanation is complete, concise and clear. Include demonstrations and give the players the opportunity to do the movement on their own.

Adaptation and Progression

Skill training must have variation and be adapted to encourage progressive learning throughout

A DAPT	By using these four principles an exercise can be made easier or more difficult.
D IRECTION	Changing direction will increase the difficulty of the skill. Start doing the skill in a straight line and then add direction changes once the skill has been mastered.
A REA/ D ISTANCE	Keep distance between players so that they can master the skills and as the players progress, move the players closer together so that the area is smaller and the skill more difficult to control.
P RESSURE	Practise the skills around beacons and as the players progress add an opponent.
T EMPO	Start slowly then built up momentum of the skill.

Evaluation is important when monitoring long term progress. There must always be space for initiative, improvisation and adaptation during training.

EXAMPLE OF A TRAINING SESSION PLANNING FORM

Training Aim: _____ Group: _____ Number of Players: _____			
Training Period: _____ Training Duration: _____			
Training Session Material	Organisational Aspects	Explanation	Evaluation

3. Design and Presenting Training Sessions that Create a Safe and Fair Sporting Environment

Injuries can occur in two groups:

1. Internal, personal factors:
 - Existing Injury
 - Lack of fitness
 - Short concentration span
 - Physical make up
 - Use of medication (allergies)

2. External, environmental factors:
 - Sporting Equipment (hockey stick and ball)
 - Facilities (Fields)
 - Make sure that the children are appropriately dressed for the activity: shin pads, gum guards, track suit / warm clothes, appropriate footwear. Pay special attention to the goalkeepers.
 - Weather Conditions
 - Carry out a warm-up and cool-down routine before and after every session. The warm-up raises the body temperature, stretches connective tissue and prepares the players for the task at hand. The cool-down assists with: recovery by reducing stiffness, calming down of emotions, injury prevention and gives the players an opportunity to reflect on the session.

The Key word is 'SAFETY'. Most injuries that occur are because of external factors. Having effective precautionary measures in place is key to a safe playing environment.

Training and safety

Safety aspects that can play a role at training sessions are:

- Have an effective warm-up
- Paying attention to technique. If the technique is correct and controlled it will prevent balls from travelling all over the field. Too practise the correct technique, begin with smaller groups which are more controllable.
- Make sure that every child can do the movement/skill before you proceed to the next step of the movement/skill. (Break it down into smaller steps as this is easier for children to understand)
- Excellent organisation can prevent unnecessary injuries. Give every child enough space and time to practise the skill.

Matches and Safety

The following is important to ensure safety during matches:

- Do an appropriate warm-up
- Play strictly according to the rules
- Emphasise that enjoyment, participation and fun is more important than winning a match.

4. Skill Development Plan – Specific to Age Groups

Central Theme: The players will learn how to handle the stick and ball so that they can play safely, cleverly and in a fun environment.

A child learns new movements and techniques systematically and progressively. A specific training plan is needed to help their development. This training plan joins in with the characteristics of the different age groups and it also teaches children to play and develop together.

Mini Hockey Plan

<p>Basic Skills of Hockey</p> <p style="text-align: center;">0: 1</p> <p style="text-align: center;">1: 1</p>	<p>1st year: Age 6</p>
<p style="text-align: center;">3: 3</p> <p style="text-align: center;">6 : 6</p> <p style="text-align: center;">6 : 6 or 8 : 8</p> <p style="text-align: center;">8: 8 or 11 :11</p>	<p>2nd year: Age 7</p> <p>3rd year: Age 8</p> <p>4th year: Age 9 - 10</p> <p>5th year: Age 11 - 12</p>

On basis of the above diagram and considering the age characteristics of each group, the following game development program is recommended.

The plan has the following structure:

- 6 year old: 0:1 and 1:1 hockey
- 7 year old: 3:3 hockey
- 8 to 10 year olds: 6:6 and 8:8 hockey
- Older children: 11:11 hockey

In the mini hockey plan training has been defined up to and including eleven-a-side hockey. Training has been adapted to the development stages of the children, both in technical, tactical and in the social respect.

The objective of the mini hockey is to create an environment that is:

- Pleasant
- Safe
- Dynamic
- Adapted to the development level of the specific group
- Inclusive and promotes learning together about hockey
- Progressing the game step by step to eleven-a-side hockey

Mini Hockey gains its value from the fact that smaller fields are used, with fewer players. The players are involved more intensively in the game and it enhances the enjoyment of the players. The game is also played with adapted rules.

The mini hockey plan consists of 5 steps as it develops through the age groups:

Step 1:	1:1
Step 2:	3:3
Step 3:	6:6
Step 4:	8:8
Step 5:	11:11

5. Designing Progressive Hockey Programs within an Age Group

Step 1: (1:0 and 1:1) – 6 Year Olds

In step 1 attention is given to:

- Elementary techniques, aimed at the safe handling of the stick and ball, so that 1:1 situations can be mastered without injury or danger.
- Elementary, individual tactic include:
 - Receiving techniques
 - Keeping possession
 - 1vs.1 attack and defence

TECHNICAL EMPHASIS	TACTICAL CONCEPTS
<p>Grip: Two adult fist apart (Double V grip)</p> <p>Moving with the Ball Dribble with the ball</p> <ul style="list-style-type: none"> • In straight line • Dribble from a stationary position • Dodges will be done in front of still/moving obstacles <p>Elimination Skills: Dodges</p> <ul style="list-style-type: none"> • Dribble with the ball close to the stick • 1 vs. 1 situations <p>Defending Skills: Tackling</p> <p>Competition to get the Ball:</p> <ul style="list-style-type: none"> • 1 vs. 1 • Run towards a ball that is lying still <p>Combination Play: Passing and Receiving</p> <ul style="list-style-type: none"> • Dribbling and passing to a stationary person over a short distance <p>Scoring: To Score a Goal</p> <ul style="list-style-type: none"> • From a stationary ball • Dribble with the ball, slow down and shoot • Receive a pass and shoot 	<ul style="list-style-type: none"> • Have the ball in a position so that you can see the surroundings and the ball (Vision) • Keep the stick on the ball when approached by a defender • Dribble into open space • Accelerate when you are in the space • Keep the stick on the ball when approached by a defender • Dribble into open space • Accelerate when you are in the space • Keep a low stick and body position • Stronger when both hands are on the stick • Get the ball back when in a favourable tackling position • The player that lifts the stick first will lose the ball • Look first to see if your team mate is in a ready position to receive • Show the ball carrier that you want/can receive the ball • First look up and then shoot at goal • focus on the goal box

<p>Goalkeeping:</p> <ul style="list-style-type: none">• To run/move with leg guards• Stop the ball with two legs• Kicking stationary ball	<ul style="list-style-type: none">• First take a good position with regards to the ball• Kick/clear the ball away to the side of the circle
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Step 2: (3:3) – 7 Year Olds

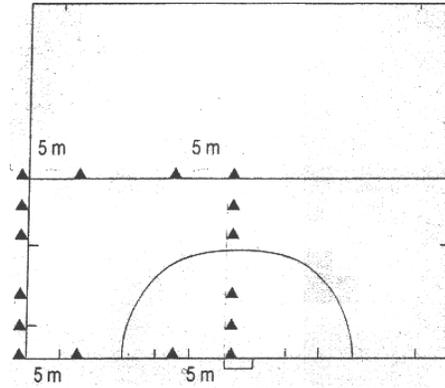
In step 2, attention is given to the introduction of teamwork. Teamwork will develop with the training of 3:3 on a small field.

Step 1 and 2 are called the SECURITY PHASE. The aim of this phase is to train the children how to handle the stick and ball in a safe way in a group of six players.

TECHNICAL EMPHASIS	TACTICAL CONCEPTS
<p>Stick Ability:</p> <ul style="list-style-type: none"> • To move the ball from side to side • To move the ball forwards/backwards <p>Moving with the Ball</p> <ul style="list-style-type: none"> • Change of direction • Variation of speed • To dribble left/right sideways • To dribble forward/backwards <p>Approach a Ball: (Receive)</p> <ul style="list-style-type: none"> • Rolling or stationary ball • Continuation action: to pass or dodge • Moving 1vs. 1 (1:1) <p>Combination Play: (Pass and Receive)</p> <ul style="list-style-type: none"> • Stationary /Moving Ball • Change pace of pass • Short/long distance • Receiving from left/right <p>Scoring:</p> <ul style="list-style-type: none"> • From individual actions • From combinations (Receiving and shooting) <p>Goalkeeping:</p> <ul style="list-style-type: none"> • To move with the leg guards on, and change direction • Stop ball with two legs • Kicking of a stationary ball <p>Match Emphasis:</p>	<ul style="list-style-type: none"> • Ball control • Hand speed • Good vision • To dribble to the left is easier than to dribble to the right • Look and react to other players by slowing down or accelerating • 1 vs. 1 • Assess distance and speed • Assessment of opponent and team-mate positioning Combine with 2 players: 2:0 <ul style="list-style-type: none"> • To pass left is easier • Look (track) at the ball until it touches the stick • Receiving from the left is easier • Stationary stance when saving the ball • Match 3:3 Formation 1-2

3 vs. 3 (1/8 Field)

What does the field look like?



Three-a-side Hockey

Children from 7 years old can play in the 3 against 3 game situation. Players should be encouraged to play in a competition as soon as they can handle a stick and ball safely.

Playing Field

The dimensions of the field for three a side hockey is 23 by 23 meters. It is the area between the baseline and the 23 meter line or the 23 meter line and the half way line of a normal hockey field. The playing direction is therefore the width of the normal field. A smooth surface is recommended.

Goal Box

The goal boxes are made out of beacons. Every team has two goal boxes. The width of each goal box is 2 meters. The goal boxes are placed 4 meters from the sideline.

5-Meter line

For practical reasons, a 5-meter line is used instead of circles.

The Ball

A normal hockey ball is used.

Teams

A team consists of maximum of three field players. There is no goalkeeper. Substitutions are allowed. The substitution rule gives the coach the opportunity to give every player the chance to play and it gives a player the time to rest if necessary.

Match Duration and Leagues

The duration of a match is 2 x 15 minutes with a half time of 5 minutes. It is a good idea to have two games going at the same time. Team 1 of school/club A will play against Team 1 of school/club B and team 2 of A will play against team 2 of B. After this game you can change the teams. You will have team 1A play against 2B and 2A will play against 1B. This will give every player the chance to play and have fun!

Step 3: (6:6) – 8 year olds

Once players have progressed through steps 1 and 2 they are ready for step 3. Six-a-side is played on a ¼ of a field, between the 23-meter line and the center line.

In the six a side phase special attention must be given to the following skills:

- Teamwork in a larger area
- Hitting and pushing of a stationary ball
- Passing techniques
- Individual techniques and tactical teamwork on the field.

TECHNICAL EMPHASIS	TACTICAL CONCEPTS
<p>Stick Ability:</p> <ul style="list-style-type: none"> • To move the ball from side to side • To move the ball forwards/backwards • To move the ball left and right • Make letter shapes with the stick and ball • Make figure shapes with the stick and ball <p>Moving with the Ball</p> <ul style="list-style-type: none"> • Change of direction • Vary speed – Accelerate/slow down • To accelerate left/right sideways • To accelerate forward/backwards • Turn out • From dribble dodge to right/left: On signal Other players Defenders <p>Elimination Skills</p> <ul style="list-style-type: none"> • 1= Approach defender with speed • 2= Carry out dodging action • 3= As soon as beyond, accelerate • 4= When the defender catches up with the ball carrier: cut him off <p>Combination Play: (Pass and Receive)</p> <ul style="list-style-type: none"> • Emphasis on accuracy • Progress from bunt to hitting • Passing the ball to the right • Passing the ball left and receive it on the front stick • Receiving the ball and keep dribbling 	<ul style="list-style-type: none"> • Keep close stick contact with to the ball • Left: Turning hand • Right: Support Hand <ul style="list-style-type: none"> • Running without the ball is quicker than dribbling with the ball • Assessment of opponent and team-mate positioning • Keep close stick and ball contact, step sideways (dodge) and then straighten your run • Eye–hand–stick coordination; overview regarding the ball, the field and the players <ul style="list-style-type: none"> • To combine: 2:0 and 2:1 • The accuracy of the pass is more important than the speed of the delivery • Look up before passing the ball (Awareness of team mate) • Be ready to receive the ball • Passing diagonally right in front of the receiver. Receiving of the ball is in front and slightly to the right of the body • Passing diagonally left at the feet of the receiving player. Receiving of the ball will be behind and slightly to the right of the receiver • The defender is weak off his left foot • Positional Play 3:1 - Two options to either side • Positional Play 4:2 - Two options to the sides and one option in depth

<p>Scoring:</p> <ul style="list-style-type: none"> • From individual actions • From passing combinations • Diagonal hit from left of circle • Diagonal hit from right of circle <p>Goalkeeping</p> <ul style="list-style-type: none"> • To run/move with leg guards • Stop ball with two legs • Kicking a stationary ball • Defending a short corner • Kick moving ball away to the sides <p>Match Emphasis:</p> <ul style="list-style-type: none"> • Playing option of teams: 3-3; 4-4; 5-5 or 6-6 	<ul style="list-style-type: none"> • From a 3 – 1 situation • From a 3 – 3 situation • Decision making <ul style="list-style-type: none"> • Goalkeeper makes the goal smaller by moving off the goal line <p>Match 6:6 emphasis on:</p> <ul style="list-style-type: none"> • Task sharing in the Formation K-2-3 and K-2-1-2 • Attacking actions concerning the strikers • To get connection between the front and back lines • Encourage the use of the width of the field • When in attack: continue and possibly score • When in defence play to get the ball back
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Six-a-side hockey can be played in two different system variations:
It can be played in 2 lines (figure 1a) or 3 lines (figure 1b). Both systems encourage width and depth across the field.

The Starting line-up:

GK-2-3	GK-2-1-2
Left striker Center Striker Right Striker	Left striker Right Striker
Left defender Right Defender	Midfielder
Goalkeeper	Left defender Right Defender
	Goalkeeper

Figure 1a

Figure 1b

Tactical strategy will be determined by the team in possession of the ball. Players will need to learn how to react tactically as the ball possession changes from one team to the other.

Players need to be given the opportunity to rotate through all positions to become aware of the tactical requirements of attackers and defenders. It is important that the tactical principles of defending and attacking must be learned in the six a side game format. This will enhance understanding of the eleven-a-side tactics.

These two options of playing always insure that there is cover defence from the non-ball side defenders. When in ball possession the left and right strikers provide the attacking width. When the team does not have ball possession the strikers will back off so that they are behind the ball giving defensive width.

Two examples of K-2-3

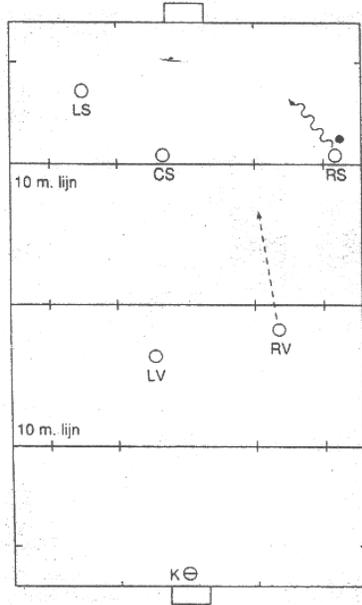


Figure 2 – Attacking options.

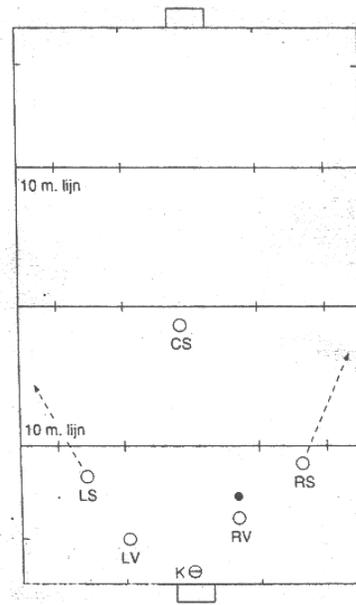
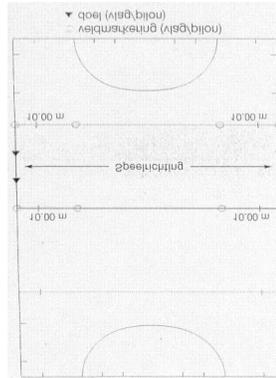


Figure 3 – Defending options.

6 vs. 6 (1/4 Field)

What does the field look like?



Six-a-side Hockey

This format is suitable for boys and girls between the ages of 8 - 9. This game encourages adaptation to changing game circumstances as the game changes from attack to defence.

Playing Field

The dimensions for the field are a quarter of a normal hockey field. Usually the part of the field between the 23-meter line and the half way line is used but a second option is to set out a field using the dimensions 23 x 55 meters.

The playing surface can be:

- Artificial Field
- Grass
- Hardened surface

Try and use the field with the smoothest surface.

Goal Box

The goal boxes are made out of beacons, every team has one goal box. They are placed on the back line in the middle. The width is 3.66 meters (the width of a normal goal box). A backboard can be placed at the back of the goals to serve as a motivator when they hear the sound of the goal being scored.

10-Meter line

From a practical point of view, a 10-meter line is used instead of a circle.

The Ball

A normal hockey ball is used.

Teams

A team consists of a maximum of five field players and one goalkeeper. Substitutions are allowed. The substitution rule gives the coach the opportunity to give every player the chance to play as well as allowing time to rest. It is vital that the goalkeeper has the correct equipment (helmet, leg guards, chest pad and kickers). Substitution can also give the coach the chance to deal with a small injury.

Match Duration

The duration of the match is 2 x 25 minutes with a half time of 5 minutes. Time must be allowed at the end of the game to give feedback to the players.

The Toss

The captains will toss: The winner of the toss can choose the ball or the direction that they want to play first.

Step 4: (8:8) 9 - 10 Year Olds

This step will take place over a period of two years (Phase 1 and Phase 2).

The eight a side hockey has arisen as an intermediate phase between six-a-side and eleven-a-side hockey, and has been related to the development stage of the child. In practise it appears, those children between the ages of 10 and 11 do not need to play eleven-a-side hockey because:

- They do not have the strength to hit the ball over a long distance
- They have no insight in the necessary tactical load and cooperation in a large group on a larger field

Phase 1

TECHNICAL EMPHASIS	TACTICAL CONCEPTS
<p>Stick Ability:</p> <ul style="list-style-type: none"> • To move the ball from left to right • To move the ball from front to back • Move the ball with increasing tempo <p>Dribbling with the Ball:</p> <ul style="list-style-type: none"> • To accelerate and slow down • At high speed • To dodge to the right and left • To pass left and right while moving <p>Combination Play: Pass and Receive</p> <ul style="list-style-type: none"> • To front stick pass to the left and right • Reverse stick passing – backward and forwards • Judge distance and speed of passes • Over increased distances • Target pushing and hitting for accuracy • Front stick receiving and then moving to the left and right • Receive a diagonal pass and accelerate • Reverse stick receiving • Receiving, accelerating and passing on the move <p>Scoring:</p> <ul style="list-style-type: none"> • From individual scoring skills • From combination and passing plays • From free hits 	<p>1 vs. 1 (elimination)</p> <ul style="list-style-type: none"> • Pass the ball past the left foot of the defender (Herring Bone) • Defender approaching from behind • Pass the ball past the strong side (front stick) of the defender • Add fakes and dummies • Defend with stick close to the ground <p>To Combine: 2:0</p> <ul style="list-style-type: none"> • Receiving on the front stick is easier than receiving on the reverse stick • Create and hold space to facilitate passing <p>Positional Play 2:1 and 3:2</p> <ul style="list-style-type: none"> • Task sharing: role of attackers and defenders • Vision and awareness before passing • Receiving in a way that early, quick passing is facilitated • Stationary free hit situation <ul style="list-style-type: none"> • A controlled hit leads to safety and increased accuracy • Awareness of the goalkeeper’s positioning • Task sharing: rotate attackers and defenders

<p>Goalkeeping:</p> <ul style="list-style-type: none"> • Stop ball with two feet and kick-clear it to the side • Move towards the ball and clear it away to the side <p>Match Situations:</p>	<ul style="list-style-type: none"> • Clearing the ball quickly gives the attacking team less chance to score a rebound • Movement off the baseline decreases the attackers scoring angle <ul style="list-style-type: none"> • Task sharing – positional rotation • Attacking and defending teamwork • Creating space and width
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Phase 2:

TECHNICAL EMPHASIS	TACTICAL CONCEPTS
<p>Stick Ability:</p> <ul style="list-style-type: none"> • To move the ball from the front stick to the reverse stick • To move the ball from left to the front, back and to the right • Increase the tempo • Include fakes and dummies • Flip the ball from the ground • Flip the ball and catch it on the stick • One handed stretch action: front stick, backhand and the jab <p>Moving with the Ball:</p> <ul style="list-style-type: none"> • To the left and right • To dodge and pass including reverse stick skills • Increase the tempo of elimination skills • Change direction • Dribbling with the ball, slowing down, turn out • Passing past the strong and weak side of the defender • Tackle back on the front stick <p>Combination Play: Pass and Receive</p> <ul style="list-style-type: none"> • Passing backwards, forward, left and right • Pushing and hitting over increasing distances • Powerful and accurate hitting of a stationary ball • Receiving of the ball and passing immediately • Playing in a triangular shape • Passing to the right with the reverse stick • Leading to receive 	<ul style="list-style-type: none"> • To keep ball possession with increased control <p>1 : 1</p> <ul style="list-style-type: none"> • The ball carrier must carry the ball on the strong stick side • Accelerate once you have passed the defender • Eliminate outside the reach of the defender (turn away, reverse action) <p>The rules for keeping the ball away from a defender:</p> <ul style="list-style-type: none"> • Keep the ball moving • Turn actively away from the defender with a wide arc, so that the ball remains out of defensive reach <p>To Combine 2:0</p> <ul style="list-style-type: none"> • Make a support lead after giving a good pass; this gives team mates a passing option and increases the chance to succeed in attack • Handling tempo must be adapted according to the technical abilities and attention on dangerous play

<ul style="list-style-type: none"> • Running in the width and depth with and without rotations • Receiving the ball from different directions • Passing over a flat stick (slightly raising the ball) • Receiving raised balls on the front and reverse stick <p>Scoring:</p> <ul style="list-style-type: none"> • From individual goal scoring skills • From a pass and combinations plays • Whilst moving with the ball • Under pressure (with a player running back to tackle the ball carrier) • From a lifted pass • From a short corner situation • From a free hit <p>Goalkeeping</p> <ul style="list-style-type: none"> • Moving off the goal line • Stop ball and kick it to the side • Work the ball away with the stick • Take part in the following games: 5-4; 6-5; 7-5 etc. <p>Penalty Corners:</p> <ul style="list-style-type: none"> • Good push out • Attacking principles • Defending principles • Hitter <p>Match Situations:</p>	<p>Positional Play 2:1</p> <ul style="list-style-type: none"> • Lead towards the ball to receive it • Create space for yourself to move into by dummies to one side and moving to the other <p>To Combine: 3:0 and 3:1</p> <ul style="list-style-type: none"> • Always have 2 possible passing options • Indicate clearly where you want to receive the ball • Receive on the front stick side whenever possible <p>Positional Play 3:2</p> <ul style="list-style-type: none"> • Play to the reverse stick side of the defender whenever possible <ul style="list-style-type: none"> • Be aware of the position of the goalkeeper • Variation in the attacking options <ul style="list-style-type: none"> • Advancing off the goal line to decrease the scoring angle • Force the attacker to the side of the circle to decrease the chance of scoring • Organisation of the defence <p>Match 4:4</p> <ul style="list-style-type: none"> • Emphases on playing wide (one goal/two goals) <p>Match 8:8</p> <ul style="list-style-type: none"> • Formation: K-3-1-3 • When running with the ball attack the space • Keep attacking pressure when taking free hits – Play the ball forward • Cooperation between the defending and attacking triangle
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Eight-a-side hockey is played on half a field. The K-1-3-3 is the preferred formation (Fig 4) and consists of three different lines of players:

- A first line of three players consists of three strikers: left striker, center striker and right striker;
- A second row of four defensive players: left defender, central defender, right defender and a free defender;
- A goalkeeper.

An adaptation that can be made is to play the free defender in front of the central defender (Fig 5). Thus the formation changes from K-1-3-3 to K-3-1-3.

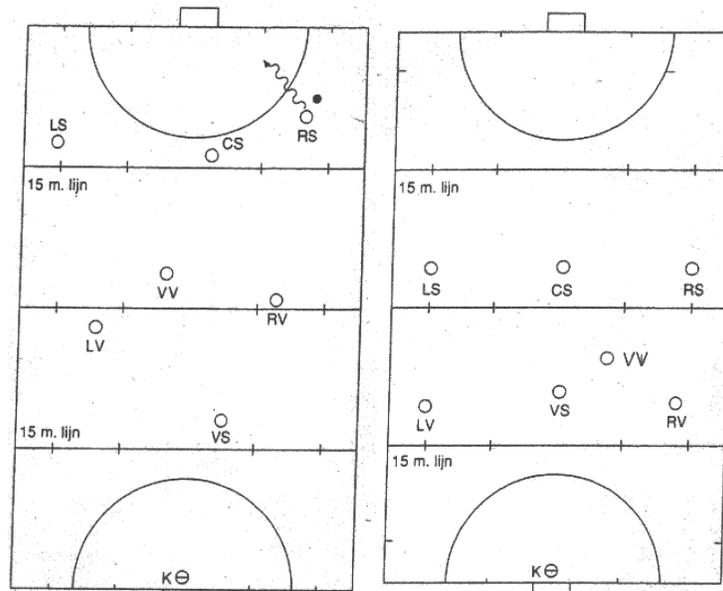


Figure 4.

Figure 5.

When in ball possession, the ball side defender's role is to make connections with the striker line, while the players on the non ball side (help side) must drop and provide cover defence.

The K-3-1-3 will highlight the functioning of the central defender and the free defender. When the team does not have ball possession the free defender will help the midfield disrupt the attack of the opposition. The central defender has to fill the middle of the field to help with the defending.

When the team does have possession of the ball, the free defender links up with the first line (strikers) and supports them with attacking combinations.

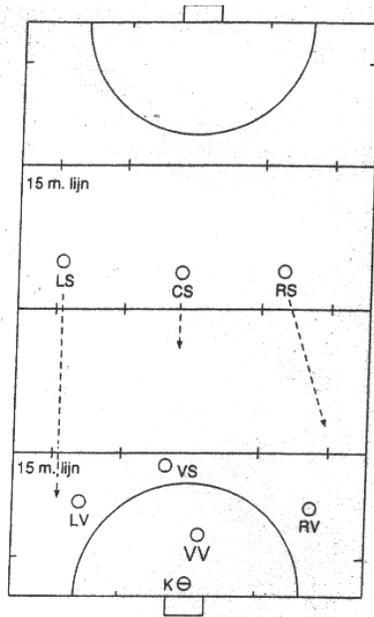


Figure 6

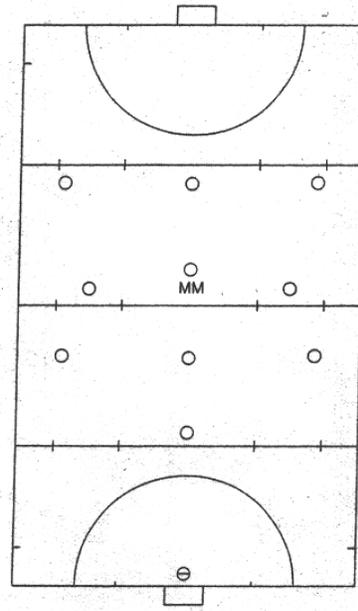


Figure 7

An important task of the free defender when they don't have possession is to give backup cover to the remaining defenders.

Another variation is the K-1-3-3 (Fig 6). This formation is played with a goalkeeper, the free defender (Sweeper), three defenders and three attackers. The free defender gives cover to the defenders.

Teaching them to stretch the field in the width, will create space in the depth of the field. The attacking and defending penalty corners will add new elements to the match.

The field is small and the tactical task load and variations are simple, hence the children will always be involved in the game and will be involved in the game with and without the ball. All players must get the chance to play in all the different positions which will increase their knowledge of the game.

The progression from the six to the eight-a-side hockey ensures that they progressively learn the technical and tactical side of hockey. They also learn how to function as a team and thus the foundations are laid for the much more difficult eleven a side game.

Important Characteristics of a Training Session

The players in this category require sound technical feedback. This is the most important age group for personal development and it is at this stage that the foundation is laid for a possible career in hockey.

Technique:

- The motor learning capacity of the player improves fast, so technical skills are learned thoroughly and rapidly
- Players will advance from basic skills to being able to execute them in a more advanced environment
- This stage of development is the perfect phase to learn technical skills
- The foundation is laid for the hockey specific technique control
- Basic techniques are initially performed at a relatively high tempo, and then attention must be turned to refinement and advancement of the technique

Tactic:

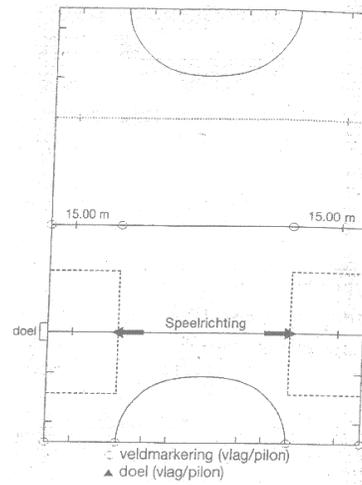
- These children think very rationally and work with concrete instructions
- Observation is the basis for information processing and this aspect aids the motor learning process
- Understanding tactical aspects of the game is important
- All players must learn how to play different positions in the starting line up

Learning Condition:

- Coaching sessions must place emphasis on progression of skill
- Attention must be placed on making the exercises more difficult to enhance agility and coordination aspects

1.1 8 vs. 8 (1/2Field)

What does the field look like?



What are the game rules?

Eight a side Hockey

The game rules of six and eight-a-side hockey are the same

Playing Field

The dimensions for the field are half a normal hockey field. Use the part of the field between the baseline and the half way line.

Goal Box

Every team has one goal box (normal goal boxes). If there are no goal boxes available beacons can be used as a substitute.

The Goal Area

The goal area is a circle ahead of the goal box.

Teams

A team consists of a maximum of seven field players and one goalkeeper. Substitutions are encouraged.

Match Duration

The duration of the match will be 2 x 30 minutes with a half time of 5 minutes.