



JUNIOR HOCKEY COACHING PROGRAMME

SKILLS / TECHNIQUES

- Pushing / stationary & moving from both feet
- Slapping / stationary & moving both sides
- Hitting / stationary & moving from both feet
- Lifted Passes / Stationary & moving
- Controlling the ball / stationary & moving both sides
- Tackling on both sides / block and jab tackles
- Flicking & Aerials / stationary & moving & receiving
- Goal-keeping basics

TACTICAL

- Creating 2 v 1 situations and exploiting
- Channeling opponents away from danger areas
- Short corner organization in attack & defense
- Man To Man & Zone marking
- Creation of space

Sessions 60 to 90 minutes.

U10 - U14, U16, U18. And / or mixed groups depending on numbers.

This programme is intended to form an outline of the season's coaching sessions. It should not be taken as a rigid plan, but should be adjusted depending on the standard and number of players attending to ensure that the development of that group of players remains the primary objective.

Basic goal-keeping skills can be covered and drills and exercises should be chosen to keep GKs involved wherever possible. However, it is expected that more advanced goal-keeping tuition will require training from specialist coaches - either outside of normal club sessions or by arranging for a suitable coach to attend a club night.

Each session must start with a physical warm-up and end with a cool-down. Each session should also start with a consistent set of stick and ball warm-up routines.

A recap of relevant previous sessions should be included when appropriate.

Example drills, exercises and games can be found in HA Level 1 & 2 coaching manuals. Equipment such as ladders, hurdles, reaction balls etc should be used to develop good footwork, balance and agility.

Week #	TECHNICAL	TACTICAL
1	Stick & ball familiarization. Passing & receiving open side. Push pass. Focus on accuracy & consistency.	Introduce physical warm-up to be conducted before each session. Small sided games with emphasis on passing. Introduce cool-down exercises that are to be conducted at the end of each session.
2	Running with ball. "Indian" dribble. Body & ball position "Head-up"	Introduce simple stick & ball warm-up to be conducted before each session. Small sided games concentrating on retaining possession.
3	Beating an opponent 1 v 1. Change of direction, change of pace, eliminating the defender. Beating defender on open & reverse side	Small sided games with emphasis on dribbling skills and ball retention
4	Passing & receiving on the move. Passing & receiving reverse stick. Quality and variety of first touch when receiving. Goal-keeping basics - ready position, stopping, kicking, use of hands, balance, footwork	Small sided-games Movement of the ball & support for player with the ball Scanning - pre & post Creating time & space as you receive the ball
5	Tackling - open stick Block tackle Jab tackle Footwork / body position Shadowing	Timing the tackle Marking strategies - front, rear & side
6	Hitting Open stick Short back-lift / full strike Hitting on the move, off left or right foot Reverse stick More Goal-keeping basics - positioning, speed, agility, footwork	Short-passing v long-passing Stretching the game. Using the width and length of the pitch
7	Recap tackling - open stick session Tackling - reverse stick Block tackle Jab tackle	Closing down the ball-carrier Putting pressure on the ball Defending as a team
8	Goal-scoring Shooting accuracy & power, consistency of strike Receiving the ball for a shot Shooting early Goal-keeping - positioning, narrowing angles, reactions, recovery	Attack v Defense Key areas of the circle Penetrating the D Eliminating the goalkeeper

Week #	TECHNICAL	TACTICAL
9	Slapping / sweeping Stationary and on the move Ball-pace, accuracy Use in shooting Reverse stick edge hitting	Transferring the ball across the pitch The role of a pivot - sweeper / centre-mid Keeping depth & width to the play 16s
10	Goal-scoring continued Receiving on the move Hit, sweep, flick - on the move	Attack v Defense Key areas of the Circle to attack Attacking situations - eg attacker on by-line, free-hits around the Circle, use of deflections, etc
11	Shorts - attack & defense (incl GK) Counter-attacking after short	Winning short corners Attacking options Defending to avoid conceding shorts Defensive options / formations
12	Attacking 2 v 1 Attacker 1 v 1 on GK	Creating 2 v 1 situations Movement off the ball Decision making Clear signals / eye-contact / communication
13	Defending - channeling & covering Marking Shadowing Danger areas Anticipation & communication	Man to Man marking Zonal marking Marking strategies Roll of a sweeper Tracking runners
14	Attacking 3 v 2 / 4 v 3	Ball-retention Playing ball back away from goal if necessary Moving ball left-to-right and right-to-left round the back Use of a pivot Game formations - 2:3:5 v 4:4:2 v 4:3:3
15	Flicking & Aerials P-flicks Drag-flicking Disguising the pass	
16	Movement off the ball Leading for the pass Timing, angle and pace of leads Weight of pass to receiver to move on to	Meeting the pass Rolling the defender Moving the ball out from the back