

High Performance Coaching



By Reaper

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High Performance Coaching

NOTE: This section is a high performance coaching section which takes place over 4 Days (24 Hours) and is aimed at ensuring that the teams understand the following:

- ❖ **Offensive Pattern - GK-2-3-3-2;**
- ❖ **Defensive Pattern - GK-1-3-4-2.**

In addition, the focus is also set-plays, such as:

- ❖ **Short corners;**
- ❖ **Free hits outside the circle;**
- ❖ **16 yard clearances;**
- ❖ **Etc.**

**The training sessions are 6 hours long and cover 4 days in duration.....
The training exercises come from 91.00 Animated Skill Drills for Hockey Coaching - Skills Reference which has been developed by Tacklesport.**

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DAY 1

03.01.20 Short Corner Variations (**Day One**) (1 hour)

Objective:

- ❖ To develop the Short Corner Variations for Attacking Short Corners.

Execution of Skills:

1. The "**Short Corner Battery**" lines-up exactly the same for each short corner;
2. Striker options - each striker should be able to:
 - a. Drag flick to both "**Top Corners**";
 - b. Power drive to both "**Bottom Corners**".

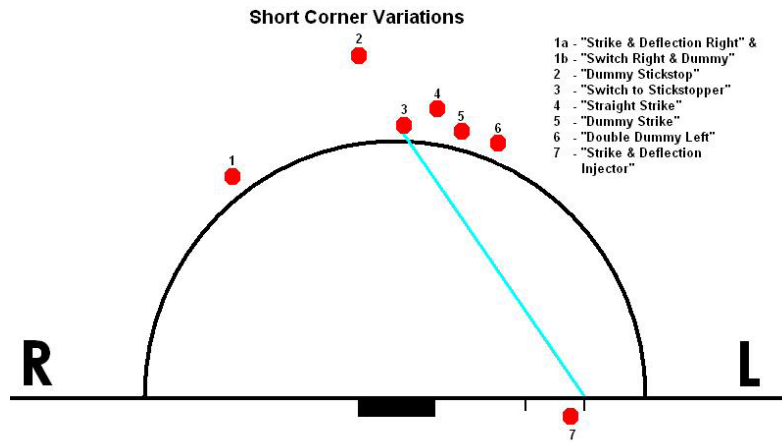


3. Support in Defence:

- a. 2 "**Backs**" on the "**New Goal Line**";
- b. 1 "**Back**" on the "**Halfway Line**".

4. Expertise:

- a. Stick stopper (3), Injector (7) & Play Maker (2) must be able to perform each of the three skills;
- b. Striker (4), Striker (5) & Striker (6) must be able to perform each of the three skills;
- c. Substitutes (**both**) must be able to perform skills (a) and Striker (6) set of skills;



5. Short Corner Variations:

- 1. Straight Strike - Animated Skill Drills - Set Plays - Exercise 1;
- 2. Dummy Strike - Animated Skill Drills - Set Plays - Exercise 2;
- 3. Strike & Deflection Right - Animated Skill Drills - Set Plays - Exercise 3;
- 4. Strike & Deflection Injector - Animated Skill Drills - Set Plays - Exercise 4;
- 5. Double Dummy Left - Animated Skill Drills - Set Plays - Exercise 5;
- 6. Switch Right & Dummy - Animated Skill Drills - Set Plays - Exercise 7;
- 7. Switch to Stick stopper - Animated Skill Drills - Set Plays - Exercise 8;
- 8. Dummy Stick stop - Animated Skill Drills - Set Plays - Exercise 9;

Important "Short Corner Variation":-

- 9. Defending Break Away- Animated Skill Drills - Set Plays - Exercise 10;

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30.01.21 Playing Pattern Discussion (1 hour)

Objective:

- 1. Discuss the Playing Pattern
 - ❖ Offensive Pattern - GK-2-3-3-2;
 - ❖ Defensive Pattern - GK-1-3-4-2;
 - ❖ Transition Offensive to Defensive & Defensive to Offensive.

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30.01.22 moving With the Ball (1 hour)

Objective:

- 1. Execute basic ball movement exercises.

Execution of Skills:**1. Close Range Hitting (5 Minutes):****Objective:**

1. Develop the ability and confidence in stopping the ball from close distance, either in attacking or for defending.

Execution of Skills:

1. The players start hitting to each other from +- 50 meters apart, they then close the distance progressively until the distance closes to 5 meters.

Watch For:

1. Correct technique for hitting;
2. Accuracy;
3. Correct technique for stopping.
4. Continuous Relay (4) - Animated Skill Drills - Moving With The Ball - Exercise 7 (5 minutes);
5. Continuous Relay (5) - Animated Skill Drills - Moving With The Ball - Exercise 8 (5 minutes);
6. Continuous Relay (6) - Animated Skill Drills - Moving With The Ball - Exercise 9 (5 minutes);
7. Continuous Relay (7) - Animated Skill Drills - Moving With The Ball - Exercise 10 (5 minutes);
8. Continuous Relay (8) - Animated Skill Drills - Moving With The Ball - Exercise 11 (5 minutes);
9. Continuous Relay (9) - Animated Skill Drills - Moving With The Ball - Exercise 12 (5 minutes);
10. Changing Places - Animated Skill Drills - Moving With The Ball - Exercise 22 (5 minutes);
11. Taking on an Opponent - Animated Skill Drills - Moving With The Ball - Exercise 24 (10 minutes);
12. One Defender - Animated Skill Drills - Moving With The Ball - Exercise 20 (10 minutes);

NOTE: The above movement exercises can be run for 60 minutes duration - dependent upon the duration of individual exercises, certain of the exercises can be curtailed or not run:

1. Close Range Hitting;
2. Changing Places;
3. Taking on an Opponent;
4. One Defender;

And at least two of the Continuous Relay exercises should be run. **NOTE:**

In these exercises, the Goal Keepers form a part of one of the teams, they take part in the exercise with their pads on - objectives of this is to get the Goal Keepers mobile in the circle and used to movement with the pads on.

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30.01.23 Space Creation and Vision (1 hour)

Objective:

- 1. To develop Space Creation and Vision**

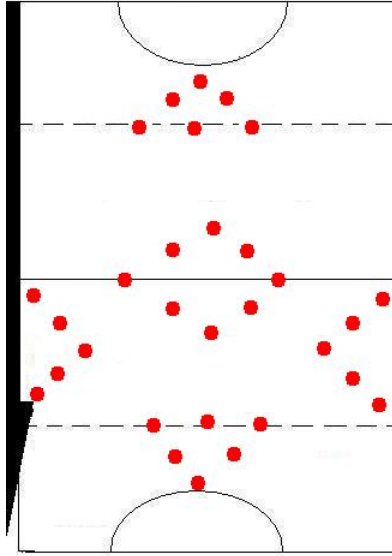
Execution of Skills:

- 1. 90.00.14 Confined Space Knockout (20 minutes)** every player has a ball in a confined area. If the player has the ball under control they can knock any other player's ball out of the area. This can be done as elimination or players can simply rejoin when they recover their ball. To add simple reverse stick and goal keeper practice, a set of witches' hats can be laid out leading towards a goal. Any player knocked out has to dribble through the hats and have a shot on goal before rejoining the others in the confined area;
- 2. 90.00.20 Simple Possession (20 minutes)** 4 player's pass between each other in a set sequence. Then they start moving around in a confined area. Then introduce a second and third group whom are doing the same thing. Players need to move around so that the player with the ball has to find the player who should be receiving the ball. After 10 minutes, change the practice set to 2 ball carriers and 2 tacklers in each group, when they tacklers take the ball, they then need to keep the ball as ball carriers and the other 2 become tacklers;
- 3. 90.00.41 Pass for Goal Game, with Variations (20 minutes)** three teams, three sets of markers set-up in the playing area. A team scores in any of the other two goals, whilst defending their own goal. After 10 minutes, introduce a second then a third ball, again the teams must defend their own goals whilst trying to score in either of the other goals. This variation can be introduced using 90.00.47 Three Goal Game.

NOTE: In these exercises, the Goal Keepers form a part of one of the teams, they take part in the exercise with their pads on - objectives of this is to get the Goal Keepers mobile in the circle and used to movement with the pads on.

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30.01.24 Designer Game - Space Balls (Diamond with Variations) (1 hour)

**Diamond with Variations - Animated Skill Drills - Small Team Games -
Exercise 10;**

NOTE: Diamond is played using a single diamond on a small field, this variation of the designer game has multiple "No Go" diamonds - the objective of this variation is to play the ball into open spaces and not play through the diamonds. Players may move through these diamonds.

The game is played between 2 sides - normal rules apply.

DAY 2**03.01.25 16 Yard Clearances and Clearance / Attacking out of Corners (2 hours)****Objective:**

1. To develop 16 Yard Clearances in the three Defence zones;
2. To develop Clearances / Attacking from the corners.

Execution of Skills:

1. The Left Back, Right Back, Center Midfield / Center Back & Sweeper plus the Defensive Substitute should be able to execute these skills and not only the Sweeper. The Goal Keeper should also be a part of the 16 Yard Clearances.
2. 16 Yard Clearance Variations (1 hour):
 - ❖ 16 Yard from Left Defence Area - Animated Skill Drills - Set Plays - Exercise 11;
 - ❖ 16 Yard from Central Area- Animated Skill Drills - Set Plays - Exercise 12;
 - ❖ 16 Yard from Right Defence Area - Animated Skill Drills - Set Plays - Exercise 13;
 - ❖ Wall Pass from 16 Yard Hit - Animated Skill Drills - Set Plays - Exercise 14.
3. Clearances / Attacking from Corners (1 hour):
 - ❖ Out of the Corner (1) - Animated Skill Drills - Set Plays - Exercise 18;
 - ❖ Out of the Corner (2) - Animated Skill Drills - Set Plays - Exercise 19.

NOTE: In these exercises, the Goal Keepers form a part of one of the teams, they take part in the exercise with their pads on - objectives of this is to get the Goal Keepers mobile in the circle and used to movement with the pads on.

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03.01.26 Attacking Free Hits (2 hours)

- ❖ Taking Free Hits - Animated Skill Drills - Set Plays - Exercise 15 (30 minutes);
- ❖ Defending Free Hits - Animated Skill Drills - Set Plays - Exercise 16 (combined with Taking Free Hits);

- ❖ **Free Hits from Around the Circle - Animated Skill Drills - Set Plays - Exercise 17 (Including Long Corners) (30 minutes);**
- ❖ **Sideline Hits - Animated Skill Drills - Set Plays - Exercise 18 (30 minutes);**
- ❖ **Passing from Midfield - Animated Skills Drills - Unit Play - Exercise 12 (30 minutes).**

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03.01.20 (Day Two) Short Corner Variations (1 hour)

Objective:

- 1. Re-run the Short Corner variations as practiced on Day One.**

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03.01.27 Designer Game - Three Passes and Shoot (1 hour)

- 1. Three Passes and Shoot - Animated Skill Drills - Shooting - Exercise 16**

NOTE: Three Passes and Shoot is played by 1 side - normal rules apply.

DAY 3**03.01.21 Defending (4 hours)****Note:**

- ❖ For Defending, we will cover the full Animated Skills Drills set.
- ❖ Jab Tackle (1) - Animated Skill Drills - Defending - Exercise 1 (20 minutes);
- ❖ Jab Tackle (2) - Animated Skill Drills - Defending - Exercise 2 (20 minutes);
- ❖ Open Side Tackle - Animated Skill Drills - Defending - Exercise 3 (20 minutes);
- ❖ Jab and Open Side Tackles - Animated Skill Drills - Defending - Exercise 4 (20 minutes);
- ❖ Jab, Open and Reverse Side Tackles - Animated Skill Drills - Defending - Exercise 5 (20 minutes);
- ❖ Sweat Box Open Stick Tackle - Animated Skill Drills - Defending - Exercise 6 (20 minutes);
- ❖ Sweat Box Reverse Stick Tackle - Animated Skill Drills - Defending - Exercise 7
- ❖ Sweat Box Tackles - Animated Skill Drills - Defending - Exercise 8;
- ❖ Tackling in Two Boxes - Animated Skill Drills - Defending - Exercise 9 (20 minutes);
- ❖ Channel Away from Goal (1) - Animated Skill Drills - Defending - Exercise 10 (20 minutes);
- ❖ Channel Away from Goal (2) - Animated Skill Drills - Defending - Exercise 11
- ❖ Response (1) - Animated Skill Drills - Defending - Exercise 12;
- ❖ Response (2) - Animated Skill Drills - Defending - Exercise 13 (20 minutes);
- ❖ Response (3) - Animated Skill Drills - Defending - Exercise 14);
- ❖ Call The Numbers - Animated Skill Drills - Defending - Exercise 15 (20 minutes);
- ❖ 4 versus 2 Break - Animated Skill Drills - Defending - Exercise 16 (20 minutes);
- ❖ British Bull Dog - Animated Skill Drills - Defending - Exercise 17 (20 minutes);
- ❖ Ball Around The Back - Animated Skill Drills - Defending - Exercise 18 (20 minutes);
- ❖ Free Right Half - Animated Skill Drills - Defending - Exercise 19 (20 minutes);
- ❖ 1 versus 1 at Head of Circle - Animated Skill Drills - Defending - Exercise 20 (20 minutes);

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03.01.20 (Day Three) Short Corner Variations (1 hour)

Objective:

1. Re-run the Short Corner variations as practiced on Day One.

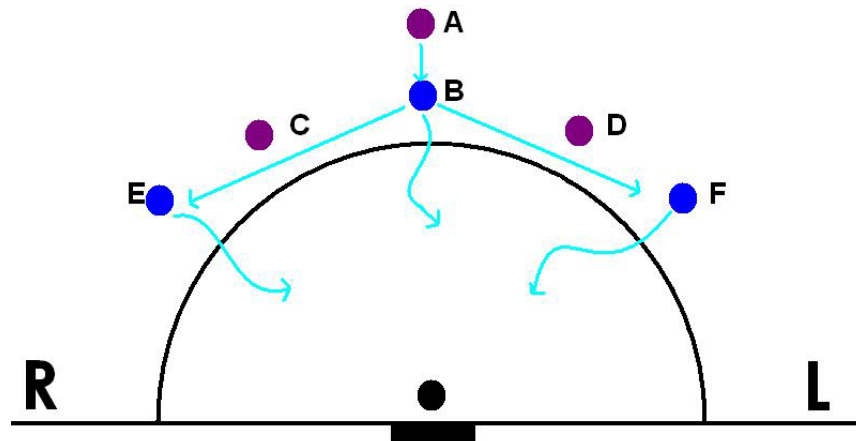
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03.01.29 Designer Game - Restricted Double Goals (1 hour)

1. Restricted Double Goals - Animated Skill Drills - Small Team Games - Exercise 17

DAY 4**03.01.30 Overload Training (1 hour)****90.00.32 Space Recognition (20 minutes)**

- ❖ "A" passes to "B" then runs to tackle "B". "B" traps and turns. If "E" and "F" have stayed on the line with "C" and "D", then "B" runs or passes through space to "C" and "D" for a shot. If "E" and / or "F" closes the gap then "B" passes wide to whoever is free.

**90.00.23 Three on Two with Outlet**

1. Area is set-up with a 10 meter goal at one end and two 5 meter goals at the other end (at about an inside forward position on the field). The three players must try to dribble the ball across the line of the 10 meter goal to score a goal. The two players must hit or push the ball between either of the 5 meter goals to score a goal.
2. **(NOTE: Introduce the reserve players in and out during the exercise)**

90.00.31 Four on Two

1. Four players start at the center line with the ball. Two players plus the goal keeper start in the circle. Each defender must try to cover two players at once by getting their line or being close enough to tackle on or both of them. Forwards try to score a goal.
2. **NOTE: Reinforce double Defence skills to defend and create attacking options from the defense.**

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03.01.31 Practice Match (Match One) (30 minutes)

Objective:

1. Run a practice match - paying attention to playing patterns:
2. Offensive Pattern - GK-2-3-3-2;
3. Defensive Pattern - GK-1-3-4-2.

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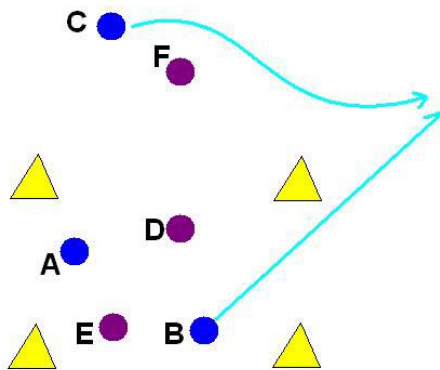
03.01.32 The Press (Blocking Opposition Frees) (1 hour)

90.00.36 Half Court, with Variation (30 minutes)

- ❖ Two teams within the 25 yard area. The defenders must try and breakout of the 25 yard area while the attackers try and score a goal, if the defenders breakout, they must try and score at the other end, the roles are then reversed

90.00.49 passing into Space (30 minutes)

- ❖ "A" and "B" play two on two versus "D" and "E" in a confined area. Meanwhile "C" tries to get away from "F" further up the ground. At any time "A" or "B" have the ball they can pass into space for "C" to run on to.



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03.01.31 (Match Two) Practice Match (1 hour)

Objective:

1. Run a practice match - paying attention to playing patterns:
2. Offensive Pattern - GK-2-3-3-2;
3. Defensive Pattern - GK-1-3-4-2.

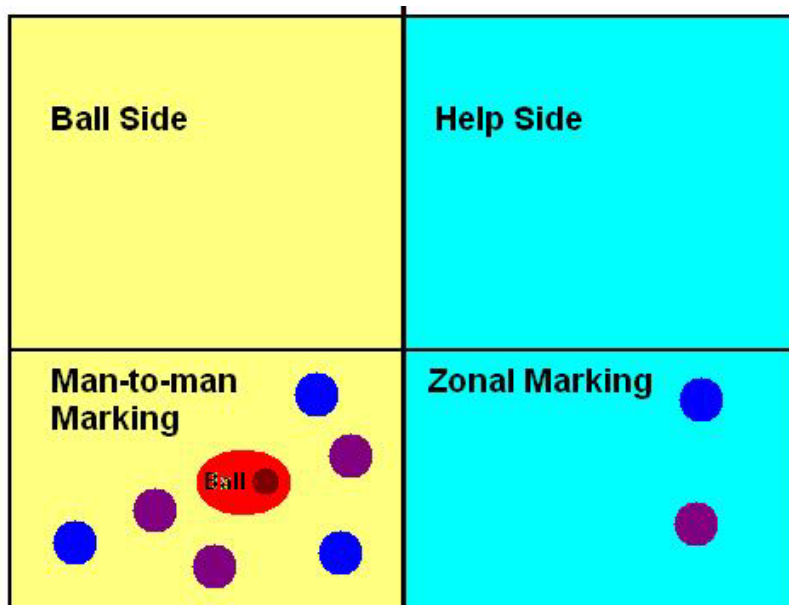
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03.01.33 Ball Side / Help Side (1 hour)

90.00.36 Half Court with Variation

- ❖ Half Court is divided into a quarter, and played as follows:

In the quarter where the ball is being played, the players are marked man-to-man (**Ball Side**), in the other quarter, the players are zonal marked (**Help Side**), when the ball travels across the field, the players take up man-to-man marking in the zonal marking area, and the original man-to-man markers take up zonal marking - this play is continued throughout the field.



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03.01.20 (Day Four) Short Corner Variations (30 minutes)

Objective:

1. Re-run the Short Corner variations as practiced on Day One.

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03.01.31 (Match Three) Practice Match (1 hour)

Objective:

1. Run a Full Practice Match - full rules apply

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3. Angel- **Basic Goal Keeper Practice**
4. Angel- **Basic Team Practice**
5. Angel- **Basics of Hockey Fitness**
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66. Steven Cachia- **Pressing Drills**
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1. Myburgh, Andrew

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1. Photos by [Mr. J.C.H Smit](#)

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