

Out Field Training



By Reaper

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Basic Grip

Execution of Skill:

1. Hold the stick in the air with **HOOK** on **RIGHT** side pointing up in the air;
2. Bend forward and place the stick with the **FLAT** side on the ground;
3. With the **LEFT** hand pick up the stick at the **TOP**;
4. **RIGHT** hand moves forward to shake hands with stick 15 - 20cm below the top

Watch For:

1. When facing the stick forward the **LEFT** hand must curl around the stick;
2. **RIGHT** hand palm must be on back of stick with thumb pointing down
3. Basic Yard Stick

Objective:

1. Develop "**Close Ball Control**" while transferring the ball from one position to another position;
2. Develop "**Ball Protection**" by turning the stick **OVER** and not **UNDER** the ball

Execution of Skill:

1. To improve vision **BEND KNEES** more so than the back to get down low;
2. **CORRECT GRIP** is important;
3. **RIGHT HAND** can / should move lower down the stick to increase control of stick;
4. Stick is moved **OVER** not **UNDER** the ball (acts as a form of ball protection);
5. Weight should transfer from side to side with the movement of the ball;
6. Practice looking up as often as possible without losing control;
7. Keep ball on or very close to the stick at **ALL** times

Watch For:

1. Top (**LEFT**) hand position allows stick to turn 360° comfortably;
2. Stick stay on the ball - **NO SOUND** of tapping can be heard;
3. The stick moves **OVER** and not **UNDER** the ball;
4. Weight transfers with ball;
5. Bottom (**RIGHT**) hand **DOES NOT** turn the stick (**TOP HAND PROBLEM**).

TARGET: 105 Yard Sticks in 60 seconds (International Target - 175)

Basic (or Open Face) Dribble

Objective:

1. **Control of the ball in a non confrontational area of the field where OPEN SPACE is available to the player**

Execution of Skill:

1. To improve vision **BEND KNEES** more so than the back to get down low;
2. **CORRECT GRIP** is important;
3. **RIGHT** hand can / should move closer to the top of the stick to increase vision;
4. Dribble the ball slightly **OUTSIDE** the **RIGHT FOOT** and **IN FRONT** of body;
5. Lean the stick back towards you to get the ball further out in front;
6. With knees bent look about a meter in **FRONT** of **BALL** so you can see ahead;
7. Also practice looking up as often as possible without losing control;
8. In early stages keep ball on or very close to the stick at **ALL** times.

Watch For:

1. Correct grip;
2. Knees are bent and ball is out in front and to the right;
3. Eyes are looking forward.

TARGET: Run in a straight line (40 meters) with full ball control in under 7.5 seconds

Front Stick Dribble

Objective:

- 1. Control of the ball in a break away situation at speed down the RIGHT hand side of the field;**
- 2. Eliminate the "back tackling" opportunity of the opponent.**

Execution of Skill:

- 1. Stick is held in the RIGHT HAND only;**
- 2. Poke, Jab or Lunge Tackle executed;**
- 3. CARE MUST BE TAKEN:**
 - a. THE PLAYER MUST BE IN THE POSITION TO TACKLE;**
 - b. THE PLAYER MUST NOT STRIKE THE OPPONENTS STICK OR PERSON WHILE EXECUTING THE SKILL;**
 - c. PERSON WHILE EXECUTING THE SKILL;**
 - d. THE PLAYER MUST ENSURE THAT THE BALL IS TAKEN**
 - e. CLEANLY IN THE TACKLE.**
- 4. First paces after the tackle at full speed to create gap;**
- 5. Control is maintained while running at pace;**
- 6. Ball is brought under control using "Indian Dribble" technique, before any further skill is attempted**

Watch For:

- 1. Stick in the RIGHT HAND only;**
- 2. Speed of the breakaway;**
- 3. Bringing the ball under control using the "Indian Dribble" Technique**

TARGET: Run in a straight line (40 meters) with full ball control in under 6.0 seconds (SAME SPEED AS A NORMAL SPRINT).

Indian Dribble

Objective:

1. **Control of the ball at all times irrespective of where the ball is in relation to the player and the opponent;**
2. **Utilizing the skill of ball protection to prevent the ball being taken away from the player through an opposition tackle, further to this, the skill of ball protection would lead to the opponent being penalized for a "Stick Tackle" on the player who has the ball under such control;**

Execution of Skill:

1. Use of **BASIC GRIP** is important for reverse stick (**Indian**) dribble;
2. Top (**LEFT**) hand remains firm on the stick and bottom (**RIGHT**) hand loose;
3. Only the **LEFT** hand turns the stick;
4. Turn stick **OVER** not **UNDER** ball (**acts as a form of ball protection**);
5. **RIGHT** hand used to push to left and pull back to right;
6. Try to keep the ball on the stick at **ALL** times;
7. Discourage players from tapping ball in front in early stages;
8. Weight should transfer from side to side with the movement of the ball;
9. Extend **LEFT** hand & make stick more upright if stick rolls over ball;
10. Face of the stick should be 90° to the desired direction of the ball.

Watch For:

1. Top (**LEFT**) hand position allows stick to turn 360° comfortably;
2. Stick stays on ball - **NO SOUND** of tapping can be heard;
3. Weight transfers with ball;
4. Bottom (**RIGHT**) hand **DOES NOT** turn with stick (**TOP hand problem**).

TARGET: Run in a straight line (40 meters) with full ball control in under 9.5 seconds.

Reverse Stick (Lunge) Dribble

Objective:

1. Control of the ball in a break away situation at speed down the LEFT hand side of the field;
2. Eliminate the "back tackling" opportunity of the opponent.

Execution of Skill:

1. Stick is held in the LEFT HAND only;
2. Poke, Jab or Lunge Tackle executed;
3. CARE MUST BE TAKEN:
 - a. THE PLAYER MUST BE IN THE POSITION TO TACKLE;
 - b. THE PLAYER MUST NOT STRIKE THE OPPONENTS STICK OR PERSON WHILE EXECUTING THE SKILL;
 - c. PERSON WHILE EXECUTING THE SKILL;
 - d. THE PLAYER MUST ENSURE THAT THE BALL IS TAKEN
 - e. CLEANLY IN THE TACKLE.
4. First paces after the tackle at full speed to create gap;
5. Control is maintained while running at pace;
6. Ball is brought under control using "Indian Dribble" technique, before any further skill is attempted.

Watch For:

1. Stick in the LEFT HAND only;
2. Speed of the breakaway;
3. Bringing the ball under control using the "Indian Dribble" Technique

TARGET: Run in a straight line (40 meters) with full ball control in under 6.0 seconds (SAME SPEED AS A NORMAL SPRINT).

Close Ball Control

Objective:

- 1. Control of the ball at all times irrespective of where the ball is in relation to the player;**
- 2. Control of the ball at all times irrespective of whether being able to use either one or both hands;**
- 3. Utilizing the skill of ball protection to prevent the ball being taken away from the player through an opposition tackle, further to this, the skill of ball protection would lead to the opponent being penalized for a "Stick Tackle" on the player who has the ball under such control;**

Execution of Skill:

- 1. Using only the left hand, move the ball around the three beacons in an anti clockwise direction, following the arrows at the beacons;**
- 2. Using only the right hand, move the ball around the three beacons in an anti clockwise direction, following the arrows at the beacons;**
- 3. Using both hands, move the ball around the three beacons in an anti clockwise direction, following the arrows at the beacons;**
- 4. Using both hands, move the ball around the three beacons in a haphazard manner.**
- 5. Rearrange the beacons and add additional beacons into the exercise and maneuver the ball around the beacons in a haphazard manner**

Watch For:

- 1. Top (LEFT) hand position allows stick to turn 360° comfortably;**
- 2. Stick stay on the ball - NO SOUND of tapping can be heard;**
- 3. The stick moves OVER and not UNDER the ball;**
- 4. Weight transfers with ball;**
- 5. Bottom (RIGHT) hand DOES NOT turn the stick (TOP HAND PROBLEM).**

Jab Tackle**Objective:**

1. Used to tackle players who have a large area in which to move;
2. Used to make player move ball to cause errors, channel and / or set up for flat tackle;
3. Used to tackle a fast moving opponent

Execution of Skill:

1. BEFORE tackling MIRROR and / or CHANNEL opponent;
2. Discuss how best to play this game –
 - a. MIRROR opponent until they slow down;
 - b. Practice mirroring opponent;
 - c. Show how to CHANNEL opponent from one side or the other;
 - d. Show how to move backwards by pivoting on the back foot
 - e. rather than crossing feet over;
 - f. Practice moving / running backwards without crossing feet;
 - g. Practice channeling;
 - h. Players should concentrate on the ball and not the opponents
 - i. stick or body feints;
 - j. The tackler can also employ deceptive stick and body
 - k. movements to influence what the opponent does with the ball;
 - l. Players should be taught to appreciate their and their
 - m. Opponent's position in relation to the goal and / or team mates.
3. Wait until opponents are where YOU want them to be;
4. Look for ball control errors or when opponents moves are limited;
5. Knees should be bent and weight balanced to allow quick recovery;
6. Stick is held in both hands EXCEPT for the LUNGE FORWARD;
7. Step forwards and QUICKLY extend stick (held in LEFT hand only);
8. Use DUMMY LUNGES to make the opponent move the ball and create errors;
9. Poke the ball behind the opponent rather than try and sweep it to the side;
10. If unsuccessful step backwards A.S.A.P. to continue to mirror the opponent and repeat lunges;
11. If successful, execute where possible, the Reverse Stick (Lunge) Dribble, then bring the ball under control, using Indian Dribble

Watch For:

1. Player slows down opponent before tackling;
2. Player waits for the best time to tackle;
3. Player is balanced to allow quick recovery;
4. Player does NOT RUSH at the opponent;
5. Lunge is made with stick only held in the LEFT HAND;
6. Stick returns to BOTH hands A.S.A.P.;

7. Player moves backwards if lunge is **NOT** successful;
8. Player moves forward **AT PACE A.S.A.P.** if the lunge is successful

Practice Drills:

1. Practice tackling in a confined area;
2. Small game points for goal and poke tackle;
3. Small game points for **FLAT TACKLES** in **DEFENCE** and **POKE TACKLES** in the **FORWARD AND MIDFIELD**.
4. **NOTE: FLAT STICK TACKLES HAVE NOT BEEN TAUGHT AS YET, THIS WILL BE DONE IN THE NEXT FEW TRAINING SESSIONS**

Basic Flat Stick Tackle

Objective:

1. **Used to present a large tackling surface** (opponent needs a big drag to avoid the tackle);
2. **Used to tackle a player who is attempting to enter the circle;**
3. **Used to tackle a player who has a limited area in which to move**

Execution of Skill:

1. **BEFORE** tackling **MIRROR** and / or **CHANNEL** opponent;
2. Wait until opponents are where **YOU** want them to be;
3. Look for ball control errors or where the opponents moves are limited;
4. Knees should be bent and weight balanced to allow quick recovery;
5. Knuckles of **BOTH HANDS** should be on the ground so that the stick is flat;
6. Place **RIGHT ELBOW** behind the **RIGHT KNEE** to get strength in the tackle

Watch For:

1. Player slows down the opponent before tackling;
2. Player waits for the best time to tackle;
3. Player is balanced to allow quick recovery;
4. Player does **NOT RUSH** at opponent;
5. Stick is low enough so ball **CANNOT** go under it at any point

Practice Drills:

1. Practice tackling in a confined area;
2. Small game points for goal and flat stick tackle.

Reverse Flat Stick Tackle

Objective:

1. **Used to present a large tackling surface (opponent needs a big drag to avoid the tackle);**
2. **Used to tackle a player who is attempting to enter the circle;**
3. **Used to tackle a player who has a limited area in which to move;**
4. **Used to tackle a player who has forced you onto your reverse stick**

Execution of Skill:

1. **BEFORE** tackling **MIRROR** and / or **CHANNEL** opponent;
2. Wait until opponents are where **YOU** want them to be;
3. Look for ball control errors or where the opponents moves are limited;
4. Grip should allow stick to be reversed easily;
5. Knees should be bent and weight balanced to allow quick recovery;
6. Knuckles of **BOTH HANDS** should be on the ground so that the stick is flat;
7. Place **LEFT ELBOW** behind the **LEFT KNEE** to get strength in the tackle;
8. If opponent drags from fore to back stick **SWEEP** stick along ground (**NOT OVER THE TOP**).

Watch For:

1. Player slows down the opponent before tackling;
2. Player waits for the best time to tackle;
3. Player is balanced to allow quick recovery;
4. Player does **NOT RUSH** at opponent;
5. Stick is low enough so ball **CANNOT** go under it at any point;
6. Stick swept along ground (**NOT OVER THE TOP**) to change from fore to reverse stick tackle

Practice Drills:

1. Practice tackling in a confined area;
2. Small game points for goal and reverse stick tackle

Big Drag

Objective:

- 1. Often one big drag can be move effectively used to beat an opponent than a series of small drags.**

Execution of Skill:

- 1. Similar to Indian Dribble except the ball is dragged as far outside the foot as possible;**
- 2. Ball should be kept on the stick;**
- 3. The stick should roll over the ball to stop it running away**

Watch For:

- 1. Stick is reversed easily;**
- 2. Ball is dragged quickly;**
- 3. Ball does not run off the stick**

Practice Drills:

- 1. Set-up cones or a barrier that requires a big drag then introduce a defender**

Basic Push

Execution of Skill:

1. **LEFT** hand rotated anticlockwise from basic grip to be comfortable;
2. **RIGHT** hand should be placed to exert maximum forward power;
3. For the basic push, line between feet points where you want to go;
4. Place the ball in front (or even further back) of **RIGHT** foot;
5. Put stick on ball & **SCRAPE** stick along the ground for at least a meter;
6. Keep stick on the ball and **ACCELERATE** it as it scrapes the ground;
7. Keep face of the stick at 90° to the direction of the push throughout the push;
8. Transfer weight from right to left foot as stick scrapes the ground;
9. Follow through in an arc

Watch For:

1. Eyes focused on the ball **UNTIL** ball delivery is complete (**Remember once the ball has left your stick there is nothing you can do about it - concentrate on the skill, the rest will happen automatically**);
2. Stick **STAYS ON THE BALL** throughout the push;
3. Stick **SCRAPES** the ground as ball is pushed;
4. Weight transfer from **RIGHT** to **LEFT** foot;
5. Face of the stick is at **RIGHT ANGLES** to the direction of the push

Basic Trap

Execution of Skill:

1. Same grip as for dribble, **LEFT** hand can shift anticlockwise for comfort;
2. Eyes to focus on the ball throughout its travel until the trap has been completed (Have the player understand which is the strongest eye - they must focus through their fingers - thumbs and index fingers joined at a distant object, then close one eye - the eye which they can see through is the strongest eye);
3. Feet must move quickly to get eye behind line of ball as early as possible;
4. Bend knees to get down low;
5. For the basic trap, keep stick upright to allow for a bouncy ball;
6. Stick tilted so as to control the ball and prevent rebounding;
7. Keep face of the stick at 90° to the direction of the ball;
8. Let the stick "give" to a degree, required to make the ball stay on the stick;
9. Ball should be trapped in a protected position near the front foot;
10. Trap in a position to allow immediate movement in any direction (The player should be coached to keep his head, neck and shoulders straight as if bound by a steel rod, if this happens, then the head turning will automatically allow the feet to move into the correct position.)

Watch For:

1. Players keep their eyes behind the line of the ball;
2. Players watch the ball all the way onto their stick;
3. The stick is not held too softly or too firmly;
4. Players are well balanced.

Passing

Objective:

1. Used to retain possession of the ball;
2. Passing is one of the major skills of the game. Young and lower grade teams do not often string several passes together;
3. Passes can be direct or into space for a team mate to run on to;
4. To retain possession, it is important that the RECEIVER dictates the timing, pace and direction of the pass

Execution of Skill:

1. Requires accurate hitting or pushing;
2. Requires good trapping;
3. Often requires some form of deception;
4. Look to see when and where the teammate wants the ball;
5. Watch the defenders more so than teammates. The pass must "miss" the defenders;
6. Look in every direction including backwards for potential passes

Watch For:

1. Accuracy of the pass;
2. Pass is played between or out of reach of defenders feet and stick;
3. The timing, pace, power and accuracy of the pass;
4. For moving players, the pass should be such that the receiver does not have to change pace or direction to trap the ball.

Basic Hit**Execution of Skill:**

1. **LEFT** hand at the top of stick turned anticlockwise from basic grip;
2. **RIGHT** hand at the top of the stick immediately under the left hand;
3. Practice swinging as though chopping down a tree;
4. Gradually bend both knees and the back so that the swing just contacts the ground;
5. Introduce a ball to practice the hit;
6. Ball should be placed near the front (**LEFT**) foot;
7. Keep face of the stick at 90° to the direction of the hit on contact;
8. Wrist movement should be used to increase stick speed on contact (**cock the wrists**);
9. Wrists should be cocked first before starting the swing;
10. Transfer weight from right to left foot as swing through the ball;
11. At the end players should feel like they are falling forward **NOT** backwards;
12. Follow through should be around the body.

Watch For:

1. Hands together on the stick;
2. Eyes focused on the ball **UNTIL** ball delivery is completed (**Remember once the ball has left your stick there is nothing you can do about it - concentrate on the skill, the rest will happen automatically**);
3. Knees bent;
4. Ball starts near front (**LEFT**) foot;
5. Ball is not too close to the front foot (**tends to makes player upright**);
6. **Swing is fluent (elbow NOT tucked in)**;
7. Wrists are cocked at the start of the swing;
8. Weight transfer from **RIGHT** to **LEFT** foot;
9. Face of stick is at **RIGHT ANGLES** to direction of hit

Hitting On the Run

Objective:

1. Used to deliver the ball quickly without slowing down;
2. Prevents opponents catching up and tackling from behind;
3. Enables a player to quickly follow-up any goal shot

Execution of Skill:

1. **LEFT** hand at the top of stick turned anticlockwise from basic grip;
2. **RIGHT** hand at the top of stick immediately under left hand;
3. Hit can be made off either foot;
4. Ball should be placed near the front (**LEFT or RIGHT**) foot;
5. Keep face of the stick at 90° to the direction of ball contact;
6. Transfer weight from **BACK** to **FRONT** foot when swinging through the ball;
7. It is important that the player does not slow down, shuffle the feet or skip (**DON'T break stride**);
8. Player should continue to move forward even after delivering ball;
9. If necessary have the players start at walking pace and build up to a full sprint.

Watch For:

1. Hands together on the stick;
2. Eyes focused on ball **UNTIL** the ball delivery is complete;
3. Ball starts near front (**LEFT or RIGHT**) foot;
4. Swing is fluent (**elbows NOT tucked in**);
5. Weight transfer from **BACK** to **FRONT** foot;
6. Player does not break stride;
7. Face of stick is at **RIGHT ANGLES** to direction of push

Practice Drills:

1. In pairs, one player runs beside as other hits at goal while keeping up with the first player;
2. In pairs, one player chases as second player runs towards the goal for a shot;
3. Run in to circle, have a shot then follow up on the goalkeepers pads;
4. Small games points for goals and hit on the run (**hit on the run for a goal is 2 points**).

Trapping On the Run

Objective:

- 1. Used to prevent player from behind catching up; Also used to run onto a ball passed in front of a player**

Execution of Skill:

- 1. Same grip as for dribble, LEFT hand can shift anticlockwise for comfort;**
- 2. Eyes to focus on ball throughout its travel until the trap has been completed (Establish which is the stronger eye of the player);**
- 3. Feet must move quickly to get eye behind line of ball as early as possible;**
- 4. Bend knees to get low down;**
- 5. Keep stick upright to allow for bouncy ball and prevent slowing down;**
- 6. Stick tilted forward so as to control the ball and prevent it rebounding;**
- 7. Keep face of stick at 90° to the direction of the ball;**
- 8. Push / bunt ball forward as it meets stick so that it stays on the stick as you move forward**

Watch For:

- 1. Players keep their eyes behind the line of the ball;**
- 2. Players watch the ball all the way on to their stick;**
- 3. The stick is not held too softly or too firmly;**
- 4. Players are well balanced;**
- 5. Player propels the ball forward so that it stays on the stick**

Practice Drills:

- 1. Two lines hit to a player who is already running forward to trap on the run, then Hit On The Run, or Push On The Run;**
- 2. Small game points for goal and trapping on the run.**

Trapping Deception

Objective:

- 1. As with all skills a deception will assist the player to execute the skill under less pressure**

Execution of Skill:

- 1. Get in the position for a normal trap;**
- 2. Just before the ball arrives either accelerate forward or drop back to receive the ball in a different position.**

Watch For:

- 1. Player does not move too early;**
- 2. Player has looked around to see where to move to be in the best space when receiving the ball**

Practice Drills:

- 1. Hit the ball to a player with an opponent on one side player must deceive the opponent when trapping**

Pushing Left To Right

Objective:

- 1. Used to pass the ball quickly without telegraphing the pass to the opposition;**
- 2. Use as a more powerful pass than a reverse stick pass.**

Execution of Skill:

- 1. Feet continue to move forward so as not to telegraph the pass;**
- 2. Push left elbow forward so that left hand turns the stick under the ball (anticlockwise);**
- 3. Ensure that the face of the stick is at right angles to the direction of the pass;**
- 4. Push both hands in the direction of the push to keep the stick upright (prevents the ball being lifted)**

Watch For:

- 1. Feet and body do not turn;**
- 2. Stick face is turned far enough to be at right angles to the push;**
- 3. Stick is kept upright to prevent lifting of the ball**

Practice Drills:

- 1. Stand side on and push to a team mate on the right;**
- 2. Two on ones (with passive then active defenders).**

Two on One

Objective:

- 1. Used to eliminate a single opponent by passing or using the team mate to deceive and eliminate the opponent one on one;**
- 2. Often the players do not recognize actual or potential two on one situation as they occur in the game.**

Execution of Skill:

- 1. The player with the ball should run fast so that the defender has little time to react to the situation;**
- 2. The player with the ball should run at and draw the defender;**
- 3. The player with the ball can then either pass or dummy the pass and beat the defender one on one;**
- 4. If the defender does not commit at the player with the ball, this player can keep running if the pass is covered;**
- 5. Passes should be firm and accurate;**
- 6. Passes should NOT be made across the face of the defender (run at and not away from the defender to pass);**
- 7. The player off the ball should try to move the defender at the right time**

Watch For:

- 1. The player with the ball runs at the defender;**
- 2. The player runs fast;**
- 3. The player with the ball watches the defenders movements as well as the team mates position;**
- 4. The pass is firm;**
- 5. Deceptions are used**

Practice Drills:

- 1. Two on one and a goal shot;**
- 2. Three on two where players try to create two on ones;**
- 3. Small game points for two on one**

Jinking

Objective:

1. **Used to beat a flat stick tackle**

Execution of Skill:

1. Grip is as per basic dribble. The **LEFT** hand should be comfortable;
2. Before jinking drag the ball sideways to cause defender to lay the stick flat but also to make it easier to jink;
3. As the ball moves sideways roll the stick under the ball and give it a small scoop or flick just high enough to get over the stick;
4. Player should continue to move forward with the ball so that the ball does not run too far forward;
5. If necessary have players start at walking pace with a passive defender then build up to a full sprint with an active defender

Watch For:

1. The ball does not run too far forward off the stick.
2. Stick stays on ball throughout the drag and jink;

Practice Drills:

1. One on one with stick laid on ground then build up to active defender;
2. Small games points for goals and jinking

Signaling and Leading

Objective:

1. Used so that team mates can communicate without letting the opposition know;
2. Used to deceive opponents without confusing team mates

Execution of Skill:

1. Players must get eye contact before a signal is made;
2. The signal should be known by each player (eyes, finger, stick, etc. - the players should decide what they consider to be the best for their team) and hidden from the opponent;
3. The receiver should make a dummy lead to deceive the opponent and / or move the opponent out of position (DEFENDERS must always position themselves between the ATTACKERS, ensuring that the GOAL KEEPER STILL HAS LINE OF SIGHT OF THE BALL);
4. The dummy lead should be slow enough so that the opponent can follow;
5. The PASSER should make a dummy pass to deceive the opponent;
6. The RECEIVER should make the actual lead as late as possible to prevent the opponent reacting early

Watch For:

1. Players make eye contact before signaling;
2. The actual lead is not made until the passer is ready to pass;
3. The pass is made when the receiver can get there to receive it (The PASSER must not assume that a ball hit through by them will be picked up by the RECEIVER if the receiver is not in the POSITION or READY to RECEIVE IT); . Deceptions are used

Practice Drills:

1. Two players with an opponent closely marking one;
2. Small points game for signaling and leading

Flat Stick Trap

Objective:

- 1. This is the easiest way to trap a ball which is coming along the ground;**
- 2. However many players tend to be lazy and not get their eyes behind the line of the ball**

Execution of Skill:

- 1. Same grip as for dribble. LEFT hand can shift anticlockwise for comfort;**
- 2. Eyes to focus on ball throughout its travel until the trap has been completed;**
- 3. Feet must move quickly to get eye behind the line of the ball as early as possible;**
- 4. Bend knees to get down low;**
- 5. Stick is placed flat on the ground, tilted forward;**
- 6. Let the stick "give" to the degree required to make the ball stay on the stick;**
- 7. Keep face of the stick at 90° to the direction of the ball;**
- 8. Ball should be trapped in a protected position near the front foot;**
- 9. Ball should be trapped in a position to allow immediate movement in any direction**

Watch For:

- 1. Players keep their eyes behind the line of the ball;**
- 2. Players watch the ball all the way onto their stick;**
- 3. The stick is not held too softly or too firmly;**
- 4. Players are well balanced**

Practice Drills:

- 1. Hit / Trap Game. Team at each end try to hit through the other team and over the line to score;**
- 2. Hitting and trapping in pairs;**
- 3. Pairs counting how many times they can pass the ball back and forth in a minute**

Reverse Stick Trap

Objective:

1. **Used as an advanced skill so as to immediately perform the next move, e.g. goal shot;**
2. **Also used when a player does not have time to get around to trap the ball on the flat stick**

Execution of Skill:

1. **Same grip as for dribble;**
2. **Eyes to focus on ball throughout its travel until the trap has been completed;**
3. **Feet must move quickly to get eye behind the line of the ball as early as possible;**
4. **Bend knees to get down low;**
5. **Left hand reverse the stick, right hand lets the stick turn;**
6. **Stick tilted forward to prevent a rebound;**
7. **If the stick is upright, trap the ball behind the front (right) foot;**
8. **If the stick is upright, keep face of the stick at 90° to the direction of the ball;**
9. **If the stick is flat on the ground, have left knuckles on the ground;**
10. **If stick is flat, angle it forward so ball will move to strong side;**
11. **Let the stick "give" to the degree to make the ball stay on the stick**

Watch For:

1. **Players watch the ball all the way onto their stick;**
2. **The stick is not held too softly or too firmly;**
3. **Players are well balanced**

Practice Drills:

1. **Hit / Trap Game. Team at each end try to hit through the other team and over the line to score;**
2. **Hitting and trapping in pairs;**
3. **Pairs counting how many times they can pass the ball back and forth and reverse trap in a minute;**
4. **Small game points for goals and reverse stick trap**

Ball Protection - Running To the Right

Objective:

- 1. Used as a basic way of protecting the ball from an opponent;**
- 2. Used to protect a ball from an opponent tackling from the front**

Execution of Skill:

- 1. While controlling the ball watch the opponent coming at you;**
- 2. As opponent draws just near enough to tackle, drag ball backwards and to the right;**
- 3. Turn the body so that the LEFT shoulder points at the opponent;**
- 4. Move the LEFT leg forward and to the right so it is between the opponent and the ball;**
- 5. Dribble the ball to the right;**
- 6. As opponent tackles, push LEFT leg out so that the stick strikes the leg and NOT the ball;**
- 7. If close enough, lean in on opponent so as to push past then cut in behind & go forward;**
- 8. If can get past, cut in behind so that the opponent is totally eliminated;**
- 9. If cannot get behind, keep opponent on your left as this is a weak tackling position**

Watch For:

- 1. Player does not run to the right too early such that the opponent can run on an angle;**
- 2. Player keeps the LEFT leg between the opponent and the ball;**
- 3. If possible, the player pushes past the opponent to get in front.**

Practice Drills:

- 1. Opponent rushes from the front to tackle. Player runs to the right to protect ball;**
- 2. Small games points for running to the right.**

Ball Protection from the Side

Objective:

- 1. Used to prevent opponent tackling;**
- 2. Used when under pressure and not in a position to pass;**
- 3. Used to protect the ball from an opponent attempting a steal tackle**

Execution of Skill:

- 1. Dribble in a straight line watching the opponent's stick;**
- 2. As tackler swings at the ball move the stick **SLIGHTLY** out & in front of the ball;**
- 3. For reverse side protection, reverse stick over ball first;**
- 4. Hold stick **FIRMLY**;**
- 5. Run stick along the ground such that the tackler will strike the stick;**
- 6. Once tackler has withdrawn the stick, normal dribble can continue**

Watch For:

- 1. Stick is held firmly;**
- 2. Stick is **NOT** touching the ball;**
- 3. Stick is **NOT** swung back to create a stick obstruction;**
- 4. Stick head is in front of the ball to prevent it being played by the opponent.**

Practice Drills:

- 1. Player runs in a straight line and protects from tackler from the side;**
- 2. Everyone has a ball and tries to knock each others ball out of the confined area while protecting their own ball.**

Ball Protection from In Front

Objective:

- 1. Used to prevent an opponent tackling;**
- 2. Used when under pressure and not in a position to make a pass;**
- 3. Used to protect the ball from an opponent attempting a poke tackle**

Execution of Skill:

- 1. While controlling the ball, watch tackler's stick;**
- 2. As tackler swings or pokes at ball, move stick **SLIGHTLY** out & in front of the ball;**
- 3. Hold stick **FIRMLY** between tackler and the ball;**
- 4. Once tackler has withdrawn the stick, normal dribble can continue**

Watch For:

- 1. Stick is held firmly;**
- 2. Stick is **NOT** touching the ball;**
- 3. Stick is **NOT** swung at opponents stick to create a stick obstruction.**

Practice Drills:

- 1. Player controls ball while opponent in front performs a poke tackle;**
- 2. Everyone has a ball and tries to knock each others ball out of a confined area while protecting their own ball.**

Ball Protection From Behind

Objective:

- 1. Used to prevent an opponent tackling;**
- 2. Used when under pressure and not in a position to make a pass;**
- 3. Used to prevent a chasing opponent from catching up.**

Execution of Skill:

- 1. While running with the ball, watch the chasing opponent;**
- 2. Watch which side the opponent is attempting to pass you to make the tackle;**
- 3. Move ball to OPPOSITE side of the body to where the tackler is;**
- 4. Move body TO the side where tackler is and run the tackler off the ball;**
- 5. Drag the ball as the body moves but NOT far enough for the tackler to see it;**
- 6. A.S.A.P. resume original direction (i.e. prevent being channeled);**
- 7. Continue to watch opponent as well as the ball;**
- 8. Repeat either side of body as often as necessary.**

Watch For:

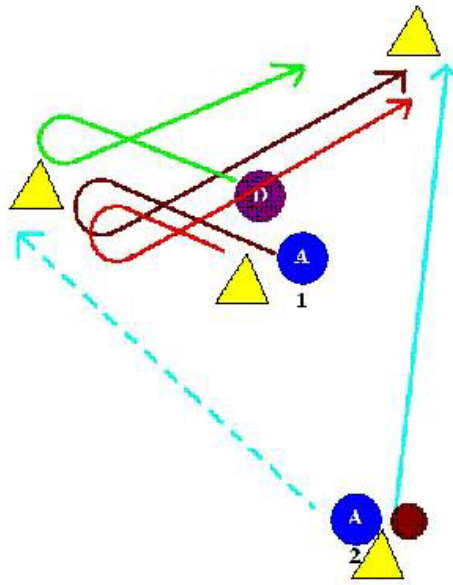
- 1. Player is watching the opponent;**
- 2. Player moves the ball away from the opponent BEFORE moving the body;**
- 3. Player moves body to run the opponent off the ball;**
- 4. Body is ALWAYS between opponent & ball (opponent SHOULD NOT see the ball).**

Practice Drills:

- 1. Player runs with ball while opponent tries to catch up from behind;**
- 2. Everyone has a ball and tries to knock each others ball out of the confined area while protecting their own ball**

Dutch Lead**Objective:**

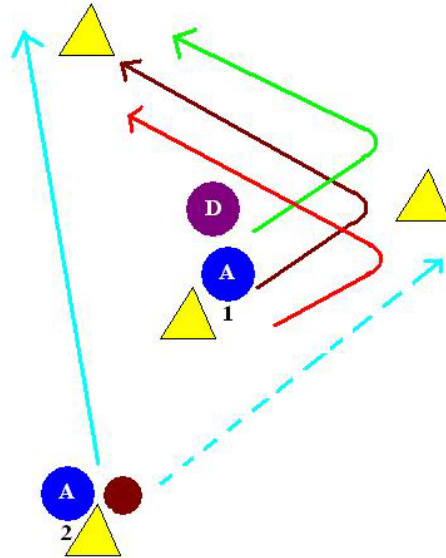
1. Used to eliminate a single opponent by passing or using the team mate to deceive and eliminate the opponent one on one;
2. Often the players do not recognize actual or potential two on one situations as they occur in the game

**Execution of Skill:**

1. Attacker 1 leads away to the left hand side of the field;
2. Attacker 1 draws the Defender;
3. When the Defender is in a position past Attacker 1's right shoulder, Attacker 1 braces on the right leg and spins around blocking the Defender (NOTE: Attacker 1 should use the left leg as a blocker by placing this leg across the Defender's path);
4. Attacker 1 runs into the space that was created by the original lead and collects the pass from Attacker 2;
5. Alternate, if the Defender does not follow Attacker 1, Attacker 2 can pass to the Attacker 1 along the Dummy Ball Movement Lines.

Aussie Lead**Objective:**

1. Used to eliminate a single opponent by passing or using the team mate to deceive and eliminate the opponent one on one;
2. Often the players do not recognize actual or potential two on one situations as they occur in the game

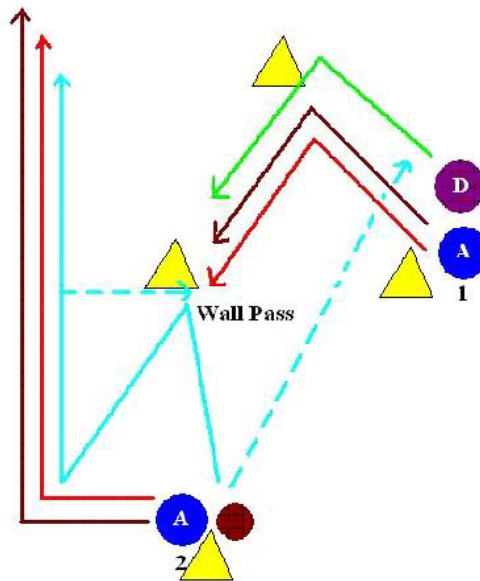
**Execution of Skill:**

1. Attacker 1 leads away to the right hand side of the field;
2. Attacker 1 draws the Defender;
3. When the Defender is in a position past Attacker 1's left shoulder, Attacker 1 braces on the left leg and spins around blocking the Defender (NOTE: Attacker 1 should use the right leg as a blocker by placing this leg across the Defender's path);
4. Attacker 1 runs into the space that was created by the original lead and collects the pass from Attacker 2;
5. Alternate, if the Defender does not follow Attacker 1, Attacker 2 can pass the to Attacker 1 along the Dummy Ball Movement Lines

Block Lead

Objective:

1. Used to eliminate a single opponent by passing or using the team mate to deceive and eliminate the opponent one on one;
2. Often the players do not recognize actual or potential two on one situations as they occur in the game



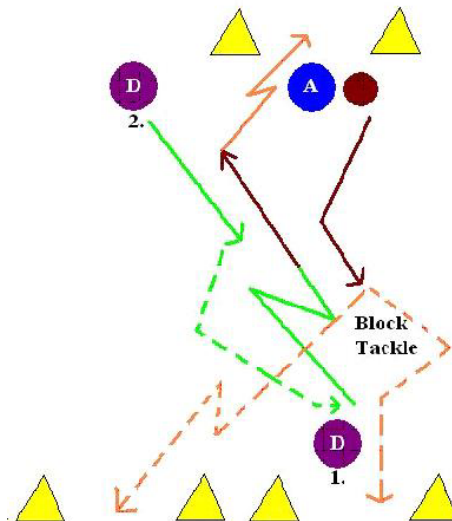
Execution of Skill:

1. Attacker 1 leads away to the opponents goal;
2. Attacker 1 draws the Defender;
3. When the Defender is in a position behind Attacker 1, Attacker 1 braces on the right leg and moves forward blocking the Defender with the body;
4. Attacker 1 runs into the space that was created by the original lead and collects the pass from Attacker 2;
5. Attacker 1 lays the ball back to Attacker 2 using a wall pass;
6. Alternate, if the Defender does not follow Attacker 1, Attacker 2 can pass the to Attacker 1 along the Dummy Ball Movement Lines

Double Defence leading to 2-on-1 Attack

Objective:

1. To develop double Defence techniques to break down an opposition attack and initiate a 2-on-1 attack by the Defenders. To ensure that Double Defence is effective, it is important to ensure that 1-on-1 tackling is at an advanced skill level



Execution of Skill:

1. Defender 1 hits the ball to Attacker;
2. Defender 2 channels the Attacker;
3. Defender 1 steps up to close the space;
4. Defender 1 makes a block tackle on the Attacker;
5. Defender 1 communicates with Defender 2 when to release the Attacker from channeling;
6. Defender 1 now becomes Attacker 1 & Defender 2 now becomes Attacker 2 - Defenders now form a 2-on-1 against the original Attacker

Reverse stick steal

Objective:

1. Used to steal the ball from beside the opponent on the reverse stick;
2. Used mainly when you cannot get in front of a fast moving opponent.

Execution of Skill:

1. **BEFORE** tackling **CHANNEL** opponent and get in front as much as possible
2. Look for ball control errors or when the opponents moves are limited
3. Hold stick in **LEFT** hand only and extend it out to reach the ball
4. Drag the ball towards you and / or behind the opponent
5. **DO NOT** touch the opponent's stick or body

Watch For:

1. Player attempts to get in from of the opponent as much as possible;
2. Player **DOES NOT** touch the opponents stick or body at any time

Practice Drills:

1. Small game points for goal and reverse stick steal

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