

Day 5

TEST - 01.01 Skills - Day One - Close Stick Control

TARGET: 36 Beacons in 60 seconds {International Target - 48}

TEST: The player, whilst stationery, is to move the ball around the cones in a figure "8", each cone passed is counted.

(TOTAL TIME - 5 MINUTES)

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Skills Progression - Under 9

Emphases:

1. **Fun** - At this age the most important aspect is to ensure every player has fun. Every player should be encouraged to enjoy learning new skills. Children at this age mostly want to play games so training should not consist of boring skills work. Skills work can be made fun by finishing every drill with a goal shot. Regular social activities (**pie nights, chocolate prizes, etc.**) should be included in the training program.
2. **Simple** - Children are not fully coordinated at this age and have a low attention span. Therefore skills should be broken down into simple elements, which are both achievable and easily remembered by the player. Players should be introduced to the obstruction rule (**stick and body**) as the year proceeds.
3. **Basic Skills** - Emphasis should be placed on learning the basic skills at this age.

The focus of the Hockey Training Programme over the next two weeks will be the establishment of the Under 9 basic skills set. Where a skill has already been taught in the previous 4 days, the skill will be tested to see if the player has achieved the desired understanding of the skill.

Game Plan

Players should be:

1. Able to perform basic skills correctly under pressure;
2. Encouraged to look up as much as possible;
3. Encouraged to keep the ball on the open face as much as possible;
4. Taught the difference between attack and Defence;
5. Able to evaluate what they or the team did well or could have done better during a game.

Skills Standard

1. **Grip** - Players who did not come through Primary Hockey should be taught the correct grips;
2. **Dribble** - Players should be able to scan while dribbling. Players should be able to keep the ball close to stick while scanning;
3. **Reverse Stick** - Players should be able to perform a big drag. Emphasis should be placed on moving the ball from the back stick to open face as quickly as possible and then keeping it there in a protected position;
4. **Push** - Players should be able to push the ball accurately from left to right with power;
5. **Trap** - Players should be able to perform a basic reverse stick trap;
6. **Passing** - Players should be able to perform basic passing. Emphasis should be placed on looking and passing sideways;
7. **Hit** - Before teaching hitting the Coach must be satisfied that every player has the coordination required to hit the ball during matches in a manner that is safe to all other players. Once satisfied with this the players should be able to perform basic hitting with power.

NOTE: Today's training programme goes through the Under 9 Skills Progression, which all players should have an understanding of. The aim is to run through the basics in quick succession, followed by a 10 minute game relying only on basic skills.

Dribbling skills should be done at speed as they have already been coached and practiced over the past four (4) days - run these tests as full tests, time and / or results.

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TEST - 01.02 Skills - Day Two (MONITOR PROGRESS)

BASIC (OPEN FACE) DRIBBLE

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

TEST: Time taken to sprint 40 meters with ball. The ball must stay on or near the stick, no Indian dribble and no push ahead and run is allowed.

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INDIAN DRIBBLE

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

TEST: Time taken to sprint 40 meters with ball. The ball must be moved using the Indian Dribble technique, specifically alternating on the left, center and right side of the player. An average of two movements in each position before transferring to the next position.

(TOTAL TIME - 5 MINUTES)

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01.01.11 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.

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TEST - 01.01.06 Reverse Stick (Lunge) Dribble

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

TEST: Time taken to sprint 40 meters with ball. The ball must stay under control and travel in a straight line for the duration of the test. The ball must be brought under control using the "Indian Dribble" technique after crossing the 40 meter finishing line.

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NOTE: The Basic Push, Basic Trap and Basic Passing can be coached

together and the practice integrated to incorporate all three skills. Once these three skills are being played fluently, and then introduce the Basic Hit. Variations of these skills can be found under 99.00 Drills - Vision, Hitting, Pushing, Trapping and Signaling & Leading.

01.01.12 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.

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01.01.13 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.

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01.01.14 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.

Practice Drills:

1. Running in pairs and passing;

2. Two on ones & Keeping off game;
3. Games where teams get a goal for 3 to 5 consecutive passes that travel more than 5 meters.

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01.01.15 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 make 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.