

4. Drills

4.1 Drill Emphasis

Feedback ~ Regular feedback is essential to enable the player to determine how well the skill is being achieved. Is it important to provide constant feedback to players during drills. Drills are NOT there simply to fill in time and allow the players to practise. They are designed to allow the coach to see how well a player is performing the skill and to correct any problems.

Progression ~ Drills should be designed to replicate game situations and build up to become more difficult. Where possible drills should finish with a shot at goal.

Small game rules ~ As well as points matches, various small game rules can be introduced to encourage players to practise a specific skill or play. These include: players must pass the ball within 2 seconds of receiving it, player with the ball must beat an opponent before they can pass it, player can not pass back to the player who passed to them, players are not allowed to make a sound (no calling for the ball - develops vision skills), 5 consecutive passes scores a goal, players can only tackle specific players, attacking team has an extra player. These are only a few examples. Coaches can introduce any rules they see fit at the time.

The following skills are/may be required by the drill numbers stated next to the skill:

Vision ~ 1,2,4,12,13,14,20,22,23,24,25,28,31,32,33,35,36,39,40,41,42,44,46,47,48,49.

Hitting ~ 1,3,4,5,6,8,11,12,13,15,16,19,20,22,23,24,25,26,29,31,32,33,35,36,37,40,41,42,44,47,49.

Pushing ~ 1,3,5,6,8,9,12,15,16,20,22,23,24,25,29,30,31,32,33,35,36,39,40,41,42,44,45,46,47,49.

Trapping ~ 1,3,4,12,16,19,20,21,22,24,25,26,27,29,31,32,33,36,37,39,40,41,42,44,45,46,47,49.

Dribbling ~ 7,9,11,14,15,17,18,23,24,25,28,30,31,32,34,35,36,39,40,41,42,44,45,46,47,48,49.

Tackling ~ 12,14,15,18,23,24,31,34,35,36,40,41,42,44,45,47,48,49.

Signalling and leading ~ 3,6,22,23,24,31,32,33,36,40,41,42,44,47,49.

Goal shooting ~ 4,6,11,15,16,25,29,31,32,36,42,44,47.

Ball protection ~ 12,14,21,23,24,31,36,40,41,42,44,45,47,48,49.

Marking ~ 5,6,23,24,31,32,33,36,40,41,42,44,47,49.

Outlet play ~ 8,23,24,42,47,49.

Fun activities ~ 9,38,43,45.

Passing ~ 1,3,4,6,10,12,13,20,22,23,24,25,29,30,31,32,33,35,36,39,40,41,42,44,45,46,47,49.

Deception ~ 5,6,8,12,14,15,18,23,24,26,28,31,33,34,35,36,40,41,42,44,45,47,48,49.

Fitness ~ 1,5,11,13,15,18,24,25,36,39,40,41,42,46,47,48.

4.2 Drill Explanation

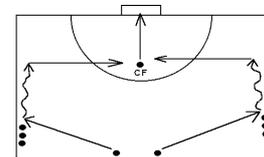
4.2.1. Passing in pairs ~ Players run in pairs in a straight line and pass back and forth between them. The receiver should not have to change speed or direction to receive the pass.

4.2.2. Vision ~ Player run towards coach with a ball each. Coach holds out arm. Horizontal arm means move in that direction. Arm straight up means stop. A variation on this is the coach holds up a number of fingers and the player with the ball must call out the number. How many numbers can you call out in 25 yards?

4.2.3. Centre Forward pass ~ C (middle player) passes flat to A then leads on the angle to receive pass from A. A runs to a position in front of and between C and B. C passes to B who then passes to A. Repeat on opposite side (i.e. A (now the middle player) starts by passing flat to B etc.)

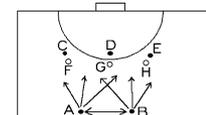


4.2.4. Wing pass and cross ~ Players at centre line alternatively pass to each wing with a hard pass. Player on wing receives ball on the run on the open face dribbles down the wing and crosses to the Centre Forward who has a goal shot.



4.2.5. Man on man marking ~ Small game where each player is given a specific player to man up on. For beginners players can be paired off. If necessary introduce a rule that players can only tackle the one they are allocated to man up on. For advanced players pair them off against different players e.g. If the teams are A, B & C versus D, E and F then if A marks D, B marks E and C marks F make it that D marks B, E marks C and F marks A. That way each player must find the player they are marking each time there is a turn over.

4.2.6. Passing to marked players ~ A and B pass back and forth looking for signal and lead from C, D or E. F, G and H try to mark C, D and E. If C, D or E get the ball they have a goal shot.

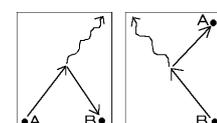


4.2.7. One metre drag test ~ Players mark a line about one metre in length then counts how many times they can drag the ball back and forth along the line in one minute. Players can monitor their own progress with this test.

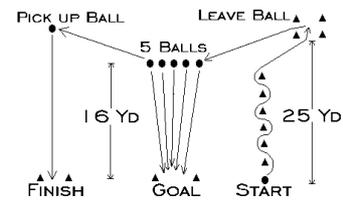
4.2.8. Outlet play ~ Play a small 6 a side game. Positions are RB, LB, CH, RW, CF, LW. RB must pass to RW, LB to LW and CH to CF to get the ball out of defence. Another variation to this is to make the CH the only outlet player. Everyone must pass to the CH before passing the ball into the attacking half of the field.

4.2.9. Hockey tunnel ball ~ Played like tunnel ball except with stick and ball.

4.2.10. Reverse stick passing ~ A dribbles across diagonal of square and uses reverse stick pass to pass to B. B then dribbles across the diagonal and passes back to A. Repeat.

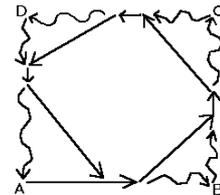


4.2.11. Skills test ~ Timed skills test. Player starts by dribbling through hats then leaves ball in a square. Then runs to where 5 balls are laid out and hits them into the “goal”. Then runs to pick up ball and dribble it to the finish. Players can judge their improvement by maintaining a record of their times.



4.2.12. Pig in a square or triangle ~ Players form a square or triangle with an extra player in the middle. The players forming the square or triangle pass the ball between them and the player in the middle tries to get it. If the player gets it or a bad pass is made the player in the middle swaps with the one who lost the ball or made the bad pass. Initially players can be stationary but for advanced player they can be allowed to lead around the square.

4.2.13. Passing to moving player ~ 4 players form a square with 50 metre sides. A starts with the ball, dribbles towards B who leads towards C. A then passes to B. B receives on the run, controls and passes to C. C then receives on the run, controls and passes to D. D then receives on the run, controls and passes to A. This can be done both anticlockwise and clockwise to practise both flat and then reverse stick trapping on the run.



4.2.14. Confined space knockout ~ Every player has a ball in a confined area. If a player has their own ball under control they can knock any other player’s ball out of the area. This can be done as an elimination or players can simply rejoin when they recover their ball. To add simple reverse stick and goal keeper practise a set of witches hats can be laid out leading towards the goal. Any player knocked out has to dribble through the hats and have a shot at goal before rejoining the others in the confined area.

4.2.15. Race for ball ~ Players form two lines and are paired off by number with a player in the other line. The coach throws the ball in between the line and calls out one or more numbers. The players with those numbers race to get the ball and have a goal shot. If more than one number is called the players form two teams based on which line they were in.

4.2.16. Rapid goal shooting ~ Player stands in circle near penalty spot with players semi-circled around each with a ball. The players in the semi-circle pass to the one in the centre in rapid succession. Player in centre must trap and shoot before next ball comes. A variation on this (used as a trapping drill) is that the player passes the ball back to the one who passed it (again quickly before the next ball comes). An alternative is that one player passes to a second then runs towards markers (one metre apart). Second player has to trap the ball and hit between the markers before the first one gets there.

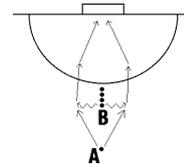
4.2.17. Dribbling one handed ~ Players dribble first with only the right hand on the stick and then with only the left hand both on forestick and backstick. This helps them to understand what each hand does.

4.2.18. Individual keepings off ~ Three players with one ball play individual keepings off. That is who ever gets the ball has to keep it off the other two.

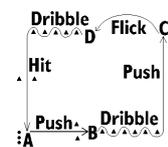
4.2.27. Trapping on the run ~ Two lines facing each other. First player leads towards other line. Player at head of other line hits the ball to the first player who traps on the run then lays off to player at head of second line, who has run forward to receive the lay off. This player then dribbles the ball and gives it to the player now at the head of the first line. Continuous.

4.2.28. Follow the leader ~ Players in a line each with a ball. Each must follow the one in front of them. The first player tries to lose the player behind by dodging but must not run back through the line of players.

4.2.29. Trap and turn ~ Line of players at B. B leads to either side. A hits or pushes to B. B runs into circle and has a goal shot then follows up rebound. B should alternate leads so as to practise receiving the ball on both the forestick and reverse.

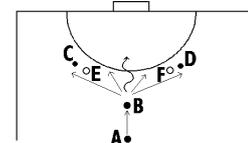


4.2.30. Multiple skills ~ Have players stationed at points A, B, C and D. Rest of players line up at A. A pushes through hats to B. B dribbles through hats then pushes to C. C flicks to D. D dribbles through hats, hits to next A then joins queue at A.

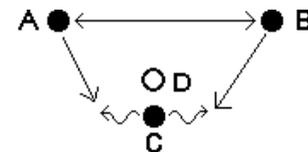


4.2.31. Four on Two ~ Four players start at centre line with ball. Two defenders plus a goal keeper start in the circle. Each defender must try to cover two players at once by getting their line or being close enough to tackle one or both of them. Forwards try to score a goal.

4.2.32. Space recognition ~ 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 the space to C or D for a shot. If E and/or F close the gap then B passes wide to whoever is free.



4.2.33. Looking off the ball ~ A and B pass the ball back and forth to each other. When they DON'T have the ball they look at C. One of the times when C gets eye contact with A or B, C gives a signal to that person. The next time that person gets the ball they pass to C who waited until the person was ready to pass. Then introduce defender D to mark C and/or cut off the pass.



4.2.34. Jab tackle ~ Mark a circle or square on the ground about 40 cm across. Player with ball moves ball around and tries to move it through the circle/square. Other player can only do jab tackles and can only jab the ball when it is in the circle/square.

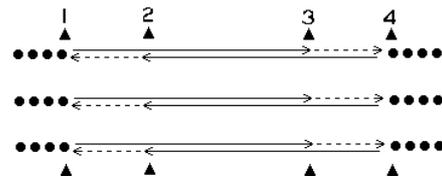
4.2.35. Two on two ~ Two players run at a defender to create a two on one. The second defender starts 10 metres behind first defender. Second defender sometimes moves forward and sometimes stays put. If the defender stays put the player with the ball tries to beat the first defender one on one. If the second defender moves forward the player with the ball passes to the team mate who then runs past both defenders and/or rolls ball past both defenders for team mate to run on to.

4.2.36. Half court ~ Two teams within 25 yard area. Attackers try to score. If defending team run the ball over the 25 yard area they become the attacking team.

4.2.37. Obscured trapping ~ A, B and C stand along the same line. A is 20 metres in front of B and C is 5-10 metres behind B. A hits several balls at B in rapid succession. C must try to trap any balls that B misses. By requiring C to stand behind B, C's vision will be obscured by B. This often occurs with ball hit firmly into a crowded circle.

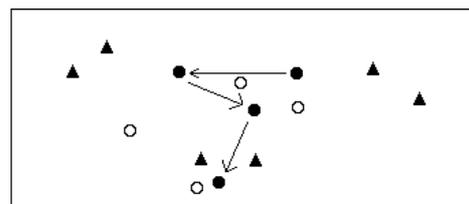
4.2.38. Non hockey activities ~ Reduce boredom at training by introducing activities which do not involve hockey. For example soccer, basketball, swimming, go cart racing etc.

4.2.39. Relay race ~ Set up 4 markers. First and second are 5 metres apart, second and third 20 metres apart and third and fourth 5 metres apart. Each team has half their players at marker one and the other half at marker 4. Player starts at marker 1, runs to marker 3 and then passes to next player. This player runs to marker 2 then passes to next player etc. A variation to this is that there are no markers at points 2 & 3. Instead the coach stands in the middle and hold up an arm to signal to the players dribbling that the ball can now be passed the rest of the way. Players must do close not loose dribble for this to achieve best results.

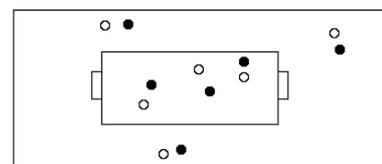


4.2.40. Three on two continuous ~ Played across the field. Three players start on one side and try to run the ball past the two defenders on the other side. If they get through or are dispossessed they join the end of the queue on the other side. The player at the front of this queue moves out and joins the two defenders to create three new forwards. Two players come out from the queue at the other side of the ground to form two new defenders. These changes should occur as quickly as possible to keep the drill moving.

4.2.41. Pass for goal game ~ Two teams. Three sets of markers set up inside the playing area. A team scores a goal by making two (more for advanced players) passes then completing the next pass by passing to a team mate through one of the sets of markers. The players can make as many passes as they like before passing through the markers but a goal is only scored if the minimum number of passes have been made.

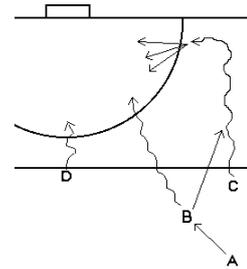


4.2.42. Inside outside game ~ Two teams. Half the players are inside the inner rectangle, the other half are outside. Players must stay in their designated area and can move around anywhere within this area. Only those in the inside rectangle can score. Players can pass in and out but can not tackle, trap or pass if the ball is not in their designated area.



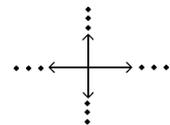
4.2.43 Hockey cricket ~ Can be played with teams or simply rotate so everyone takes it in turns to bat and bowl. Continuous cricket rules are used whereby the batter must run to a marker 10 metres to the side of the stumps and back. Bowler can bowl as soon as the ball is returned by a fielder and thereby bowl the batter before the batter gets back in position. Stumps are about the size of a 44 gallon drum. Bowler stands about 10 metres from the stumps and must bowl by flicking or pushing the ball. Batter uses a hockey stick to bat. Any ball which is hit and lands behind the wicket on the full is deemed caught by the keeper, slips or leg slip. Fielders must use their hockey sticks to field the ball. If a ball is trapped in the air and brought to the ground within reach of the fielder it is deemed as a catch. There is no LBW. These rules can be modified as seen fit. For example if a player is hard to get out the marker they run to can be moved further out.

4.2.44 Wing attacks ~ A passes to B who traps and plays a through ball for C. B then runs towards the circle to man up on D and cut off any pass C tries to make to D. C runs to pick up the through ball and tries to dribble it to the circle to cross to D. D has a goal shot. If B simply man marks D then C can run in and have a shot. This drill can be done on either side of the ground. Station several players at A to keep the drill moving. After each play the next two players stationed at A move forward into positions B and C. The previous B swaps to become D and the previous C and D rejoin the group at A.



4.2.45 Golf and tennis balls ~ Use golf balls for various skills e.g. pushing and trapping, one minute drag test, small games (only pushing) etc. Tennis balls can be used for the goalkeepers reflexes as well as for players to practise trapping so the ball does not rebound. This helps the player understand the difference between stopping a ball and trapping it.

4.2.46 Cross relay ~ Two sides run relays that cross each other. Players must move quickly but watch for opposition players running from the side.



4.2.47 Three goal game ~ Three teams each with their own specific attacking goal. Only one ball. Each team must compete against the other two teams to score into their specific goal.

4.2.48 One on one continuous ~ Area 10 x 5 metres. Two players play a one on one game for a minute. Goal is scored by dribbling the ball over the line at the opposite end to where the player is facing. After 1 minute two new players take over and the first two rest for 1 to 2 minutes. Players waiting their turn help put the ball back in to play when it goes out. Set up a court for each group of six players. If desired players can rotate through the courts so that they face a different opponent the next time around. Players can keep their own score.

4.2.49 Passing into space ~ 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 make a pass into space for C to run on to.

