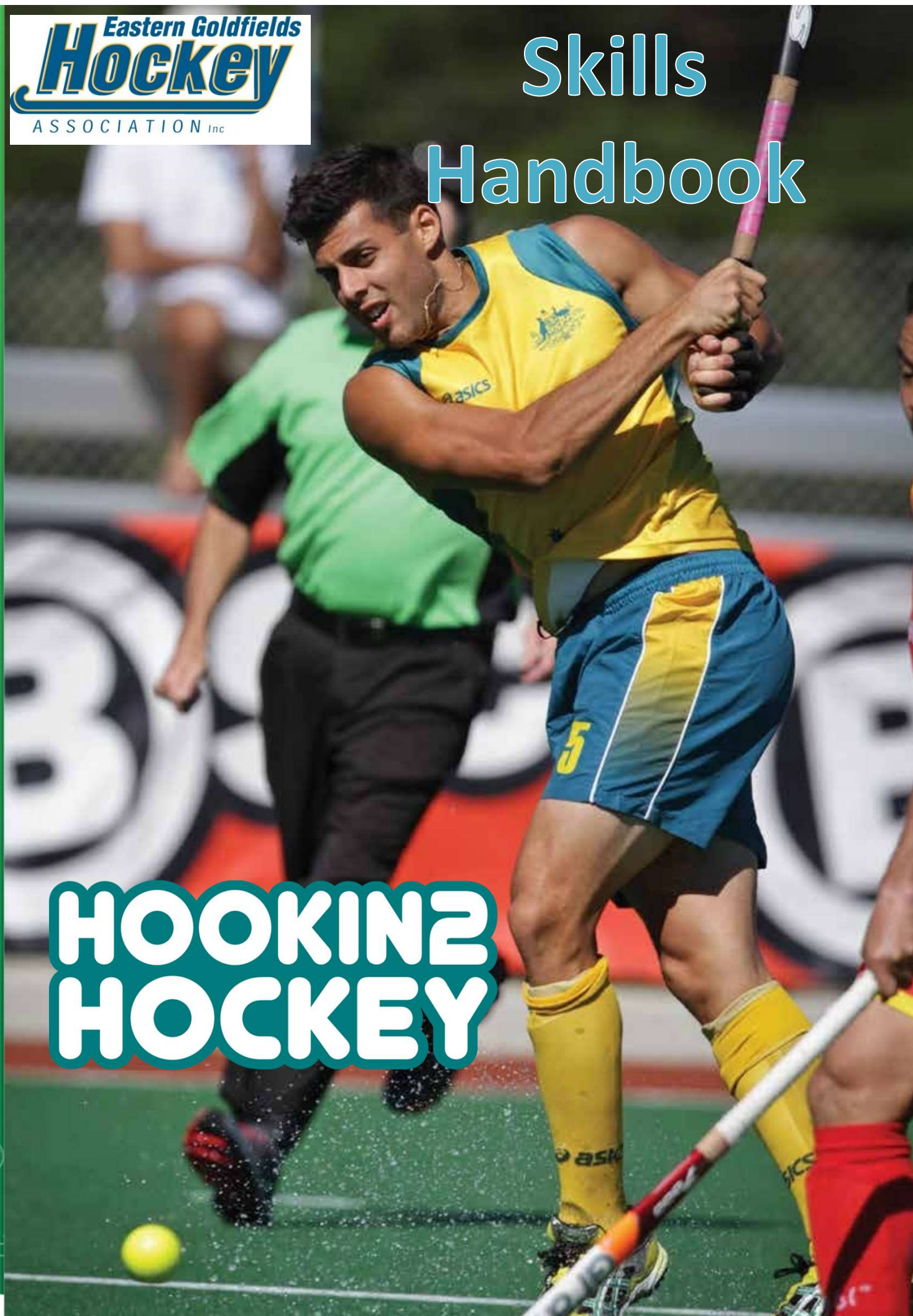


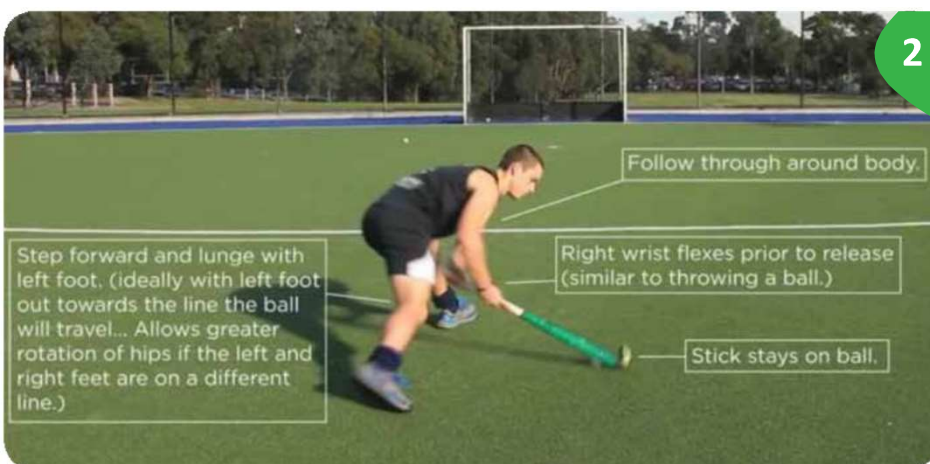
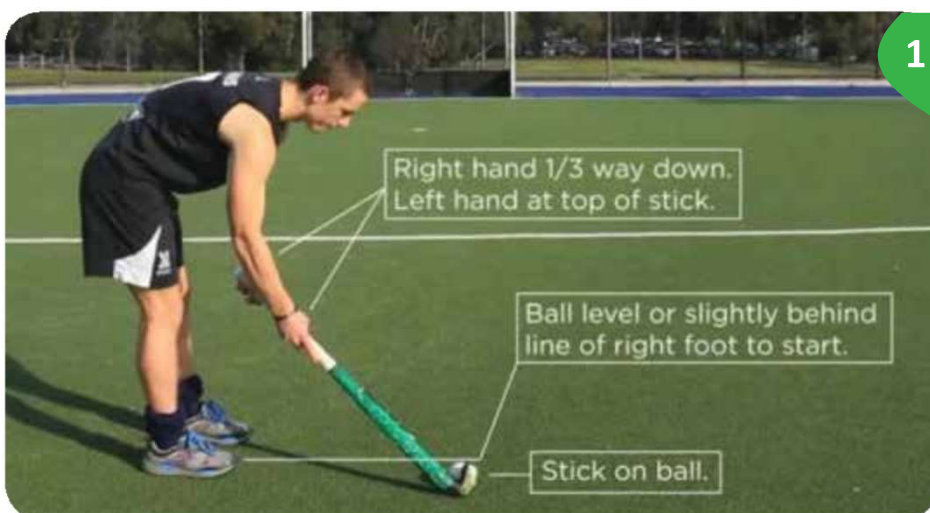
Skills Handbook

**HOOKIN2
HOCKEY**



SKILL: Push

STATIONARY PUSH

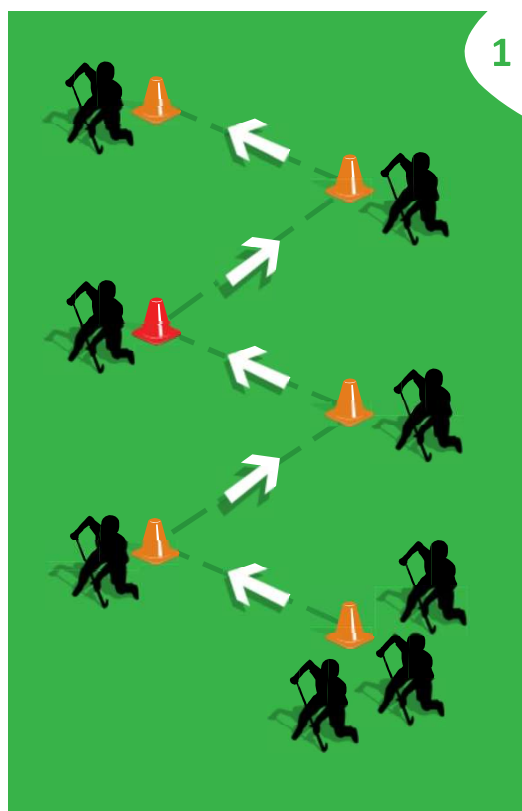


V GRIP (PUSH & TRAP)



KEY TECHNICAL POINTS:

- **Grip – V Grip**
The middle of the players webbing between their thumb and Index finger should line up with the spine of the stick.
- **Ball Relative To Feet**
Ball should start level with the right foot (back foot) and be released when the ball is level with left foot (front foot).
- **Follow Through**
Ensure stick and body stays low (for aim and for safety).



DRILL: FOLLOW YOUR PASS

DRILL SETUP

Place cones 5m apart in a zig zag formation. Start with a player on each cone and a couple of players lining up at the first cone.

DRILL DESCRIPTION

The first player in line pushes the ball to the player on the second cone, this player traps the ball and then pushes the ball to the next cone. Once a player has pushed the ball, they run to the cone where they pushed the ball.

Once the ball reaches the red cone, the next player at the start of the line can begin. Once the player on the last cone receives the ball they then run (with the ball) back to the start.

GAME: EVERYONE PUSH

GAME SETUP

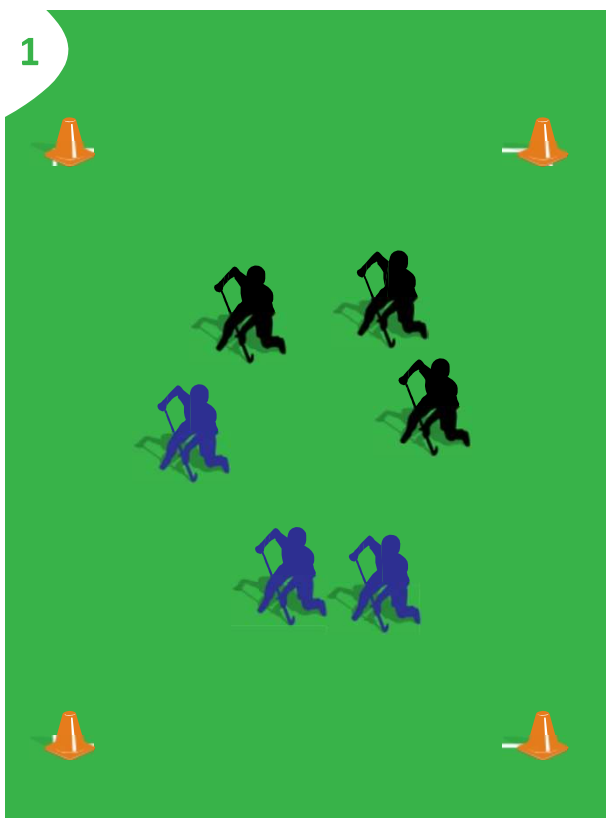
Set cones 10m apart in a square formation to create the field of play. Place players in teams of 3. Set up multiple grounds to cater for the number of players at training.

GAME OBJECTIVE

To earn 1 point, all players on the one team must push the ball to each other (i.e. everyone gets a touch).

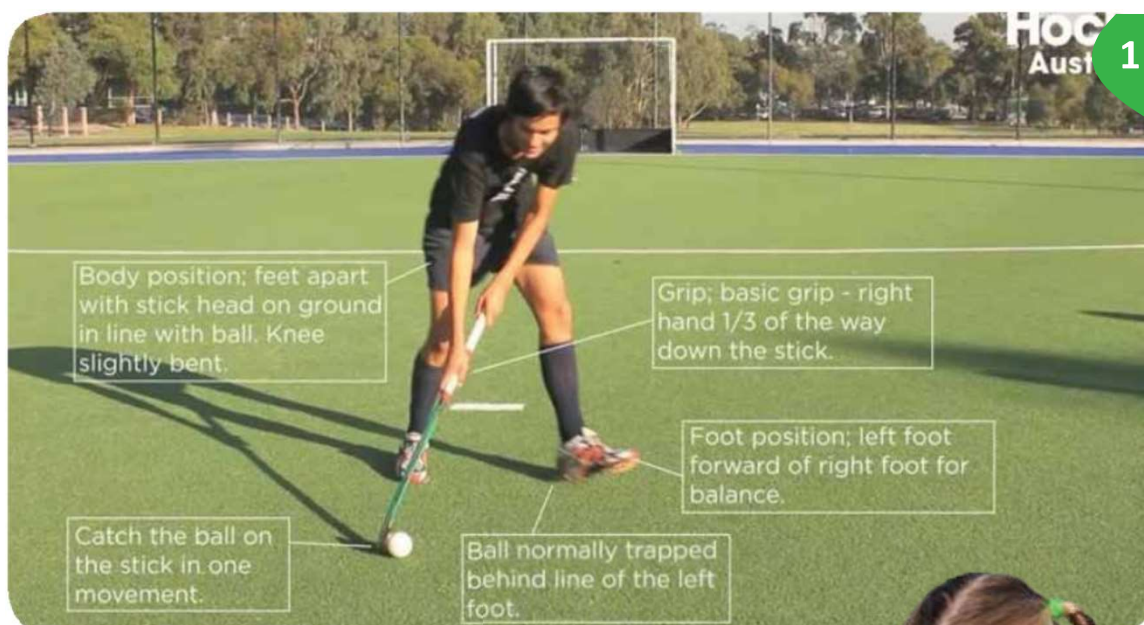
Initially, have the rule of “no tackling” to allow players time and space to execute passes under minimal pressure.

Important: Let the game flow, try not to blow the whistle too much or stop the game.



SKILL: Trapping

FORESTICK TRAP



KEY TECHNICAL POINTS:

- **Grip – V Grip**

The middle of the players webbing between their thumb and Index finger should line up with the spine of the stick.

- **Stay Upright**

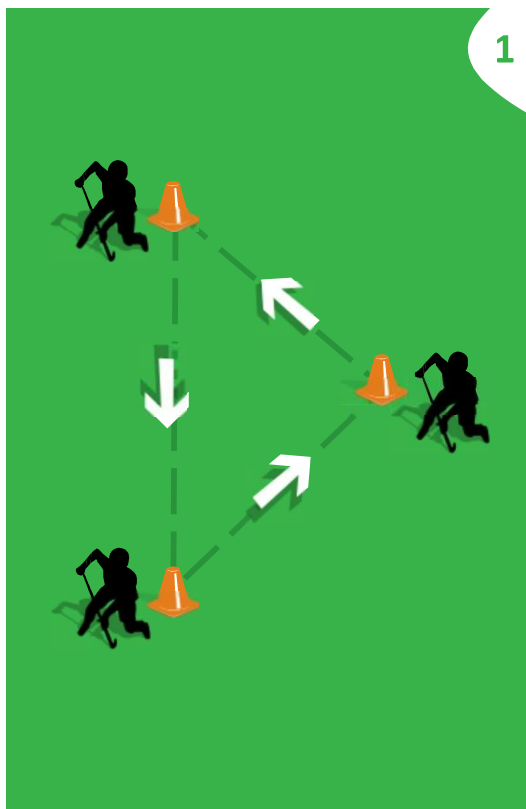
Encourage players to stay mobile and trap with the hook of their stick. It is strongly recommended that Coaches do NOT teach players to trap the ball with their whole stick on the ground.

- **Feet Position**

One foot in front of the other, not square – some coaches use “boxers stance” as a cue.



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DRILL: TRIANGLE

DRILL SETUP

Place 3 cones in a triangle shape 5m apart. Players start and stay on their cones.

DRILL DESCRIPTION

Players push the ball to the next player. It is important for players to move their feet and trap the ball on their forefoot. Once they have passed the ball in one direction for a while instruct players to pass in the other direction.

GAME: BOX TRAP

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GAME SETUP

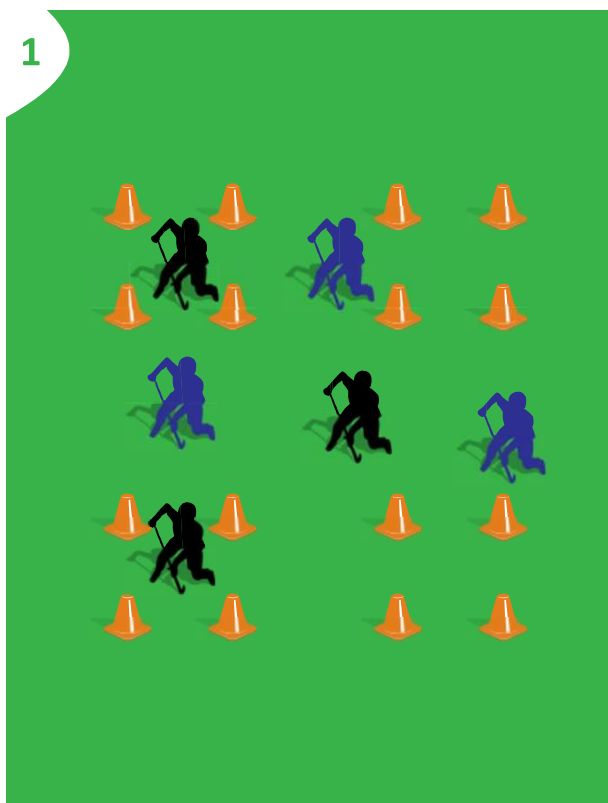
Set the field of play 15m x 15m with 3m x 3m boxes in each corner of the field. Place players in teams of 3 or 4.

GAME OBJECTIVE

Both teams can earn points by pushing the ball to a teammate who traps the ball in any of the 4 boxes.

The team without the ball is not allowed in any of the boxes.

First team to earn four points wins.



SKILL: Dribbling

RUNNING WITH THE BALL

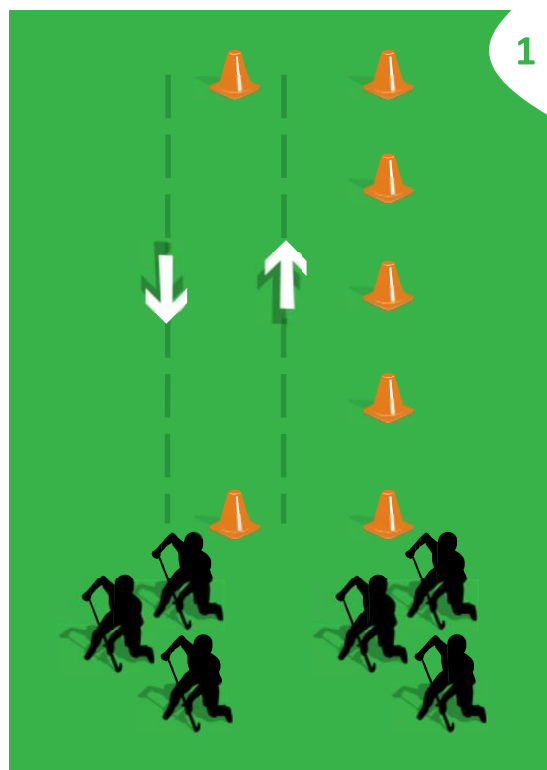


TELL THE TIME GRIP (DRIBBLING)

KEY TECHNICAL POINTS:

- **Grip – Tell The Time Grip** (different to push & trap grip) Left hand is rotated slightly more, so that the back of the player's left hand is facing up and more towards the player.
- **Ball & Stick Contact** Encourage players to keep ball on their stick at all times. Visual Cue - there's chewing gum on the end of the stick. Audio Cue - no tapping sounds, "silent dribbling".





DRILL: RELAYS

DRILL SETUP

Set 2 cones 8m to 10m apart with 3 to 4 players behind the cone (set up multiple stations if required).

DRILL DESCRIPTION

Players will start at one cone and dribble the ball to the cone in front, around and back to the start, where they will pass the ball to the next player in line. Once all players have had a number of turns and are ready to move on, set up the next drill.

EXTENSION: Players must dribble the ball in between the cones and back again. Allow all players to have multiple turns.

GAME: CATS & MICE

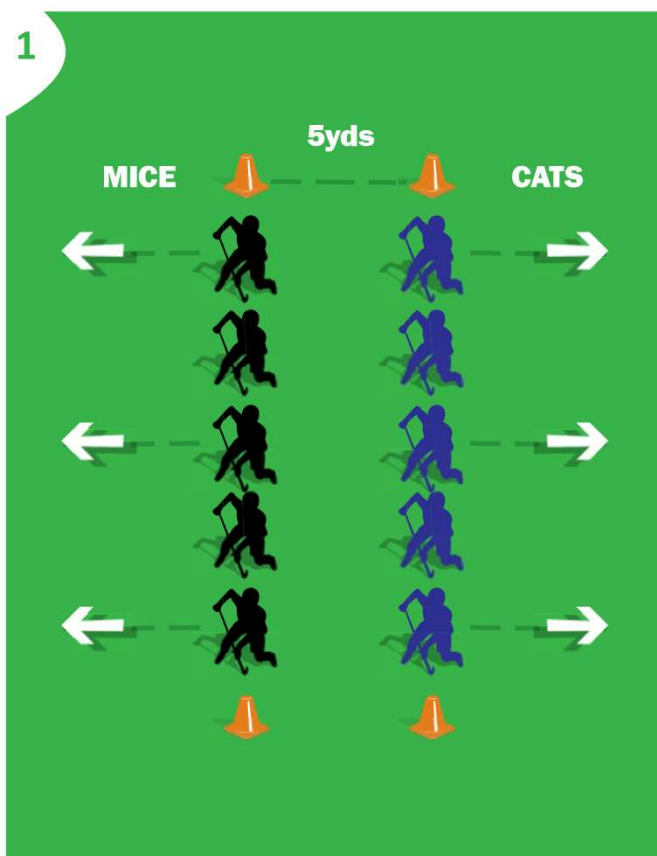
GAME SETUP

Place players in 2 rows, 5m apart. One row is called Mice (black row) and the other called Cats (blue row). Each player has their own ball.

GAME OBJECTIVE

The coach will call either "Mice" or "Cats". If the coach calls "Mice", the Mice (black) must try and dribble their ball to the nearest line (8-10m away) while the Cats turn (leave their ball) and chase the Mice, trying to get the ball off the Mice. For every Mouse that gets to the line, they earn one point for their team. For every Cat that tackles a Mouse, they receive 2 points for their team (as they were chasing).

The scoring scheme is reversed when "Cats" are called.



SKILL: Slap

THE SLAP



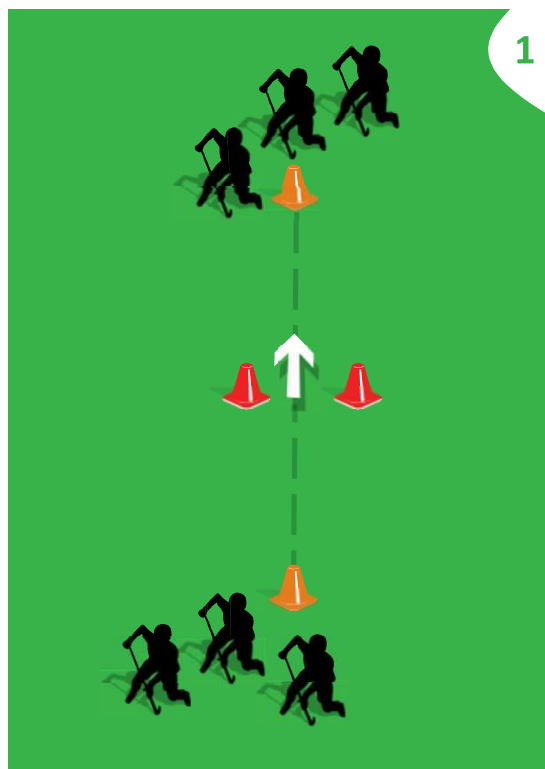
KEY TECHNICAL POINTS:

- **Back Swing & Follow Through**

Players should stay low (bend right knee) and swing their stick along the ground to create a 'U' shape around their body with the stick.

- **Ball Relative To Feet**

Ensure left foot (front foot) is level with ball when making contact.



DRILL: SLAPS

DRILL SETUP

Split players into groups of 4. Place two cones 10-15m apart with a gate (2 red cones) half way between the 2 orange cones. The red cones should be 2m apart (decrease width as players develop).

Set up multiple stations for a larger groups.

DRILL DESCRIPTION

Players have to try and slap the ball to the player in the opposite group. Players receive 1 point if they slap the ball to the player and 2 points if they slap it through the red gate to the player in the opposite group. Once a player has slapped the ball they run to the other group and join the back of the line.

GAME: HOCKEY TENNIS

GAME SETUP

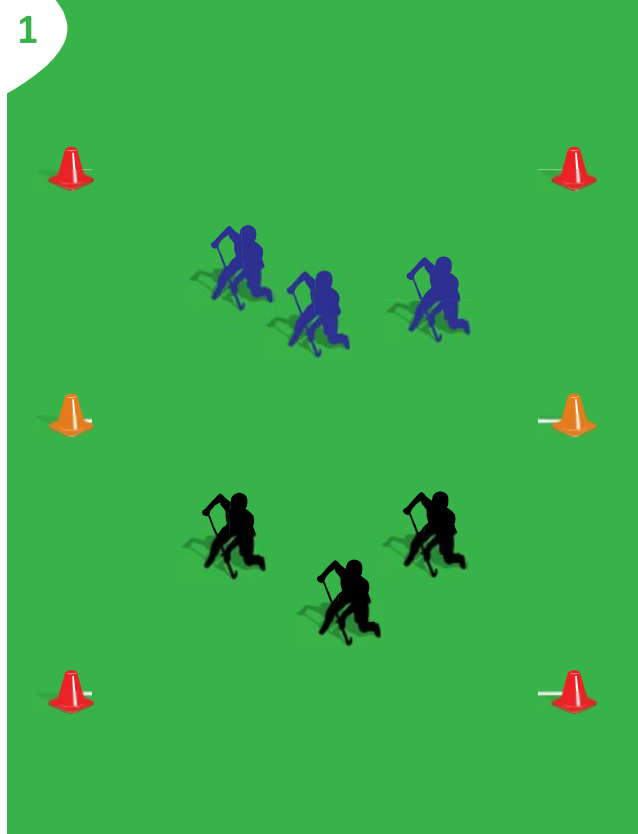
Set out cones 20m x 10m. Mark out half way with 2 cones on the sideline. Arrange players into teams of 3 or 4.

GAME OBJECTIVE

Players have to slap the ball past the opposite team and over the baseline between the red cones to earn a point.

The opposite team have to try and trap the ball and then slap it back over the opposite baseline. No one is allowed to run with the ball. If the ball is slapped and goes out of bounds, a free hit is awarded to the opposite team where the ball went out.

Teams must stay in their own half. First team to 5 points wins.



SKILL: Drag

DRAG - LEFT TO RIGHT

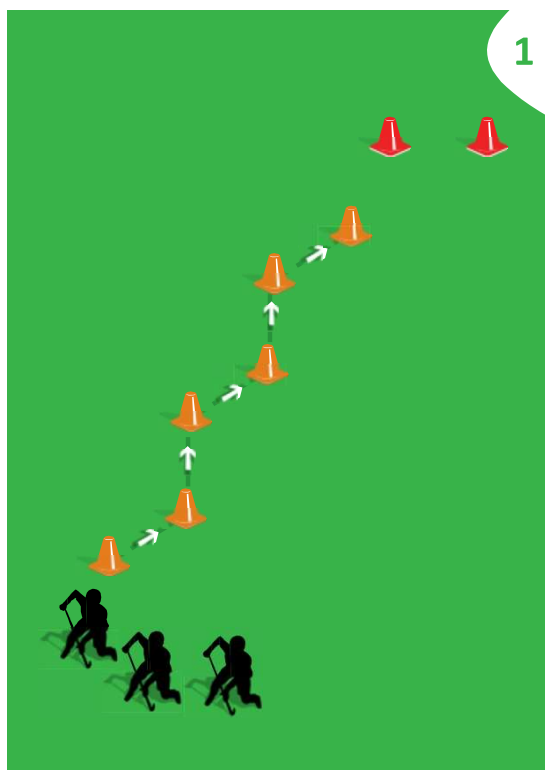


TELL THE TIME GRIP (DRIBBLING)

KEY TECHNICAL POINTS:

- **Grip – Tell The Time Grip**
(different to push & trap). Left hand is rotated slightly more, so that the back of the player's left hand is facing up and more towards the player.
- **Movement of Drag**
The movement of the ball should be at 45 degrees (i.e. on the diagonal). Transfer of weight is important; show players to push off their left foot (outside foot) for a left to right drag.





DRILL: DRAG, DRAG, SHOOT

DRILL SETUP

Using 6 cones, place 2 cones 1-2m apart on a 45 degree angle. Repeat 2 more times. At the end of the 6 cones place 2 cones as goals.

DRILL DESCRIPTION

Players will run at the cones and complete a left to right drag, run forward and complete another left to right drag and complete this one more time. After completing 3 drags the player can have a shot at the goal.

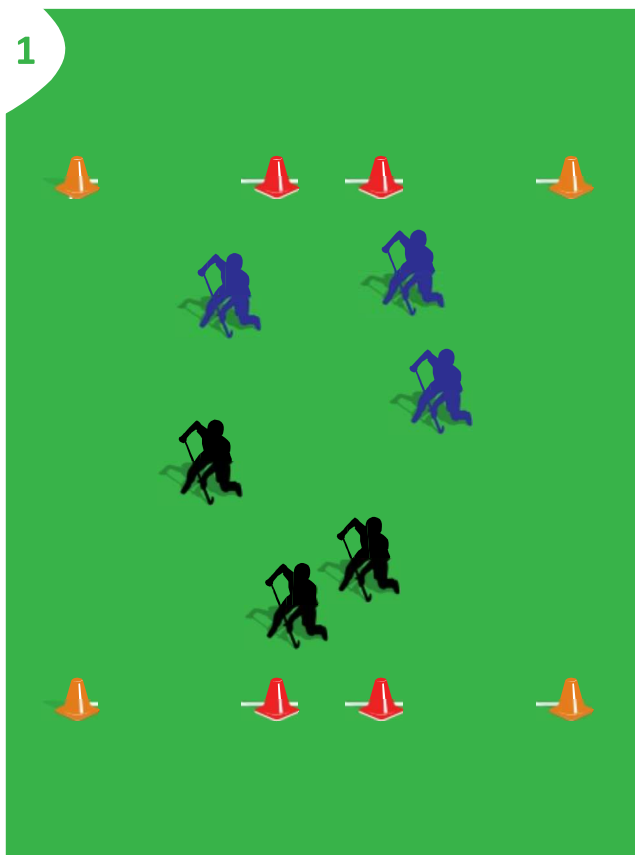
GAME: DRAG, DRAG, SHOOT

GAME SETUP

Set cones 10m apart in a square formation. Place 2 cones at opposite ends as goals. Arrange players in teams of 3. Set up multiple grounds to cater for the number of players at training.

GAME OBJECTIVE

Teams earn 1 point by dribbling or pushing the ball through the goal. Teams can also earn 2 points if a player on that team completes a Left to Right drag.



SKILL: Tackling

BLOCK TACKLE

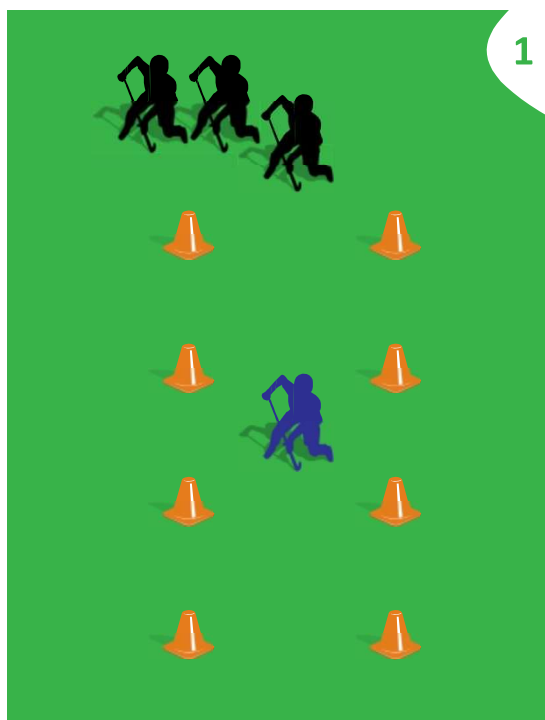


TELL THE TIME GRIP (DRIBBLING)

KEY TECHNICAL POINTS:

- **Grip – Tell The Time Grip** (different to push & trap). Left hand is rotated slightly more, so that the back of the player's left hand is facing up and more towards the player. Note: Teach players to tackle with one hand.
- **Positioning**
Defender stands to the attacker's back stick side to make the attacker go to the defender's front stick.
- **Feet Position**
One foot in front of the other, not square. Some coaches use "boxers stance" as a cue.





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DRILL: TACKLE LANE

DRILL SETUP

Set up a lane by laying two rows of cones 6-7m apart (or use the sideline).

DRILL DESCRIPTION

The attacker (blue) starts with the ball at the top of the lane. The attacker must try and get past the tackler to the other end of the lane. If the attacker gets past the tackler or if the tackler steals the ball from the attacker the ball is “dead” and the attacker waits at the other end of the lane. Ensure everyone has a turn at tackling.

EXTENSION: Place a goal at the end of the lane.

GAME – PROTECT THE NEST

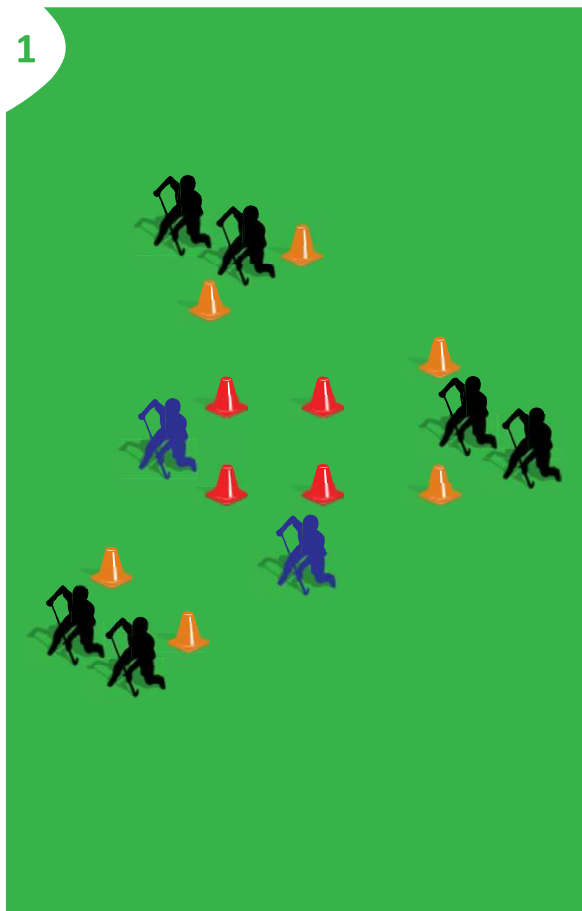
GAME SETUP

Set up a “nest” (red cones) and place 10 balls in the middle of the nest. Place 3 gates (orange cones) 10-15m away from the nest to form the robber’s home. Place 2 “Robbers” (black) behind each home. Designate two players to be Protectors.

GAME OBJECTIVE

One Robber from each home must run out and try and steal **one ball only** from the nest and dribble it back to their home. The Protectors (blue) must try and tackle the Robbers when the Robbers are dribbling a ball away from the nest.

If the Robber dribbles the ball back to their home, the ball stays there and it is the second Robbers turn. If the Protector tackles the Robber, the Robber leaves the ball where it is and runs back to their home for the second Robber to have a turn. Once there are no balls left in the nest, rotate players (new Protectors) and start the game again.



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ADAPTING YOUR GAME

There will be times when your game is not working and you will need to make adjustments to one or more aspects of the game in order for it to work more effectively.

The CHANGE-IT framework is a key element of the Australian Sports Commission's Playing For Life coaching philosophy and is an excellent tool for coaches who want to make changes to their games.

Coaches should be able to identify what is going wrong in a game and use one of the below options to CHANGE IT. For example, if players are too crowded together you may increase the area, reduce the number of players or change the game's rules so that there is more space to execute skills.

C

COACHING

Modify your teaching style to suit the needs of each player
– Instructions, demonstrations, feedback.

H

HOW TO SCORE

Vary the method of scoring so that everyone can be included or to make an activity easier or harder.

A

AREA

Change the field size to vary the intensity of play, difficulty of the activity and in some cases safety of the activity.

N

NUMBER OF PLAYERS

The number of players on a team can be changed to vary the game experience, create or lower game intensity or emphasise specific tactics.

G

GAME RULES

Game Rules can be changed to make it easier or harder, highlight a skill or tactical aspect, vary the game experience or make it more inclusive.

E

EQUIPMENT

Different equipment can be used to make the activity easier/harder, suit the physical characteristics of the children or as a novelty to increase engagement in the game.

I

INCLUSION

Adapt or modify different aspects of the activity so that everyone is included.

T

TIME

Vary the duration of the activity to vary the volume and intensity of the activity.





Eastern Goldfields Hockey recognize the resources of Hockey Australia in preparing this guide.