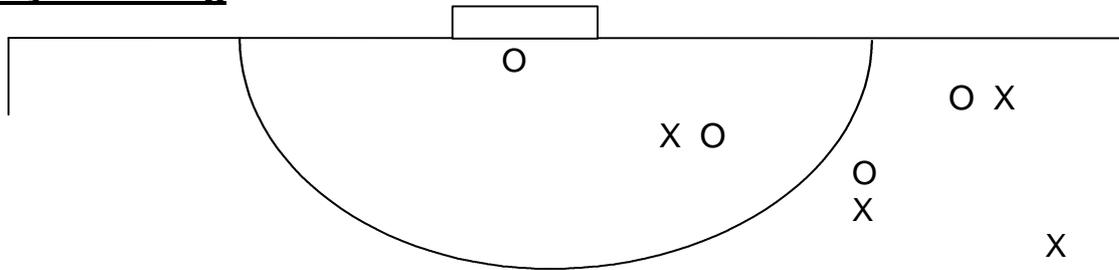


# **Drill # 1**

## **Category - Passing**



### **OBJECTIVES**

(X) - Defence attempts to clear/take the ball through the circle while (O) attackers attempt to steal and shoot.

### **EQUIPMENT**

Nil.

### **ORGANISATION**

X - Dribble ball to far sideline and control ball over sideline.

O - Intercept and shoot.

### **DIRECTIONS**

Play Breaches

X Defence - 3 points for reaching target

O Attack - 2 points Goal

- 1 point Corner

### **COACHING POINTS**

(Things to look for, ways of improving drill)

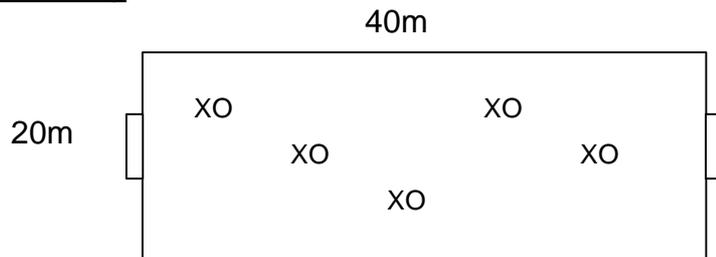
Communication; Passing; Leading; Elimination; Shooting; Reboundings; Tackling; Channelling.

Author: Peter Shaw

## **Drill # 2**

### **Category - Marking**

#### **DRAWING**



#### **OBJECTIVES**

To improve marking  
Interceptions.  
Running off the ball  
Vision

#### **EQUIPMENT**

Four (4) cones for goals, ball.

#### **ORGANISATION**

Two (2) teams (3, 4 or 5): a goal at each end (2 markers will do).

#### **DIRECTIONS**

Each player is assigned a marker and must stay on that player as much as possible. Passing the ball is allowed, tackling and dribbling past someone is NOT. The only way to acquire the ball is interception or ball out of play. If you receive the ball and your marker is down low in front of you, you cannot go forward, you must pass. If one is in front of you go for goal. In this case, another opponent will come to you, but that leaves one of your team free etc. You score by running the ball over the line.

#### **COACHING POINTS**

(Things to look for, ways of improving drill)

Don't allow tackling - but a contested ball in open space is allowed. Don't let players hold ball too long - say five seconds. You could make every pass into space.

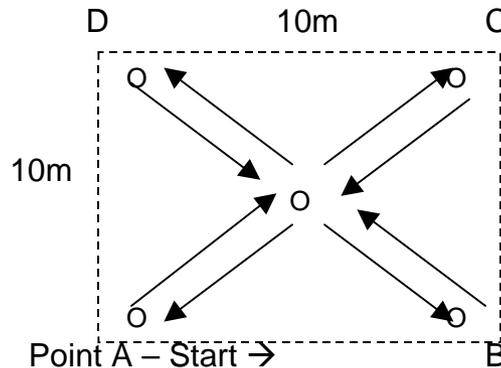
Author: Peter Freitag

## **Drill # 3**

### **Category - Passing**

#### **DRAWING**

Ball Travels ~ 56m.  
Player & Ball ~ run 40m



#### **OBJECTIVES**

Passing/receiving accuracy under pressure.

#### **EQUIPMENT**

Six (6) players set up four (4) players each with stick, two backs. Area 10 x 10m

#### **ORGANISATION**

Set up four (4) players in 10m square with a player at each corner. Fifth player in centre. Sixth player to be runner dribbling ball. Variation - elongate square.

#### **DIRECTIONS**

Running player with stick and ball start at point A. On "GO" signal player runs around outside of squares, close dribbling. Ball is passed to Centre thence to Point B, return to Centre and so on until returned to Point A. Object is for runner to beat ball back to Point A. Players rotated into different positions.

#### **COACHING POINTS**

(Things to look for, ways of improving drill)

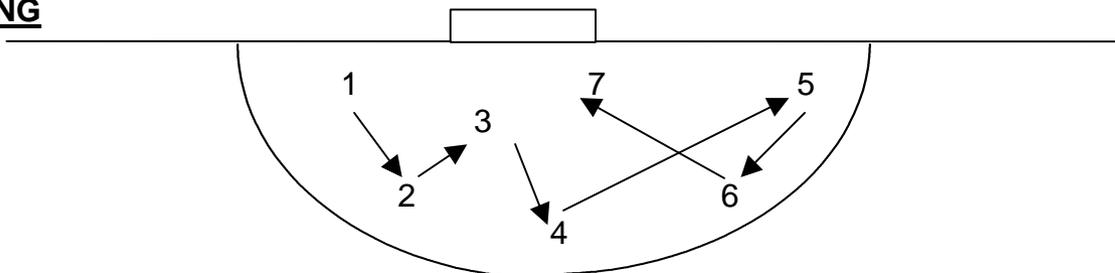
Accuracy and weight of passes. Footwork and stance of receivers and close ball dribbling skill of runner under pressure.

Author: Bob Aberneathy

## **Drill # 4**

### **Category - Trapping**

#### **DRAWING**



#### **OBJECTIVES**

1. Accurate trapping and passing when fatigued!
2. Defenders - interception and tackling skills

#### **EQUIPMENT**

A couple of balls

#### **ORGANISATION**

- 7 - 8 players inside circle. one ball.
- 2 - 3 defenders

#### **DIRECTIONS**

Players hit ball around inside circle, while “on the move”. If ball goes outside circle everybody has to do push ups or maybe a 25 metre sprint. Introduce defenders and change the number sequence.

#### **COACHING POINTS**

(Things to look for. ways of improving drill)

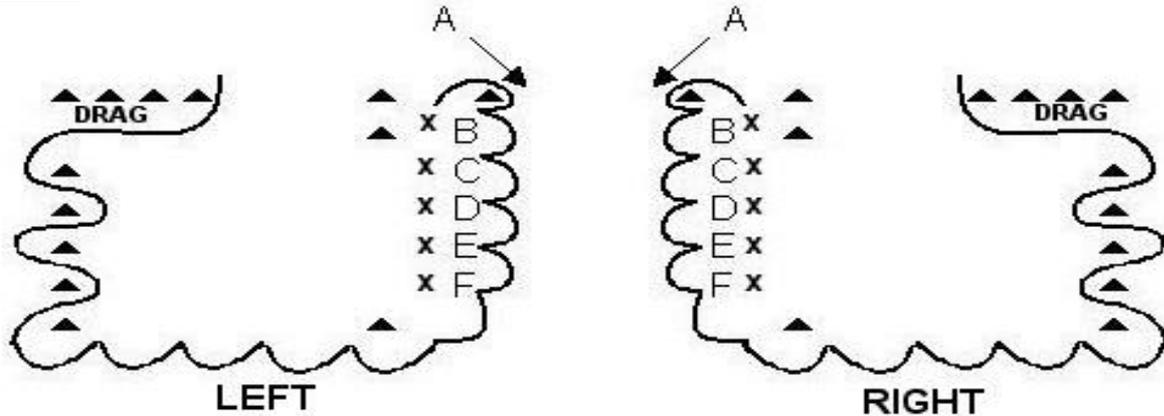
1. Calling and response to calling
2. Vision
3. Running into space
4. Defender - interception and channelling.

Author: Barry Vohland

## **Drill # 5**

### **Category – Leading, receiving**

#### **DRAWING**



#### **OBJECTIVES**

Skills required - Leading, Receiving, Controlled Jink, Indian Dribble, Drag Passing, Pace Variation.

#### **EQUIPMENT**

Hats, hockey stick case, hockey balls.

#### **ORGANISATION**

Two lines of equal length.

#### **DIRECTIONS**

“A” starts, gives the ball to “B”. “C” moves to where “B” was followed by other players in line. “A” receives the ball after “B” finishes drill and “B” gives the ball to “C”. “A” goes to the back and “B” follows his/her last pass and stands where “A” began the exercise and continuing until everybody has a turn, then swap sides.

#### **COACHING POINTS**

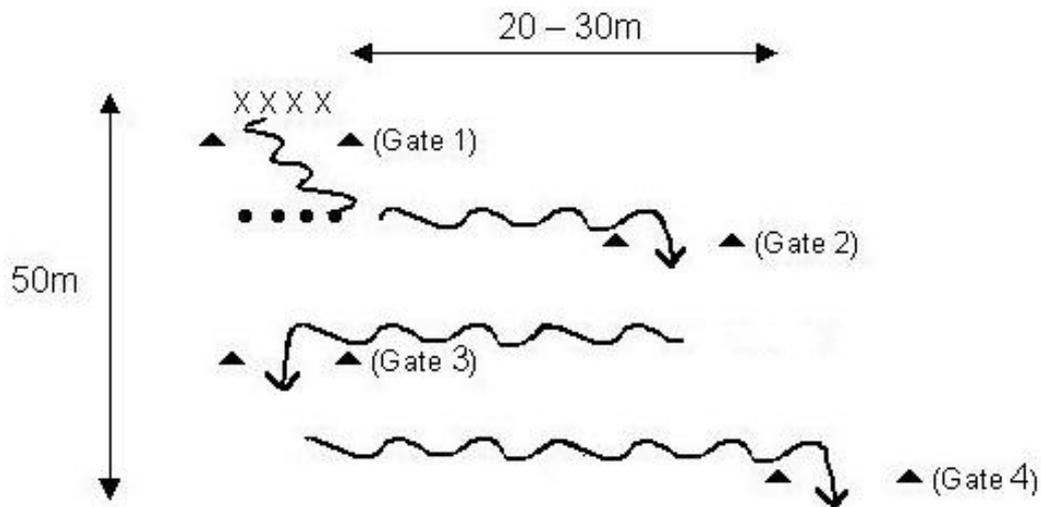
(Things to look for. ways of improving drill)  
Should be done at full pace and no cheating.  
Speed and control.

Author: Debbie Sullivan

## **Drill # 6**

### **Category – Leading, vision**

#### **DRAWING**



#### **OBJECTIVES**

Attackers have to work the ball through the gates in order to Gate 4 - defenders have to come back in order to Gate 1 duration 3 minutes - points for number of gates at end of 3 minutes.

#### **EQUIPMENT**

7 players (min); 8 markers; stopwatch; numerous balls; whistle.

#### **ORGANISATION**

Divide. players, into, even groups - you may use players as attackers and 3 - players as defenders.

#### **DIRECTIONS**

At the commencement of time the 3 defending start behind Gate 1. The attackers start with the ball on the other side of Gate 1. Hockey rules to be umpired. Ball out of area is replaced with another. Games ceases when:

- i) 3 minutes elapses;
- ii) defenders get through Gate 1
- iii) attackers get through Gate 4.

To get through a gate the ball has to be under control.

#### **COACHING POINTS**

(Things to look for, ways of improving drill)

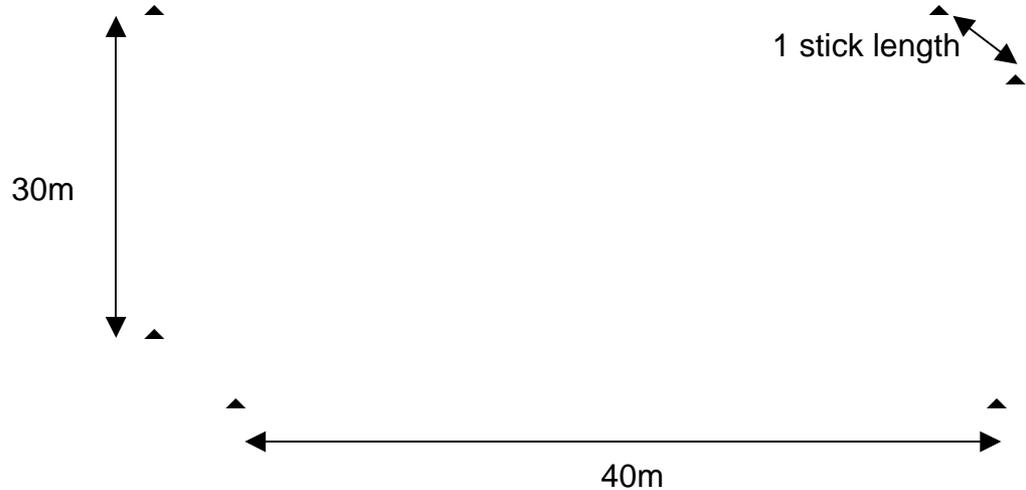
1. Team skills
2. Vision especially off the ball play
3. Leading and marking off the ball.
4. Individual skills eg. passing receiving

Author: David Bell

# **Drill # 7**

## **Category - Space**

### **DRAWING**



### **OBJECTIVES**

To get players (on and off the, ball). To recognize space by using their vision; keep possession; until a goal is scored; keep control of the ball in tight situations; work within certain parameters but use their own flair; try, not to "crowd" certain areas by ball watching.

### **EQUIPMENT**

Markers for goals. Two (2), teams of 4 - 6 players

### **ORGANISATION**

Using  $\frac{1}{3}$  of the field, place markers in a rectangle shape (width 40m, length 30m approx). Play for 10 - 15 minutes.

### **DIRECTIONS**

By using the space allowed, play a game - score a goal through the front only of any of the goals. Don't build an attack toward one goal. If it is crowded, look to where the least number of defenders are to throw a pass. A goal is scored from 2 - 3 metres out.

### **COACHING POINTS**

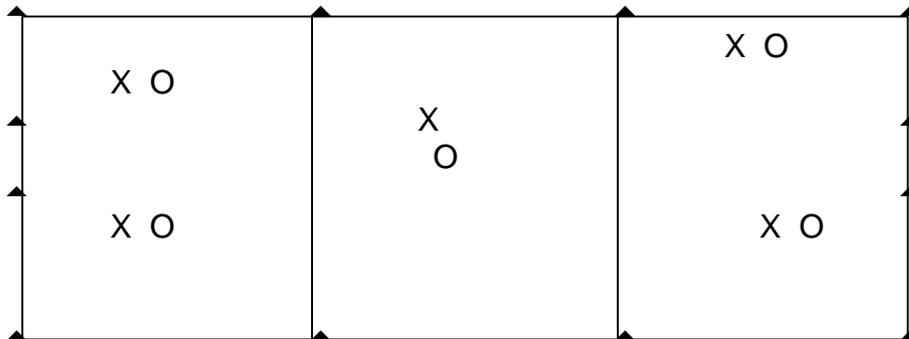
(Things to look for, ways of improving drill)

Author: Colleen Margaret Anne Pearce

## **Drill # 8**

### **Category - Movement**

#### **DRAWING**



#### **OBJECTIVES**

To move, to receive within a confined area. To experience playing whilst marked man to man.

#### **EQUIPMENT**

Witches hats for goals and to designate ground divisions.

#### **DIRECTIONS**

Set up a ground 30 – 60 metres long, 20 metres wide (vary depending on skill). Players stay in their zone - pass to others in other zones - then to score goal. Can pass across 2 zones or can be limited to 1 zone.

#### **COACHING POINTS**

(Things to look for, ways of improving drill)

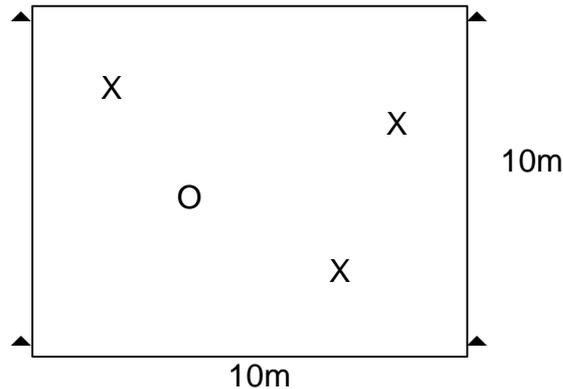
Eye contact, signalling, movement to receive, passing, ball protection, 2 v 1, general techniques, recognition of space, manipulation of opponent.

Author: John Mowat

## **Drill # 9**

### **Category - Sharpness**

#### **DRAWING**



#### **OBJECTIVES**

Developing/maintaining sharpness in circle skills/tactics. Identifying weaknesses in scoring situations.

#### **EQUIPMENT**

Four matches (more if no circle marked. ie. top and each end of "circle" and a goal).

#### **ORGANISATION**

3 x 3 plus goalkeeper. Arrange, say, 5 balls each at top (just outside) of circle and in the goal against backboard). (Can vary numbers for what ever emphasis and success rate).

Eg. 4 v:4, 2 v 2, 3 v 2, 2 v 3, 3 v 4, 4 v 3.

#### **DIRECTIONS**

One attacker starts with a ball from near top and plays on. Three attackers aim to work ball around to score a goal. Defenders try to gain possession with view to carrying ball through one or other of "gates". When either occurs, score is counted and that ball is put away. If the ball goes out of area without a score, it is also put away. Next play occurs, starting with defenders working ball from just in front of goal. Third play starts from top. Plays alternate from top is good until 10 balls used. Follow up with specific team pattern with ball.

#### **COACHING POINTS**

(Things to look for, ways of improving drill)

Any one or more features of good play, eg. alertness, good clean tackling, strength and control on the ball, communication.

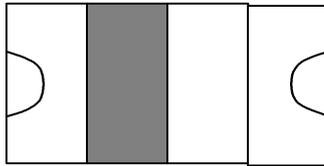
Author: Ian Addison

# **Drill # 10**

## **Category – Passing/Receiving**

### **DRAWING**

Play across the Ground.



### **OBJECTIVES**

To develop:

1. Passing skills
2. Receiving
3. Support play – ie. Libero
4. Making space.

### **EQUIPMENT**

Two sets of coloured tops. One dozen balls. Four cones.

### **ORGANISATION**

Two teams - 4 v 4 or 5 v 5

Playing area - 25 x 50 (See drawing) NB. This should be adjusted according to number of players.

### **DIRECTIONS**

- (a) All passes must be played over a minimum 5 – 7m range. So supporting player must come nearer than this distance to the player in possession otherwise, a free hit will be awarded to the other team. “This helps to discourage crowding around the ball” and “to develop space”.
- (b) If any pass is given backwards then the next one must be passed in a forward direction - this will encourage penetration.
- (c) The player who last passed the ball must follow his/her pass and support the receiver - this encourages - “support”, “libero”, “free spirit”.
- (d) Nominated players only allowed 2 touches of the ball every time they receive it. “Baton change” - this in to encourage players to control - pass the ball accurately at speed
- (e) Umpire according to the rules
- (f) Goals scored by dribbling over backline or between cones
- (g) Play 4 –5 minute games
- (h) Play with rewards and punishments.

### **COACHING POINTS**

(Things to look for, ways of improving drill)

To encourage and reinforce good skills, provide a game of making space, leading and decision-making.

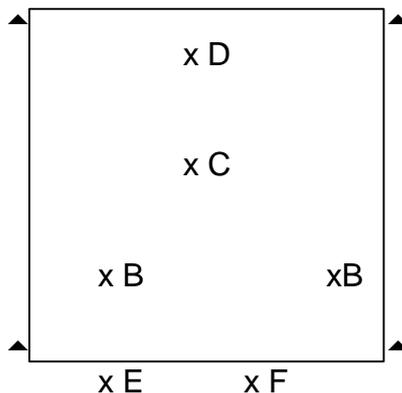
Author: Unknown

## **Drill # 11**

### **Category – Decision Making**

#### **DRAWING**

15 x 20m or 10 x 15m



#### **OBJECTIVES**

Improve skill and decision-making.

#### **EQUIPMENT**

4 cones; 1 ball

#### **ORGANISATION**

6 players - divided into 3 teams of two players. Players stationed as in diagram.

#### **DIRECTIONS**

Players A & B to try and carry ball over goal line, being protected by C & D. D must remain on goal line. When goal is scored by being carried over line by either A or B, C & D then try to score against E & F – one of whom must be on goal line.

#### **COACHING POINTS**

(Things to look for, ways of improving drill)

Elimination skills; passing and leading; tackling and interception skills; channelling and calling. By making area small, can increase pressure situation. Losing team be punished by forfeit.

Author: Don Smart

# **Drill # 12**

## **Category – Marking/Leading**

### **NAME**

Marker Football.

### **OBJECTIVES**

The players will improve marking, leading, agility, dodging skills without pressure of ball, stick.

### **EQUIPMENT**

Preferably soft, larger ball (not football).

### **ORGANISATION**

Two teams with braids or different coloured shirts. Play “hold tag” rules with restrictions eg. two steps with ball, no overhead passing, players aim to get behind marker, peripheral vision only, disguise passing.

### **DIRECTIONS**

This can lead to

- Rotations
- Running full backs
- Exchange

Follow up with specific team pattern with ball.

- two touches
- patterns

### **COACHING POINTS**

(Things to look for, ways of improving drill)

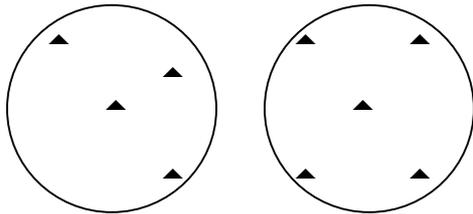
- Vary size fields

Author: Graham Hawes

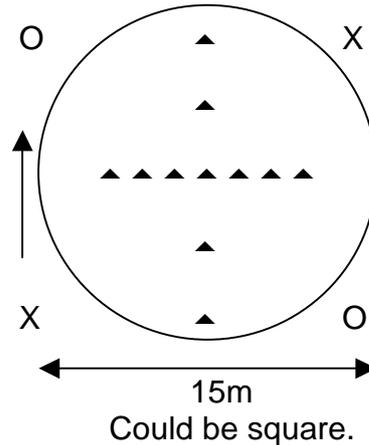
## **Drill # 13**

### **Category – Passing/Vision/Calling**

#### **DRAWING**



Alternative Patterns



#### **OBJECTIVES**

Help with Vision/Passing/Calling

#### **EQUIPMENT**

Markers

#### **ORGANISATION**

Markers can be placed in various patterns.

- (a) To enable pass from one side of circle to the other.
- (b) To enable ball to be lifted over hats from one side to the other.
- (c) Coach has a whistle – when whistle is blown there must be a pass made.

#### **DIRECTIONS**

Players rotate around circle and pass between team mates, ie. to X to X, O to O. One point for each good pass. Direction can be either way.

#### **COACHING POINTS**

(Things to look for, ways of improving drill)

Accurate passing.

Calling.

Good vision.

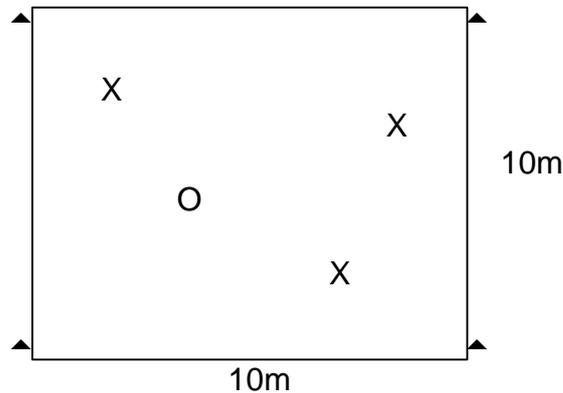
Increase pace/pressure as you go (more hats).

Author: Greg Richards

## **Drill # 14**

### **Category - Awareness**

#### **DRAWING**



#### **OBJECTIVES**

To improve awareness off the ball whilst maintaining close control.

#### **EQUIPMENT**

Markers to mark playing area. One ball for each of the players.

#### **ORGANISATION**

Divide players into groups of four. Give each of the players a ball. The number can vary with the size of the area.

#### **DIRECTIONS**

The group of four (4) should be divided into a group of 3 (the "mice") and 1 (the "cat"). At your command the game begins with "the cat" attempting to touch any of the balls controlled by the "mice". To effectively catch a mouse the cat must maintain control of his own ball. Once the mouse is caught he must assume the "cat" role.

#### **COACHING POINTS**

(Things to look for. ways of improving drill)

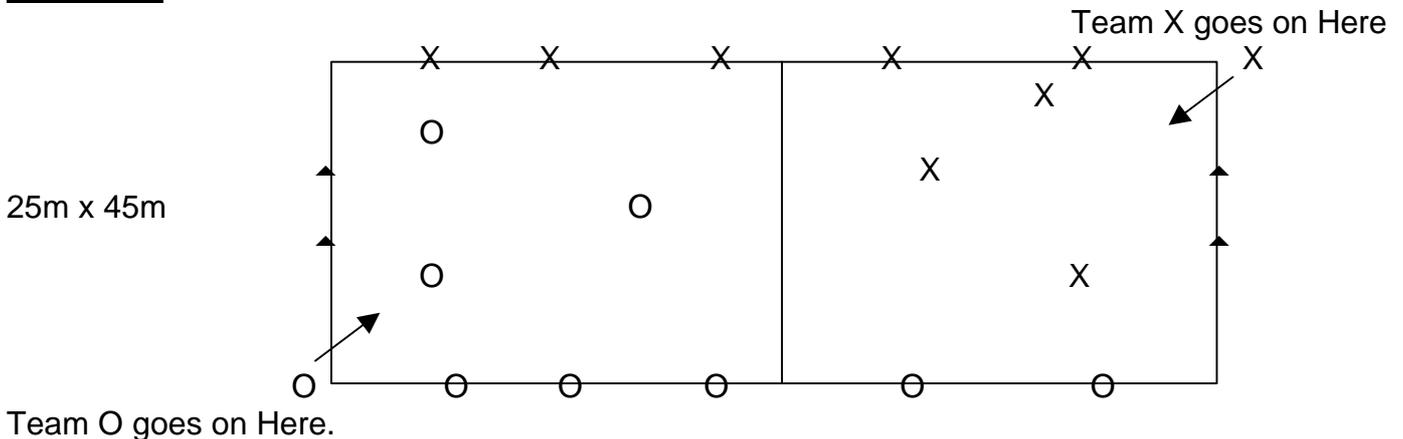
Encourage the mice to maintain their awareness of the cat so that they can make best use of the area available.

Author: Barry Dancen

# **Drill # 15**

## **Category – Passing/Receiving**

### **DRAWING**



### **OBJECTIVES**

Passing and receiving under pressure; high work rate; vision; wall pass and bunt pass practice.

### **EQUIPMENT**

One ball; one hockey stick per player; goal at each end.

### **ORGANISATION**

Three players from Team X and Team O start on field. Spare players from Team X are spaced along one sideline and Team O is on the other. Players leaving the field go to the end of their own team line and three new players run on from the other end.

### **DIRECTIONS**

Team X v Team O in 3 v 3 for a set time or until a goal is scored. The ball is kept in play along sideline by players off the field who can "wall pass" or "bunt" ball back onto field to their own players. Players on field can actively attempt to use sideline or own team mates on field. Sideline players cannot tackle or enter field. Coach umpires.

### **COACHING POINTS**

(Things to look for, ways of improving drill)

Short sharp passes; use sideline if in trouble; to add more pressure - players on field can't hold ball by themselves for more than 5 seconds.

Author: Beth Garner