

Casuarina Beach Hockey Club

Junior Coaching Guide 2009

The Casuarina Coaching and Selection Committee have put together a guide for Junior Coaches of the Club's Under 11's, 13's and 16's.

This plan is based on a **ten week cycle** and we **ask that all coaches** use the following **common language, themes and focus**:

- Week 1 – 10 continue to **reinforce positional play** and use 5,3,2,1 model, refer to Left, centre and right strikers, left and right midfielders, left, centre and right halves, left and right backs and goalkeeper.
- Use a whiteboard to draw and demonstrate positional play, drills, games and set plays.
- Training drills should all be based on a **focus of vision**. Open vision, see above the pack, look behind and around when you **don't** have the ball and when you do.
- **Anticipation**: encourage players to read the play, react sharply, dart into the space to lead and intercept, be first to the ball.
- **Goal keepers** need to be encouraged and included in all training drills. Work on basics of knowing where the centre of the goal is at all times, weight forward and balanced, arms up, head over ball when making saves, anticipation and talking.

Week One – Ten...Positional Play/Open Vision/Anticipation

Week One:

- Explanations, drills and games based on the following skills; **pushing** (bend knees, sweep stick along ground, watch ball, point stick in direction of target, follow through), trapping (feet and body behind ball, head over ball when able, move feet as ball approaches, watch ball onto stick. **Dribbling** (open, close, Indian ball position is important push right hand out so ball is away from feet and if you drew a line down the centre of your body the ball would be just to the right of this centre line).

Week Two:

- **Revise week one drills**. Explanations, drills and games based on the following skill: **hitting** (focus on getting low, round baseball like action, finish with stick at target, weight moves from back foot to front with follow through, speed of down swing will help determine speed of hit)

Week Three:

- **Revise week one-two drills.** Explanations, drills and games based on the following skill: **tackling** (focus on bending knees, feet not square to the ball carrier but side-on to player so there is room for recovery, stick on the ground, pick up speed of player running with ball, channeling).

Week Four:

- **Revise week one-three drills.** Explanations, drills and games based on the following skill: **elimination** (focus on ball position, transferring weight from one foot another, feints and dummies over the ball, change of line when approaching defender). Encourage players to be strong on the ball, drag and accelerate away or force the free by continually following the ball.

Week Five:

- **Revise week one-four drills.** Explanations, drills and games based on the following skill: **combination work** (free hits from sideline, 16 yard hits, leading/releading, supporting ball carrier with options, transfer).

Week Six:

- **Revise one drill each week.** Explanations, drills and games based on the following skills: **Marking** (shoulder to shoulder, generally on the inside of the player forcing them wide, ready to anticipate). **Goal shooting** (bend knees, down low, stick on ground but on toes ready to move, anticipate, deflect or trap first then shoot watching the ball not the goals as you should know where the goals are before receiving the ball).

Week Seven:

- **Revise one drill each week.** Explanations, drills and games based on the following skills: **Free hits/16's/Sidelines/outside circle hits** (focus on vision, looking before you collect ball to pass or receive, lead/re lead, make options, around the back, transfer, bunt-pass forward and receive ball back, lead on different lines and interchange positions, firm, flat and simple passes to players that are free and ones that are marked and want it...which should be everyone!!!

Week Eight:

- **Revise one drill each week.** Explanations, drills and games based on the following skills: **Leading/zones/interchanging/understanding lines** (focus on vision, looking before you collect ball to pass or receive, lead/re lead, make options, lead on different lines and interchange positions, firm, flat and simple passes to players that are free and ones that

are marked and want it, hold/stand next to defender – make eye contact then make a fast, sharp lead into space and point or call for the ball. When calling lines the most defensive player (B) will call the player in front (A) left or right not necessarily back to cut off the line of the pass to an opposition player leading behind A but in front of B. This is when the player cannot be man to man marked. Encourage players to interchange positions and move out of their zones when we are in attacking mode, in defensive mode encourage players to do their role and talk to cut off options.

Week Nine:

- **Revise one drill each week.** Explanations, drills and games based on the following skills: **Recognizing space and combinations** (focus on vision, looking before you collect ball to pass or receive then it will be easier to recognize space. Teach 2 v 1 principal of the ball carrier drawing the defender. Options are draw and pass or draw/dummy and eliminate with speed. Space can also be created by running with the ball and suddenly changing direction to catch opposition off guard. Play 2v1, 3v2,4v3,4v2 etc games to practice recognition of space. Encourage players to pass the ball early if players are free or ready to receive the ball. Talking, work rate and the desire to want the ball are vital in these drills.

Week Ten:

- **Revise week five to nine drills.** Explanations, drills and games based on the following skills: **Transfers, hitting on the run, ball movement using small games with goals within these games** eg. If you receive the ball between a certain two markers you score two points etc. (focus on vision, looking before you collect ball to pass or receive, lead/re lead, make options, lead on different lines, Talking, work rate and the desire to want the ball. Ball position, hitting technique and footwork all play a major part in these drills being successful.

Weeks Following:

- **Revise and revisit the above skills,** work on **game to game weaknesses and strengths, set plays** e.g. short corner draggers, hitters, trappers and flickers, stroke takers etc.

Support:

- We have many talented coaches in the club so feel free to ask anyone for support if you need it.
- There are a number of skills and drills, including goalkeeping information on the Casuarina website www.casuarinahockey.com and other hockey links.

Casuarina Beach Hockey Club

Junior Coaching Guide 2008

Week One – Ten...Positional Play/Open Vision/Anticipation

Week One:

- Pushing and Dribbling

Week Two:

- Hitting

Week Three:

- Tackling

Week Four:

- Elimination

Week Five:

- Combination Work

Week Six:

- Marking and Goal shooting

Week Seven:

- Free hits/16's/Sidelines/outside circle hits

Week Eight:

- Leading/zones/interchanging/understanding lines

Week Nine:

- Recognizing space and combinations

Week Ten:

- Transfers, hitting on the run, ball movement using small games

Weeks Following: Revise and revisit the above skills, work on game to game weaknesses and strengths, set plays