SAHA
SKILLS
MANUAL

LONG TERM ATHLETE DEVELOPMENT
LEARN TO TRAIN PHASE
TRAIN-TO-TRAIN PHASE
TRAIN TO COMPETE PHASE

DRAFT

KNHB
KONINKLIJKE NEDERLANDSE HOCKEY BOND

South African Hockey Association

Skills Manual

The South African Hockey Association, in conjunction with the Koninklijke Nederlandse Hockey Bond (KNHB) has developed this skills manual to assist coaches in the long-term development of their athletes.

This manual fits hand in hand with the SAHA coach development accreditation manuals and it is recommended that all coaches complete these courses; not only to develop themselves as coaches but also provide an environment that is conducive to developing all athletes to reach their full potential.

Effective coaching is dependant on:

- Long term and short term planning of training programs (Macro and Micro organization)
- A sound skills development plan for each stage of long term athlete development
- Progressive development of appropriate skill programs within each LTAD phase
- Design and implementation of progressive coaching sessions
- Design and presenting training sessions that create safe and fair sporting environment
- Critical evaluation of individual training sessions as well as overall evaluation of the entire program

The effectiveness of this skills manual will be judged by the quality of delivery and the effectiveness of the coaches' communication and interaction with the athletes. Coaches need to be organized, knowledgeable and enthusiastic.

Coaches are encouraged to embark on an outcomes based approach, encouraging two-way communication and a coaching style that allows the athletes to develop in an environment that is fun and motivating.

SAHA express their sincere thanks to Koninklijke Nederlandse Hockey Bond (KNHB), and the Dutch Government: (Department of Health, Welfare & Sport) for their support of the development of the SAHA manuals and the coaching accreditation scheme.

Special thanks are extended to Gabrielle van Doorn (Project coordinator - Holland) and Jenny King (Author and project coordinator - SA), Carel van der Staak, Kurt Cerfontein and Fabian Gregory for their input into the development of this manual.

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PART 1: LONG TERM ATHLETE DEVELOPMENT

1. Understanding Long Term Athlete Development

Long Term Athlete Development is a generic framework for athlete development, with its key aim to:

- Get people active,

- Teach fundamental skills within a progressive framework

- Increase participation within the sport

The long-term result being Sport 4 Life and creating a winning and active nation

2. Are we Born Champions or are we Made?

Genetics does help in the natural ability of the athlete, but the major component of success is perspiration in other words: Deliberate practice. Talent takes an athlete so far; long-term success is dependant on dedicated training.

3. What Makes an Athletes Successful?

There are three common components that are characteristic of a successful athlete

- Their development as an athlete was an enjoyable experience
- At some stage in their young development they were told by a coach or mentor - "I think you are going to be good at that"
- The combination of learning the right skill and having the right person/ coach in place to accelerate the athlete through the phases of LTAD

4. Program Base

The baseline for LTAD is that:

- It links skill and player development to their physical and psychological growth
- LTAD is dependant on coaches

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5. Basic Principles of Long Term Athlete Development

The basic principles behind LTAD are:

- It takes 8 – 12 years to become an expert performer
- Young athletes must experience a range of skills at an early age, including different sport codes.
- There are optimum times in a child's physiological and psychological development to develop:

    - Basic movement skills (Agility, balance and co-ordination)

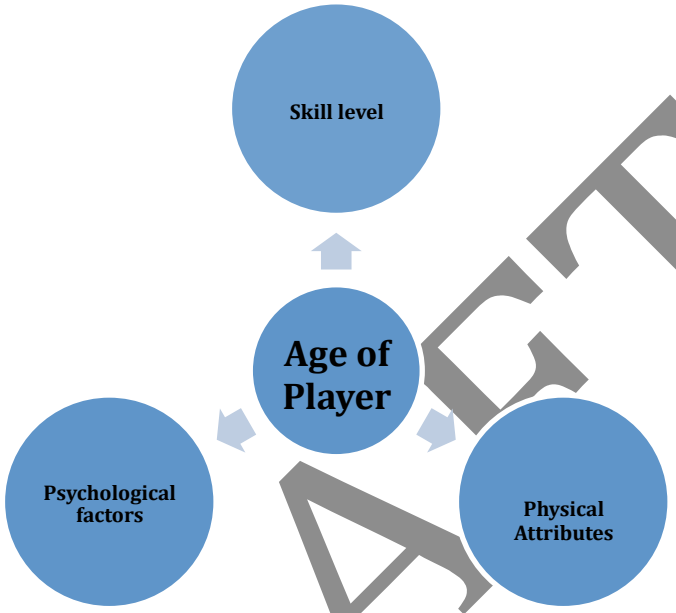
    - Basic sport skills (Running, Jumping, throwing and striking)

    - Physical attributes (speed, endurance and strength)

6. Stages of Long Term Athlete Development

7. Different Programs For Different Age Groups

The age of the athlete will have a large impact on the skill level, physical attributes and psychological factors



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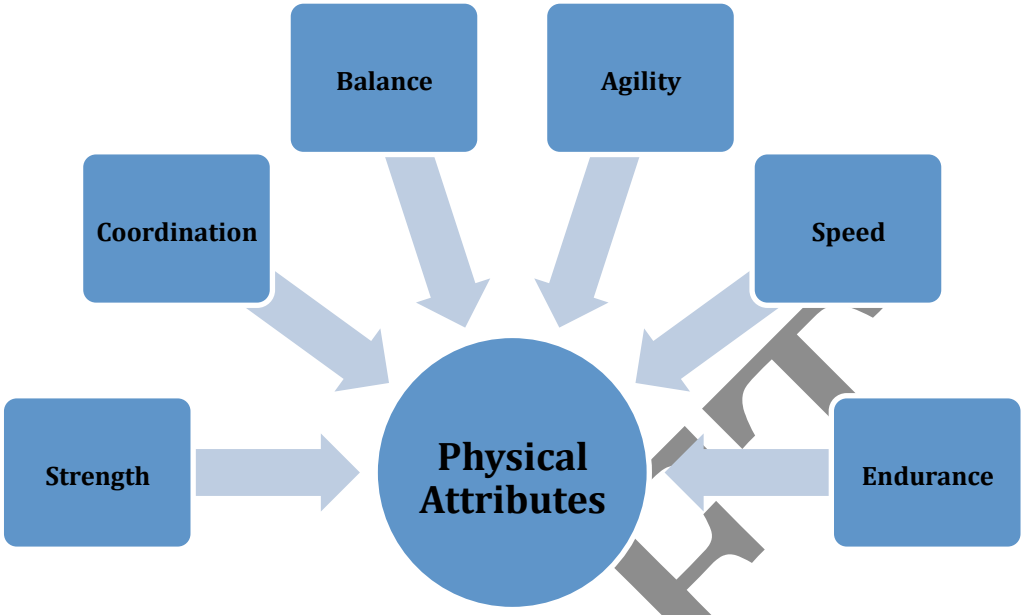
Components of Physical Attributes of an Athlete



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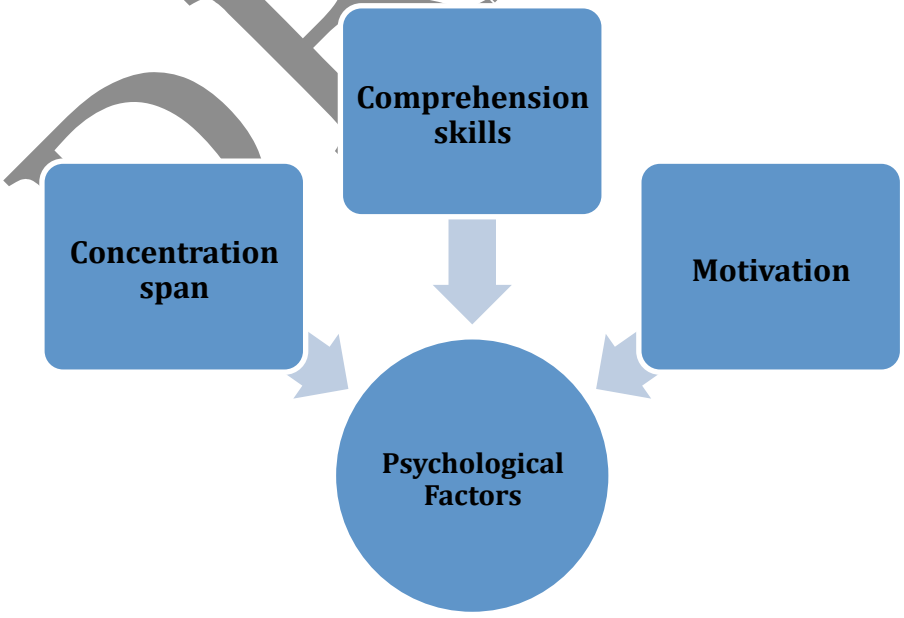
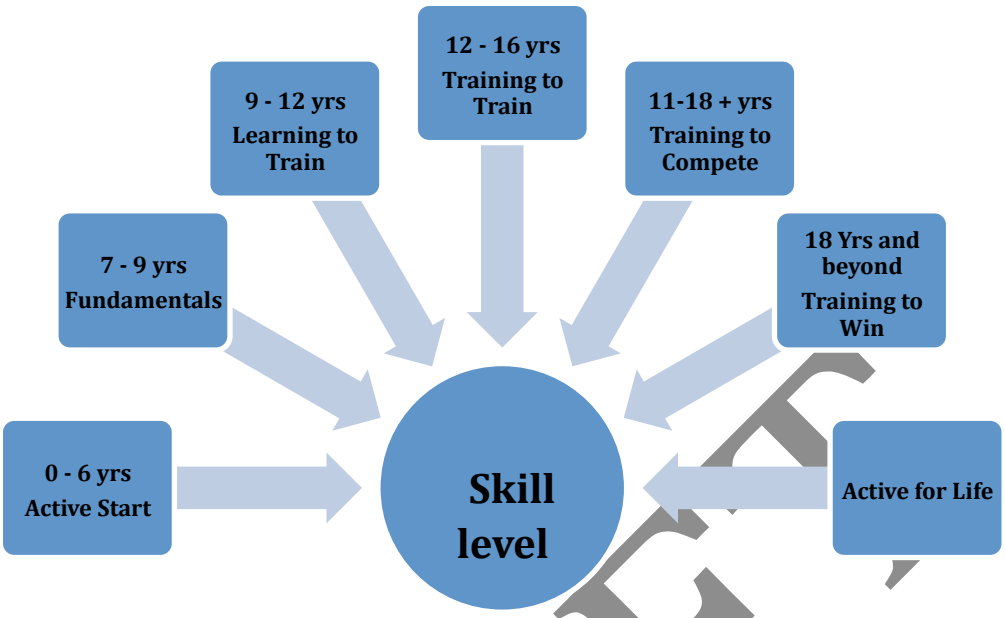
Components of Psychological Factors of an Athlete



Phases of Skill Development of an Athlete



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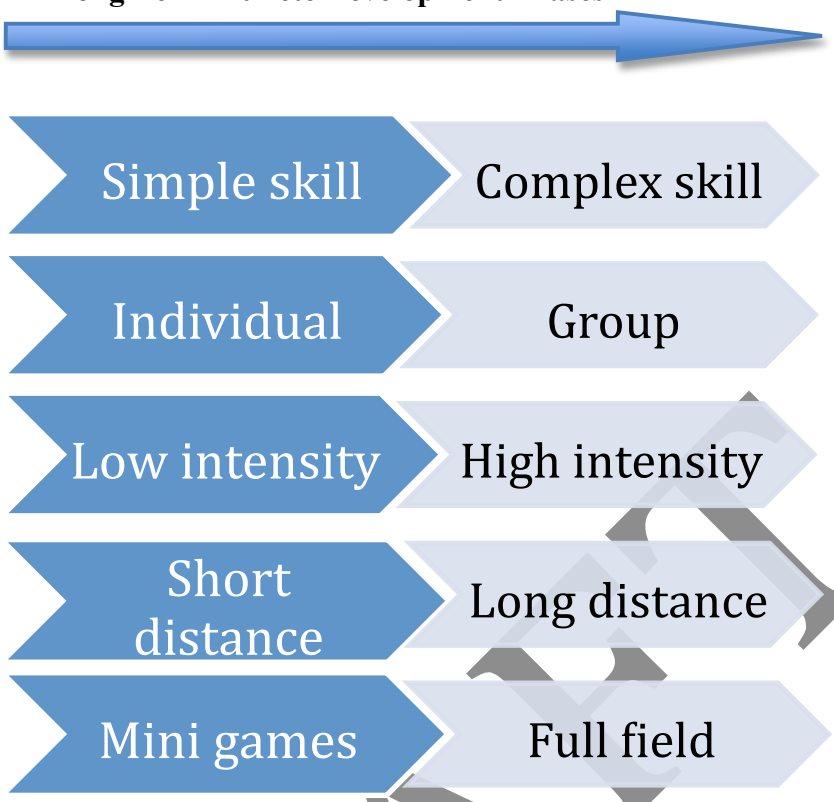
8. Skills Progression and Long Term Athlete Development

Skill training must have variation and be adapted to encourage progressive learning throughout

ADAPT	By using these four principles an exercise can be made easier or more difficult.
DIRECTION	Changing direction will increase the difficulty of the skill. Start doing the skill in a straight line and then add direction changes once the skill has been mastered.
AREA/ DISTANCE	Keep distance between players so that they can master the skills and as the players progress, move the players closer together so that the area is smaller and the skill more difficult to control.
PRESSURE	Practise the skills around beacons and as the players progress add an opponent.
TEMPO	Start slowly then built up momentum of the skill.

Evaluation is important when monitoring long term progress. There must always be space for initiative, improvisation and adaptation during training.

Long Term Athlete Development Phases



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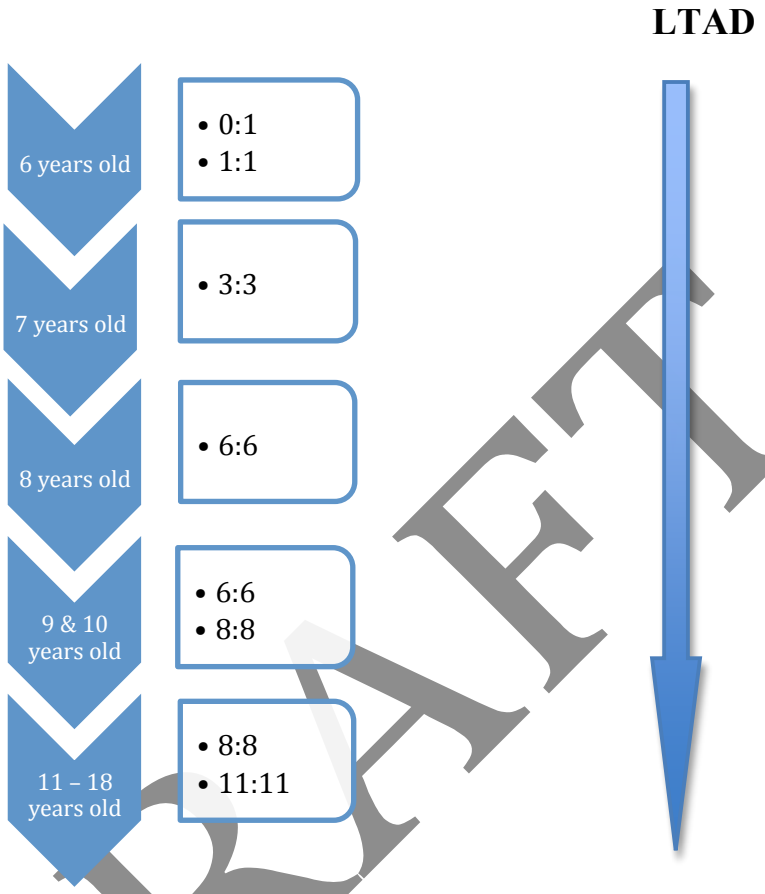
9. Tactical Progression and Long Term Athlete Development



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10. Talent Development

Talent is developed in three stages:

- **Early Phase** – *Exposure to many different sports*
- **Technical Development Phase** – *Focus on Skills, routine practice and formal coaching*
- **Late Maturation Phase** – *High Performance and elite level coaching and sport science intervention*

11. Summary of Talent Development

- Movement through the phases is not the same for everybody
- Chronological age does not matter! Development is driven by individual interest and emotional maturity
- Don't turn fun into serious practice to quickly
- Emphasis must be on skill mastery, individual achievement and personal satisfaction

PART 2: LEARN TO TRAIN PHASE

Introduction:

Where:
Elementary school, physical education classes and after school activities

Age:
Girls – 8 – 12 years old
Boys – 9 – 13 years old

Why:
The aim is to build up fundamental skills of specific sports; increase exposure to the game and further develop the love of the game.

Physical Development Training;
Greater emphasis placed on sport specific movements. Speed is developed within the hockey training session; strength training relies on own body weight.

Technical Development of the Game:
Continual build up of the 5 fundamental skills of hockey – Moving with the ball, receiving the ball, passing the ball, defending and goal scoring. Emphasis must be placed on fun.

Tactical Development:
The area of the filed and team size is expanded from 6:6 to 8:8. Emphasis is placed on numerical advantage and keeping ball possession. Positional play; including the goalkeeper is introduced to the athletes. Rules and playing by the rules is emphasized.

Mental Skills Development:
Introduction of life skills specific to hockey – Sportsmanship, dealing with winning and losing etc

Other Introductions:
Nutrition, healthy eating habits and hydration

Training Session Duration:
2 – 5 hours per week with no single session been longer than 1½ hours

Other Sports:
It is important that to early specialization is avoided. Young athlete in this phase must be encouraged to participate in other sport codes

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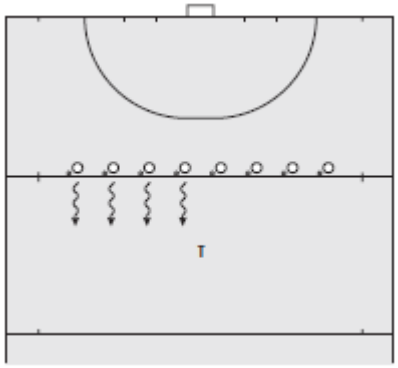
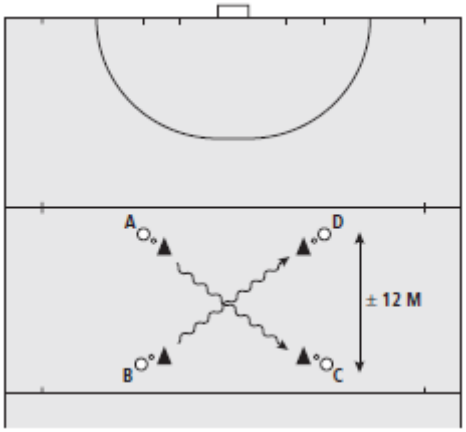
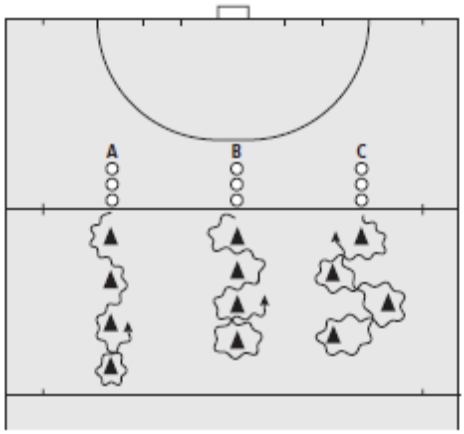
SKILLS PROGRAM: LEARN TO TRAIN PHASE

Moving with the Ball  	**Dribbling forward in a straight line** **Organization:** Players dribble from the 23m line to the halfway line and back using a full vision dribble. **Variation:** Traffic light game – The coach stands with his/her back to the players. The coach has a red and green beacon in his/her hands. Players attempt to dribble as far forward as possible when the coach raises the red beacon. The players have to stop moving when the coach raises the green beacon which signals that the coach is going to turn around. Any players still moving once the coach has turned around will be sent to the back of the group.
 	**Dribbling forward in a straight line** **Organization:** Players A and B dribble with the ball and attempt not to collide with one another. Players C and D commence once A and B have completed. **Variation:** Get players to increase the speed at which they move with the ball. Allow all four players to commence simultaneously. Attempt to get the exercise to flow so that players do not have to stand still and wait their turn. The area can also be made smaller which will increase the degree of difficulty.
 	**Dribbling on the forehand and changing direction** **Organization:** Players slalom around the beacons **Variations:** To increase the difficulty add a time limitation on the exercise. Vary the distance between the beacons. Players can repeat the exercise using Indian dribbling.

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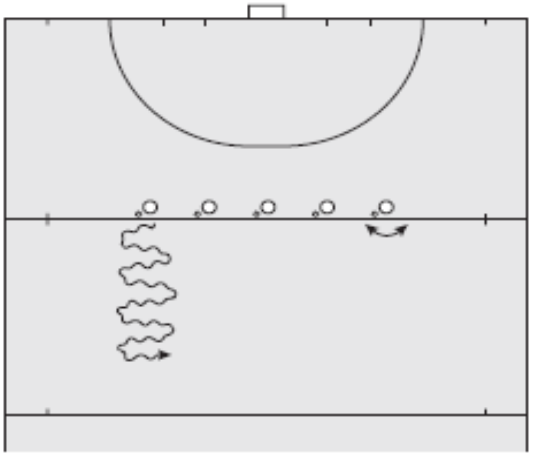
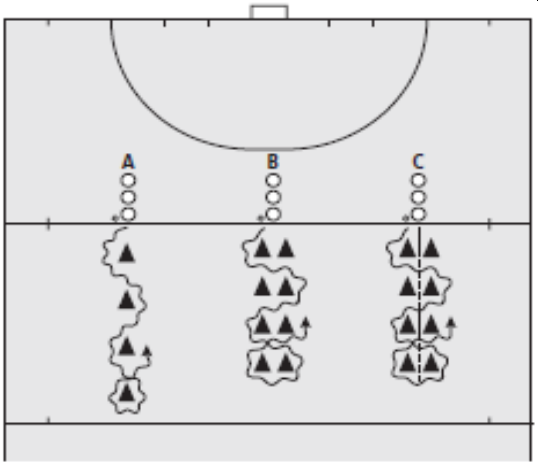


Indian dribbling

Organization;
Players practice the Indian dribble while stationary. The coach walks around and supervises the activity.

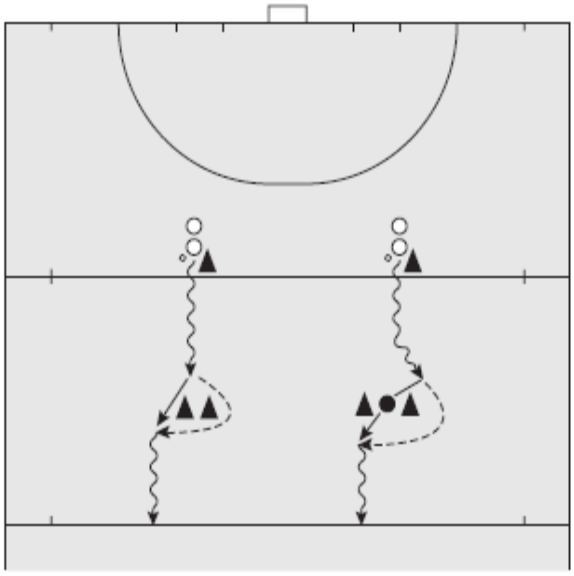
Variations:
The coach gives the following instructions: Move the ball from side to side without the ball and stick losing contact. Have the players compete to determine who can complete the most yardsticks in one minute.
Players can then progress to moving with the ball while using the Indian dribble. They have to dribble from the 23m line to the halfway line. They can be encouraged to increase their dribbling speed when they head back to the 23m line after turning.



Indian dribbling

Organization:
Players slalom around the beacons

Variations:
Beacons can be added to increase the degree of difficulty by widening the distance that the ball must be dribbled (row B).
Players can also run straight, but the ball moves around the beacons (row C).
A relay competition can be held between the groups where they finish with a shot on goal after they have slalomed around the beacons.



Herring bone elimination

Organization:
Players eliminate the two beacons which represent a passive defender.

Variations:
The beacons can be replaced by a passive defender.
The defender becomes more active as the level of the elimination skill increases.

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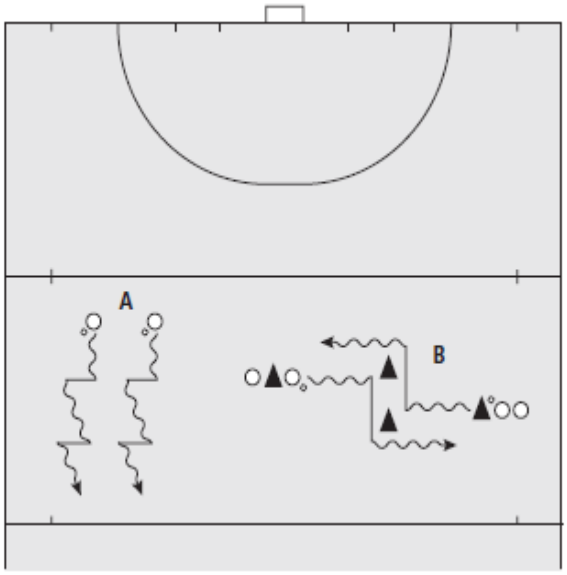


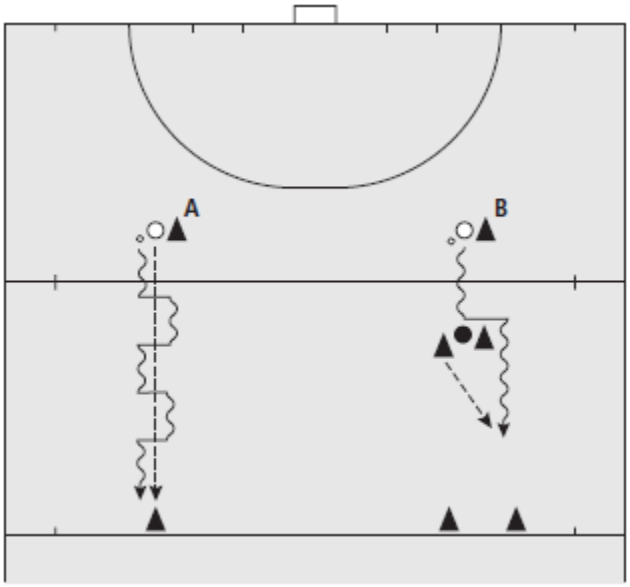
The dummy

Organization:

In order to master the skill the players must first learn to pull the ball in a standing position. The players can progress to moving with the ball after this. The beacons represent passive defenders.

Variations:

Start slowly and then build up the tempo. The ability of the players will determine this build up.
As their skill level increases so the distance between the beacons can be increased to encourage a longer pulling action.
Introduce fakes prior to pulling the ball



Dribbling on the reverse stick

Organization:

Exercise A: The player starts by dribbling with the ball on the front stick from beacon A. The player then drags the ball to his/her reverse stick side and proceeds to dribble with the ball on the reverse stick. This skill can be repeated two or three times before reaching the beacon on the halfway line.

Variations:

Exercise B: The player starts by dribbling with the ball on the front stick from beacon B. The ball is then dragged to the left before reaching the next beacon. The player now dribbles with the ball on his/her reverse stick side towards the gate on the halfway line. A defender is added to apply pressure from the side and also to prevent the player in possession from dribbling through the gate.

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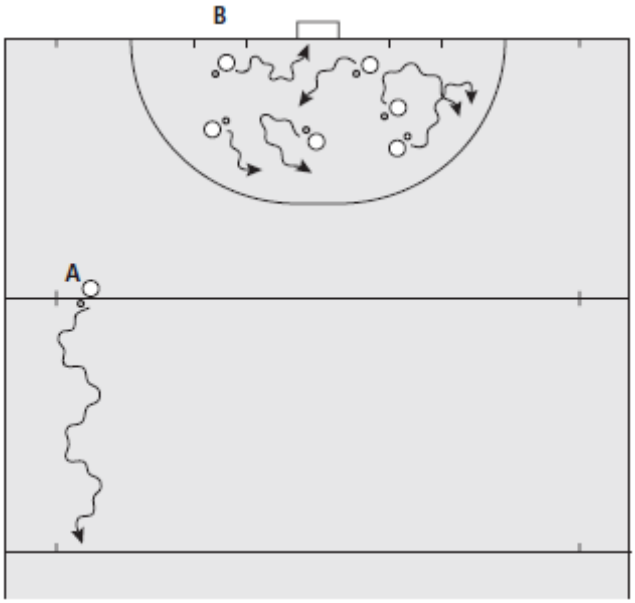


dian dribbling

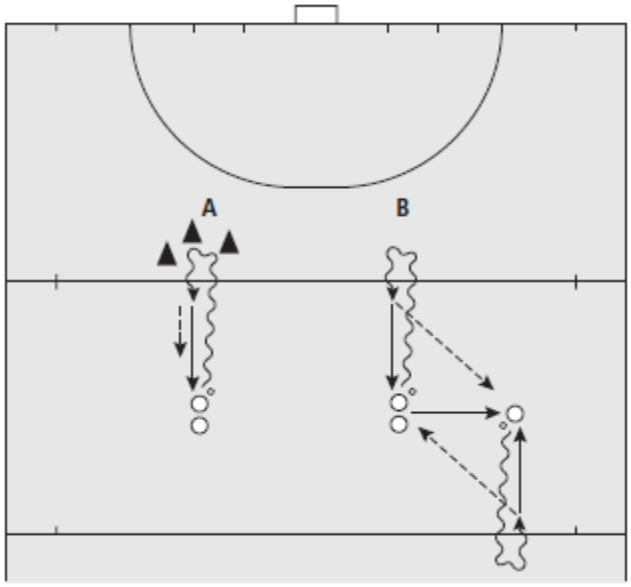
rganization:

ercise A: Players Indian dribble the ball from the 23m line
l halfway line. Change of direction should be encouraged.

ercise B: Players Indian dribble in a restricted area with the
ı of not colliding into one another.

ariations:

rease the number of players in the area or decrease the size
the area.
d beacons as obstacles.



everse turn out on the front stick

rganization:

ercise A: Players dribble with ball on their front stick. The
st player in the group dribbles from the starting point towards
e beacons and turns out on the front stick before reaching the
acons. This player will then pass the ball to the next player in
e group.

ercise B; An additional player is positioned at a different
rting point. This player receives a pass at the same time that
e first player dribbles from the main group. Both players
rform the same skill before passing the ball back to their
spective starting points.

ariations:

crease the tempo of the exercise.
dd a defender to pressure the ball carrier.

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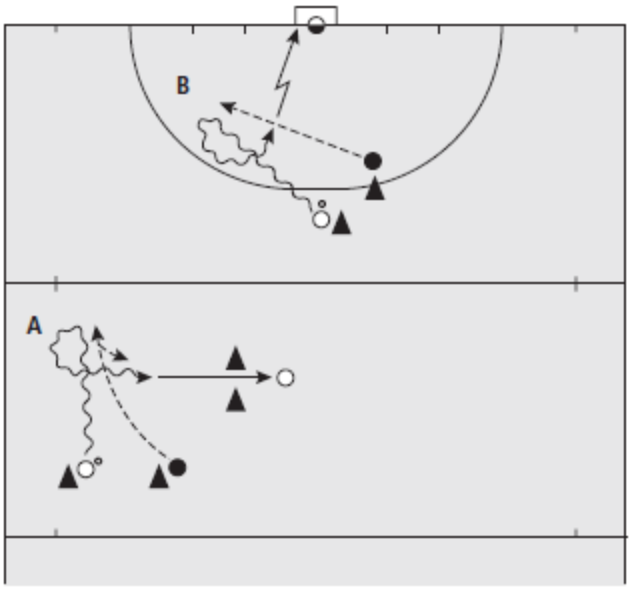


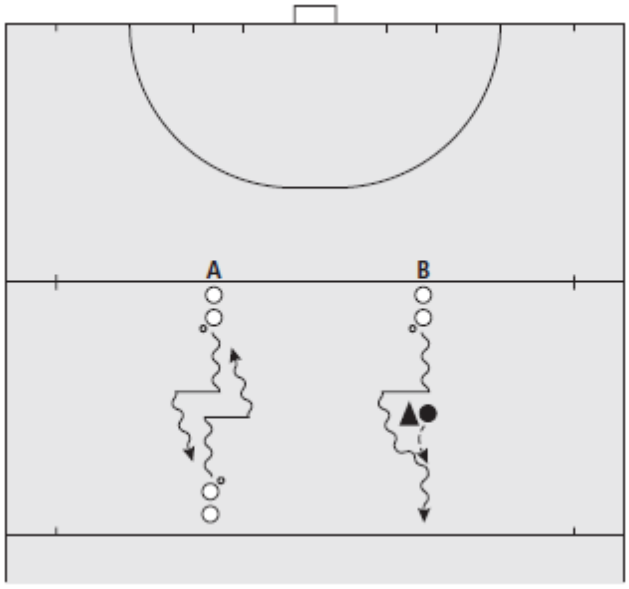
Reverse turn out on the front stick with a pass

Organization:

Exercise A: Player dribbles forward with the ball and a passive defender applies pressure from the side. The player in possession executes the reverse turn out and passes the ball through the gate represented by the two beacons.

Variations:

Exercise B: Player dribbles into the circle and an active defender applies pressure attempting to prevent a shot on goal. The ball carrier can look to fake a reverse stick shot which will force the defender to allow more space for the ball carrier to execute the reverse turn and play a shot on goal.



Dummy to the right and left

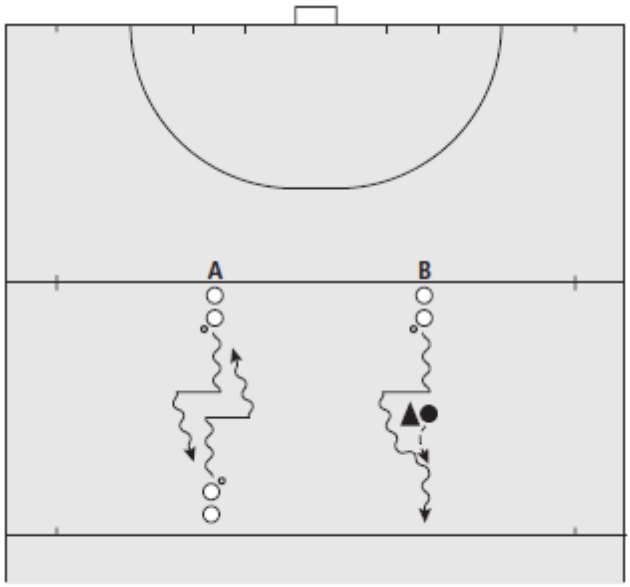
Organization:

Exercise A: Players dribble toward each other from opposite ends in a shuttle formation. They have to utilize good vision and elimination skills which will prevent them from colliding in the middle.

Exercise B: Add a passive defender to be eliminated.

Variations:

Start at a low tempo and build up.
Increase the activity of the defender to include tackling back.
Add fakes and dummies to the skill...show one way and pull the ball in the opposite direction.
Include pulling the ball to the left.



Drag to the right

Organization:

Exercise A: Players dribble towards each other from opposite ends in a shuttle formation. They have to utilize good vision as well as timing to prevent a collision.

Exercise B: The players now have to utilize the drag to the right to eliminate the beacons which represent a defender.

Variations:

Increase the tempo of the exercise.
Add a defender who must tackle back once the ball carrier has passed the beacons.

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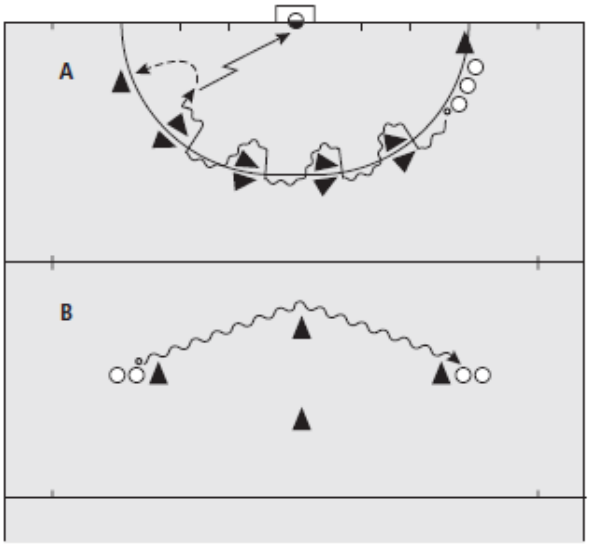
Dribbling with the right hand (front stick)

Organization:

Exercise A: Players practise in groups of 3. The first player dribbles towards the beacons and drags the ball to the right before reaching the beacons. He then utilizes a single-handed dribble with the stick held in the right hand on the front stick until he reaches the player positioned at the top beacon who will repeat the exercise.

Exercise B: Player 1 makes a pass to player 2 who has to utilize the single-handed dribble with the stick held in the right hand upon receiving the ball. Player 3 acts as a defender who attempts to prevent player 2 from reaching the 23m line.



Dribbling with the left hand (reverse stick)

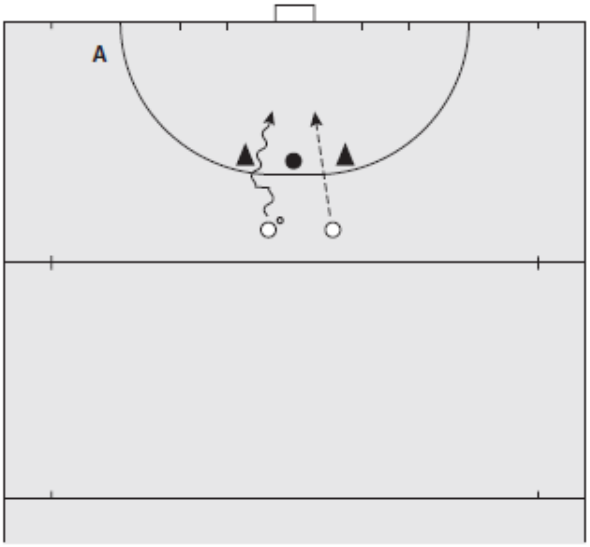
Organization:

Exercise A: Players dribble around the beacons with the stick held in the left hand only on the reverse stick side. They pull the ball across to their front stick side before rounding the beacons and finish with a shot on goal once they have passed the last beacon.

Exercise B: Players dribble from opposite ends and move around the outside of the gate in the middle using the left handed dribble on the reverse stick side.

Variations:

Time limitations can be introduced.
The position of the beacons can be changed to alter the angle at which the players have to perform the skill.



Drag to the left

Organization:

Teach the skill in a 2vs1 situation. The ball carrier dummies the pass to the support player and then pulls the ball left to eliminate the defender.

Variations:

Add a zone that the defender cannot move out of.
Increase the activity of the defender.

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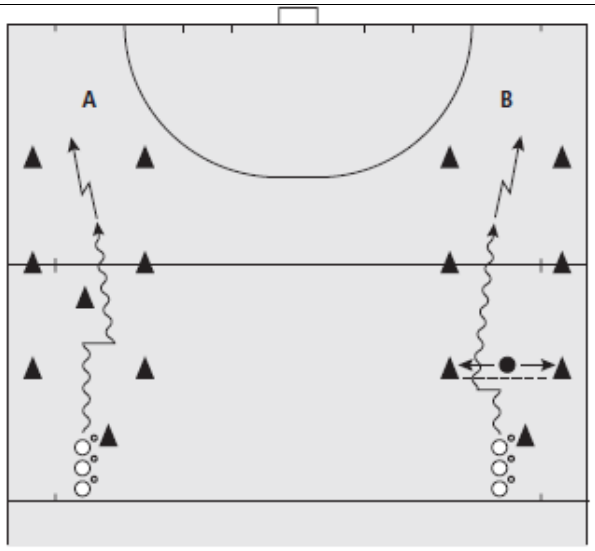
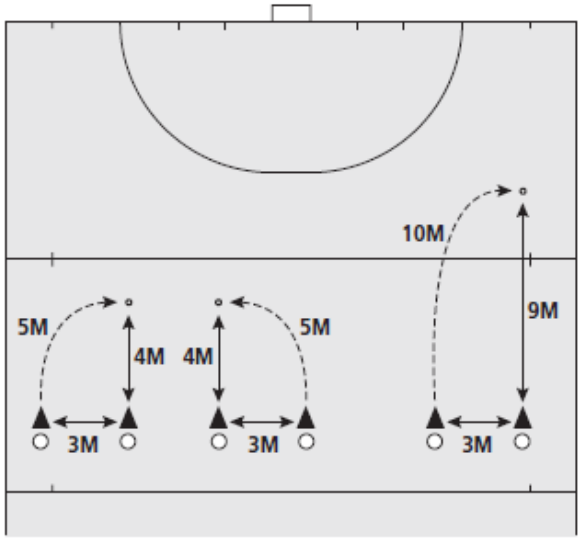


1vs1: attacker vs defender

Organization:
The attacking player dribbles with the ball and attempts to eliminate the defender who is positioned inside the demarcated area.

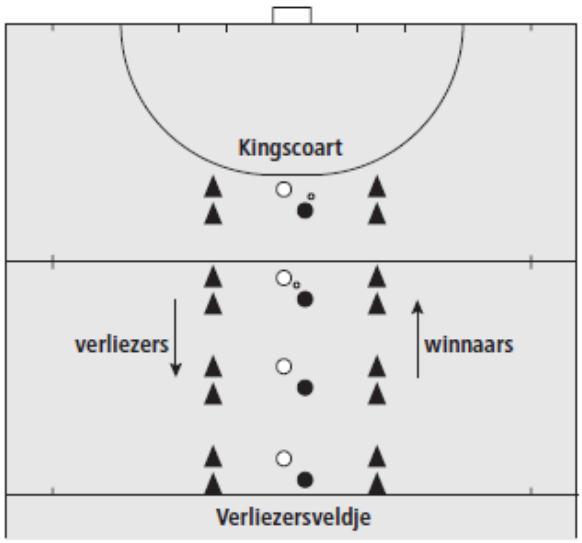
Variations:
Change the starting positions of the defender.



1vs1: attacker vs defender

Organization:
Players work in pairs and take up starting positions on the beacons which represent the goals. The ball is always placed directly ahead of the attacker while the defender is positioned on the opposite beacon. On the signal from the coach the players sprint toward the ball. The player who reaches the ball first will attempt to score by dribbling the ball through the goals.

Variations:
Lengthen the distance which the players have to run.



1vs1: attacker vs defender

Organization:
Kings court game: Four playing zones are set up with two sets of goals in each which are a stick's length apart in width. The players work in pairs and play one minute 1vs1 contests against each other. The winners will move one place up in the direction of the Kings court. The losers move one place down towards the halfway line.

Variations:
If there is a draw a stick is tossed to get a winner.
Goals can be scored from the middle of the playing area.
The size of the goals can be adjusted.

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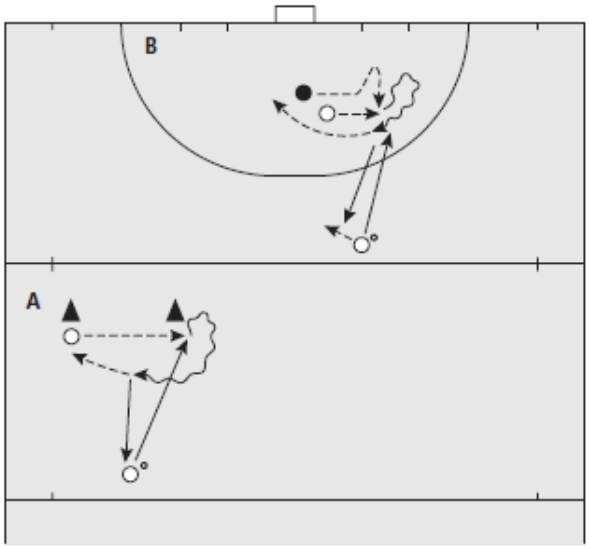


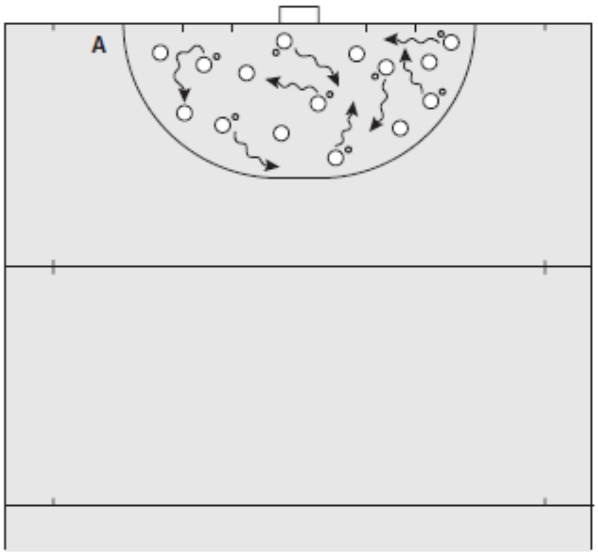
Reverse turn out on the reverse stick

Organization:

Exercise A: The passer directs the ball at the second beacon which is where the receiver will collect the ball after making a lead from the first beacon. The receiving player will execute a reverse turn out on his/her reverse stick and dribble a short distance before playing a pass back to the passer.

Variations:

Exercise B: Three players work in a group with the passer positioned outside the circle. A passive defender shadows the receiver who has to execute the reverse turn out on the reverse stick inside the circle.
The receiver and passer can play a 2vs1 against the defending player who becomes more active.
The receiver can also eliminate the defender and attempt to score a goal.



Lifting the ball

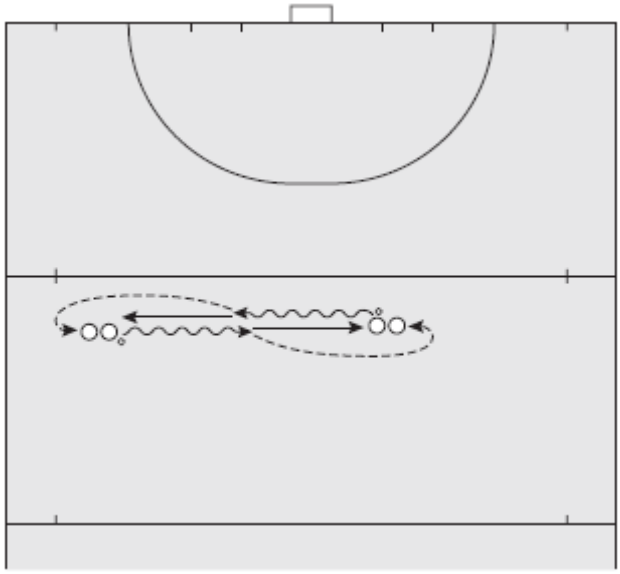
Organization:

Musical chairs game: Every player inside the circle is in possession of a ball while there are also tyres placed inside the area. There should always be one tyre less than the amount of players during the game. The players dribble with the ball in the circle and on the coaches' signal they have to lift their ball into a tyre. The players who have not succeeded are eliminated from the game.

Variations:

Remove two tyres after each round,

Passing drills



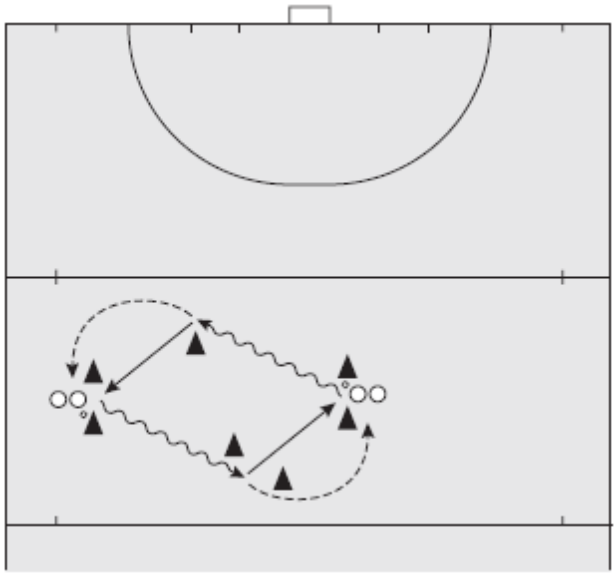
Pushing the ball

Organization:

huttle relays with 4 – 5 players involved.

ariations:

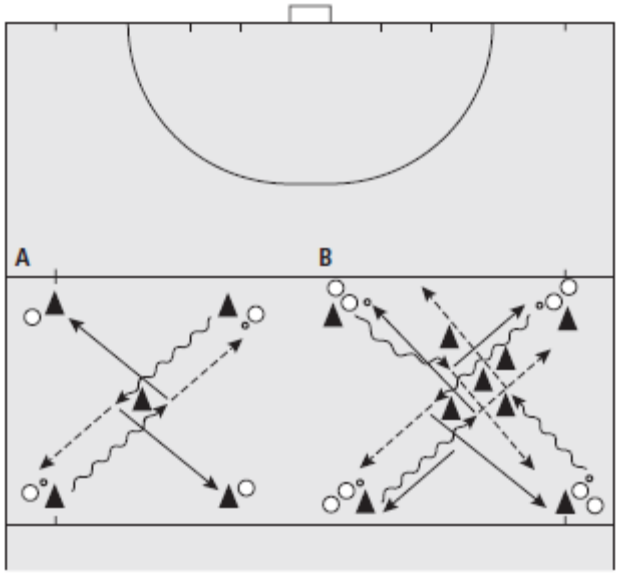
eacons can be added to ensure accuracy. The distance of the eacons can be varied.
istance between the players can be increased to lengthen the ass.
ompetition can be added between the groups.
layers can push off the right and left foot.



Pushing to the left

Organization:
Players move around a grid in groups of 4 or 5.

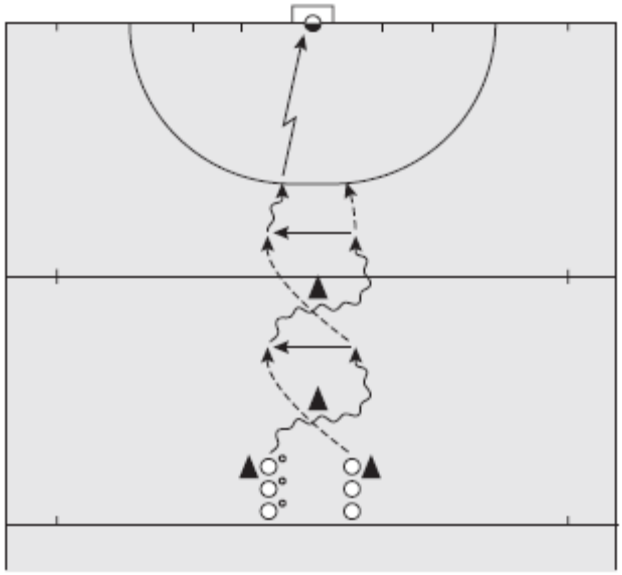
Variations:
Decrease the size of the corners to improve accuracy
Distance between the players can be increased to lengthen the pass.
Competition can be added between the groups.
Players can push off the left and right foot.



Pushing to the left

Organization:
Players moving diagonally across a grid in groups of 4 or 8.

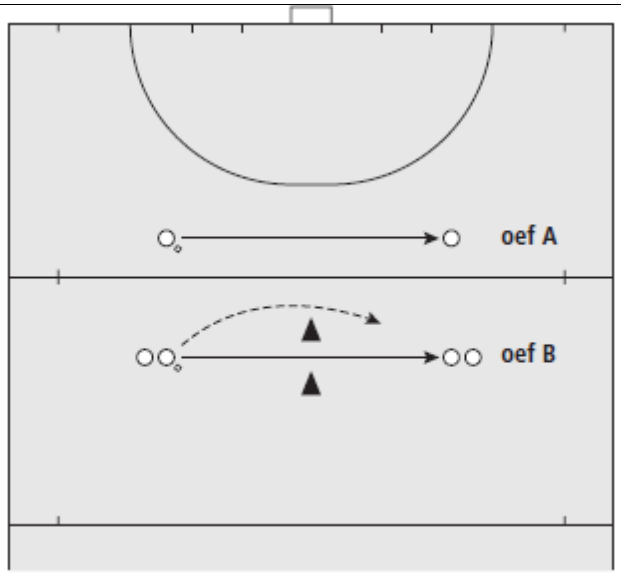
Variations:
Additional beacons can be placed in the centre of the grid to increase the level of difficulty. Players are now forced to avoid collisions in the centre of the grid.
Competition can be added between the teams.



ushing to the left and right

rganization:
all carrier dribbles on the diagonal and the support player verlaps in behind to receive the return square pass.

ariations:
he distance between the beacons can be made smaller as can e size of the goal.
istance of the pass can be increased by starting the groups rther apart.
fter two passes the support player can become a defender who ompetes against the ball carrier.
he ball starts on the opposite side and introduce the reverse ick pass.



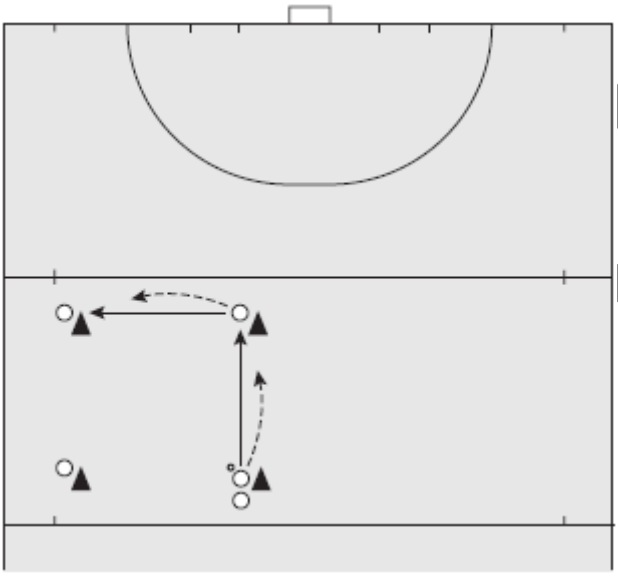
The slap pass

Organization:

Players work in pairs and slap the ball to one another. (A)

Variations:

Beacons can be placed between the passers to represent a gate which they have to pass through.
The width of the gate can be decreased to improve accuracy of the slap by the players.
2 additional players can be added so that groups of 4 players follow their passes. (B)
Players can also progress to slapping the ball while on the move.



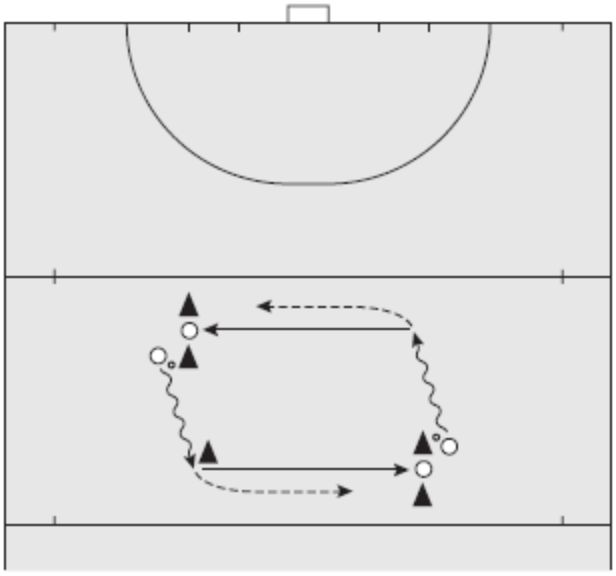
The bunt pass

Organization:

Players move around a grid in groups of 5 where they keep following their pass.

Variations:

The size of the grid can be increased to make the players pass the ball harder.
The fifth player can dribble with the ball diagonally across the grid while the ball is being passed around the grid by the other players and aims to get back to his/her starting position before it is his/her turn to make a pass.
Competition can be introduced between groups.



The slap pass

Organization:

Players move around a grid in groups of 4. The players start in pairs diagonally opposite each other.

Variations:

Beacons can be added to represent gates which the players have to pass the ball through.
The size of the gates can be decreased to increase the level of difficulty.
Competition can be introduced where players have to score as many points as possible by passing the ball through the gates in a limited time.

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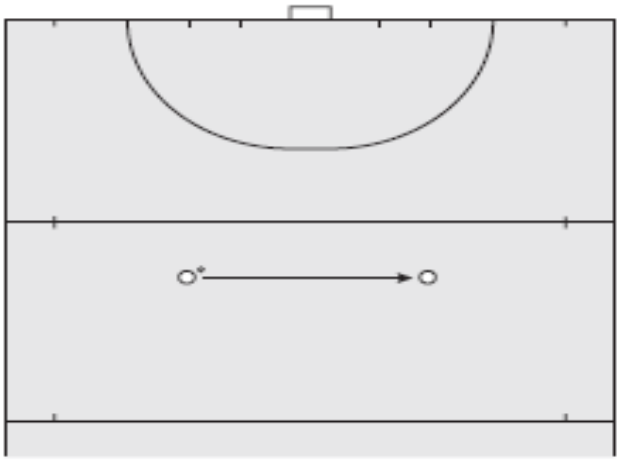
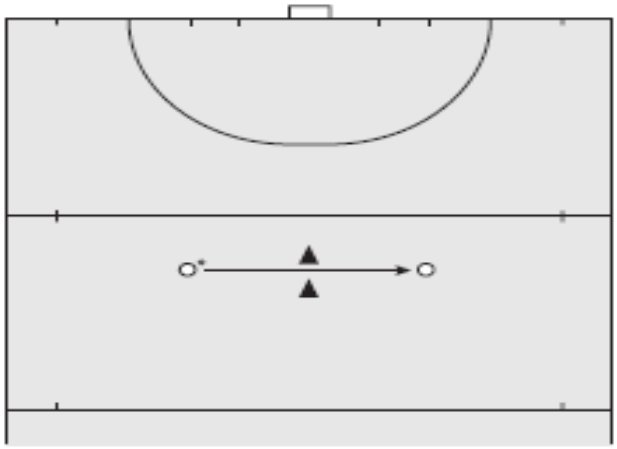


he flat reverse pass/sweep

rganization:
wo players stand opposite each other and pass the ball by ilizing the flat reverse stick pass/sweep.

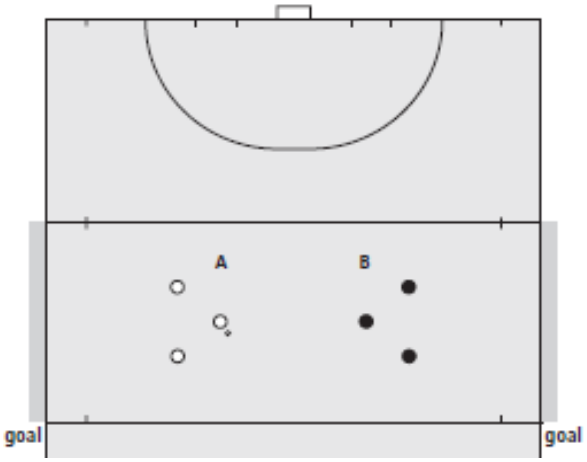
ariations:
dd beacons to increase accuracy.
crease the distance between the players.



The hit

Organization:
Two players stand opposite each other and start by slapping and progress to hitting to one other.

Variations:
Add beacons to increase accuracy.
Increase the distance between the players.
Encourage the players to move the ball slightly and hit it while it is rolling.

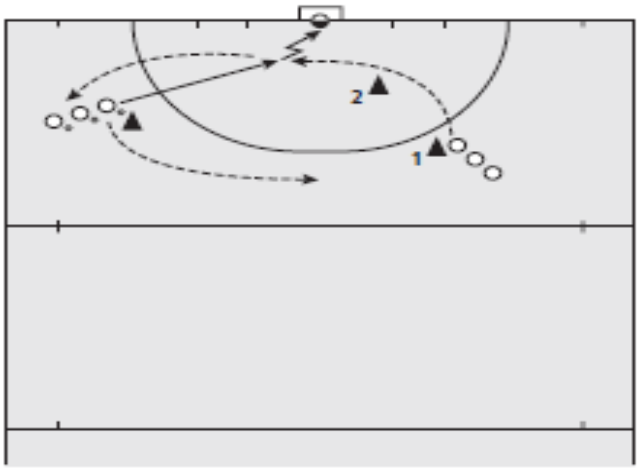


The hit

Organization:
Two teams of three organize themselves in the area between the 23m line and halfway line. Both teams attempt to hit the ball over the opposition's sideline. Each team takes a turn to hit the ball from where they have intercepted it.

Variations:
Change the type of skill used to pass the ball.

DRAFT



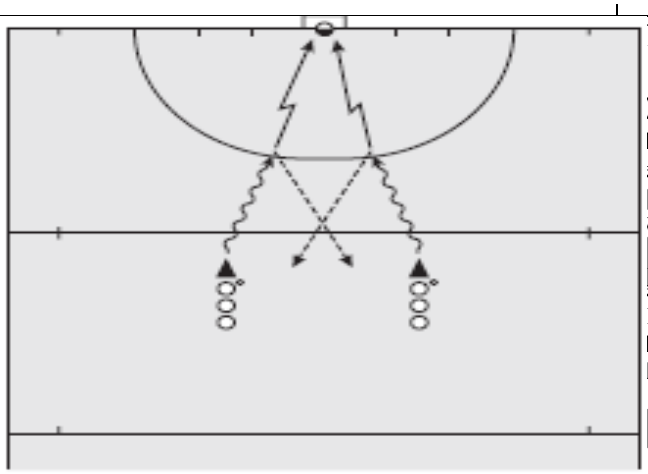
eflection on the front stick

rganization:

player runs from beacon 1 around beacon 2 to receive a pass
ɔm the player positioned outside the circle. The player
ıking the pass releases the ball when the player making the
ıd passes beacon 2. The ball is deflected on goal using the
ɔnt stick.

ariations:

ırrow the angle of approach to increase difficulty.
ɔrease the pace of the pass.
ɔrease the area between the deflector and the goalmouth.



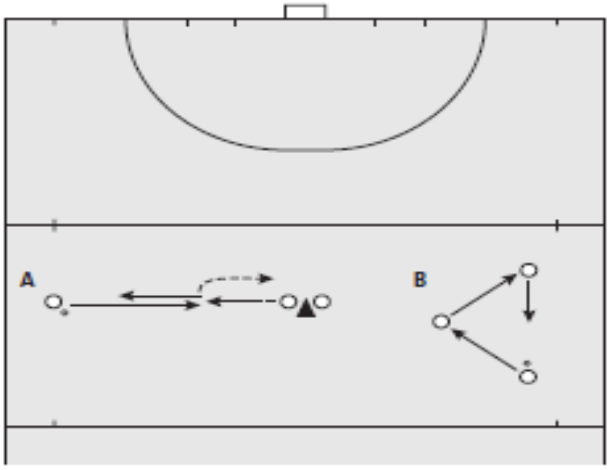
he hit

rganization:

layers stand in two rows and dribble to the top of the circle
efore hitting at goal.

ariations:

dd beacons which the players have to run around with the ball
efore they are allowed to enter the circle and shoot on goal.
hange the angles at which they hit from.
lace beacons inside the goal which represent targets for the
layers.



The bunt

Organization:

Exercise A: The players are involved in a shuttle whereby they pass directly ahead for the person at the opposite end to receive.

Exercise B: Three players utilize the bunt pass to deliver the ball in various directions while in a triangle formation

Variations:

Players can bunt without trapping the ball first
Add beacons for accuracy.

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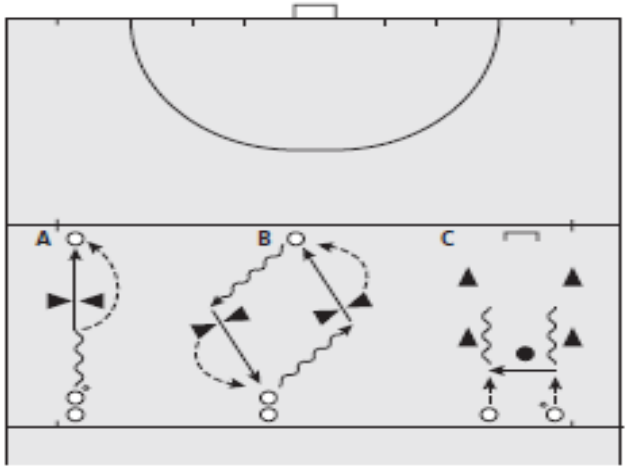


ifting the ball

rganization:

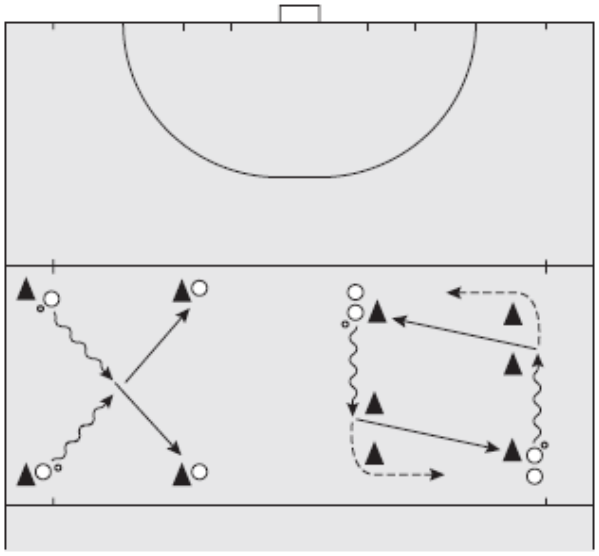
xercise A: Shuttle exercise where the ball carrier is ncouraged to lift the ball over the beacons.

xercise B: Shuttle exercise in a square formation where the layers lift the ball over the beacons.

xercise C: The ball carrier uses a lifted pass to the support layer to eliminate a passive defender.

ariations:

ncrease the height of the beacons.
ncourage players to change their angle of approach when ribbling toward the beacons.



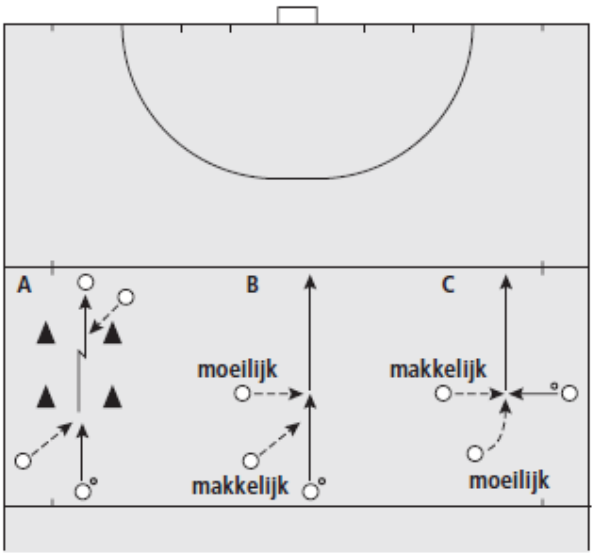
Short grip hit

Organization:

Players can start in pairs where they practise hitting the ball to one another using the short grip hitting technique.

Variations:

Players work in groups of four where they are encouraged to practise the technique while moving with the ball.
Decrease the width of the targets that the players have to hit the ball through to encourage accuracy.



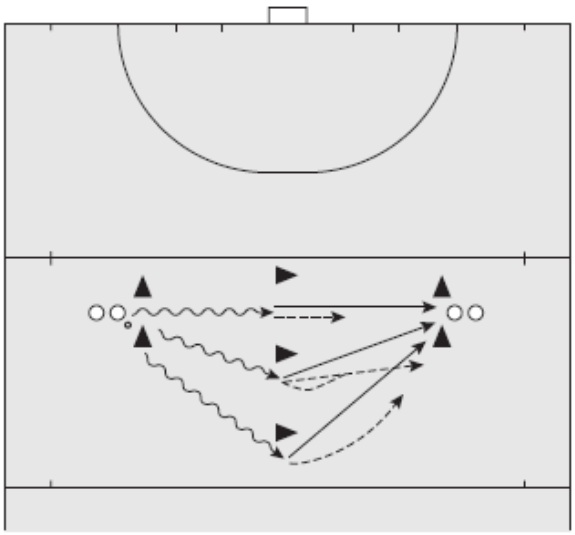
Passing a rolling ball

Organization:

Players work in groups of four and are divided into pairs whereby they pass the ball to opposite ends of the demarcated area. The player rolls the ball into space for his/her partner who will slap the ball to the players at the opposite end.

Variations:

Diagrams A and B indicate the angles which make it difficult or easy for the players to pass from.
Increase the distance between the passer and receiver.
Change the angles of the pass.



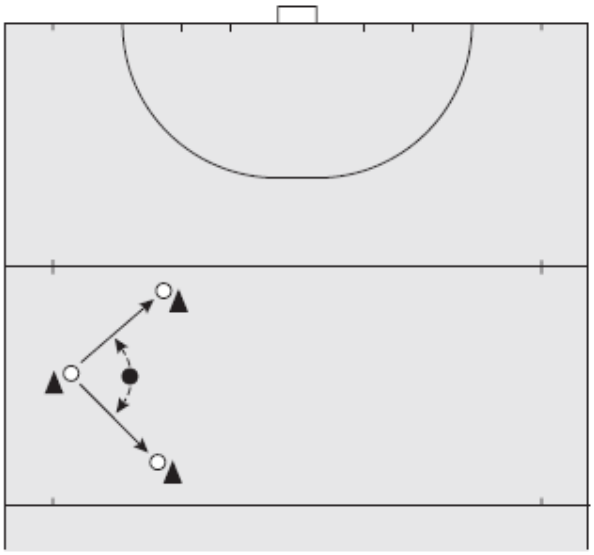
Hitting on the move

Organization:

Players dribble straight ahead with ball before hitting the ball on the move directly across the demarcated area to the receiver on the opposite side.

Variations:

Dribble to the right and hitting to the left while on the move.
Change the angle which the players have to hit to the left from.
Add targets to hit through for accuracy.
Increase the distance of the hit.
Introduce dribbling left and hitting to the right while on the move.



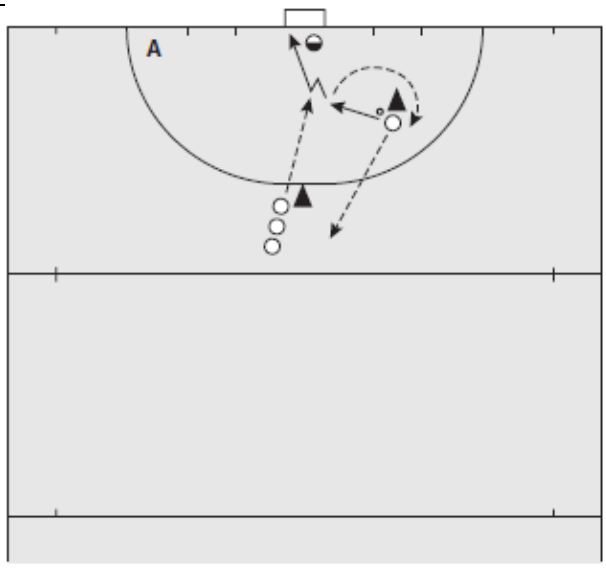
Slapping with deception (fake slap)

Organization:

Four players are involved in the exercise which is practised in a triangle formation. Three players who are positioned at the three beacons will attempt to slap the ball to one another as often as possible in one minute. The fourth player acts as the interceptor. Players have to use deception to prevent the player in the middle from intercepting the ball.

Variations:

Add extra beacons which represent targets that the players have to pass through to improve accuracy.
Decrease the size of the area which increases the level of difficulty for the passers.



Slap at goal

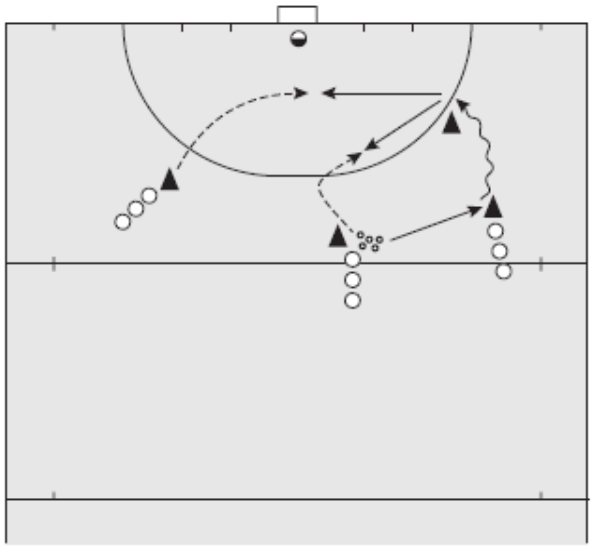
Organization:

The ball is passed from inside the circle for the players lined up outside the circle to lead into the 9yd area and play a first- time slap on goal.

Variations:

Harder passing.
Another group of players can be positioned at another beacon outside the circle so that they can dribble into the circle before playing a square pass for the other players who slap at goal.
Both groups can start from further back to increase the distance for the ball carrier as well as the player making the lead to slap at goal.

HIT



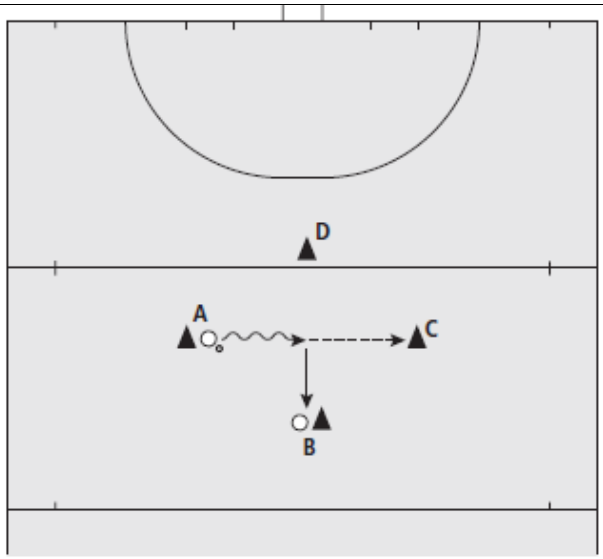
Combination of the slap and hit at goal

Organization:

Three groups of players are positioned behind the respective beacons. A pass is made by the player at the beacon in the middle to the player on the right – sided beacon. This player receives the ball and dribbles in the direction of beacon directly ahead. A pass can be made back to the initial passer who will receive the ball and hit at goal. The ball can alternatively be passed to a player leading from the beacon situated to the left of the circle who will then receive and slap the ball at goal.

Variations:

Encourage the players to rotate positions in the circle.
Introduce playing the rebounds.
Add a defender to create a 3vs1 scenario.



The short reverse stick pass (upright or low)

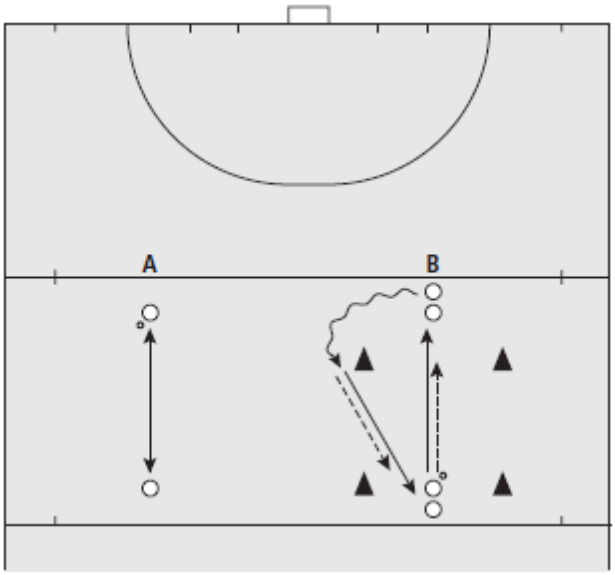
Organization:

Two or four players can practise this exercise in a square. Player A dribbles across the area and when he/she reaches the middle the ball is passed to player B utilizing the short reverse stick pass. Player A continues all the way to the opposite beacon. Player B will then repeat the routine and pass to player C.

Variations:

Add beacons as targets for the players to pass through.
Introduce competition to determine who scores the most points.

Receiving drills



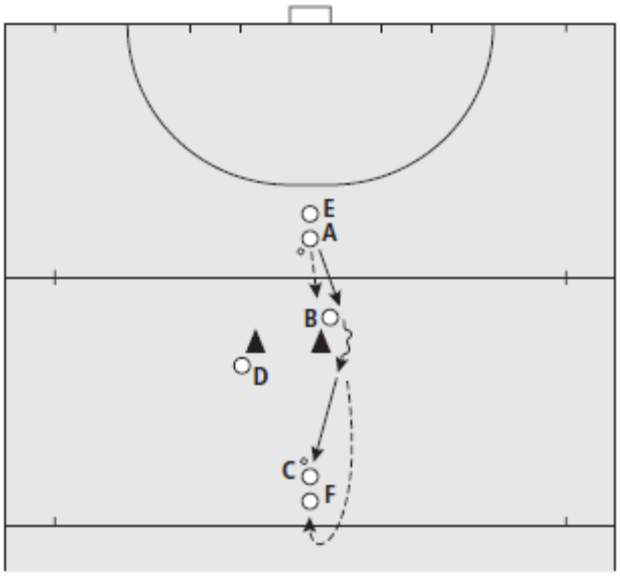
Receiving the ball on the forehand – closed

rganization:

(A) Players start opposite each other in pairs.
(B) Player B receives the ball in the closed position and dribbles around either of the two beacons.

ariations:

ary the type of passing skill from bunt to push to hit as this creases the level of difficulty for the receiver.
dd a passive defender to pressure the receiver and slowly crease the defensive activity of the defender.



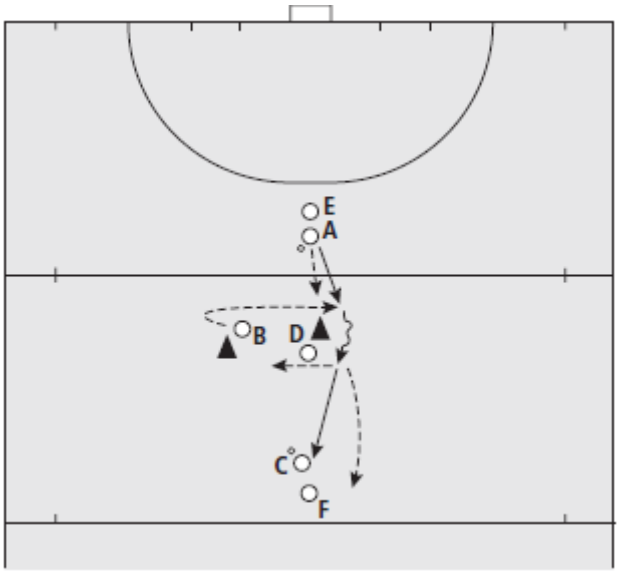
Receiving the ball on the forehand – open

Organization:

Player A plays the ball to player B on the forehand who receives open and plays the ball to player F.
At the same time player C plays the ball to player D who receives the ball open and passes to player E.
All players follow their passes.

Variations:

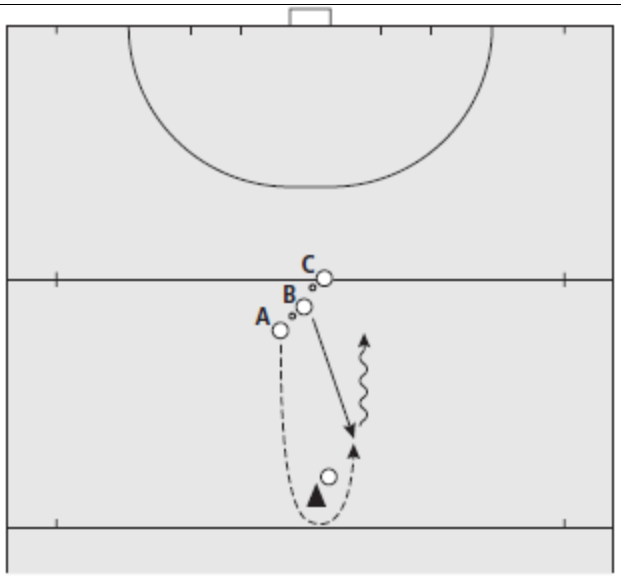
Distance between the beacons can be increased.
Ball can be passed to the reverse stick side of the receiving player.



Receiving the ball on the forehand – open

Organization:

The same organization as the previous exercise but the beacons are placed wider apart.
Player A plays the ball to player B who starts on the outside beacon and receives the ball open on the forehand before playing the ball to player F.
At the same time player C plays the ball to player D who starts on the beacon on the inside and receives open before playing the ball to player E.
All players follow their passes.



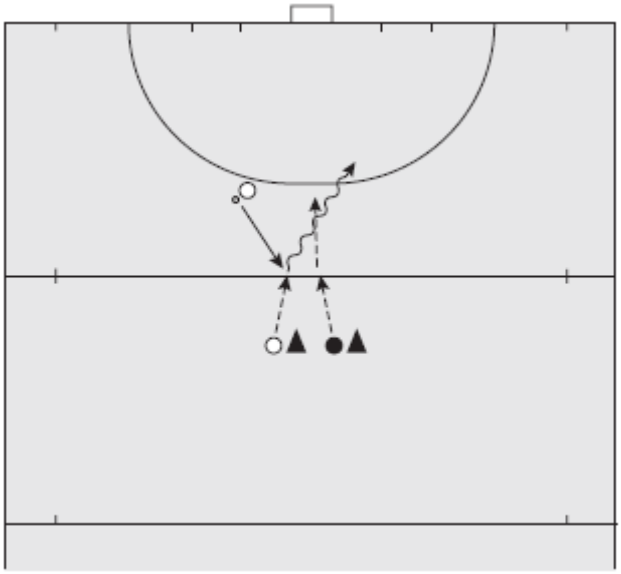
Receiving the ball from the front

Organization:

Receiving the ball on the move in shuttles of 3 or 4 players.
As player A rounds the beacon the ball is passed on to player A's front stick side by player B.
The shuttle continues.

Variations:

Vary the length of the pass.
Add a shot at goal
Add a defender for the ball carrier to eliminate.



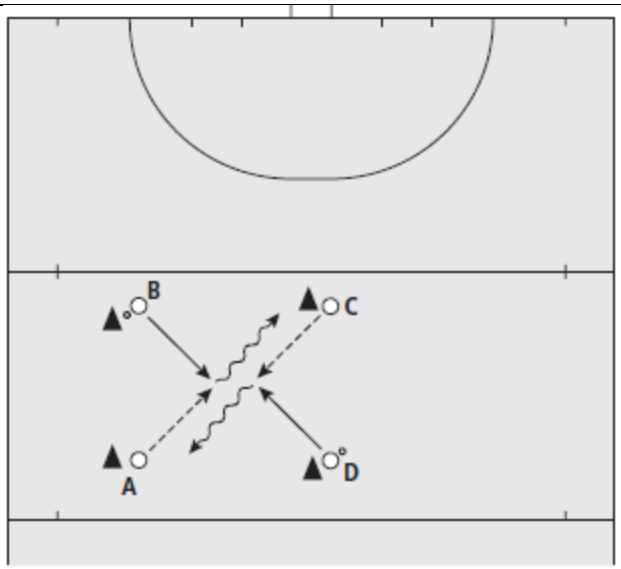
Receiving the ball from the front

Organization:

layer receives the ball from the front on the move with ressure from behind by a defender. The receiver finishes with shot at goal.

Variations:

he exercise can be executed without a defensive player at rst.
he defender can be instructed to tackle back from the eceiver's right or left side.
he distance between the receiver and the defender can be ecreased so that more pressure is applied on the receiver.



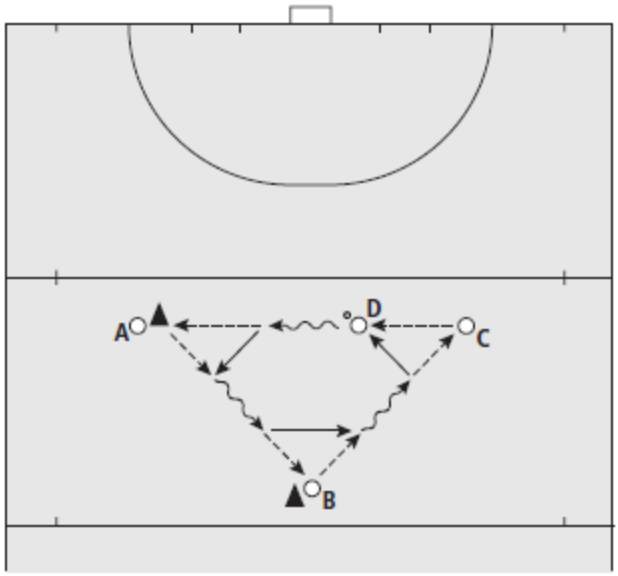
Receiving the ball from the left

Organization:

Four players stand opposite each other in a square.
As player A reaches the centre, player B passes the ball to player A who receives the ball from the left.
As player A receives the ball, player C starts moving to receive a pass in the centre from player D. The receiving players continue with the ball to the opposite end of the square.

Variations:

Increase or decrease the size of the square.
Player A and C can start simultaneously to encourage vision.



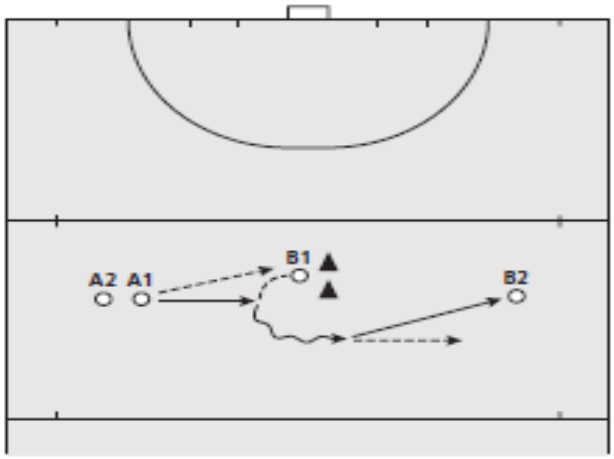
Receiving the ball from the right

Organization:

Four players arrange themselves in a triangle as illustrated.
Player D dribbles to the opposite beacon and passes left to the leading player (player A) before reaching the beacon.

Variations:

Gates can be added to pass through.
The pass can be slightly lifted.
Increase the pace of the pass and dribbling.



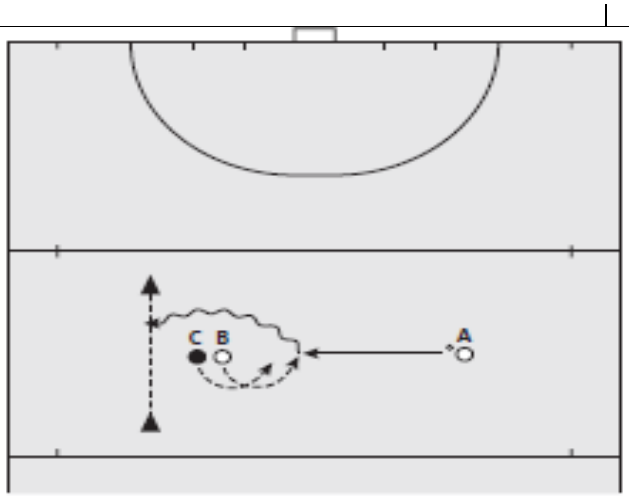
Closed receiving and turn to the left (forehand)

Organization:

Four players in a group. Player A1 makes a pass to B1 who receives in a closed position and turns out to the left. Player B1 then passes to B2.

Variations:

Increase the tempo of the exercise.
Add a defender to apply reverse pressure on the player leading to receive in a closed position.
Encourage players to introduce fakes when leading.



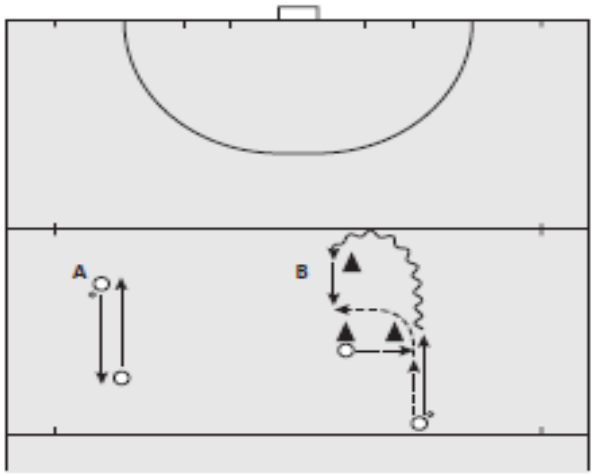
losed receiving and turn to the left orehand)

rganization:

ayer A plays a pass to player B who leads to receive the ball a closed position. Player C applies pressure upon the receiver om behind. Player B aims to run with the ball over the aginary line while player C attempts to prevent this from ppening.

ariations:

troduce open receiving skills.
acourage fakes from the receiver when leading to receive.
clude finishing with a shot at goal.



Reverse stick receiving

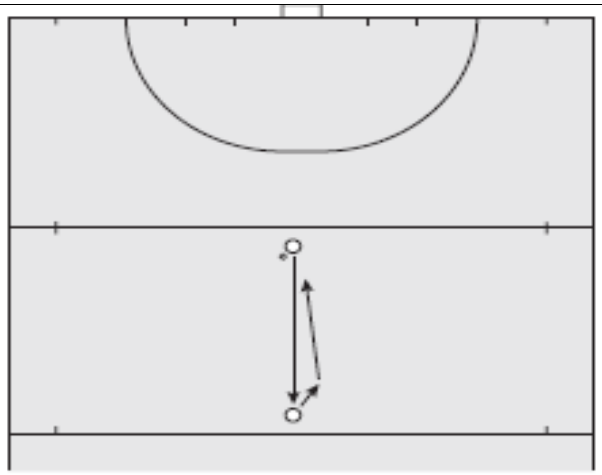
Organization:

Exercise A: Two players stand opposite one another executing the reverse stick trap.

Exercise B: The support player leads to receive the ball on the outside of the beacons and then dribbles around the top beacon before passing the ball back to the other player who has followed up and will also receive on the reverse stick.

Variations:

Increase the distance between passer and receiver.
Encourage harder passing.



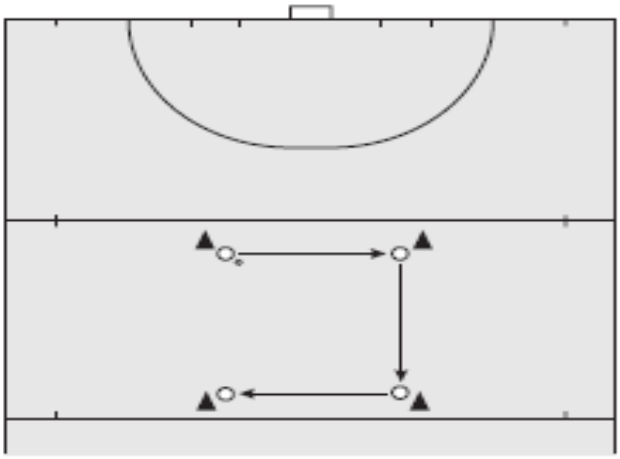
Bunting the ball into space with first touch when receiving on the front stick

Organization:

Two players stand opposite each other. The passer delivers a pass to the receiver who bunts the ball forward and to side of his/her right foot with the first touch. The receiver will then pass the ball back to the passer.

Variations:

Encourage players to practise the skill while leading to receive...on the move when they bunt the ball.
Four players passing the ball around in a square with a time limitation.
Harder passing



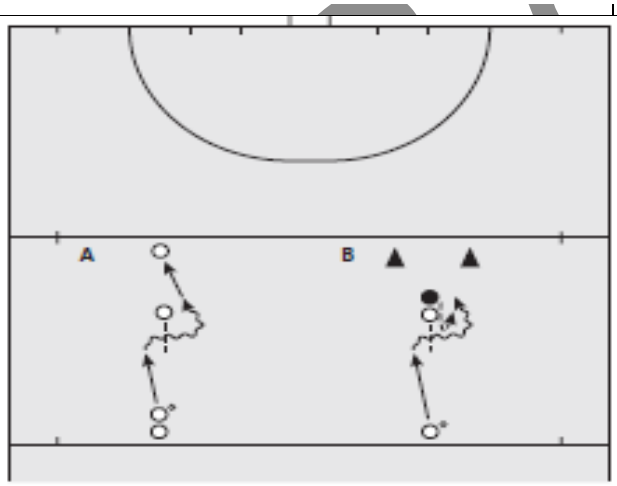
Moving the ball into space with first touch when receiving on the reverse stick

Organization:

Four players pass the ball around a grid. The receiver uses an bright reverse stick trap and moves/taps the ball into space with his/her first touch.

Variations:

Harder passing.
Give the players one minute to determine how many passes they can complete.



Closed receiving on the front stick and arcing to the left

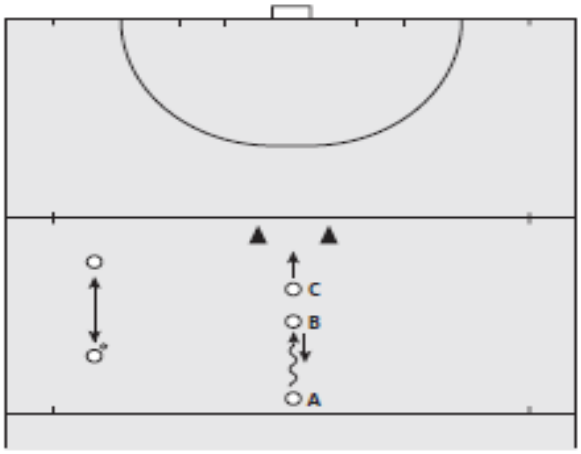
Organization:

Exercise A: Players work in groups of four. The receiver leads toward the ball and arcs to his/her left once in possession. This player will then dribble a short distance before passing to the next player. Players keep following their passes.

Exercise B: A defender applies pressure on the receiver who aims to score through the gate at the halfway line.

Variations:

Harder passing.
Receiver taking a shot at goal.



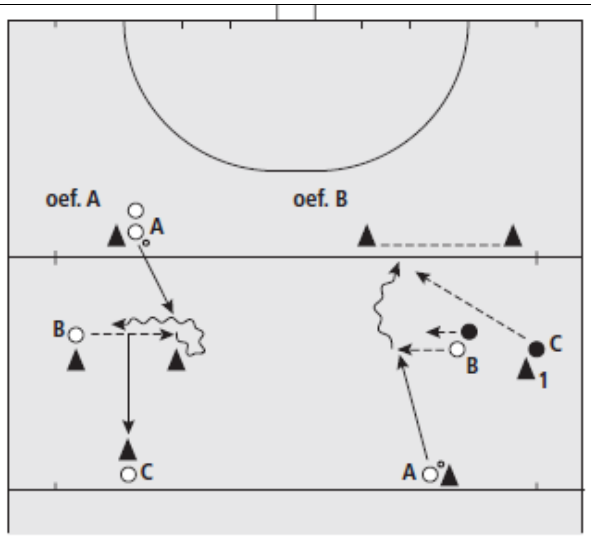
Receiving a bouncing ball

Organization:

Two players stand opposite each other. The ball is lifted when passing which forces the receiver to trap the ball with an upright stick.

Variations:

Player A passes a lifted ball to player B who receives while under pressure from player C. If player B mistraps the ball, then player C will proceed to score at the gate close to the halfway line...player B must tackle back to prevent the goal. If player B traps the ball then he/she must attempt to drive the ball over the halfway line with pressure coming from player C.



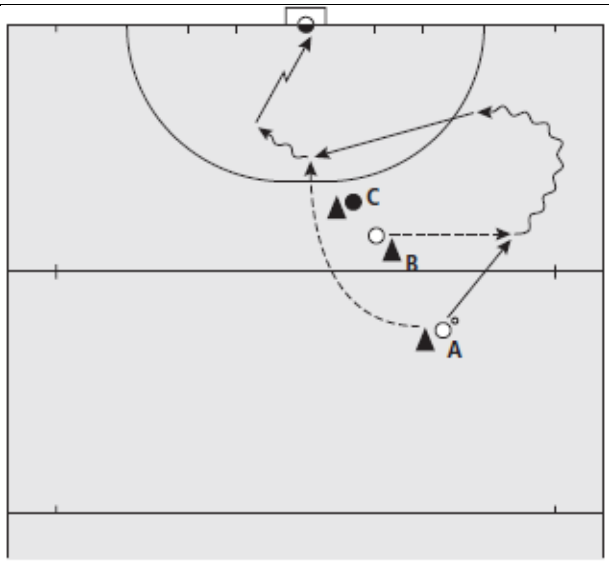
Open receiving on the front stick

Organization:

Exercise A: The ball is passed by player A into space for player B who leads to receive the ball open on the front stick. Player B then proceeds to execute a reverse turn out with the ball on the front stick before dribbling a short distance and passing the ball to player C.

Variations:

Exercise B: Player A passes to player B who receives the ball open on the front stick. Player C is the defender who will attempt to prevent player B from dribbling the ball through the gate represented by the beacons at the 23m line.



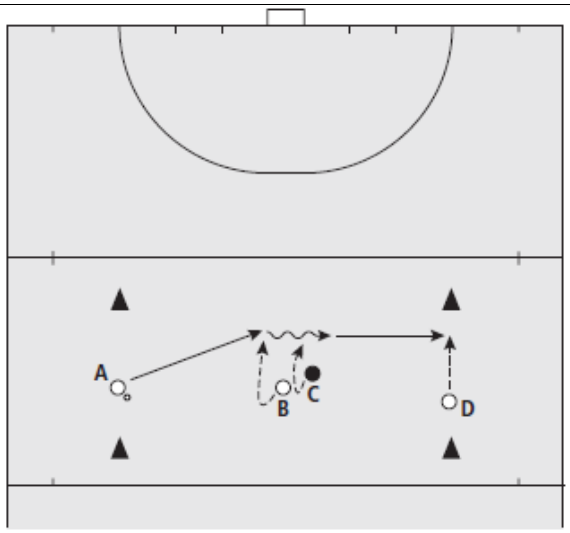
Upright reverse stick receiving

Organization:

Player A makes a pass to player B who leads to receive the ball in space utilizing an upright reverse stick trap. Player B then dribbles toward the circle with the ball and passes the ball to player A who has followed up and made a lead to the top of the circle. Player A will also use the upright reverse stick trap to control the ball before taking a shot at goal.

Variations:

Harder passing.
Increase the distance of the pass.
Add a defender to apply pressure on player B.
Players A and B can play a 2vs1 against player C.



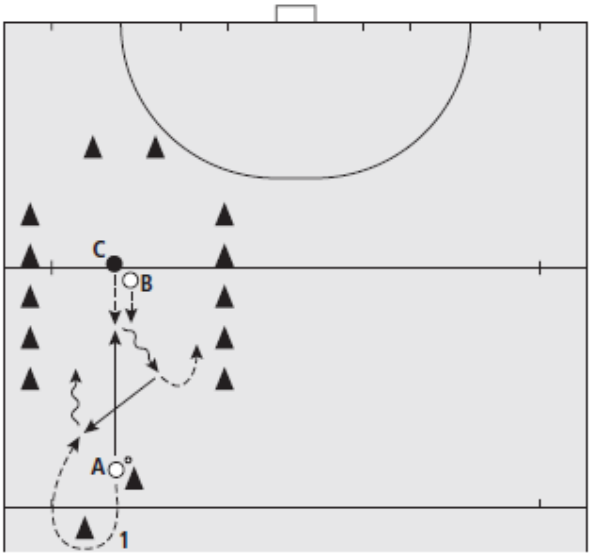
Receiving with pressure

Organization:

Player A passes the ball to player B who leads either to the right or left. Player C applies pressure on player B who attempts to control the ball and pass it to player D. The routine is repeated from the opposite side but the players in the middle alternate roles.

Variations:

Vary the type of pass played to the attacking player in the middle of the demarcated area.
Decrease the size of the area.



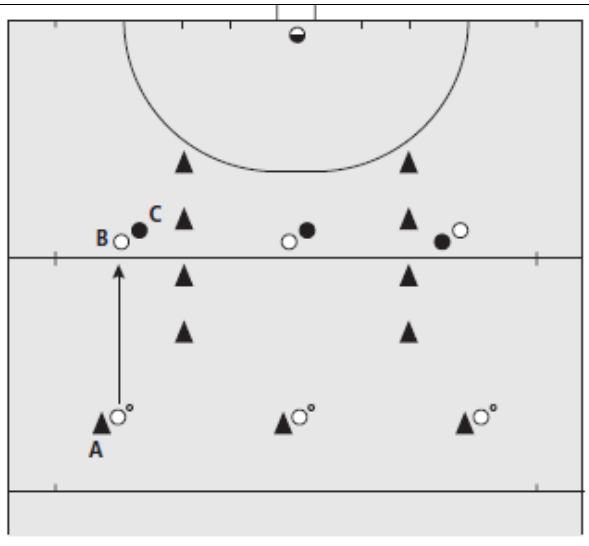
Receiving with pressure

Organization:

Player A passes to player B who leads to receive in space while being pressured by player C. Player A has to sprint around the beacon marked 1 before he/she can join player B in a 2vs1 scenario against player C. Players A and B will attempt to score through the gate positioned at the top of the demarcated area.

Variations:

Change the starting position of the defender.



Receiving with pressure

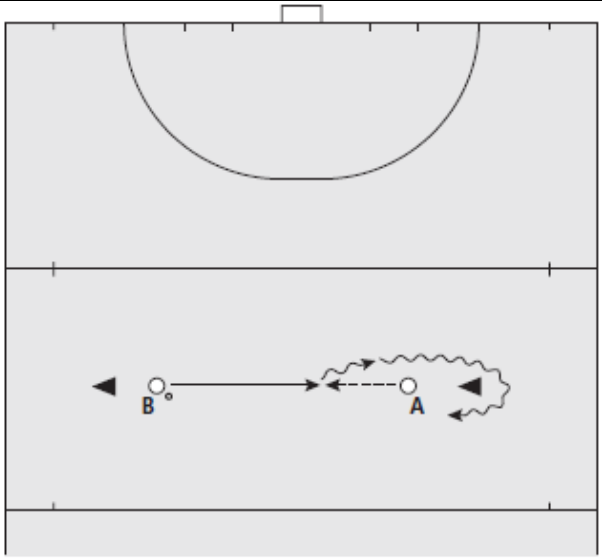
Organization:

Player A passes to player B who leads to receive while being pressured by player C. Player B attempts to enter the circle and score. Player C can either attempt to intercept the pass from player A or tackle player B to prevent him/her from scoring.

Variations:

Vary the starting position of the defender.
Encourage open as well as close receiving where possible from player B.
Encourage different types of passing techniques from the player A.

Art



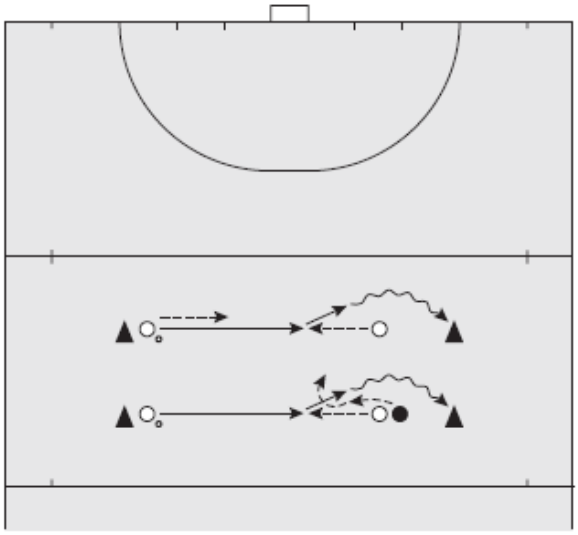
Receive and fake pass

Organization:

Players work in pairs with Player B as the passer and player A as the receiver. Player B passes the ball to player A who leads to receive on the front stick. Player A receives the ball and fakes the return pass back to player B before turning out to the right and dribbling with the ball around the beacon.

Variations:

Increase the distance between the players.
Harder passing.



Deflecting the ball into space with first touch

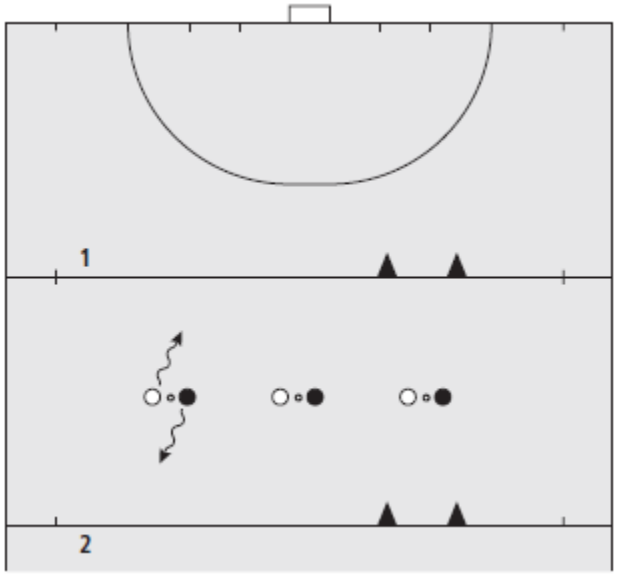
Organization:

The ball is passed to the player leading toward the ball from the opposite end. The player receiving the pass deflects the ball into space with his/her first touch to the outside and behind to the right of his/her body. This player will proceed to turn out and pick up the ball in space and dribble back to his/her initial starting position.

Variations:

Increase the pace of the pass to the receiver.
Add a defender who only attempts to make interceptions.

Defending drills



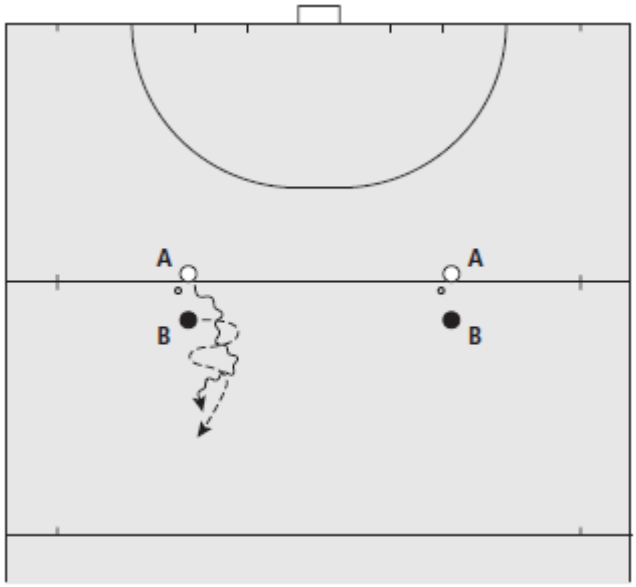
Front defending

Organization:

In pairs, each player goes for the ball. The aim is for the ball carrier to cross over line 1 or 2.

Variations:

The players can add 1 bully movement before going for the ball.
Players can stand with their backs to each other before starting.
Add goals to pass through, i.e narrow the line



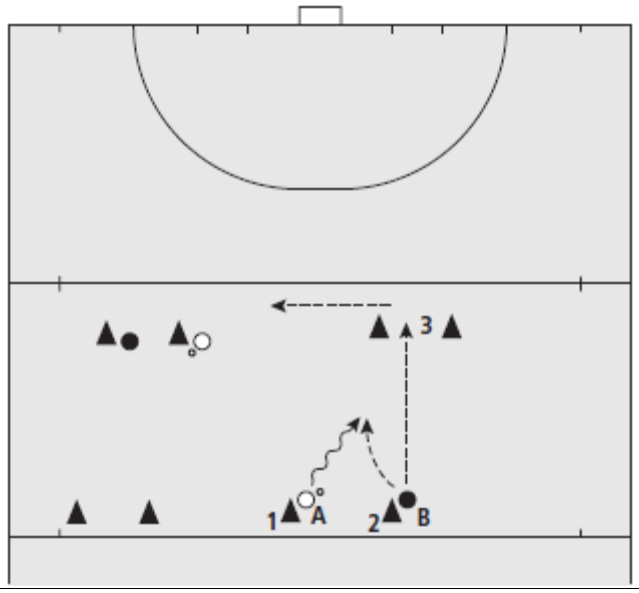
he jab

rganization:

art in a stationary position to perfect the technique.
ayer A moves the ball from side to side and player B attempts jab the ball away.

ariations:

ıe ball carrier speeds up the movement of the ball and adds ore change of direction.
ıe defender can change the angle of the jab by jabbing from hind or the side.



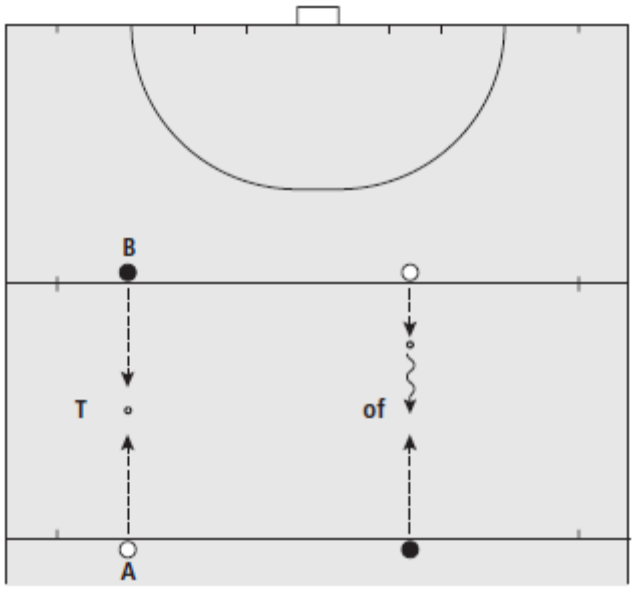
ackling back on the forehand

rganization:

ayer A starts with the ball at beacon 1 and tries to get through e goals at 3. Player B starts at beacon 2 and tries to prevent ayer A from crossing the goals.

ariations:

crease the tempo of the ball carrier.
ıcourage the ball carrier to change direction often.



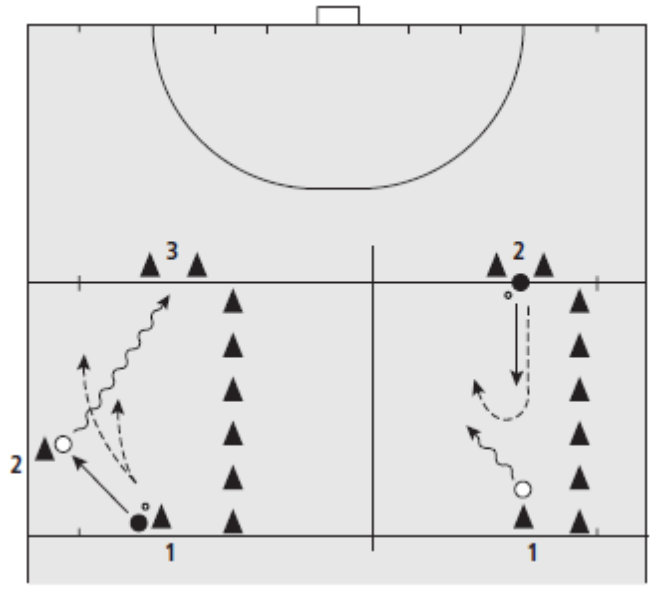
iming

Organization:

he ball is placed exactly halfway between the 23m line and ıe halfway line. On the signal from the coach, players A and B ave to attempt to reach the ball first. The player who wins ossession attempts to reach the opposite line while being ıckled by the other player. Points can be awarded if the ball arrier reaches the opposite line.

ariations:

he ball can be placed closer to either of the two players.



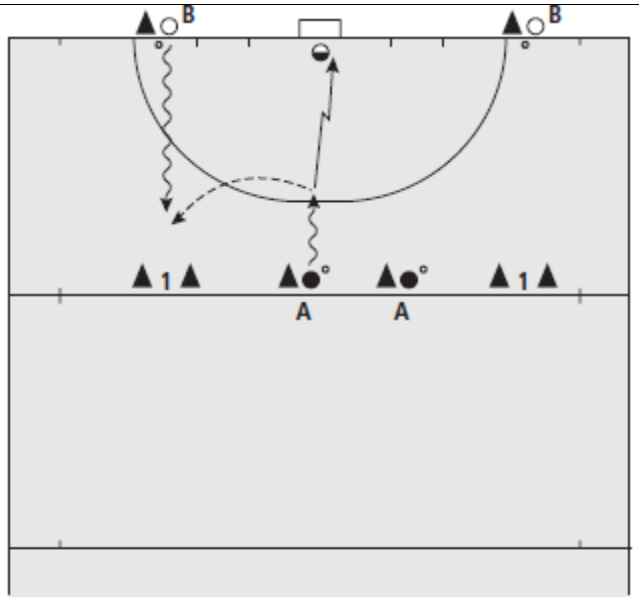
annelling

ganization:

ball is passed from beacon 1 by the defender to the cking player at beacon 2. The attacking player will attempt n the ball through the gate on the 23m line at 3. The nder tries to prevent this but his/her main objective is to nnel the attacker towards the sideline.

riations:

defender can meet the attacker in a frontal position and nnel him/her wide as illustrated in the second diagram.



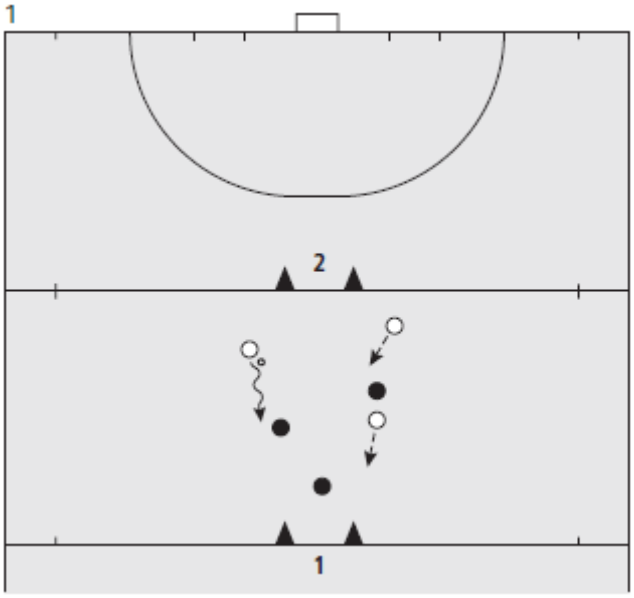
ackling back

rganization:

layer A carries the ball to the circle edge and shoots at goal. t the same time player B tries to dribble the ball through goal . Player B only starts moving with the ball once player A hoots at goal. Player A must turn immediately after the shot nd tackle player B. Tackling will be from behind.

ariations:

hange the distance, i.e move player A closer to the goal.
ary the angle at which player B approaches the goals from.
dd a competition element by adding scores for goals or uccessful tackles.
ary the type of shot at goal.



Tackling back

Organization:

Diagram 1

Two teams of 3 players each with one team attempting to score at gate 1 and the other team at gate 2. The coach blows his whistle to alternate the gate that the two teams score at. The teams respond to this signal immediately which will lead to a reversal of roles from attack to defence and tackling back by the teams.

Variations:

Additional players can be added.
The size of the playing area can be increased or decreased.

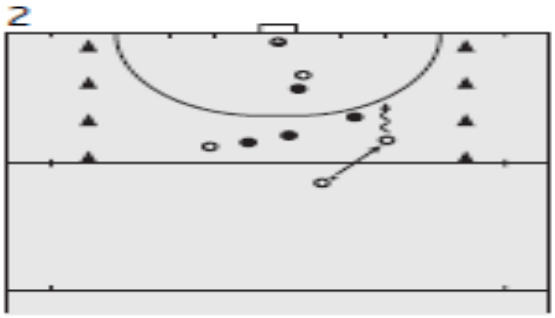


Diagram 2

Right of attack game – The attacking team tries to score a goal. If the defending teams wins possession they first have to cross the 23m line before they can attack the goals. No player is allowed to tackle over the 23m line.

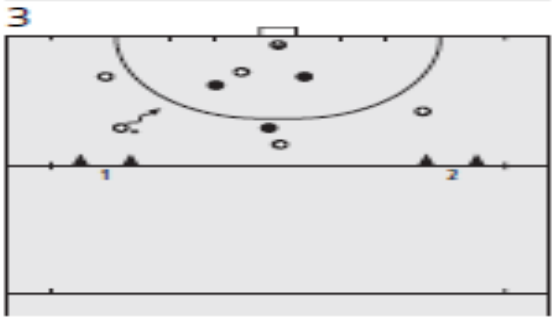
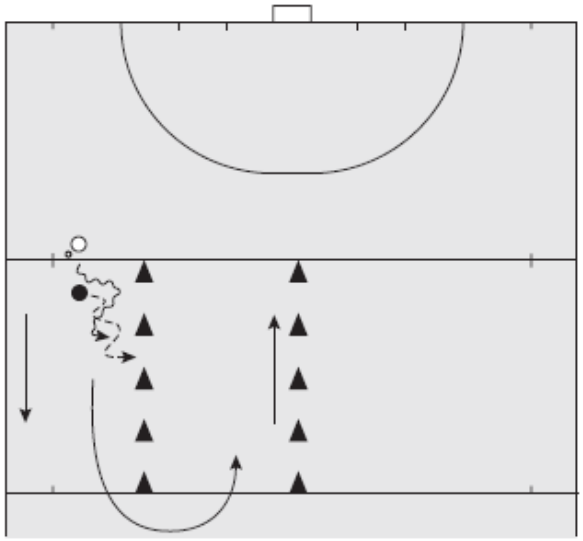


Diagram 3

David and Goliath game – 5 attackers try to score at the normal goals playing against 3 defenders. If the defenders win the ball then they can score from anywhere by playing the ball through any one of the two gates on the 23m line.



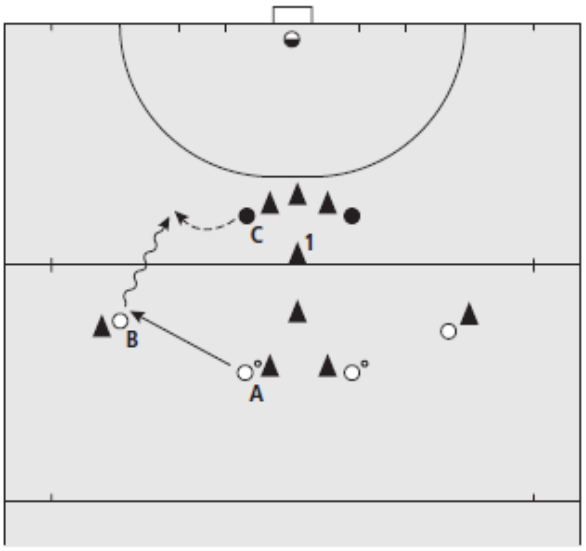
1vs1 defending (frontal) with focus on positioning and footwork

Organization:

The exercise is conducted in pairs and is used to enhance footwork and positioning of the defending player. The ball carrier moves through the channel continually changing direction. Once players get to the next channel they alternate roles.

Variations:

Change the width of the channels.
Commence with no tackling as the focus is on the positioning and footwork of the defending player.
Progress to allow the jab tackle and then move on to the ball carrier being allowed to pass the defender if this player allows too much space and is positioned poorly.



Front defending

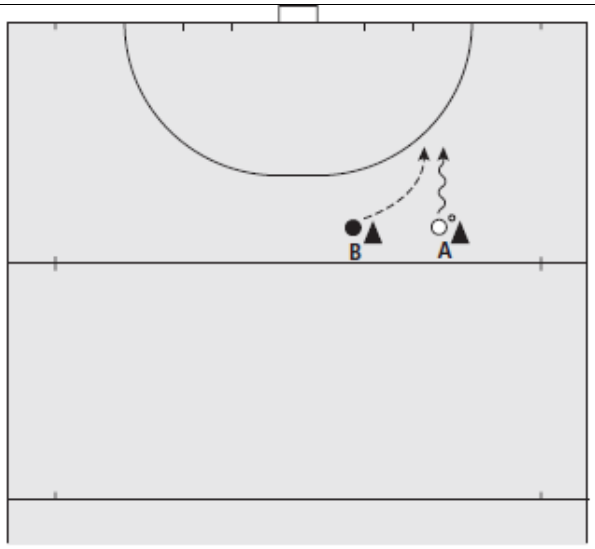
Organization:

Player A passes the ball to player B who attacks the circle and player C defends. Player C is only allowed to leave the beacon when player A passes the ball.

Variation:

If player C dispossesses then players A and B will become the defenders on player C.

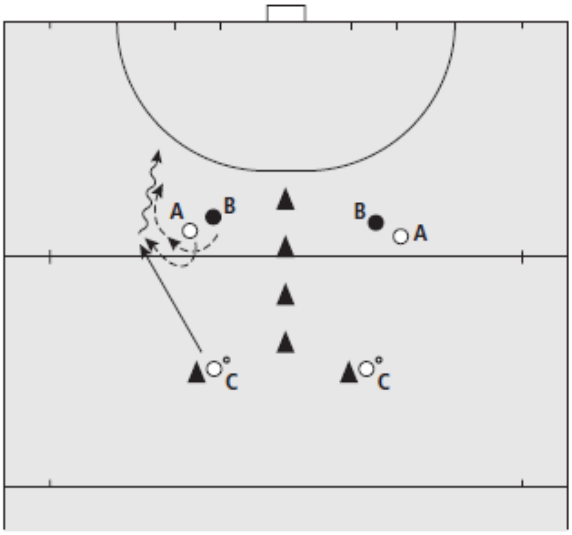
ART



Tackling back on the backhand

Organization:
Player A dribbles towards the circle and attempts to score a goal with player B trying to prevent this.

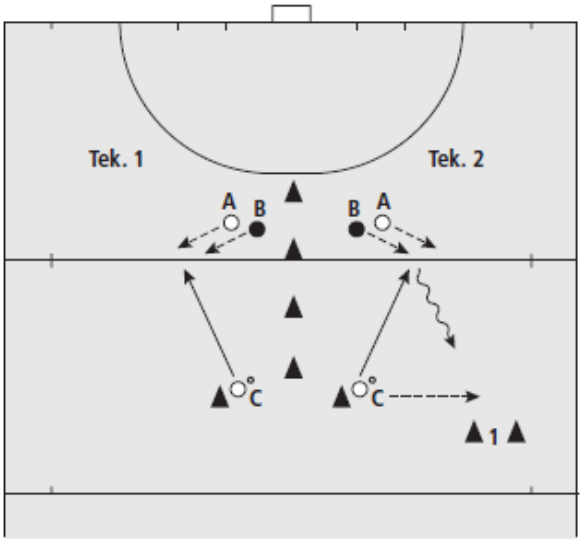
Variations:
Allow the defending player to start slightly ahead of the attacking player.
Add an extra attacker.



Channelling

Organization:
Attacker A and defender B start in the demarcated area. A receives a pass from C and B channels the attacker wide to prevent a shot at goal.

Variations:
Player C can become a defender and join player B in defending. This will encourage player B to channel and delay the attack.
Player B can also look to intercept the pass from player C preventing the attacker from receiving the ball.

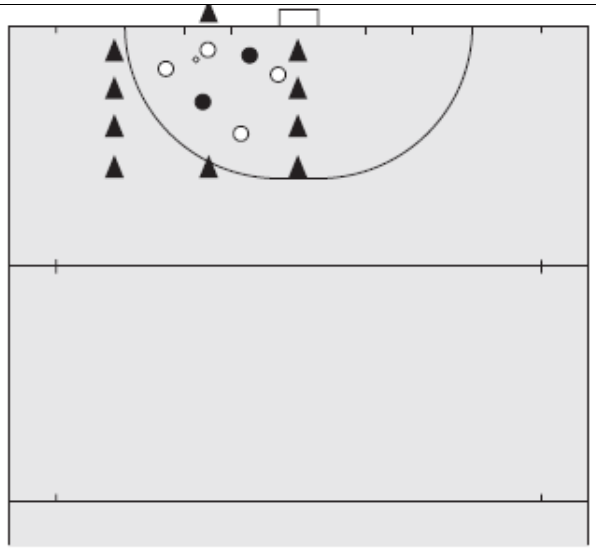


Making interceptions

Organization:
Diagram 1: Player C passes to player A who is being marked by player B who attempts to intercept the pass.

Variations:
Diagram 2: Player C passes to player A who is being marked by player B. If player B intercepts the ball he/she will attempt to score at the gate marked 1. Players A and C will then attempt to prevent player B from scoring.

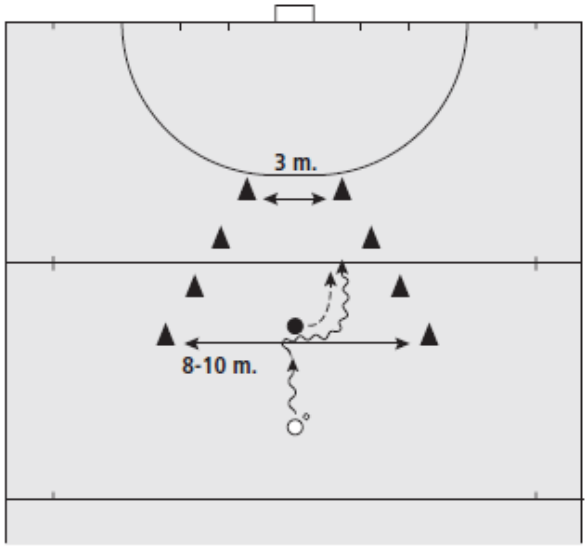
ERT



The jab

Organization:
Four players have possession of the ball, The two defenders must attempt to jab the ball away as many times as possible in one minute. Continually change the defenders.

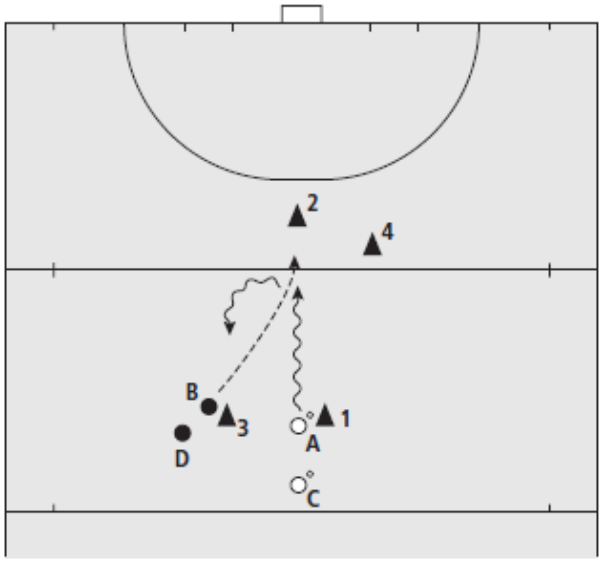
Variations;
Vary the size of the demarcated area.
Encourage the defenders to defend in pairs against the ball carrier.



High or deep defending

Organization:
A defender is positioned in the demarcated area which narrows as it gets closer to the circle. The attacker has to try and get past the defender and score a goal. The defender must prevent this and decide where and when to make a tackle.

Variations:
Let the attacker start further back so that he/she can increase the pace at which the ball is carried.
Allow the attacker to start slightly more to the right or left.

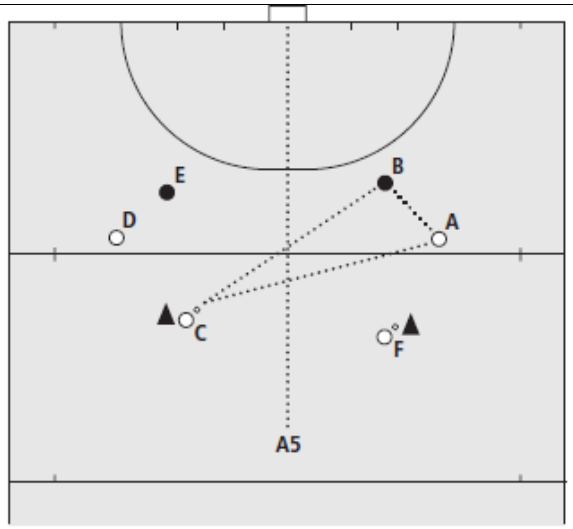


Shave and steal technique from the left

Organization:
Player A dribbles with the ball from beacon 1 in a straight line toward beacon 2. Player B is the defensive player who will attempt to win possession of the ball off player A by using the shave or steal. Players C and D repeat the routine after this.

Variations:
Change the angle at which the ball carrier dribbles by instructing the player to attempt to dribble the ball through the goal at beacons 2 and 4...this will increase the distance which the defensive player has to cover.
Add an additional tackle back situation – if player B wins the ball off player A then player B must immediately pass to player C. Player A must then prevent player C from scoring between the beacons 2 and 4.

IFT



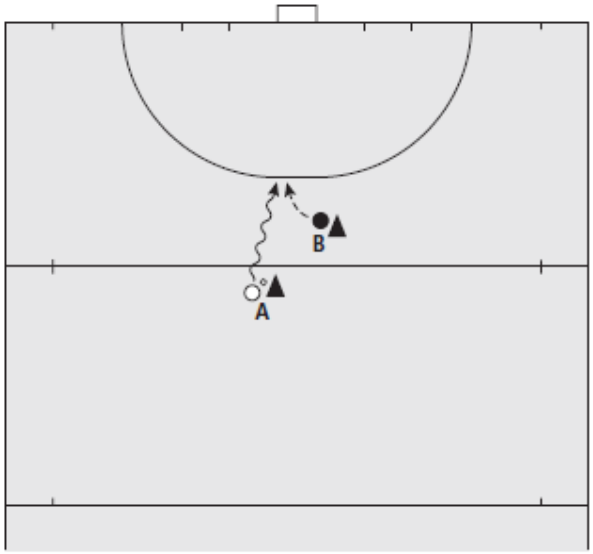
Marking in a flat triangle defence

Organization;

Player A will receive the pass from player C and attempt to score. Player B is the defender who has to prevent player A from scoring. Player B can attempt to intercept the pass or he/she will tackle player A if the player has possession of the ball. Player A is not allowed to cross the imaginary line when in possession of the ball. The routine is then repeated by passer F, receiver D and defender E.

Variations:

Progress to a 2vs2 scenario...Player C can pass to either of players A and D while players B and E are the defenders.



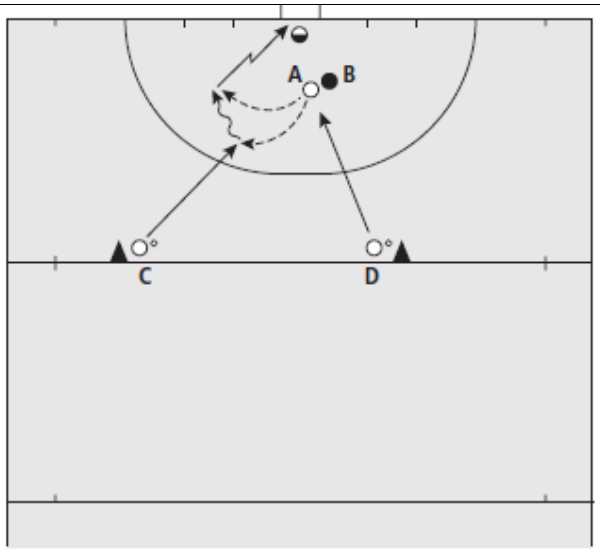
Shave and steal technique from the right

Organization:

Player A dribbles toward the circle with the intention of scoring a goal. Player B will utilize the shave or steal from the right to regain possession of the ball. Player B is only allowed to leave his/her beacon once the ball carrier is in line with him/her.

Variations:

Player B takes up a starting position behind player A.



Marking inside the circle

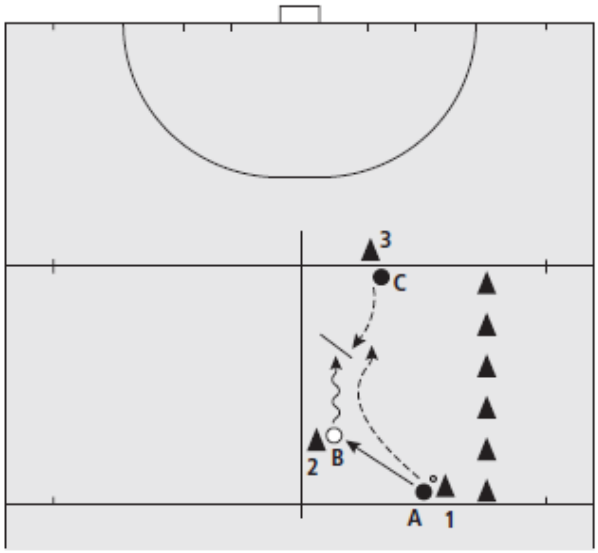
Organization:

Players A and B are involved in a 1vs1 scenario inside the circle. Players C and D will act as the passers. Player B is the marking player who attempts to intercept the pass to player A. He can also allow player A to receive an attempt to dispossess him/her by tackling to prevent the goal from being scored.

Variations:

If the defender intercepts the pass then the ball must be played to back to one of the two passers.
Allocate points to the defender for an interception as well as points to the attacker for scoring a goal.

ART



Double defence and channelling

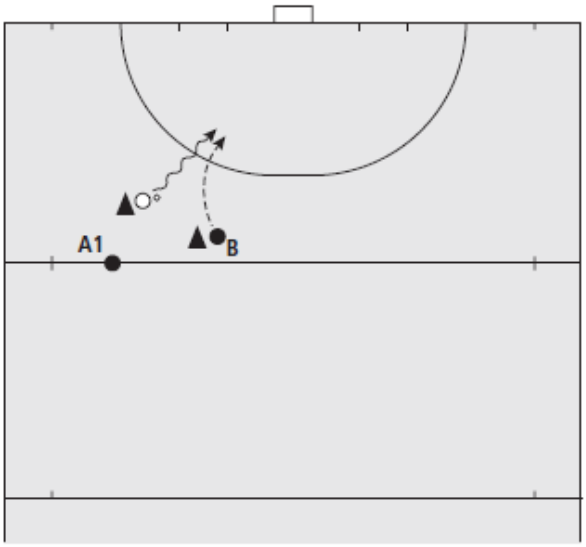
Organization:

Player A passes the ball to player B. Player A then has to tackle back and channel player A toward the side. As soon as the ball is passed to player B, player C will move from his/her marker and assist player A in preventing the ball carrier from crossing the 23m line.

NB. The ball carrier is instructed to dribble in a straight line in the beginning so that the two defensive players can work on their angles of approach and tackling techniques.

Variations:

The tempo of the exercise can be increased.
The ball carrier can change his/her angles of attack when moving with the ball.



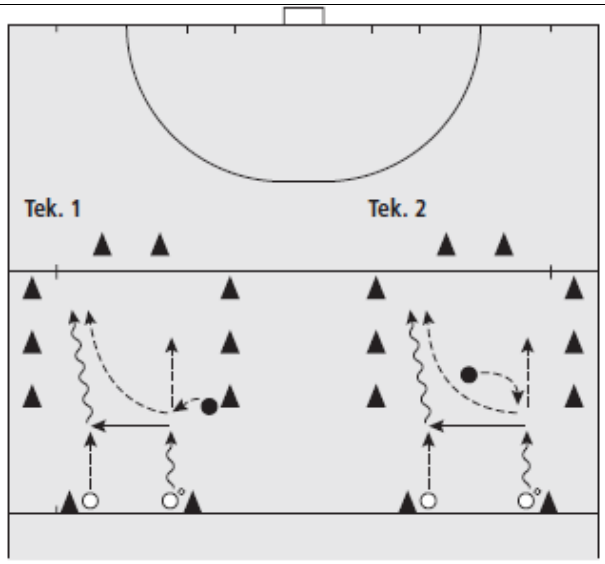
1vs1 defending from the left

Organization:

Player A dribbles into toward the circle with the ball and attempts to play a shot at goal. Player B has to prevent player A from scoring and thus attempts to dispossess the ball carrier.

Variations:

Allow the ball carrier to start from a more central position outside the circle.
Change the starting position of the defending player.



Defending in a 2vs1 scenario

Organization:

Diagram I: Two attacking players have possession and attempt to eliminate the defender who has to prevent them from scoring through the goals in the end zone.

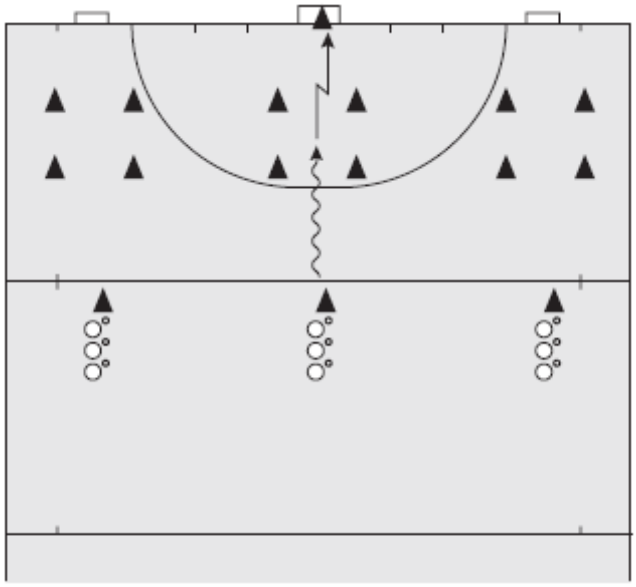
NB. The defender always starts on the marker to his/her left and the ball always starts with the right – sided attacker.

Variations:

Diagram 2: The defender takes up a starting position in the middle of the playing area. Either of the two attacking players can start with the ball.
The size of the area can be increased.

IFT

Scoring Drills



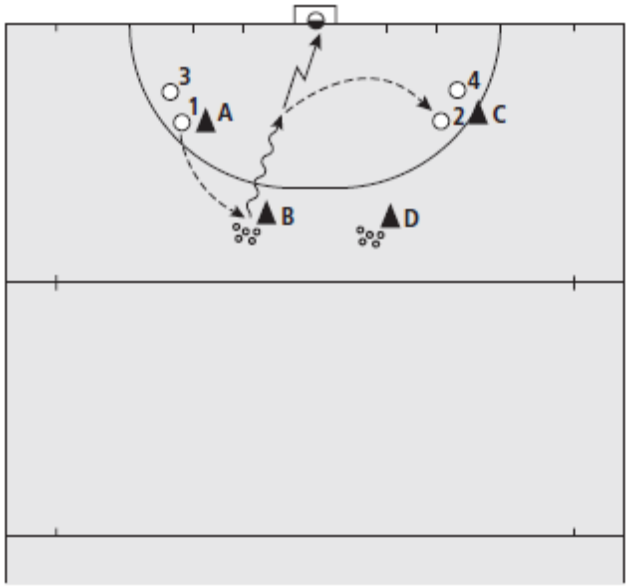
Pushing at goal for direction

Organization:

ushing the ball at goals from different angles. If the ball asses through the beacons and is on target the player gets 3 oints. If it passes through the beacons but misses the goal the layer gets 1 point.

/ariations:

larrow the distance between the beacons.
hange the angle at which the player approaches the goal.
nclude competition between the groups.



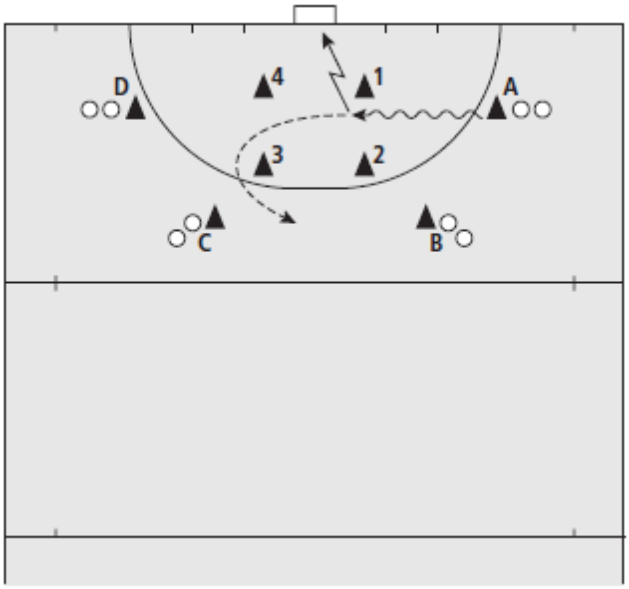
Pushing at goal for speed

Organization:

layer 1 runs to beacon B and collects a ball. The ball is dribbled into the circle and a shot at goal is taken utilizing the ush. Player 1 then continues to beacon C. As player 1 pushes t goal player 2 will run to beacon D and repeat the exercise efore moving to beacon A.

Variations:

Add targets in the goalmouth.
Add a second goalkeeper.
Draw an imaginary line between beacons A and C. Let the groups start at the same time and the player to cross the line irst may have the shot at goal.



ushing at goal when dribbling from the ight and left.

Organization:

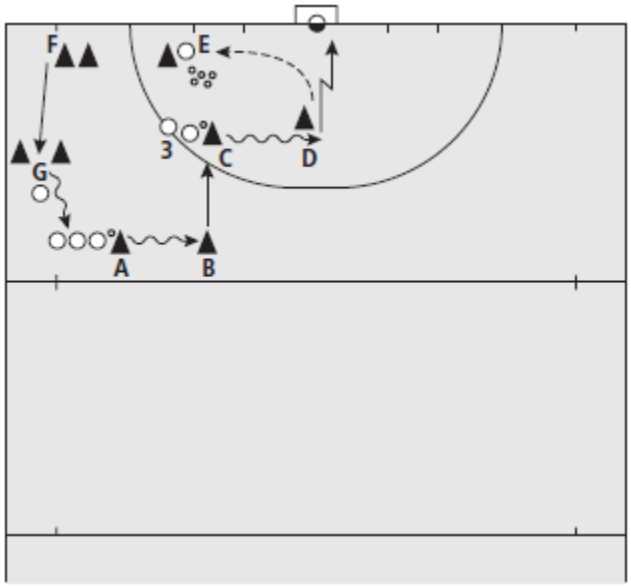
layer dribbles with the ball from beacon A to beacon 1 and tilizes a push to play a shot on goal before running around eacon 3 and ending up at beacon B. The following player will ribble from beacon B to beacon 2 and push at goal before nning around beacon 4 ending up at beacon C.

/ariations:

hange the angles at which the players run from by moving the eacons.
ntroduce fakes before the push at goal is executed.

ART

Slap at goal when dribbling from the left



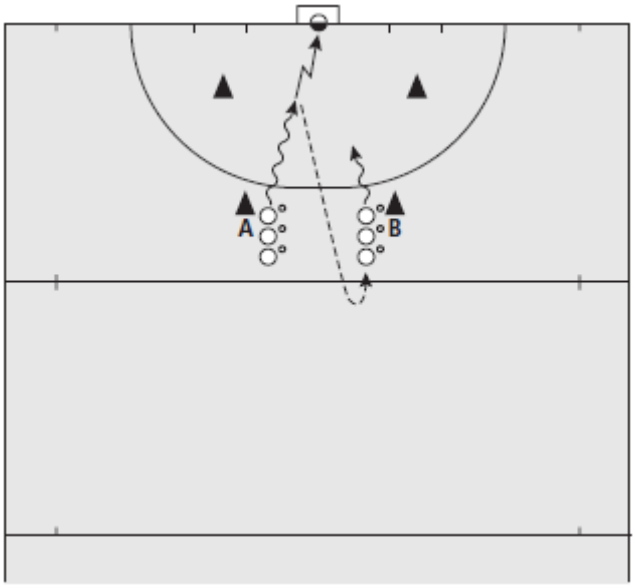
Organization:

Create a flow exercise to encourage passing to the left, including a shot at goal. The player at beacon A dribbles with the ball to beacon B before slapping the ball to the player at beacon C. This player then dribbles to beacon D and proceeds to slap at goal. This player then sprints to beacon E to collect another ball and dribbles to beacon F and proceeds to slap the ball through the gate at G. Another player will receive the pass through the gate.

Variations:

Repeat the exercise to the opposite side.
Increase the tempo of the exercise.
Add a defender to increase the level of difficulty.

Slap at goal



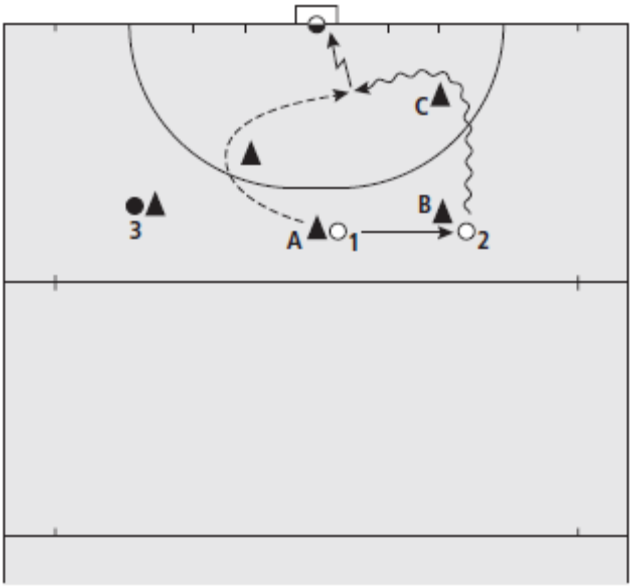
Organization:

Two groups of players line up behind beacon A and beacon B respectively outside the circle. They take turns to dribble into the circle at pace and play a slapshot on goal. The players join the back of the opposite row after completing the shot at goal.

Variations:

Introduce competition between the groups.
Give the players targets to aim at, ie bottom left or right corners of the goal..

Slap at goal from a rolling ball



Organization:

Player 1 passes the ball to player 2 at beacon B. Player 2 dribbles to beacon C and proceeds to pass the ball to player 1 who has made a lead around the additional beacon in the circle. Player 1 will play a slapshot on goal from the rolling ball passed by player 2.

Variations:

Increase the tempo of exercise.
Player 2 can be encouraged to pass harder.
Player 3 can be introduced as a defender who becomes active when player 1 passes to player 2.

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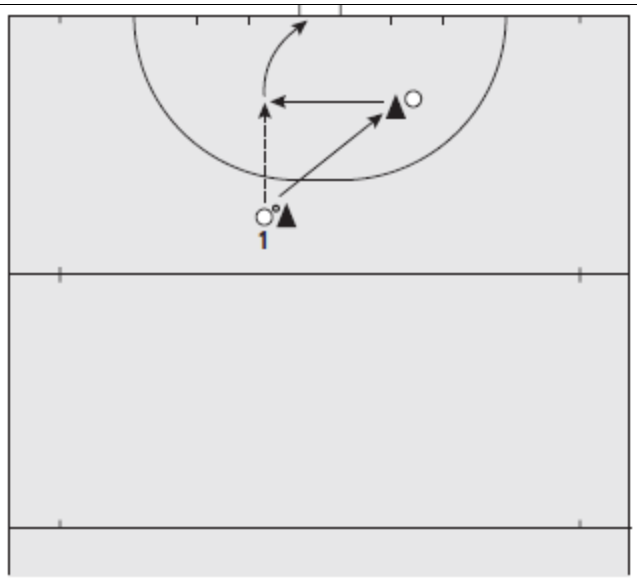


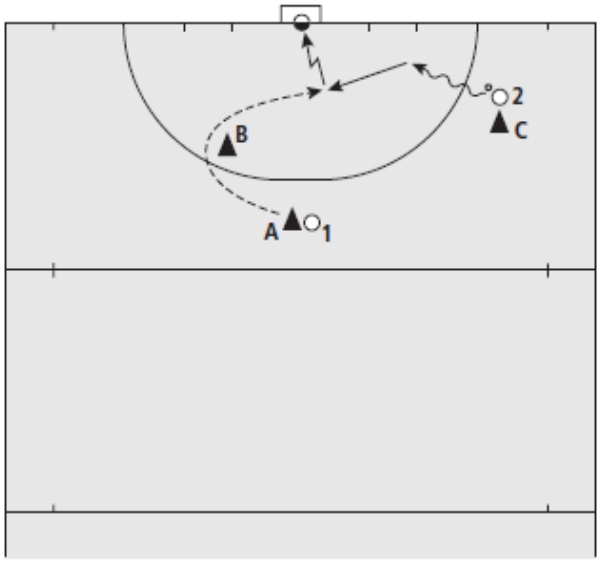
licking at goal

rganization:

layers work in pairs whereby player 1 passes the ball to the ther player positioned at the beacon inside the circle. Player 1 prints forward into the circle and receive a square return pass om the other player. Player 1 traps the ball first and brings it nder control before flicking at the goal.

ariations:

lace objects in the goal which the players have to flick the ball bove.
he passer inside the circle can pass harder to increase the level f difficulty for player 1.
dd time limitations to get the flick played on goal.



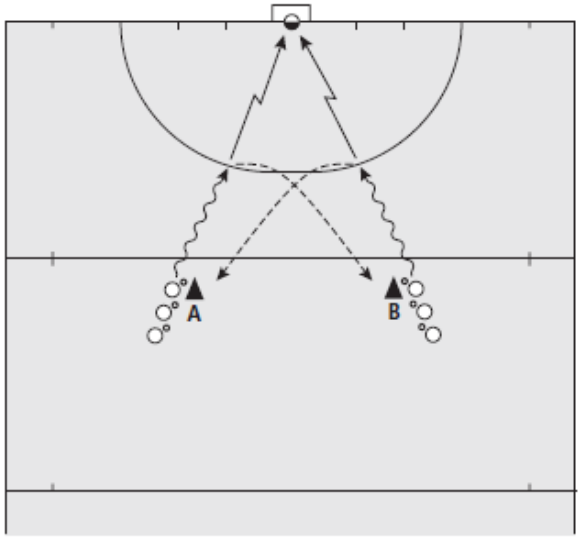
Slap at goal from a rolling ball

Organization:

Player 2 dribbles into the circle and sets up a pass for player 1. Player 1 moves around beacon B to slap on goal while moving.

Variations:

Vary the angle of player 1's run.
Increase the pace of the pass.
Vary the distance from goals.



Hitting at goal

Organization:

Players line up in two rows and dribble into the circle and take a shot at goal by hitting the ball.

Variations:

Change the angle at which the players enter the circle.
Add targets inside the goal box.
Introduce competition between the groups.

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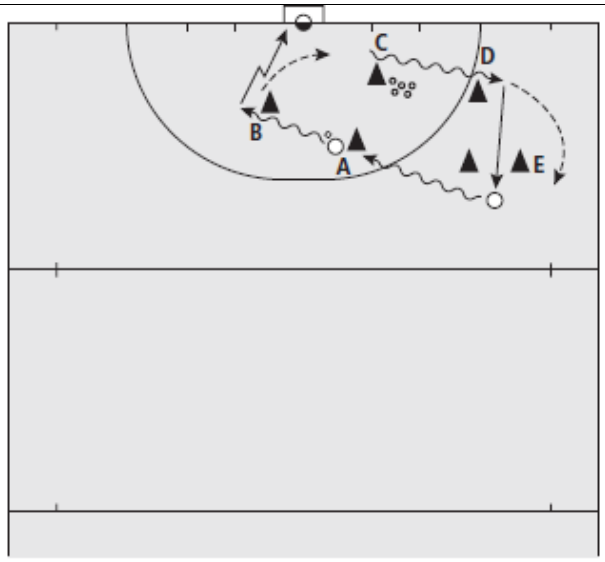


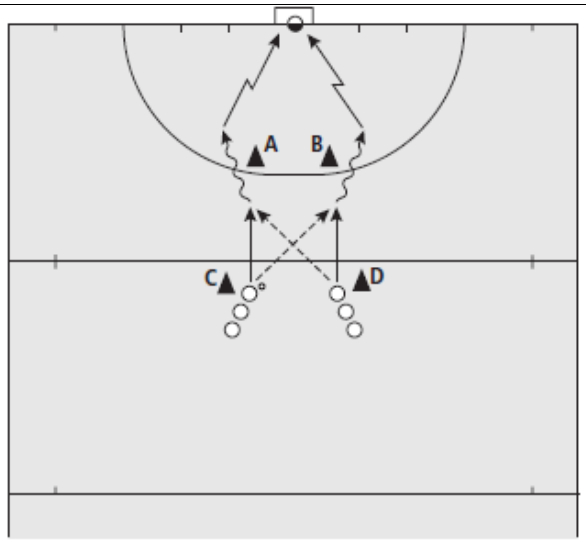
Low reverse stick hit/sweep at goal

Organization:

Player A dribbles with the ball around beacon B and plays a low reverse stick hit/sweep on goal. Player A then collects a ball at beacon C and dribbles around beacon D before passing the ball through the gate at E using a low reverse stick hit/sweep. The player who collects the ball on the other side of the gate at E will repeat the exercise.

Variations:

Change the position of the beacons to alter the angles at which the players must score from.



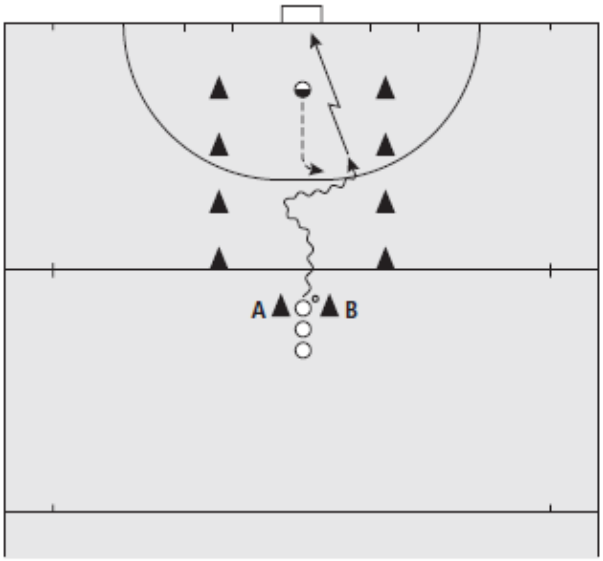
Hitting at goal

Organization:

Players line up in two rows behind beacons C and D. They dribble toward the circle and have to hit the ball at goal from the outside of beacons A and B.

Variations:

The players make diagonal passes to one another outside the circle.
Place beacons A and B wider apart to change the angle at which the player hit from.



1vs1: attacker against the gk

Organization:

Players line up just outside the 23m area in the centre of the pitch. Each player must dribble into the circle and attempt to pass the gk in a 1vs1 duel.

Variations:

Add a time limit in which the 1vs1 dual has to take place.

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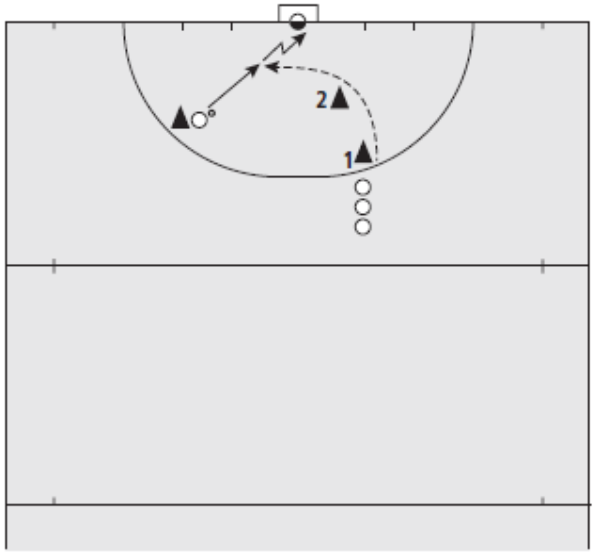


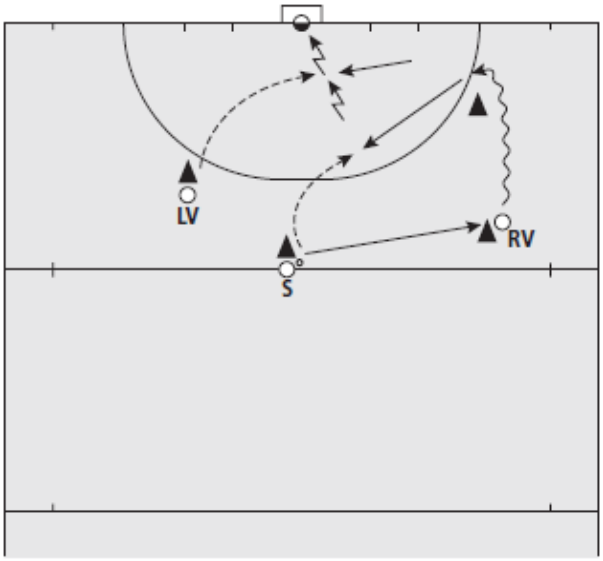
Deflections from the right on the front stick

Organization:

Players start at beacon 1 and run around beacon 2 to meet the ball. As they round beacon 2 the ball is hit hard at the far post of the goal box. The ball is deflected at the goal by the attacker.

Variations:

Narrow the angle of approach to increase the level of difficulty for the deflector.
Increase the pace of the pass.
Increase the area between the deflector and the goalmouth.



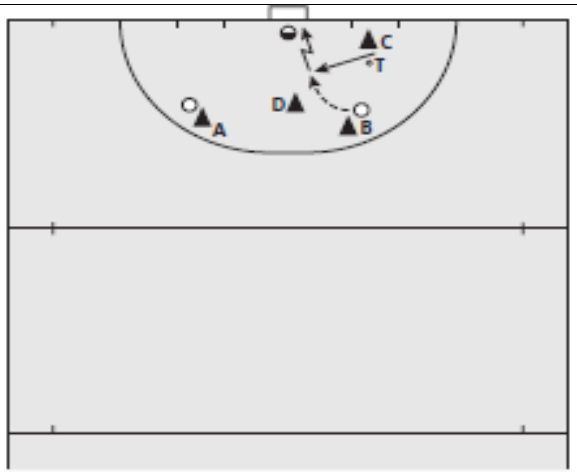
Combination of the hit and slap at goal

Organization:

In groups of 3. Player A passes the ball to RV who dribbles around the beacon and either passes to player S who will hit at goal or to LV who will slap at goal.

Variations:

Repeat the exercise from the left hand side.
Vary the distance of RV's pass.



Rebounds

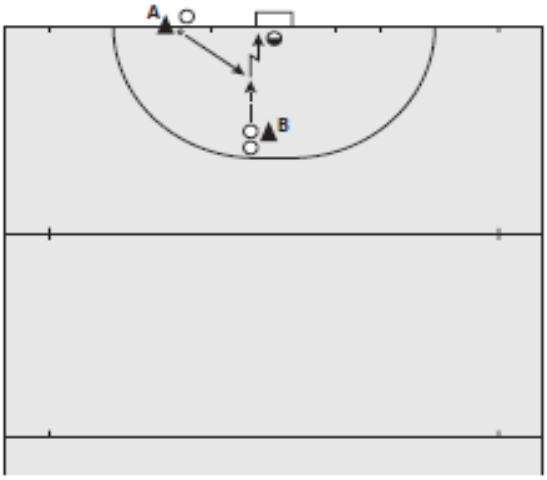
Organization:

Players run from beacon A or B towards the 9yd area. The coach who is positioned at beacon C rolls a ball at least 2metres ahead of the gk. The players running in from beacons A and B have to play a shot on goal.

Variations:

The ball can be passed harder by the coach.
The coach can also roll balls at the gk from beacon D with the gk kicking the ball diagonally to his/her left or right in the direction of the players positioned at beacons A and B. Either of these players will play a shot on goal.

IFT



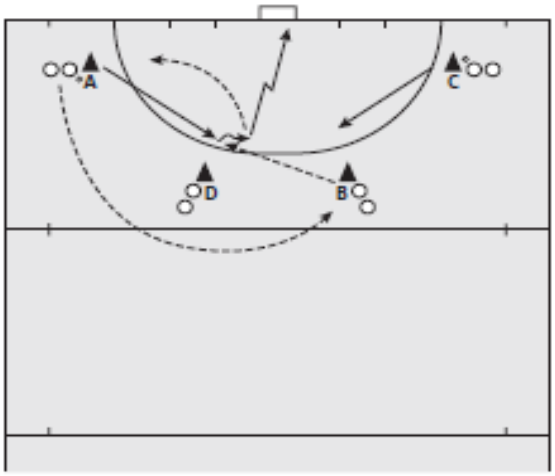
Slap at goal from the left

Organization:

The player positioned at beacon A passes the ball in the direction of the player leading toward the pass from beacon B. The player leading to the ball will slap the ball at goal with his/her first touch of the ball.

Variations:

Increase the pace of the pass from the baseline area.
The player making the lead to play the slap on goal should increase his/her speed.
Encourage elevation of the ball with the slap shot.



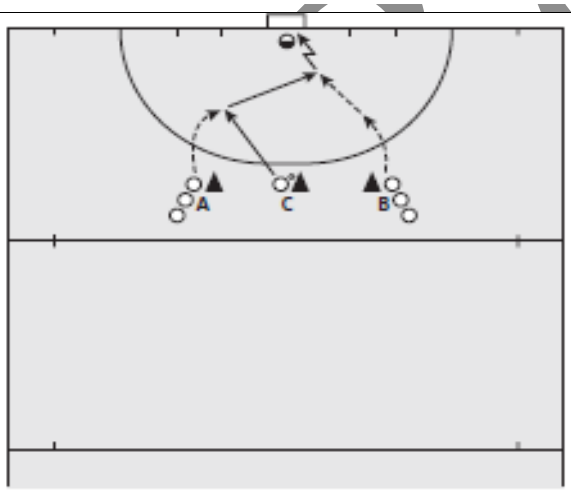
Hitting at goal when receiving from the left/right

Organization:

A pass is delivered from beacon A to the player making a lead from beacon B. This player will receive the ball open at the top of the circle and hit the ball at goal. The passer moves around beacon D and takes up a position at beacon B. The player who hit at goal moves to beacon A after the shot has been taken. The routine will be repeated with the player at beacon C passing to the player leading from beacon D.

Variations:

Increase the tempo of the exercise.
Encourage two-touch hockey from the receiver who hits at goal.



Combination play with a shot at goal

Organization:

Two players lead into the circle leading from beacons A and B. The player at beacon C passes the ball to either of the two players who have lead into the circle. The receiver then passes the ball to the other player who takes a shot at goal.

Variations:

Increase the tempo of the exercise.
Encourage two-touch hockey from all the players.

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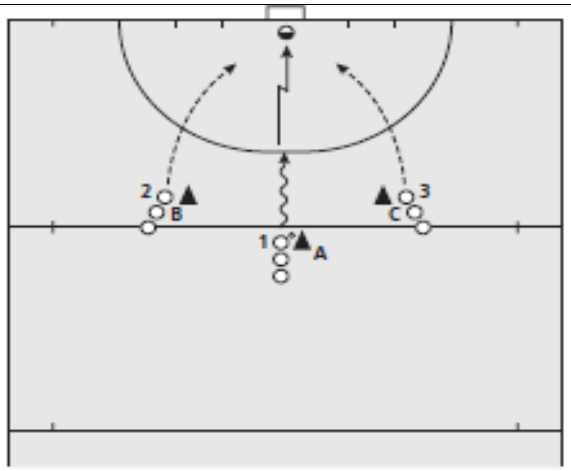


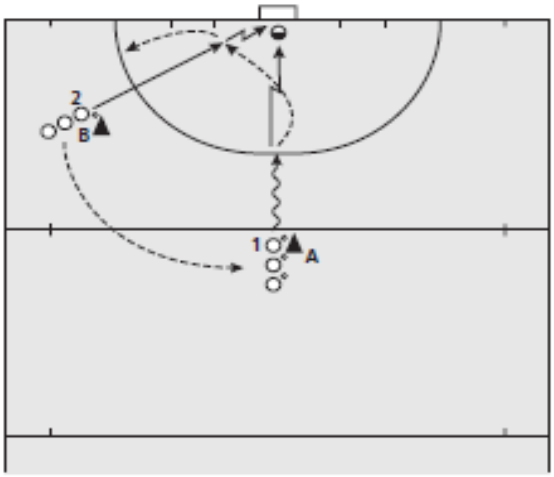
Rebounds

Organization:

Player 1 dribbles from beacon A into the circle and hits at goal. Players 2 and 3 lead into the circle at the same time and play any rebound shots at goal.

Variations:

Change the hit to a push at goal which will allow the gk to kick the ball in the direction of the two players following up for the rebound.



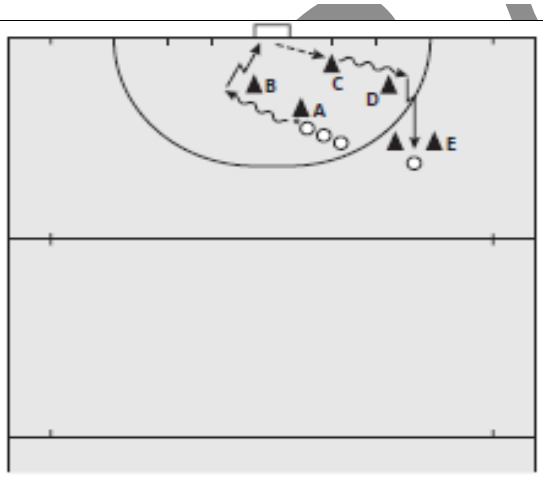
Combination of the hit and deflection

Organization:

Player 1 dribbles from beacon A to the top of the circle and hits at goal. This player then leads into the 9yd area to receive a pass from player 2 at beacon B looking to deflect the ball into the goal. Player 1 joins the back of the line at beacon 2 and player 2 joins at beacon A.

Variations:

Add an additional beacon inside the circle which the player has to lead around before deflecting at goal.
Add competition between the players...who can score off both scoring shots ie. hit and deflection



Reverse stick bunt

Organization:

Player dribbles from beacon A to beacon B and plays a reverse stick bunt on goal. This player then collects another ball at beacon C and dribbles past beacon D before playing a reverse stick bunt through the gate represented by the beacons at E. Another player will receive the ball on the other side of the gate.

Variations:

Increase the tempo of the exercise.
Set targets inside the goal box.

PART 3: TRAIN-TO-TRAIN PHASE

Introduction:

Where:
School, clubs, academy centers

Age:
Girls – 12 – 15 years old
Boys – 13 – 16 years old

Why:
Develop passion to play a specific sport and pursue focused training. Talent identification begins.

Physical Development Training;
Aerobic, speed and strength training introduced. Own body weight training and core stability is key to the athlete's development. Introduction of free weights towards the end of the phase

Technical Development of the Game:
Fundamental skills developed and refined. Advanced skills introduced as the athlete progresses towards the end of the phase

Tactical Development:
Basic team tactics introduced. Recognition of game play and decision-making is fostered. Specific positional skills emphasized towards the end of the phase

Mental Skills Development:
Coping with competition, learning how to set and implement short and long term goal setting skills

Managing the athlete:
Be cautious of premature specialization, as there could be undiscovered capacities to excel at different sports
Be cautious of overtraining – burn out and injuries. Encourage other sport participation and promote, fun, fairness and respect

Other Introductions:
Pre and post match strategies, introduction of game plans

Training Session Duration:
13 - 14 years (3- 8 hrs per week) 15 - 16 (6 – 14 hrs per week)
3:1 training to competition ratio
Seasonal planning required ensuring rest and recovery

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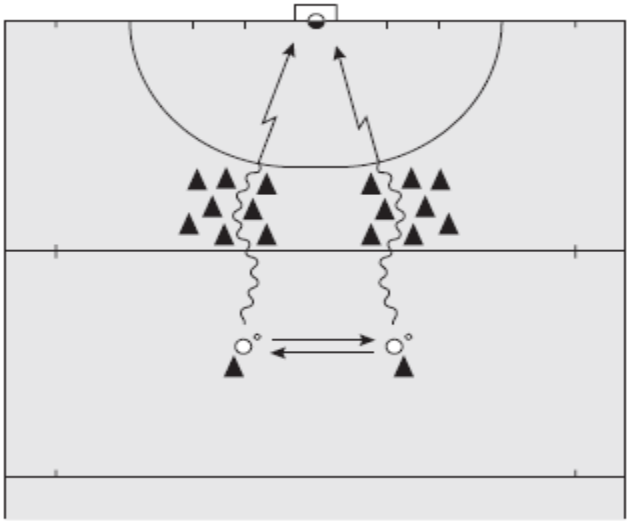
SKILLS PROGRAM: TRAIN-TO TRAIN PHASE

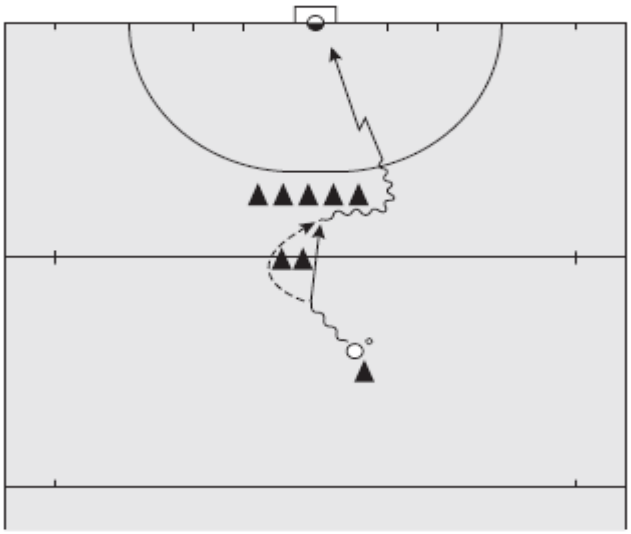
Moving with the ball



Dribbling with vision

rganization:
square pass is played between the two players positioned t the beacons as indicated in the diagram. The receiver ribbles through the minefield of beacons between the 23m ne and the top of the circle and finishes with a shot on goal.

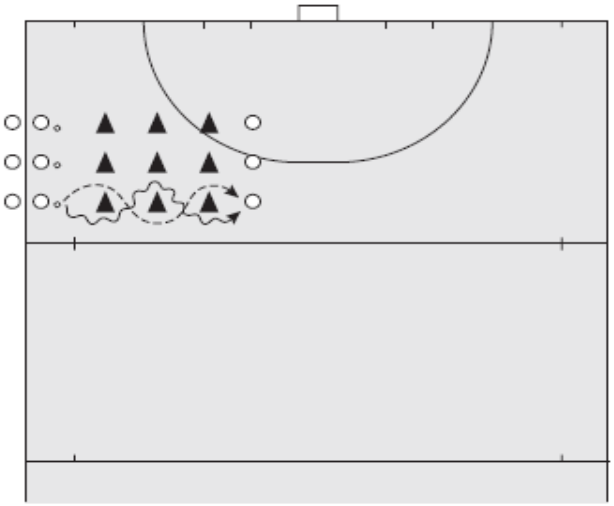
ariations:
ecrease the number of beacons in the minefield at place ese further apart.
troduce competition between the two groups by placing a me limit on their completion of the exercise



Herring bone skill

Organization:
Player dribbles toward the first to beacons positioned on the 23m line and performs the herring – bone skill. The player then dribbles around the row of beacons placed just outside the circle before taking a shot on goal.

Variations:
Execute the skill whereby the ball is played to the left using the reverse – stick and the player runs around on the right of the beacons to collect the ball.



Indian dribbling outside the body space

Organization:
Players move with the ball using the Indian dribble to slalom through the beacons placed ahead of them

NB. The ball is positioned outside the body space of the ball carrier. When the ball carrier moves ball to the outside of a beacon he/she will move his/her feet around the opposite of the beacon.

Variations:
Slalom through the beacons without using the Indian dribble.
Increase the tempo of the exercise.
Competition between the groups.

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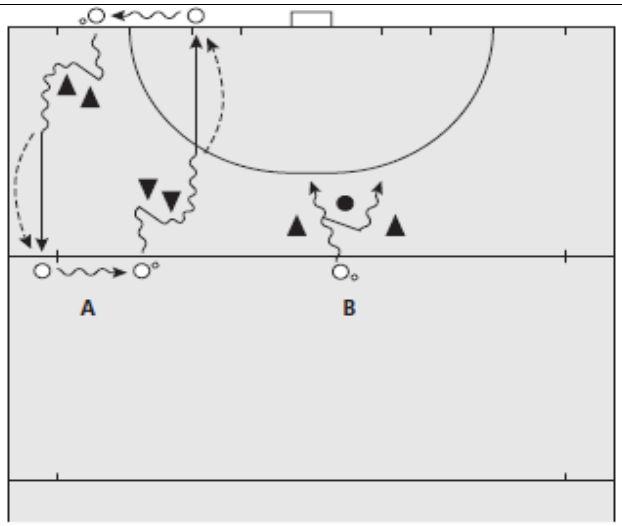
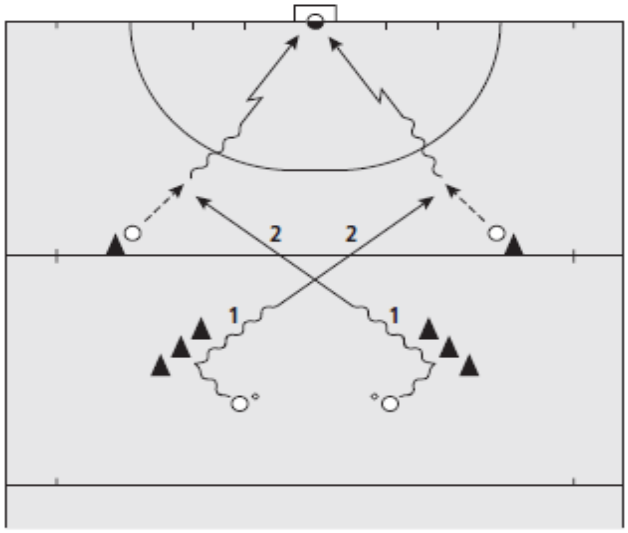


Drag to the right

Organization:
Exercise A: A flow exercise is conducted, where the players utilize the Indian dribble to drive toward the left-sided beacon and drag the ball to the right before dribbling around the right –sided of the two beacons.

NB. The left beacon is positioned slightly ahead of the right one which will force the players to pull the ball back towards their right foot when executing the skill.

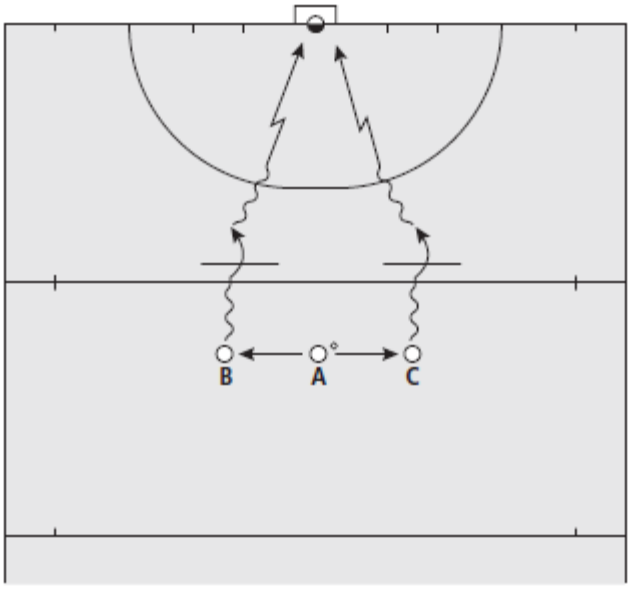
Variations:
Exercise B: A defender is positioned between the two beacons which the ball carrier has to eliminate by dragging the ball to the right or left.



Dribbling with a change of direction and pace

Organization:
Players positioned at zone 1 dribble using the full vision dribble towards the beacons and execute a change of direction before increasing their pace and passing the ball diagonally to the players leading into space in zone 2.

Variations:
Faking the pass in another direction direction by the ball carrier before passing.



The forehand lift

Organization:
Player A passes to player C who dribbles toward the flat stick placed in his/her path. Player C lifts the ball over the flat stick and proceeds to dribble into the circle and plays a shot on goal. Players follow their passes.

Variations:
The ball carrier can increase speed.
Changing the direction of the ball while in the air when being lifted.

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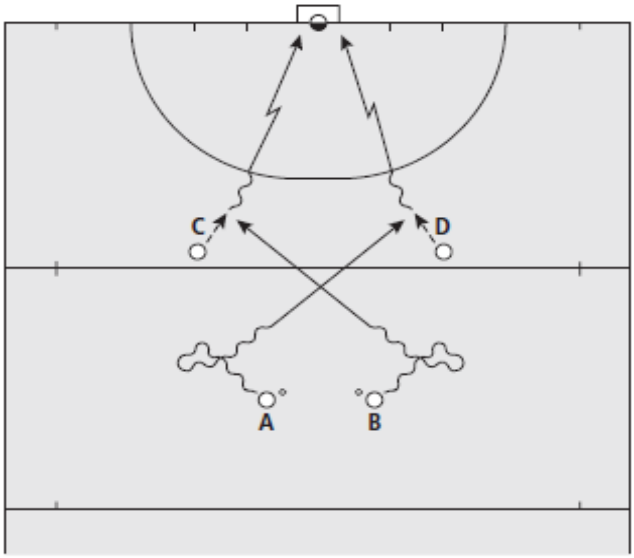
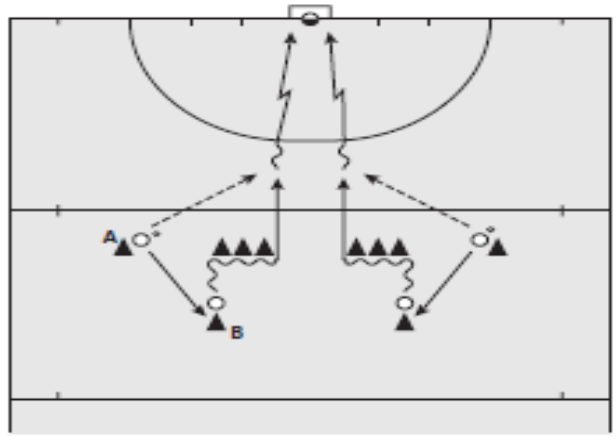


Reverse turn out to the right and left

Organization:
Players A and B use the full vision dribble before executing a reverse turn out to the right or left. These players then make diagonal passes to players C and D who will dribble into the circle and take a shot at goal.

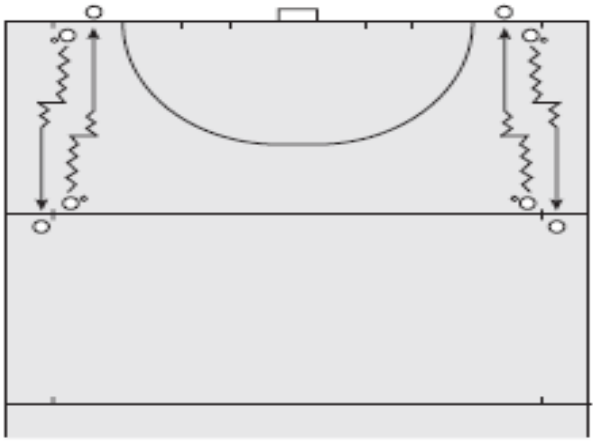
Variations:
Increase the tempo of the exercise.
Execution of the reverse turn out using the reverse stick.
Faking to one direction by the ball carriers before passing.



ribbling with vision

rganization:
layer A passes to player B who dribbles towards the row of eacons and drags the ball to the inside before passing the all back to player A. Player A leads to the area just outside he top of the circle to receive open from player B and roceeds to take a shot at goal.

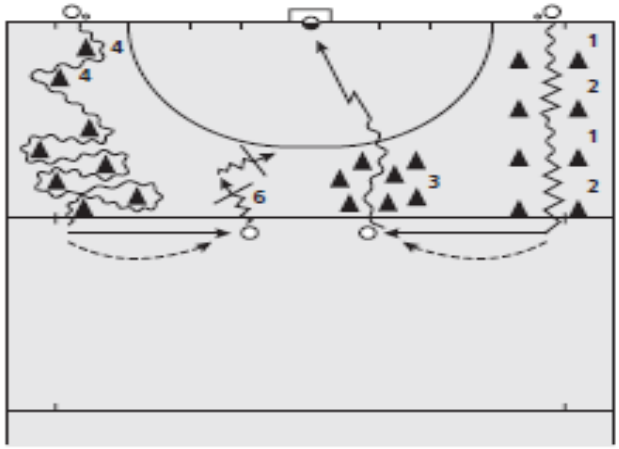
ariations:
layer B can receive and dribble directly into the circle and nish with a shot at goal.
eplace the row of beacons with a minefield by adding more eacons.



Dummy to the right and left

Organization:
Four players work in a group with pairs positioned on the baseline as well as the 23m line. A player from either side commences the exercise by utilizing a full vision dribble before executing the dummy to the right or left when they reach the middle of the zone. The ball carriers then pass to the next players who will repeat the exercise. The players follow their passes.

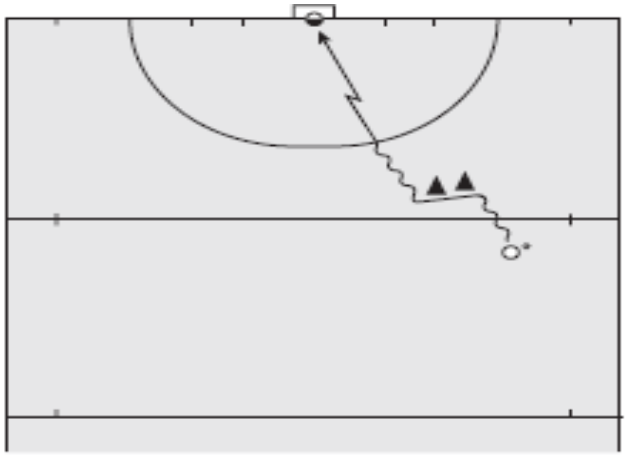
Variations:
Add two beacons in the middle to represent a defender.
Encourage body fakes before the dummy is executed.



Dribbling circuit

Organization:
Players commence from the baseline area:
RHS – Player utilizes an Indian dribble or shuffle dribble from the baseline to 23m line before passing the ball to the player at zone 3. This player will receive and dribble through the minefield before playing a shot at goal.
LHS – Player utilizes the full vision dribble from the baseline focusing on full contact between stick and ball as well as moving at full speed before passing to the player at zone 6. This player will receive and lift the ball over the sticks in zone 6 before entering the circle and playing a shot at goal.

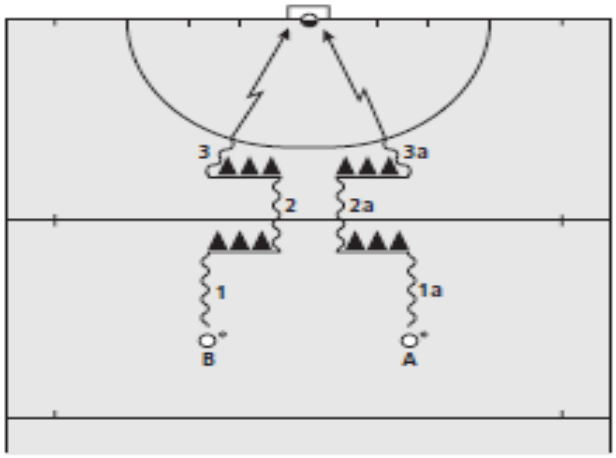
Variations:
Combinations with change of direction



Drag to the left

Organization:
Players utilize the drag to the left to pass the two beacons before dribbling into the circle and taking a shot at goal.

Variations:
Allow players to execute the skill while standing still to encourage a change of pace once they have eliminated the beacons and have to dribble toward the circle.
Encourage body and stick fakes before the drag is performed.



Single – handed dribbling

Organization:
Player A commences with a single – handed reverse stick dribble (1a) and changes to a single – handed front stick dribble when cutting infield across the first row of beacons. This player then changes to a single – handed reverse stick dribble again (2a) dribbling in the direction of the next row of beacons before cutting to the outside and across the beacons. The ball carrier then changes to a two handed front stick dribble (3a) to accelerate into the circle and play a shot at goal.

Variations:
Player B does the opposite of what player A does.
Players complete the drill utilizing either the single – handed front or reverse stick dribble only.

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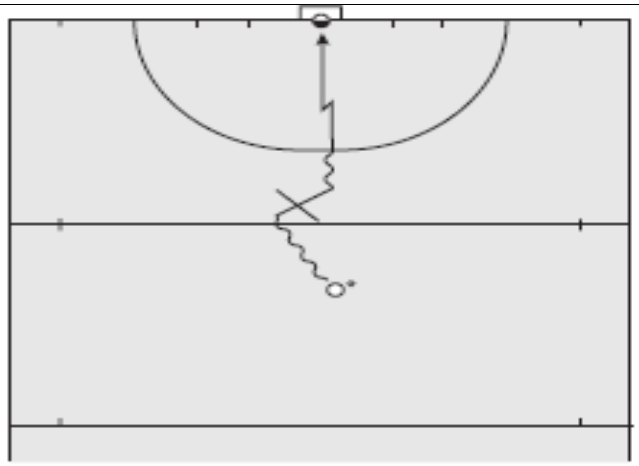
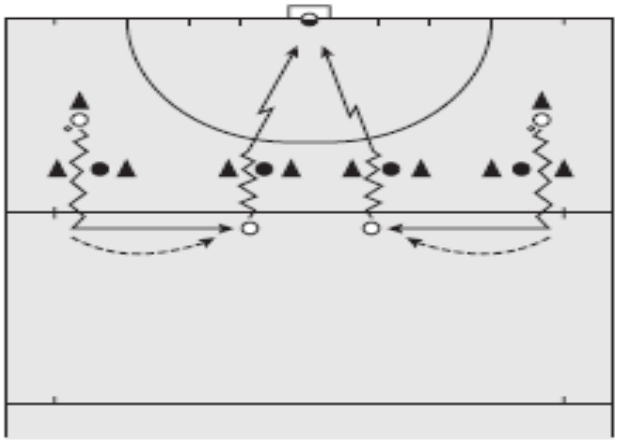


Reverse stick lift

Organization:
Players dribble toward the stick placed on the turf outside the circle which they have to lift the ball over utilizing the reverse stick lift. Players proceed to take a shot at goal.

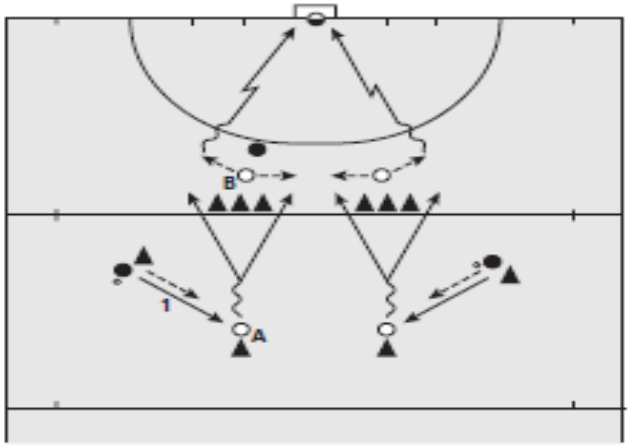
Variations:
Increasing the approach distance of the ball carrier.
Encourage players to execute the lift when utilizing the Indian dribble.



1vs1: attacker vs defender

Organization:
Players execute the drill in groups of four creating a flow exercise. The first attacker starts with the ball outside the circle in the wide left or right zone. This player will attempt to eliminate the defender directly ahead of him/her who is positioned between the two beacons. If the ball carrier eliminates the defender then he/she passes the ball to the second attacker. The second attacker receives the ball and attempts to eliminate the second defender positioned between another pair of beacons outside the circle. The ball carrier can play a shot at goal if successful in eliminating the second defender.

Variations:
Increase the width of the defensive zone.



Dribbling with vision:

Organization:
The ball is passed by defender (1) to player A who dribbles forward and looks to make a connecting pass to player B who can lead to receive on the front stick or stick either side of the row of beacons. The defender will apply pressure on the player A immediately after passing the ball.

Variations:
Alter the distance between the defender and player A.
Add another defender who can mark player B.

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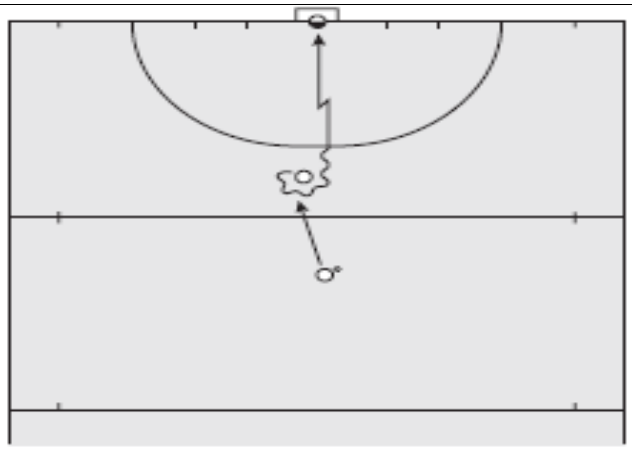
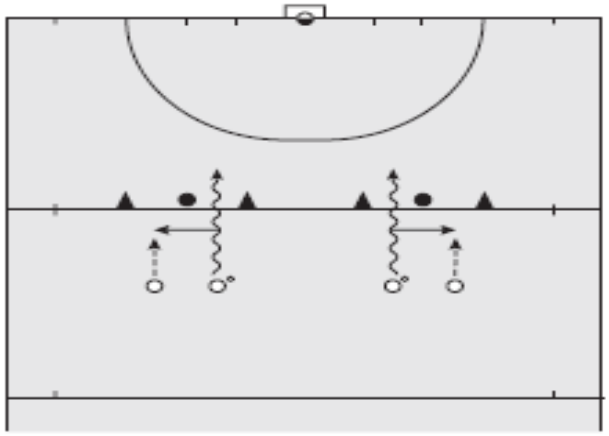


Turning with the ball

Organization:
Passer plays the ball to the receiver who receives the ball in a stationary position outside the circle. The receiver places the ball in the hook of his/her stick and turns/spins out to his/her left or right to face the goals. The ball carrier then dribbles into the circle and takes a shot at goal.

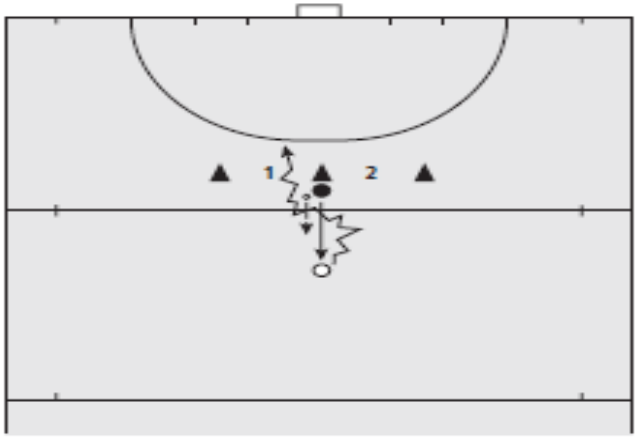
Variations:
Receiver leading to receive before executing the skill.
Add a defender to mark the receiver.



Dummy to the left and right in a 2vs1 scenario

Organization:
The ball carrier has the choice of passing the ball to his/her support player or using a dummy pass (fake) to eliminate the defender.

Variations:
Replace defender with a row of beacons.
Add beacons to form a square which defensive player has to work in.



Dribbling with a change of direction and pace

Organization:
The defender who is positioned at the middle beacon passes to the attacker. The attacker receives the ball and has the choice of dribbling through gate 1 or gate 2. The defender applies pressure on the ball carrier.

Variations:
Increase the distance between the defender and attacker.
Decrease the width of the gates.

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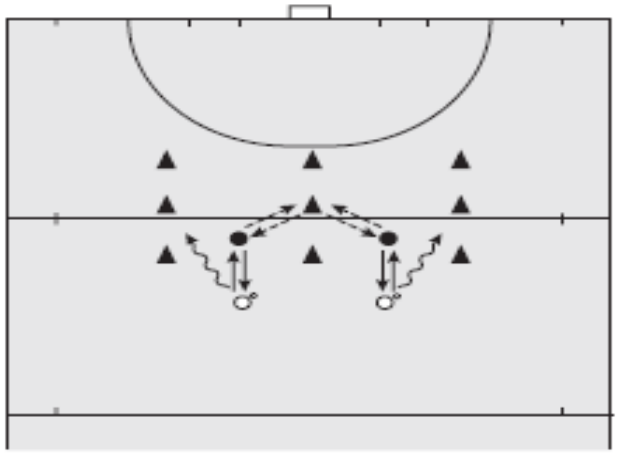
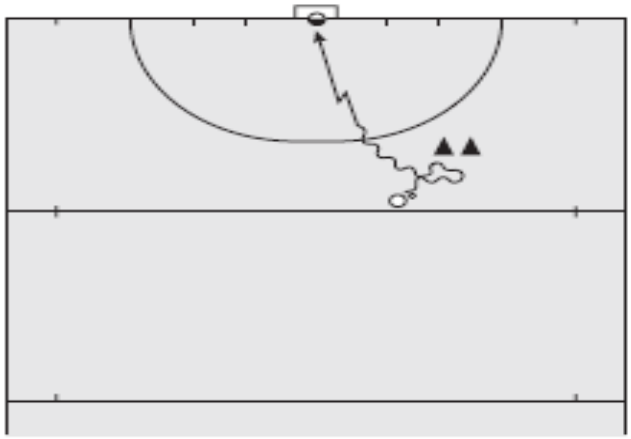


1vs1: attacking

Organization:
The defensive player slaps the ball to the attacking player and then has to touch the beacon in the middle row before being allowed to pressure the attacker. The attacker looks to dribble out wide before cutting infield when the defender gets in a position to apply side pressure.

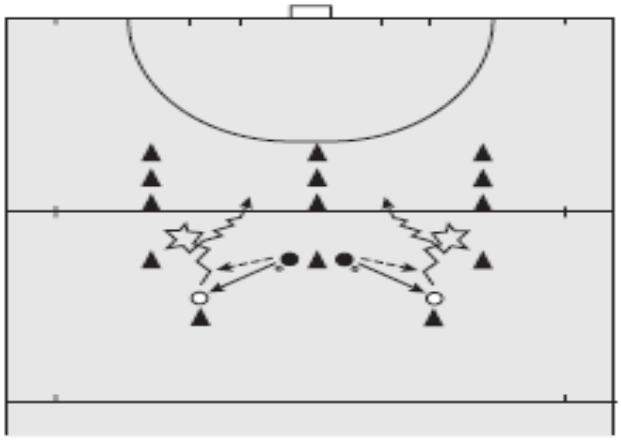
Variations:
Decrease or increase the size of the playing zone.



Pulling the ball

Organization:
Player dribbles toward the beacons at pace and proceeds to pull the ball from left to right before turning out and dribbling toward the circle and playing a shot at goal.

Variations:
Add a defender who takes up a position between two beacons placed on the 23m line



Dribbling while shielding the ball

Organization:
The defensive player passes to the attacker who receives and dribbles in the direction of the 23m line utilizing a single – handed dribble. The ball carrier aims to keep the ball on the outside of his/her body while dribbling single handed to shield the ball from the defensive player. The attacker will pull the ball infield if the defender gets to close.

Variations:
Remove the defender and encourage the ball carrier to lift the ball while dribbling single – handed.

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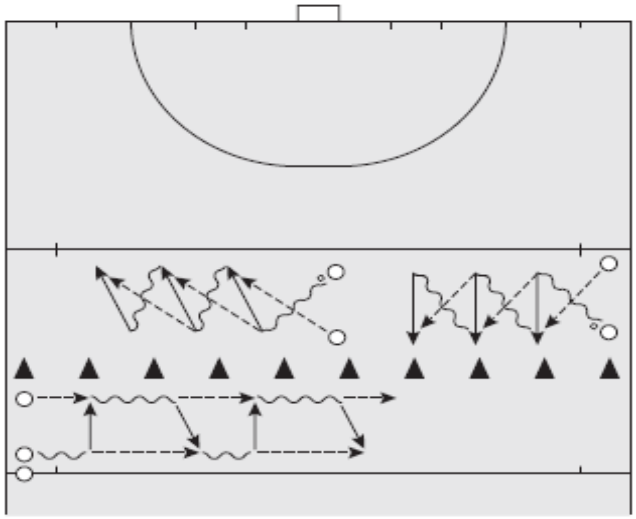
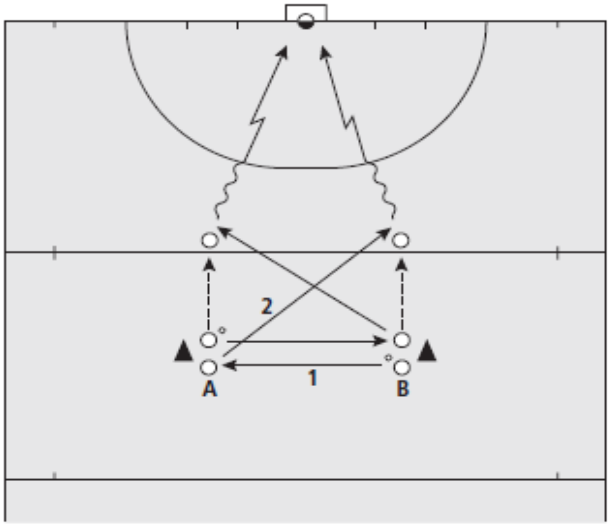
Passing drills



Push to the left and right

Organization:
Players practice in pairs in all 3 exercises as illustrated in the diagram. They push the ball to each other from the left and the right.

Variations:
Decrease the tempo as well as the passing distance.
Add a defender.

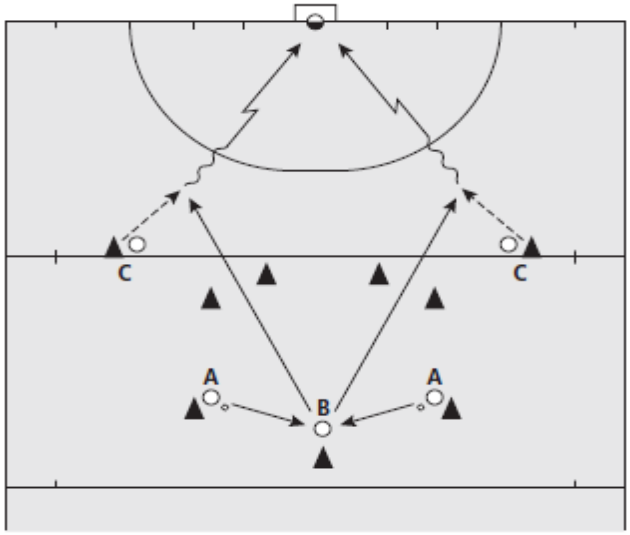


The slap pass

Organization:
Player A plays a square pass to player B utilizing a slap pass. Player A then leads directly ahead and receives a diagonal pass from player B who also utilizes a slap pass. Player A controls the ball and dribbles into the circle to play a shot on goal.

NB. Distance between passer and receiver is 20 – 25m.

Variations:
Decrease the passing distance to 15m and decrease the tempo of the exercise.
Introduce a fake whereby the passer shapes to slap the ball square but plays it diagonal.



Hitting the ball

Organization:
Player A passes the ball to player B who moves the ball into space with his/her first touch. Player B then proceeds to drive with the ball for a short distance before hitting the ball in the direction of player C who leads to receive in space. Player C controls the ball and dribbles into the circle to play a shot at goal.

Variations:
Narrow the space between the two beacons which player B has to pass through to encourage accuracy.
Player B hits the ball to player C without receiving an initial pass from player A.
Increase the passing distance between players B and C and allow player A to apply pressure on player B.

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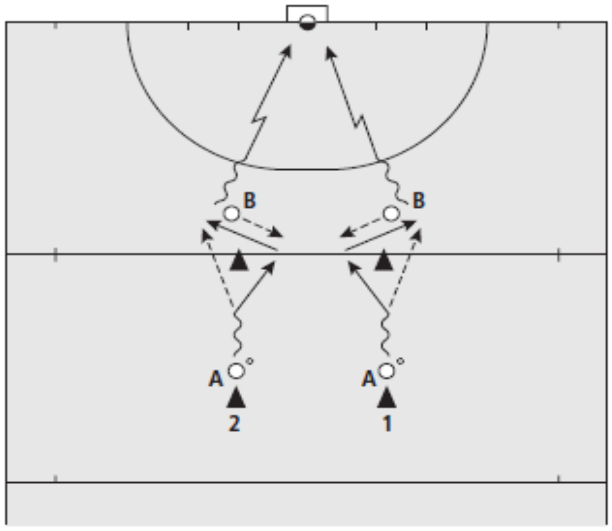
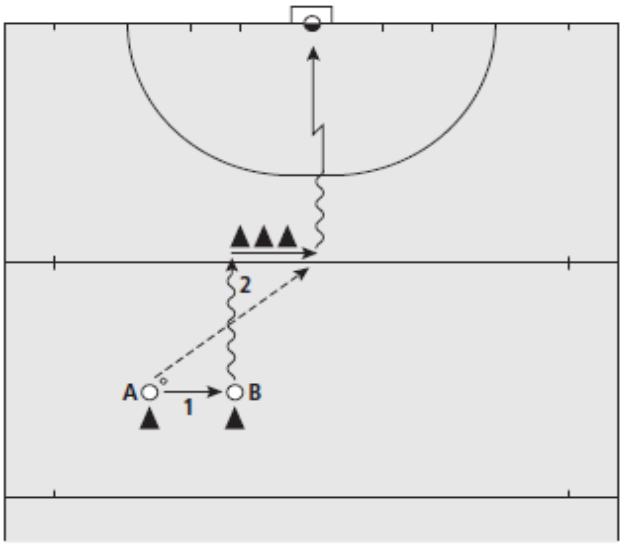


The deflection pass

Organization:
Player B leads infield to receive a pass from player A follows up to receive a return pass in space from player B. Player B deflects the ball to the outside and ahead for player A to receive on the move and then dribble into the circle to play a shot on goal.

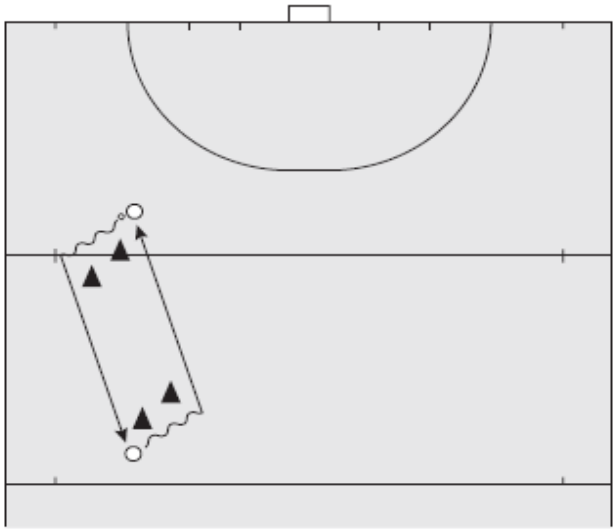
Variations:
Allow player B to deflect the ball without making a lead. Player B chooses whether to lead to the left or right which will force player A to react and lead to receive the deflected pass in the opposite direction.
Add a defender.



Reverse stick sweep

Organization:
Player A makes a square pass to player B utilizing a reverse stick sweep. Player B receives and dribbles directly ahead in a straight line utilizing the Indian dribble. Player A makes a diagonal lead in behind player B and receives a square reverse stick sweep pass from player B in front of the three beacons. Player A proceeds into the circle and plays a shot on goal.

Variations:
No Indian dribble by player B.
Add a defender who takes up a position between the beacons on the 23m line.



Hitting the ball

Organization:
Two players pass the ball to one another by hitting the ball on the move from the left.

Variations:
Encourage hitting off the right foot while moving with the ball.
Decrease the passing distance.
Allow the receiver to lead inside the demarcated area when collecting the ball.

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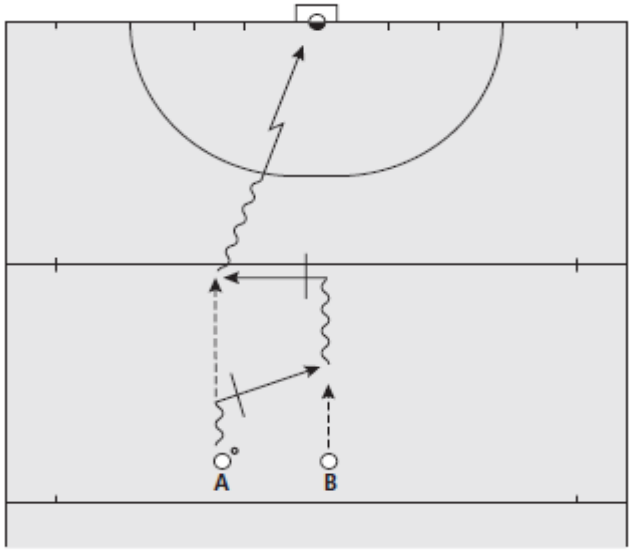
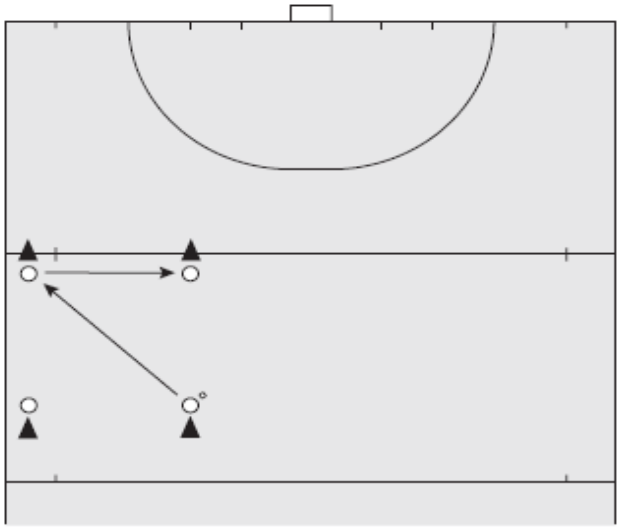


Lifted push pass

Organization:
Player A dribbles with the ball and passes to player B by utilizing a lifted push pass to lift the ball over the stick/row of beacons. Player B controls the ball and dribbles straight ahead before playing a lifted push pass to player A who has followed up in support. Player A receives the pass and dribbles into the circle to play a shot at goal.

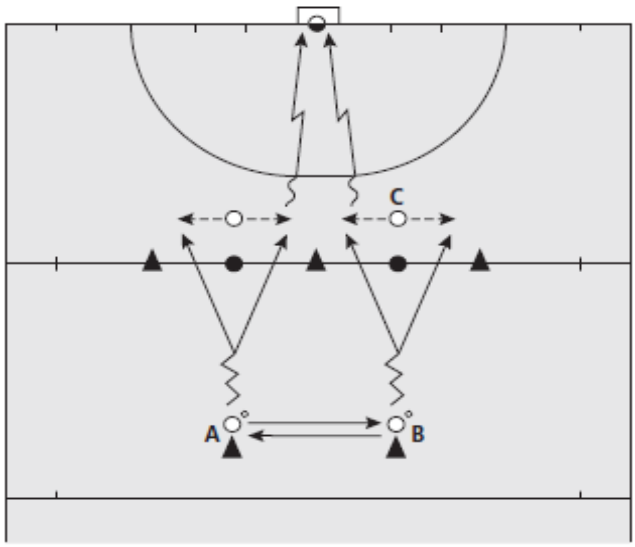
Variations:
Replace the sticks/beacons with defenders which will result in two successive 2vs1 scenarios.



Slap pass with deception

Organization:
Four players take up positions on each of the four beacons in the square. They slap the ball to one another by using a slap pass. The players have to shape in one direction but slap the ball in another direction…with deception.

Variations:
Encourage the players to decrease the angle between the line of their shoulders and the direction of the pass.
Introduce one touch passing after the initial pass to start the exercise and eventually progress to incorporate fake slap passes.



Push pass with deception

Organization:
Player A plays a square pass to player B who receives and dribbles forward looking to play a push pass through the gate on the 23m line to player C. A defender is positioned between the two beacons representing the gate and he/she is not allowed to look behind him/her to check where player C is leading to receive the pass from player A. Once player C receives the ball then he/she dribbles into the circle to play a shot on goal.

Variations:
Increase or decrease the width of the gate and allow the defender to look behind him/her.

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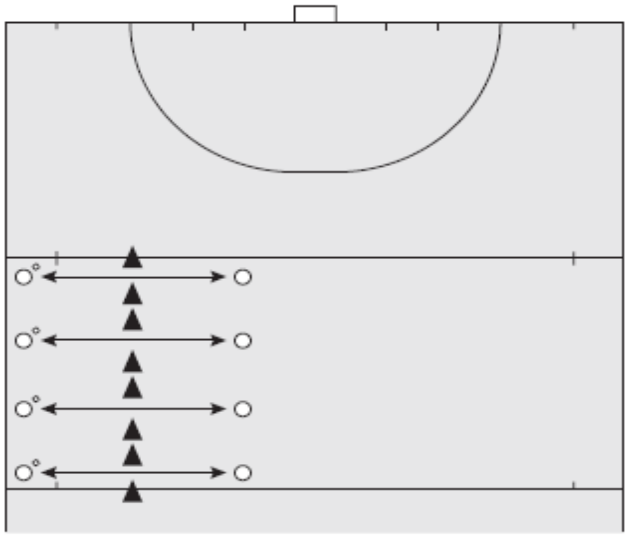
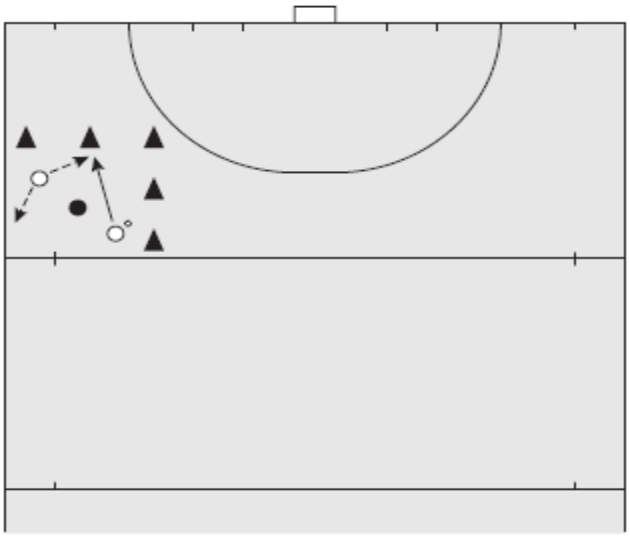


The short grip hit

Organization:
Players perform exercise in pairs whereby they are positioned opposite one another and pass the ball utilizing the short grip hit.

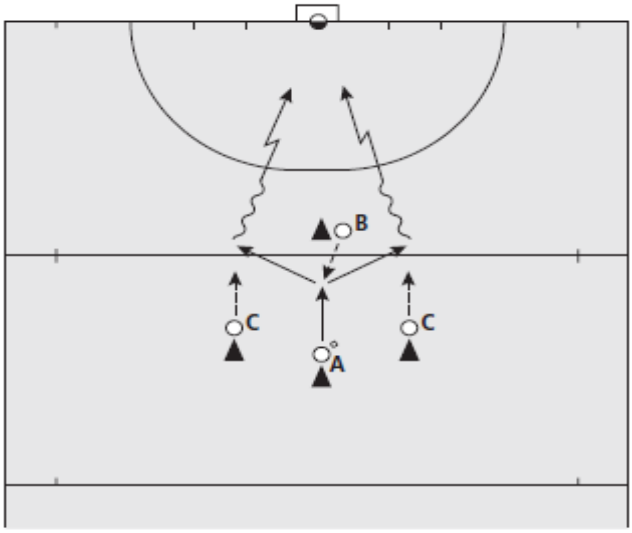
Variations:
Decrease or increase the passing distance as well as the width between the beacons which the players have to hit the ball through.



Push pass with deception

Organization:
Three players work in a square in a continuous 2vs1 scenario. The attacker in possession must pass the ball to his/her fellow attacker by making use of a fake pass before pushing the ball…with deception.

Variations:
Increase the size of the square and progress to 3vs1.
Instruct the defender not to apply pressure on the player in possession which will force the ball carrier to track at the defender before passing.



The deflection pass – one touch passing

Organization:
Player A plays a hard pass to player B who leads to towards the passer in order to deflect the ball into space for player C who collects the ball and dribbles into the circle to take a shot at goal.

Variations:
Add a defender to apply pressure on the deflector.
Players B and C can engage in a 2vs1 against the defender.

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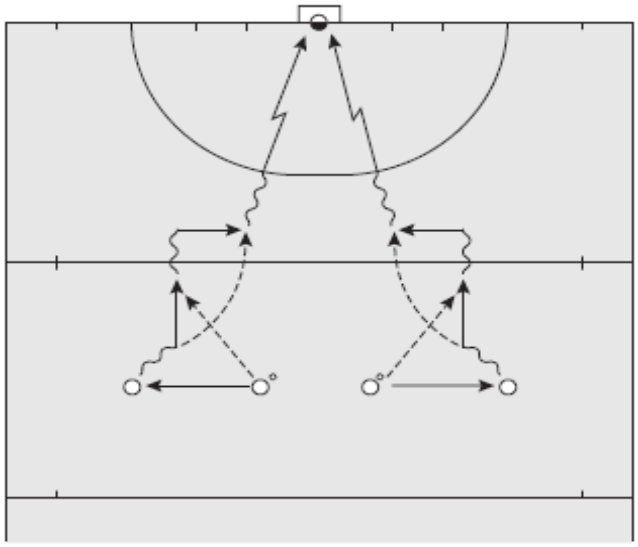
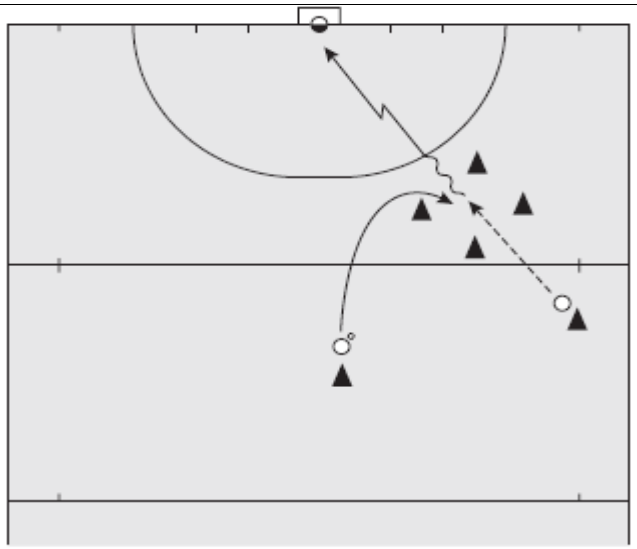


Combination passing

Organization:
Various types of passing techniques as well as leads can be utilized in this exercise to practice for match situations.

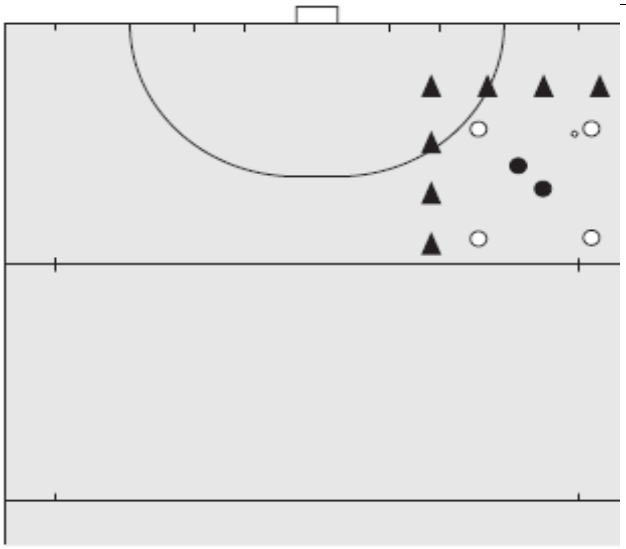
Variations:
Decrease the passing distances between the players.
Encourage fakes and dummies.
Increase the tempo.
Add a defender.



The aerial/overhead pass

Organization:
Players can practice the technique in pairs by standing opposite each other and passing the ball using the aerial/overhead pass.

Variations:
Increase or decrease the passing distance.
The passer plays an aerial/overhead pass to the receiver who leads into the demarcated area as illustrated in the diagram. The receiver controls the ball and dribbles into the circle to play a shot on goal.



Push pass with deception from a stationary position

Organization:
Six players engage in a 4vs2 mini-game in a square. The 4 attackers are not allowed to move from their positions in the four corners of the square. They push the ball to one another and utilize fake passing techniques to prevent the 2 defenders from intercepting the ball.

NB. The defenders are changed every 2 minutes.
Pressure is not applied on the attacker who makes the pass to commence the exercise.

Variations:
Decrease the size of the square.

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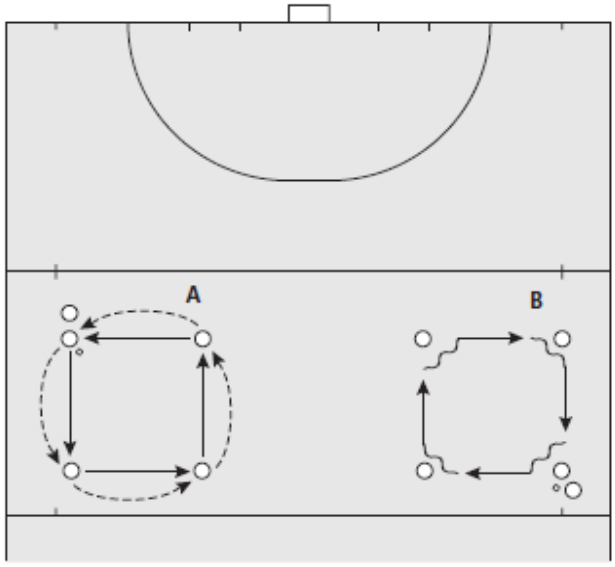
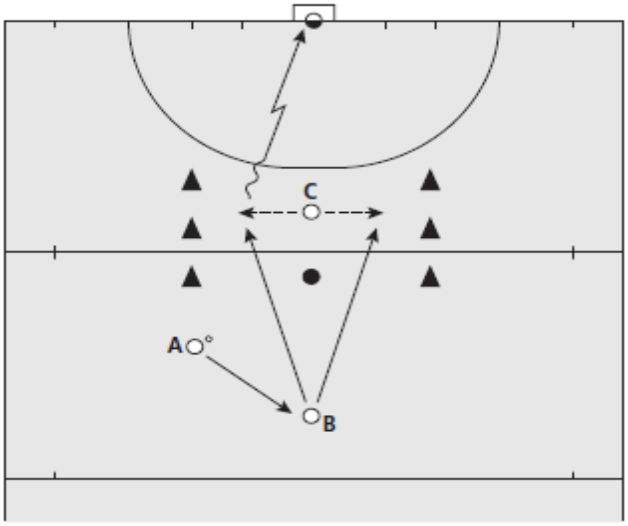


Reverse stick sweep

Organization:
Exercise A: Five players pass the ball around the square utilizing the reverse stick sweep. Players follow their passes.

Exercise B: Players trap the ball on their front stick and proceed to pull the ball to their reverse stick before playing the reverse stick sweep.

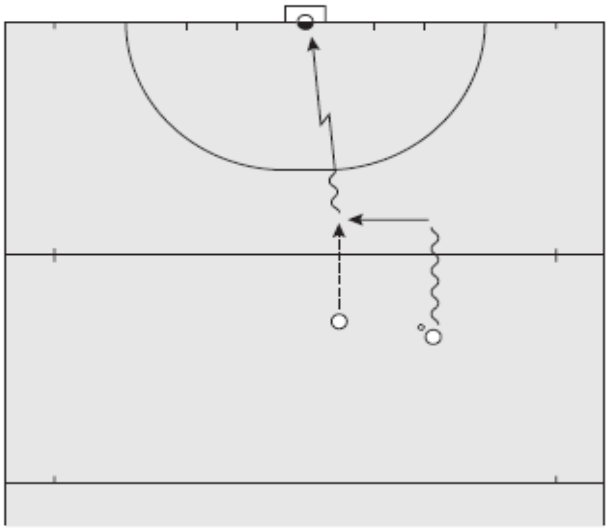
Variations:
Decrease the size of the square.
Add another ball so that two balls are being passed by the players in the square.



Hitting with deception

Organization:
Player A passes to player B who has to hit the ball past the defender to player C. Player B has to fake the pass before hitting the ball.

Variations:
Remove the defender.
Increase or decrease the distance between players B and C.



Backdoor pass/Passing under the shoulder

Organization:
The ball carrier dribbles utilizing the push dribble and passes the ball under his/her shoulder to the support player who receives and proceeds into the circle to play a shot on goal.

Variations:
Add a fun element whereby the ball carrier passes the ball through his/her legs.
Encourage the passer not to look at the ball or receiver when passing.

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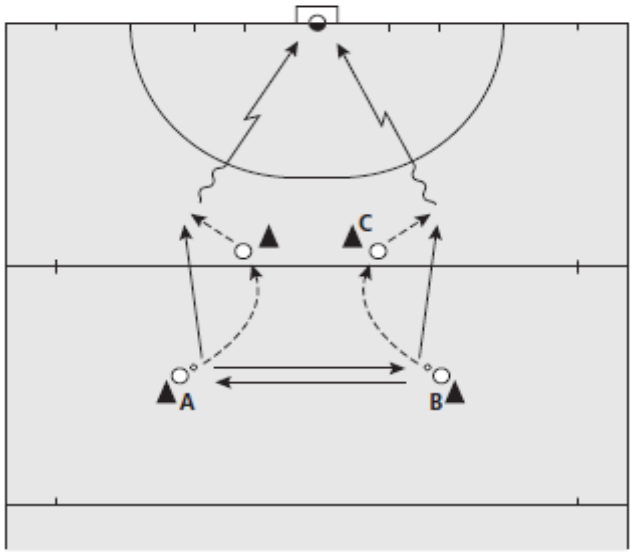
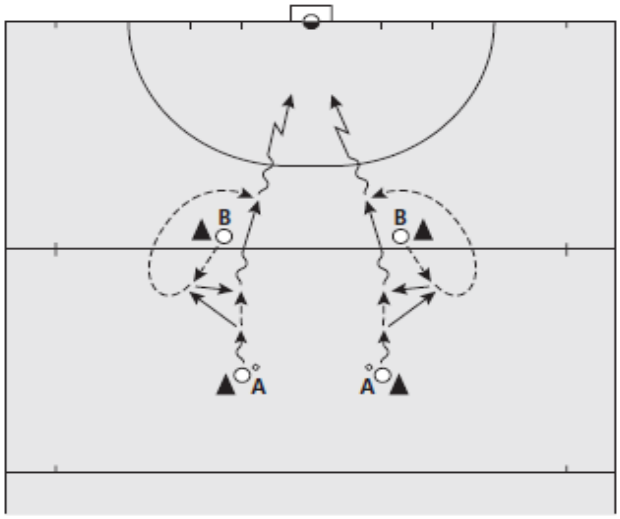


Slap pass used as a deflection

Organization:
Player A passes the ball to player B's front stick. Player B plays a slap pass with his/her first touch to pass the ball in the direction which player C is leading into. Player C collects the ball and dribbles into the circle to play a shot at goal.

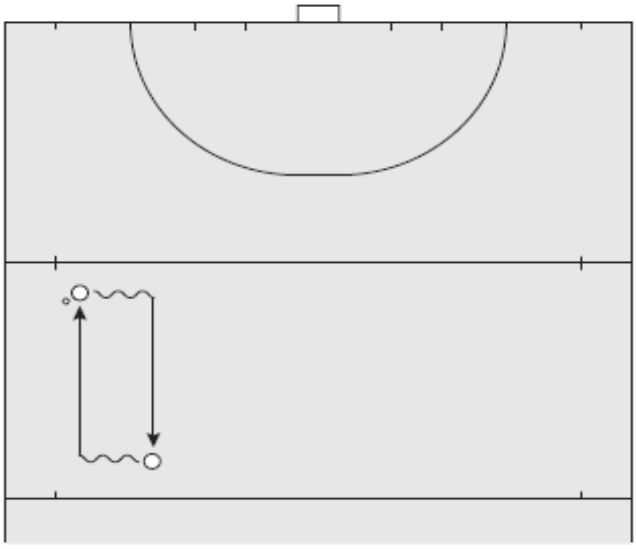
Variations:
Decrease or increases the pace of the pass between players A and B.
Decrease or increase the passing distance between players.



Combination passing

Organization:
Player A passes to player B who leads to the outside and deflects the ball into the path of player A who follows up. Player B then leads to the inside to receive another pass from player A. Player B receives and dribbles into the circle to play a shot at goal.

Variations:
Decrease the tempo of the exercise and the distance between the players.
Add a defender who applies pressure on player B…a 2vs1 can be played in the high zone.



The reverse stick scoop

Organization:
Players work in pairs passing the ball to one another using the reverse stick scoop.

Variations:
Decrease or increase the distance between the players.

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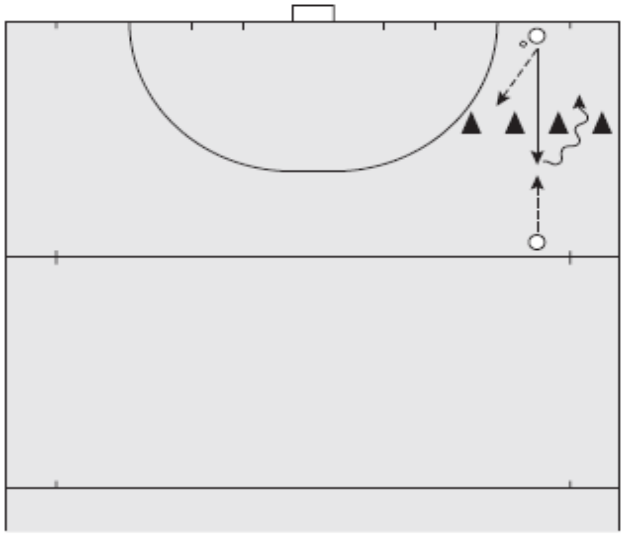
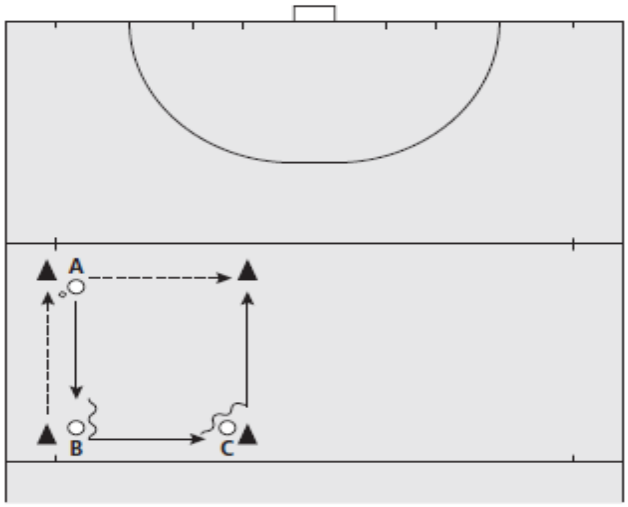
Receiving drills



Frontal receive on the front stick on the move

Organization:
Players practice the skill in pairs whereby the receiver collects the ball on the front stick while on the move and dribbles directly ahead to the other side.

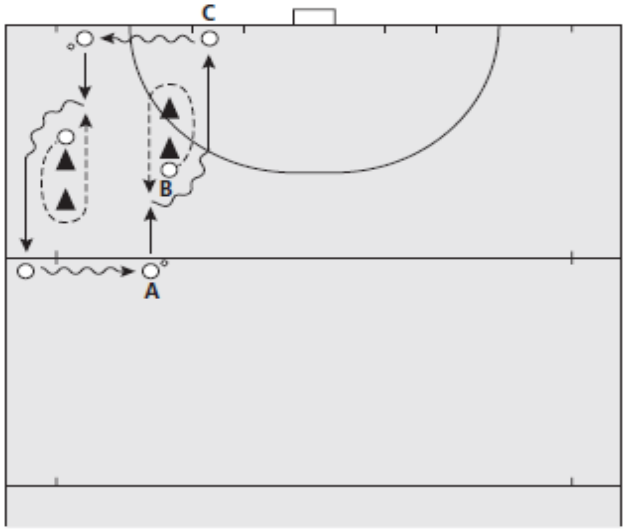
Variations:
The receiver collects the pass and chooses to dribble through the left or right gate thereby changing his/her angle while moving with the ball. The passer will run through the gate not chosen by the ball carrier.



Receiving and moving the ball into space with first touch

Organization:
Three players work in a square passing the ball to one another. Player A passes the ball to player B who moves the ball into space with his /her first touch so that the ball can be played to player C. Player C will receive and pass to player A. The players aim to move the ball in the direction of where they are going to pass with their first touch.

Variations:
Decrease the pace of the passes as well as the distance between the players.
Receive the ball in line with the left foot and use a body fake to open the shoulders and move the ball across the body to the right foot.



Frontal receive and roll out to the left

Organization:
Player A passes the ball to player B who leads around the beacons to receive the ball on the front stick. Player B then rolls out to his/her left while in possession before passing to player C in the baseline zone.

Variations:
Decrease the pace of the passing and the lead by player B. Encourage body fakes whereby the receiver fakes to the right before rolling out to the left with the ball.

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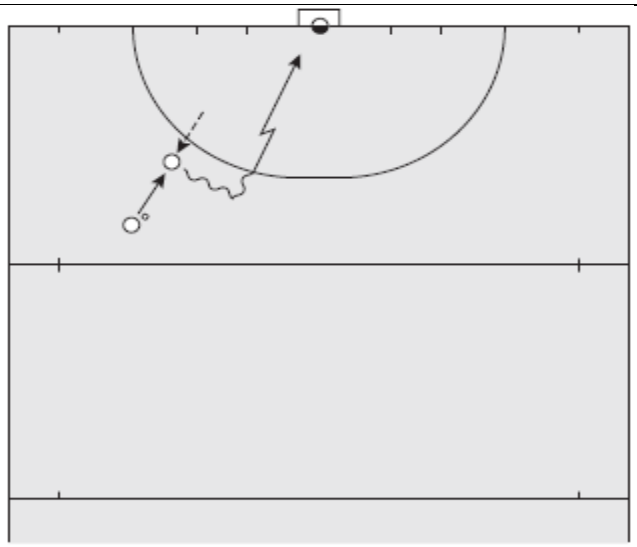
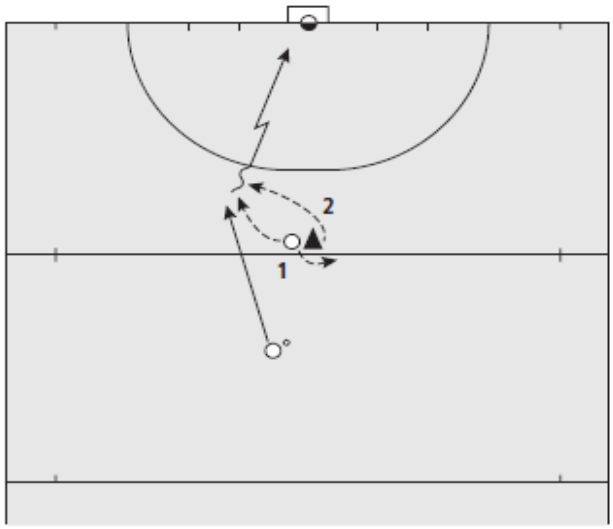


Frontal receive and moving to the left

Organization:
The receiver leads in the direction of the passer and turns to the left. He/she then dribbles into the circle and takes a shot at goal.

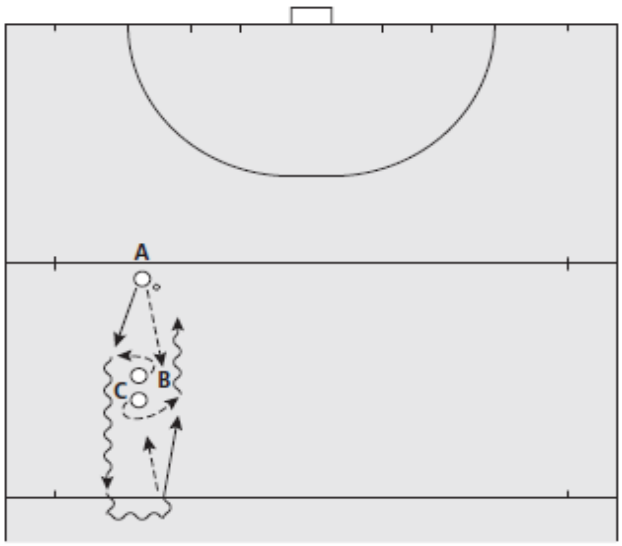
Variations:
Receiver gets the ball in a stationary position while the pace of the pass is softer.
Add a defender to apply pressure on the receiver.
Encourage an aerial lift after the first touch by the receiver.



Open receive on the front stick

Organization:
The receiving player starts at the beacon and leads to the inside before leading outside to receive the ball open on the front stick as illustrated at 1. This player will then dribble into the circle and play a shot on goal.

Variations:
Receive without making a double lead (inside – outside) as illustrated at 2.



Open receive on the reverse stick

Organization:
Three players are involved the exercise between the 23m line and halfway line. Player B will make a double lead (inside – outside) before receiving the ball open on the reverse stick from player A. Player A runs to the halfway line after making the pass and player B will dribble with the ball to the 23m line. Player B will then pass to player C who repeats the double lead before receiving the ball.

Variations:
No double lead from the receiver.
Receive when leading inside or outside.
Lift the ball with first touch upon receiving.

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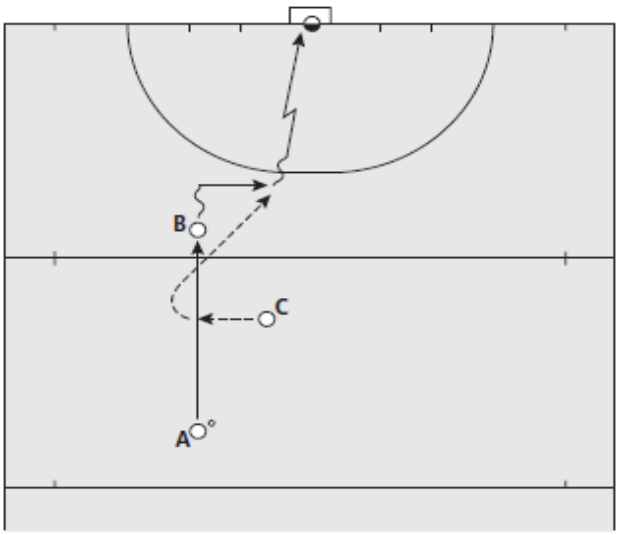
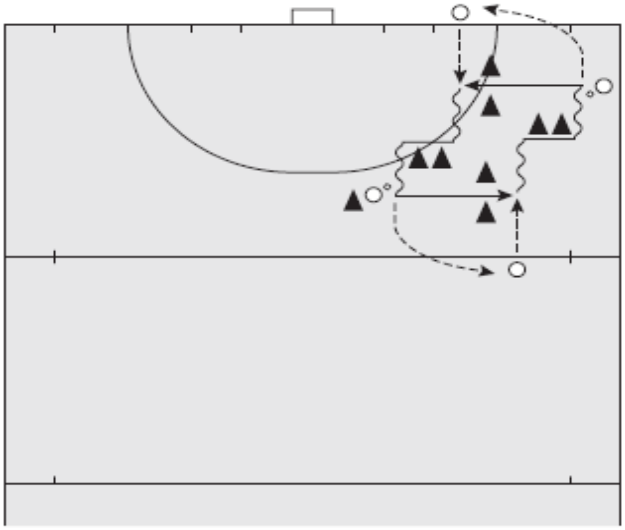


Receiving via a screen pass

Organization:
Player A passes the ball in the direction of player B. Player C fakes over the ball to provide a screen for player B to receive the ball. Player B receives and dribbles into the circle before playing a shot at goal.

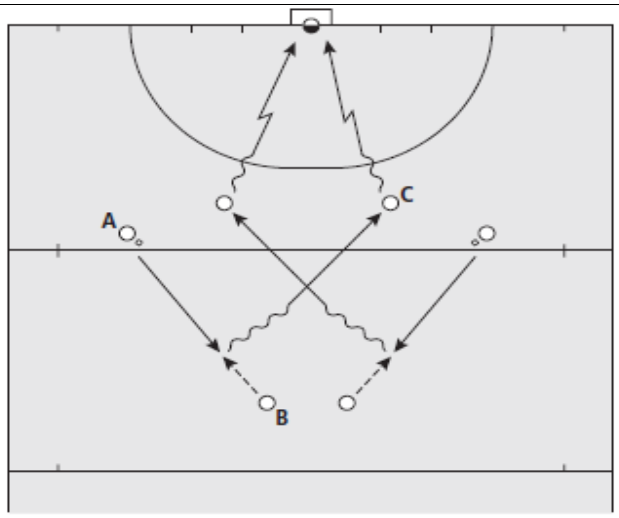
Variations:
Decrease the passing distance as well as the pace of the pass.
Add a defender to mark player C who has the option of providing a screen or receiving the ball and turning open before passing to player B.



Receiving on the forehand from the left

Organization:
A flow exercise is created where the four players involved pass to the left and receive on the forehand from the left.

Variations:
Decrease the tempo as well as the approach speed of the ball carrier.
Introduce a change of direction for the ball carrier – moving ball from forehand to backhand.



Receiving before passing with deception

Organization:
Player B leads in the direction of the passer who is player A. Player B receives the ball and shapes to play the return pass to player A but uses a body fake to pass the ball to player C. Player C will receive and dribble into the circle to play a shot at goal.

Variations:
Passing the ball without the body fake.

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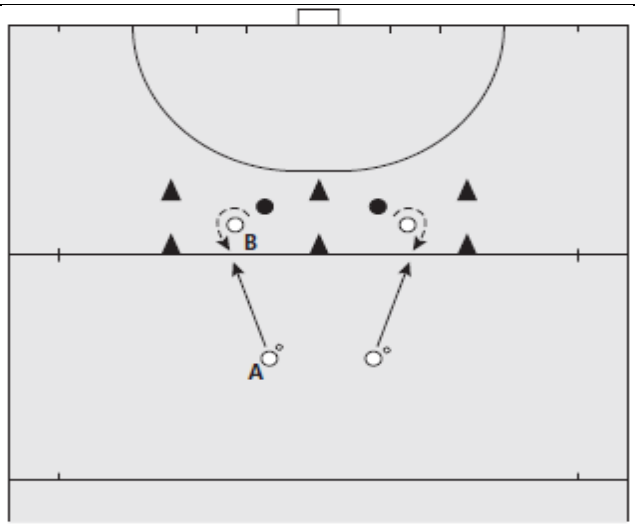
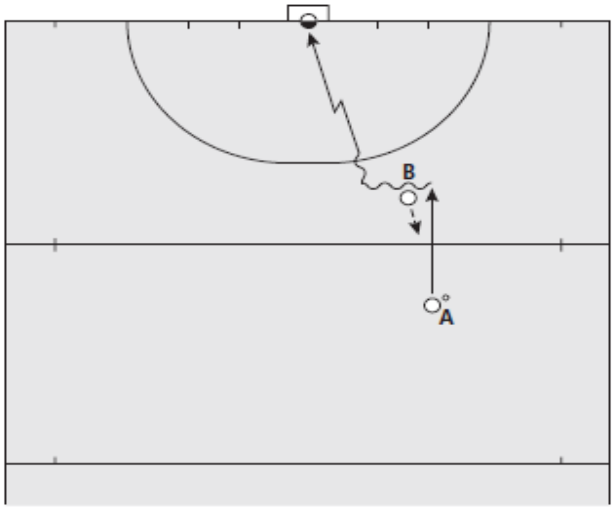


Closed receiving under pressure

Organization:
Player A passes to player B who makes a double lead (inside – outside) before receiving the ball. The receiver must lead out wide before moving towards the passer to receive the ball in a closed position. Player B receives while being pressured by a defender.

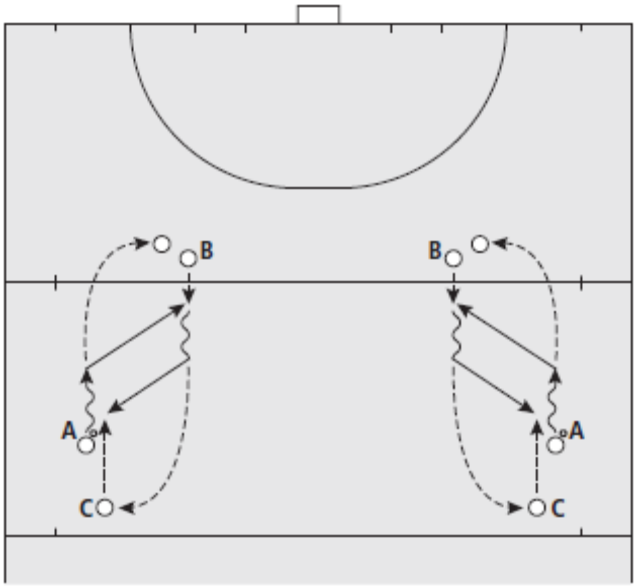
Variations:
No double lead from the receiver to encourage a direct lead on the passing line.
Defender allows the receiver to gain possession and they then play a 1vs1 duel in the square.
Encourage the defender to try and make interceptions.



Receive and turn out to the right on the backhand

Organization:
Player A passes to player B who receives the ball in a closed position on the forehand. The receiver then turns out to his/her right placing the ball on the reverse stick and dribbles into the circle to play a shot on goal.

Variations:
Decrease the pace of the pass and allow receiver to receive in a stationary position.
Encourage the receiver to lift the ball after receiving.



Receiving a diagonal pass on the move

Organization:
Player A dribbles a short distance with the ball before hitting a diagonal pass to player B who will in turn dribble a short distance with the ball before hitting diagonal pass to player C

Variations:
Change the pass to a push pass and decrease the passing distance.
Increase the tempo of the exercise.

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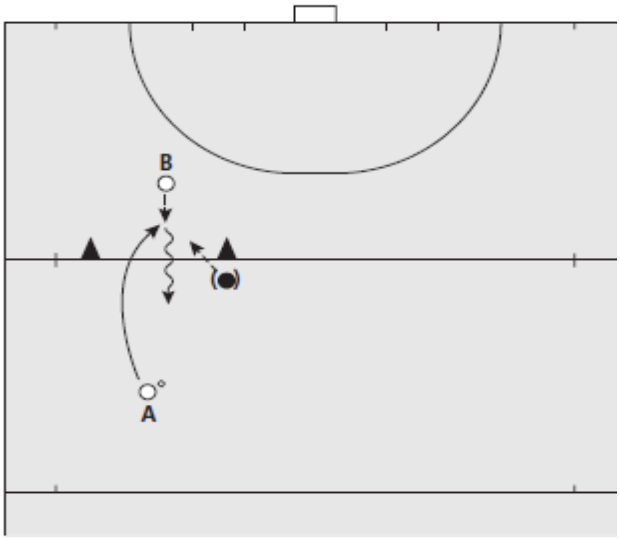
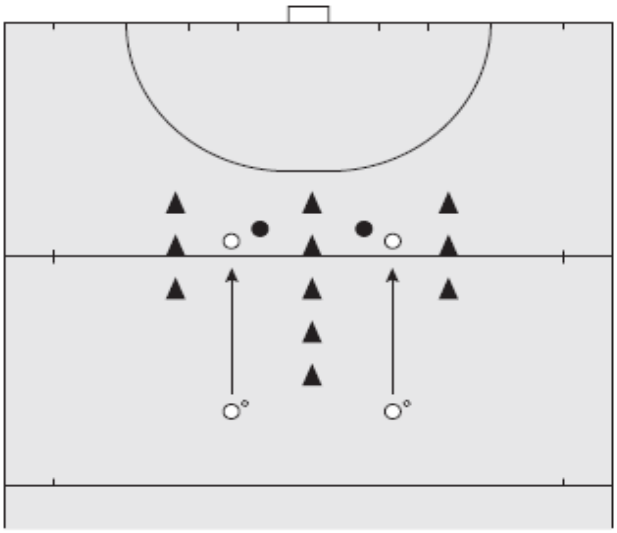


Receiving an aerial/overhead pass

Organization:
Player A delivers an aerial/overhead pass to player B who receives the ball.

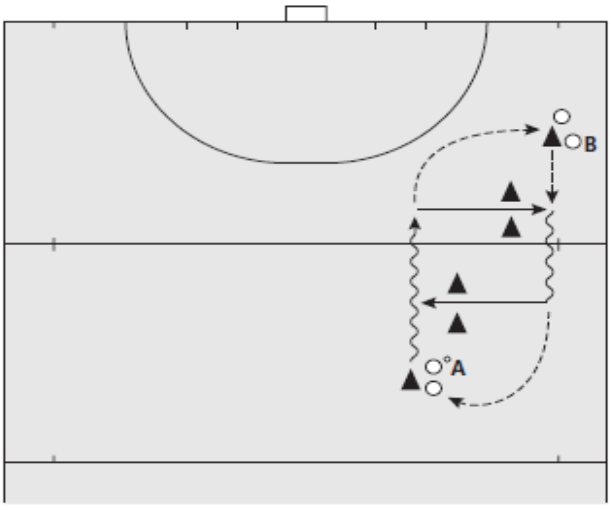
Variations:
The receiver collects the pass in a stationary position.
Decrease the distance between passer and receiver.
Add a defender who attempts to prevent the receiver from dribbling over the 23m line with the ball.



Receiving with pressure

Organization:
The receiver is free to choose any type of receiving skill when the ball is passed to him/her. The defender applies pressure and attempts to prevent the receiving player from dribbling into the circle to take a shot at goal.

Variations:
The defender is instructed to allow the attacking player to receive the ball before applying pressure.
The size of the area can be increased.
The defender can be encouraged to make interceptions.



Receiving on the forehand from the right

Organization:
A flow exercise is created whereby the 4 players pass to the right and receive on the forehand. They must pass the ball on the move through the gates represented by the beacons and also receive on the move.

Variations:
Increase the size of the area.
Encourage the receiver to change direction once the ball has been brought under control and he/she dribbles with the ball.

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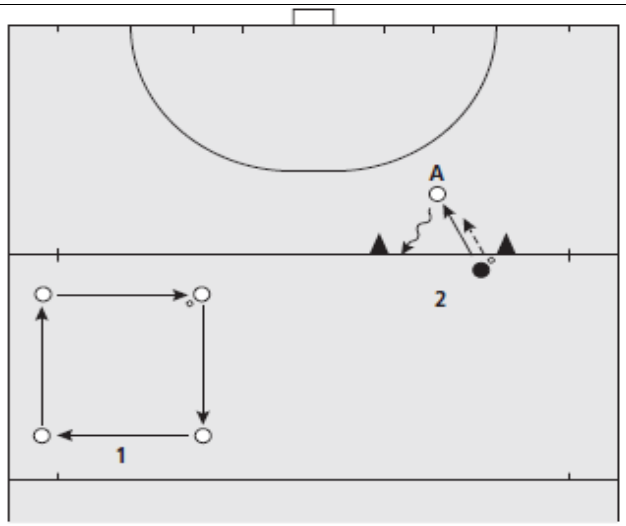
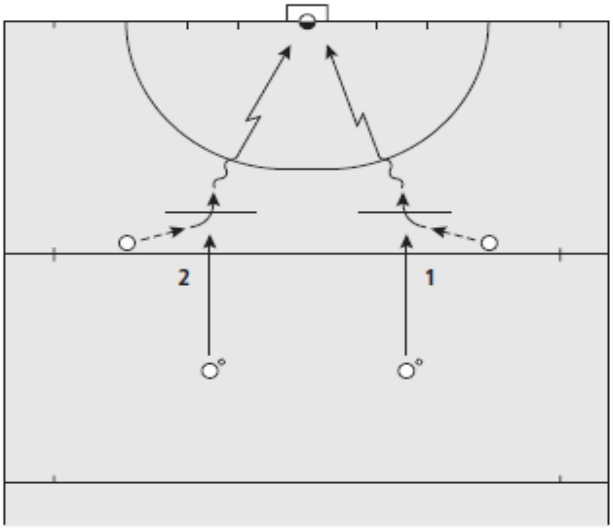


Flat reverse stick receiving

Organization:
Exercise 1: Four players pass the ball to each other along the outside of the square. They can utilize the single or double – handed flat reverse stick receiving skill.

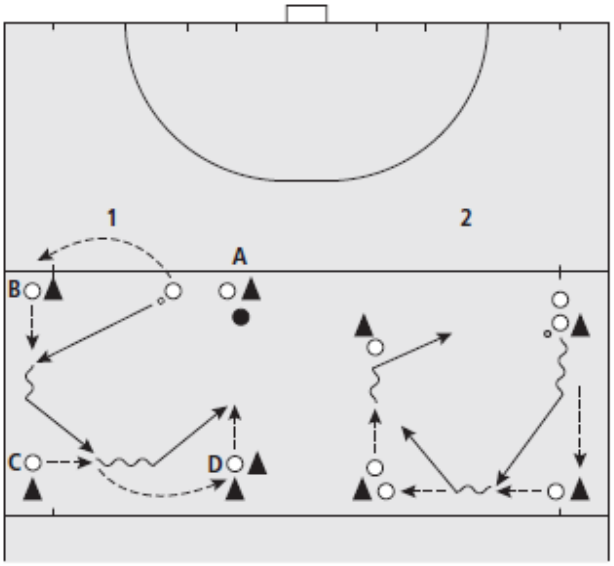
Variations:
Increase the size of the square.
Change the passing direction.
Exercise 2: The defender passes on player A's backhand so that he/she is forced to trap the ball using the flat reverse stick receiving technique. The defender then immediately applies pressure on player A who attempts to dribble the ball across the 23m line.



Aerial lift/jink with first touch

Organization:
Exercise 1: The receiver leads from the right and lifts/jinks the ball over the stick/row of beacons with his/her first touch using the front stick. He/she then dribbles into the circle to play a shot at goal.
Exercise 2: The receiver leads from the left and lifts/jinks the ball over the stick/row of beacons with his/her first touch using the reverse stick. He/she then dribbles into the circle to play a shot at goal.

Variations:
Allow the receiver to practice the skill in a stationary position and decrease the pace of the pass.
Encourage double leading (inside – outside) by the receiver.
Receiver attempting to change the direction of the ball while it is being lifted.

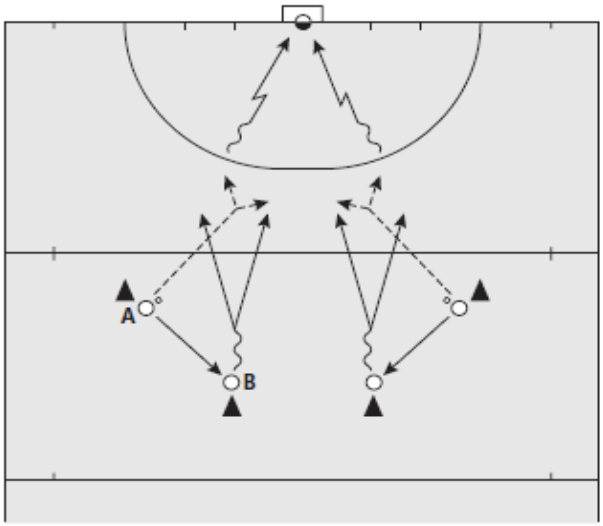


Receiving on the forehand

Organization:
Exercise 1: A flow exercise is created whereby five players pass and rotate around the square. Player A dribbles and passes to player B who receives on his/her forehand. B will pass to C and C will pass to D. The fifth player always begins at the same beacon as player A.

Variations:
Change the passing direction.
Players can progress to exercise 2 if the coach is satisfied with the execution of exercise 1.
Increase the tempo when doing exercise 2.

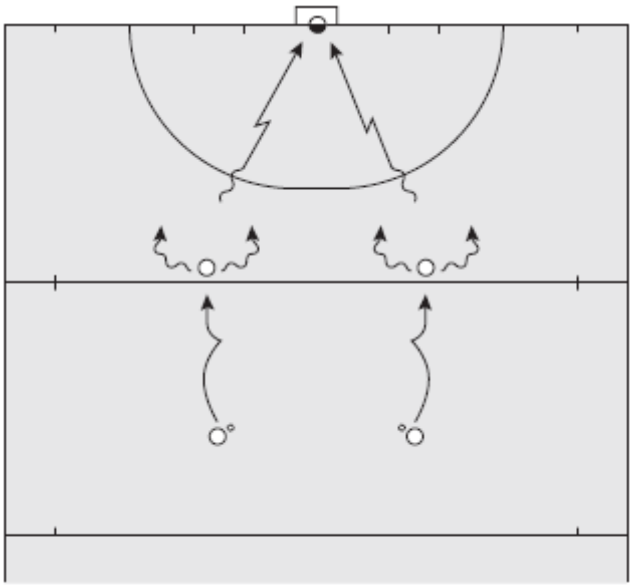
ART



Open receive on the forehand and backhand when leading

Organization:
Player A makes a lead towards the circle ensuring that his/her feet are directed towards the baseline when receiving the pass…open receive. Player A controls the ball and dribbles into the circle to take a shot on goal.

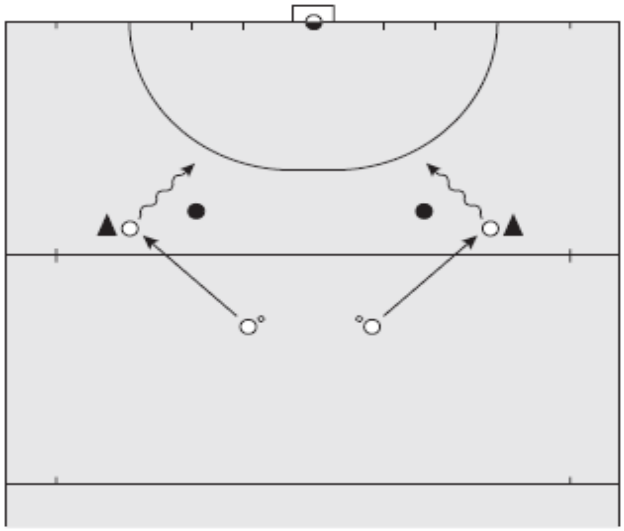
Variations:
The receiver has to give an indication to the passer whether he/she is leading in or out.
Increase the distance between passer and receiver.
Add a defender who takes up a position on the 23m line and is allowed to make interceptions.



Receiving a bouncing ball

Organization:
The ball is tossed to the receivers so that they receive a bouncing ball. They receivers control the ball and dribble into the circle to play a shot at goal.

Variations:
Receive bouncing balls on the reverser stick as well.
Alternate receiving rolling and bouncing balls.
Encourage open receiving.



Receiving with pressure

Organization:
The receiver always takes up a starting position at the marker and is free to utilize any type of lead as well as receiving skill once the ball is passed to him/her. A 1vs1 scenario is played out with the defender attempting to prevent the receiving player from dribbling into the circle to take a shot at goal.

Variations:
Encourage the defender to make interceptions.
Decrease the distance between the passer and receiver.

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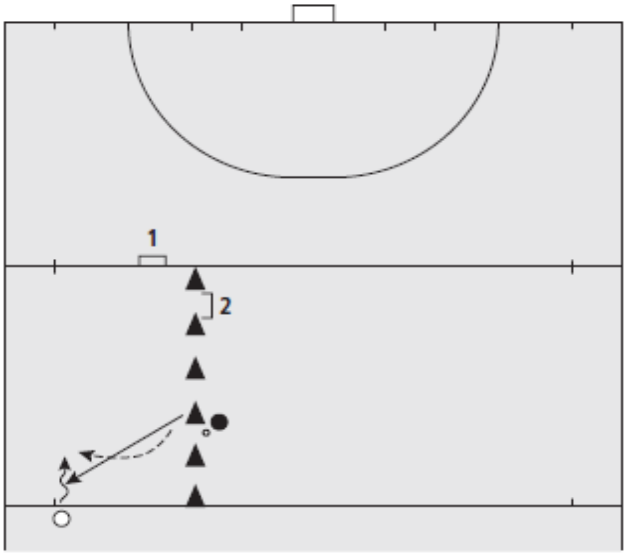
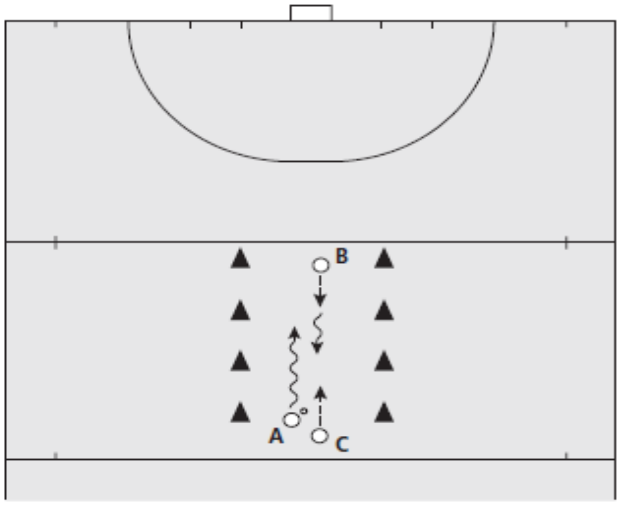
Defending drills



Frontal defending with channeling

Organization:
The defender passes the ball to the attacker who is positioned on the halfway line. The defender aims to keep the attacker on his/her forehand side by channeling him/her toward the sideline. The attacker aims to dribble the ball through of the goals marked 1.

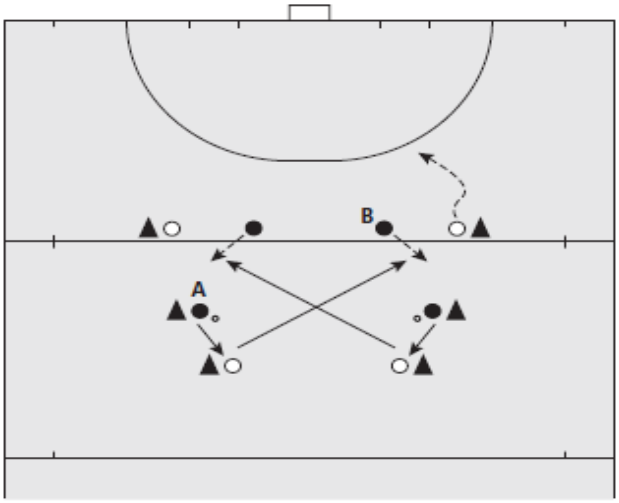
Variations:
Decrease the distance between the players as well as the size of the playing area.
Add a second set of goals (marked 2).



The block tackle

Organization:
Three players are involved in the exercise whereby player A dribbles using a full vision dribble and player B steps up to execute a block tackle. Player C will then make a block tackle to gain possession from player B.

Variations:
Decrease the width of the playing zone.
The ball carrier is not allowed to change direction.
Encourage the ball carrier to use the Indian dribble.



Help – side interceptions

Organization:
Player A passes to the attacker closest to him/her and immediately applies pressure on this player. The receiver must look to make a diagonal pass to the second attacker positioned at the beacon on the 23m line. Player B will attempt to intercept this pass.

Variations:
The help-side attacker is initially only allowed to receive the diagonal pass between the 23m line and halfway line.
Progression – the help-side attacker can receive the ball between the 23m line and baseline.Encourage double leads in behind the help-side defender looking to intercept the ball.

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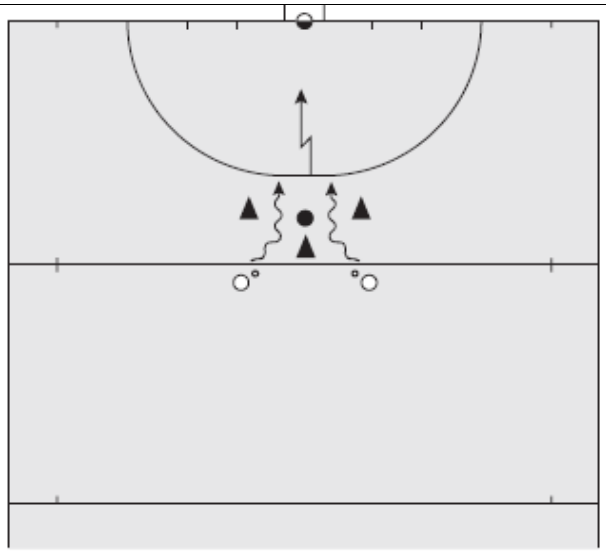
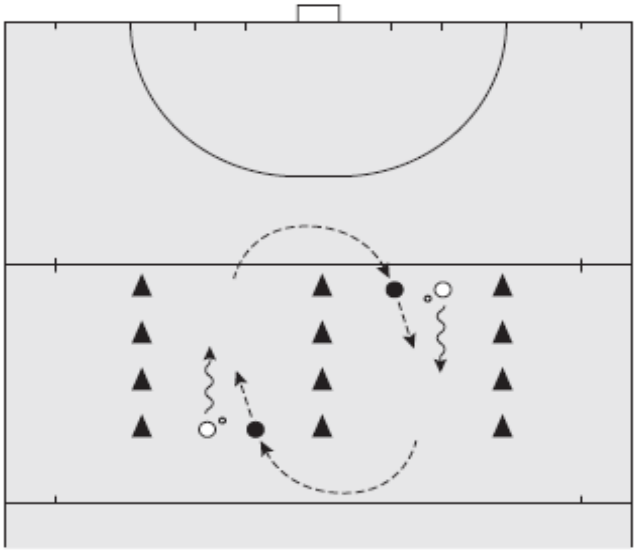


1vs1 defending using the block tackle

Organization:
Three players are involved in the exercise whereby two of them are the attackers and the third player is the defender. The defender has to touch the beacon behind him/her before engaging the attacking player. The defender must channel the look to make a block tackle on his/her forehand. The defender is alternated after a series of 4 tackles.

NB. The tempo of the exercise must be high

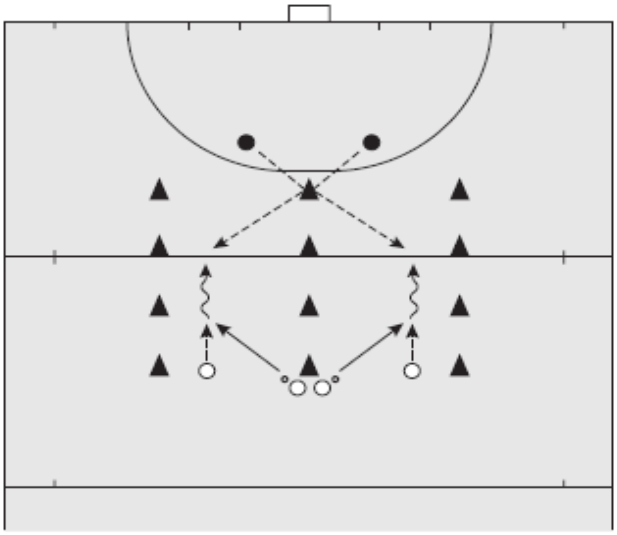
Variations:
Decrease the distance between the beacons.
Increase the series of tackles to 6 or 8.



The shave technique

Organization:
The ball carrier and the defending player who executes the shave run at the same pace. The ball carrier uses a full vision dribble without a change of direction and allows the defender to shave the ball. The two players can alternate roles each time they reach their initial starting positions.

Variations:
Encourage the ball carrier to use the Indian dribble without a change of direction allowing the defender to shave the ball. The ball carrier increases his/her dribbling pace and changes direction aiming to drive the ball over the 23m line or halfway line while the defender attempts to shave the ball.



1vs1 defending: Channeling to the forehand side

Organization:
The attacking player receives a pass and dribbles at pace with the aim of eliminating the defender. The defender starts inside the circle and first has to touch the beacon in the middle row closest to the circle before engaging the ball carrier. The defender aims to channel the attacker onto his forehand side before making a tackle.

NB. The defender in either channel alternates with an attacking player after a series of 6 balls.

Variations:
Decrease the size of the playing area as well as the distance between the defender and attacker.
Allow the ball carrier to change his/her starting position which will force the defender to alter his/her defensive angle of approach.

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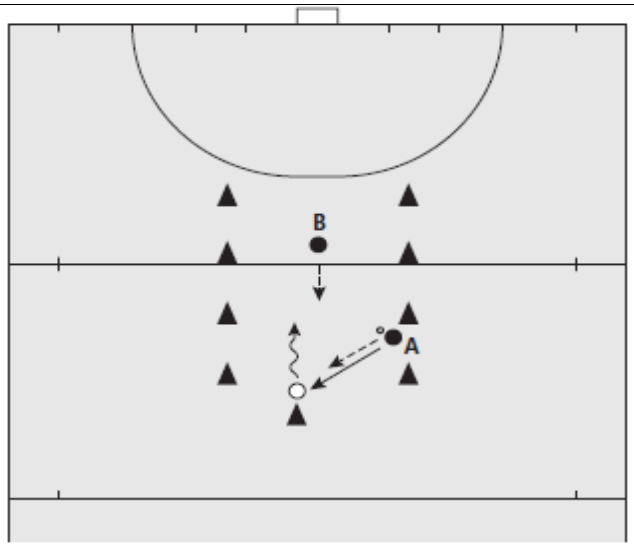
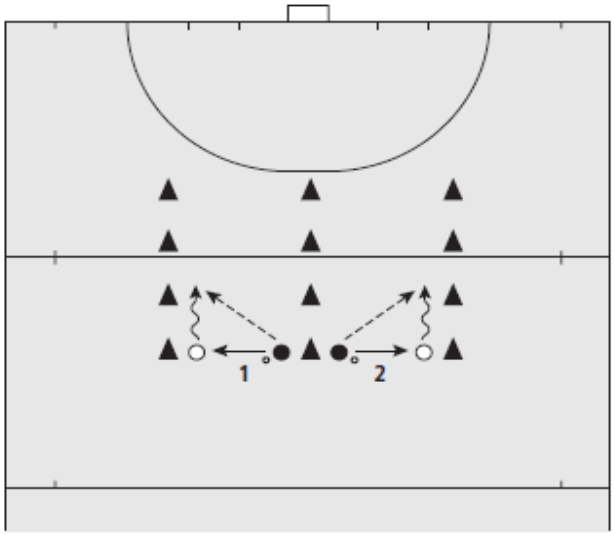


Double tackling

Organization:
Defender A passes the ball to the attacker and immediately applies pressure. Defender A will channel the attacker over his/her forehand side while defender B will step up to support defender A and set up a double defense.

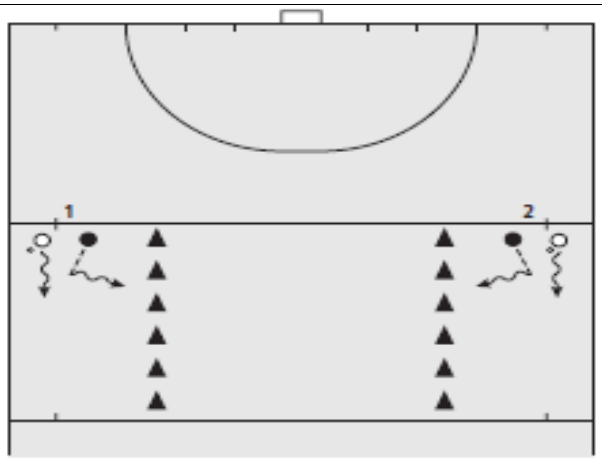
Variations:
Decrease the size of the playing area and instruct the attacking player to be less active which will allow the two defenders to set up the double tackle effectively.
Increase the tempo and encourage the attacker to attempt to eliminate the defenders by lifting the ball between them when they set up the double tackle.



1vs1 defending:

Organization:
Exercise 1: The defender plays a square pass to the attacker who attempts to dribble into the circle. The defender must apply pressure immediately by keeping the attacker on the outside and attempts to make a tackle on his forehand side.

Variations:
Exercise 2: Same as above but the defender is instructed to keep the stick in his/her right hand only when tackling.
Decrease the distance between the defender and attacker as well as the size of the playing area.



The steal technique

Organization:
The ball carrier moves utilizes a push dribble from the 23m line and allows the defender to gain possession of the ball via the steal technique.

NB. The defender will hold the stick in his/her right hand at zone 1 while the stick will be held in the left hand at zone 2.

Variations:
The ball carrier dribbles in a straight line while tapping the ball forward.
The ball carrier is allowed to change direction and attempt to reach the halfway line at pace.

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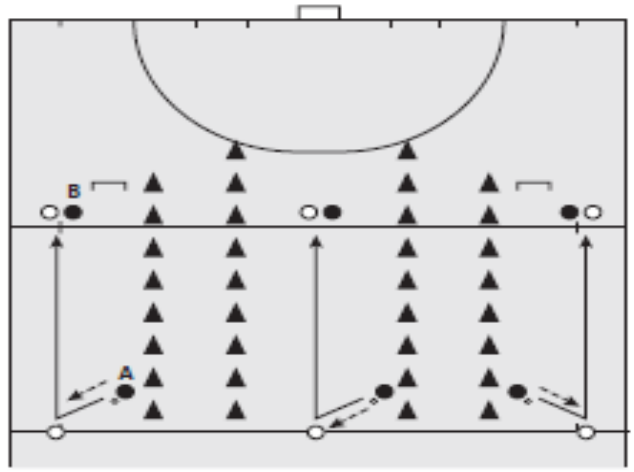
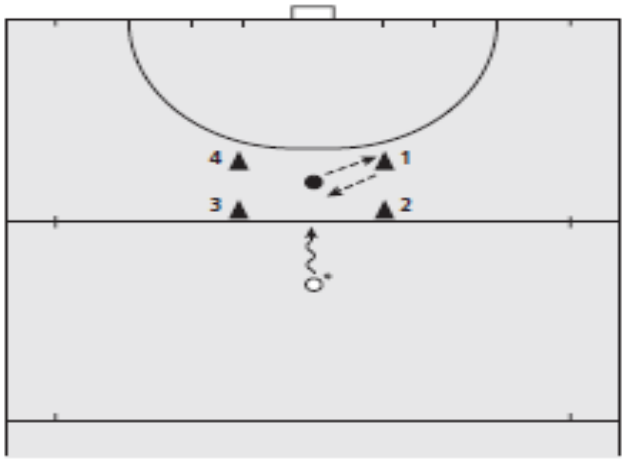


Ball – side interceptions

Organization:
Three playing zone are set – up between the 23m line and halfway line allowing the exercise to be performed in all the zones. Four players work in each zone representing a 2vs2 scenario in each instance. Defender A passes the ball to the attacker closest to him/her who has to make a long pass to the other attacker positioned close to the 23m line. Defender B attempts to intercept this pass to prevent the receiver from scoring at the mini – goals over the 23m line.

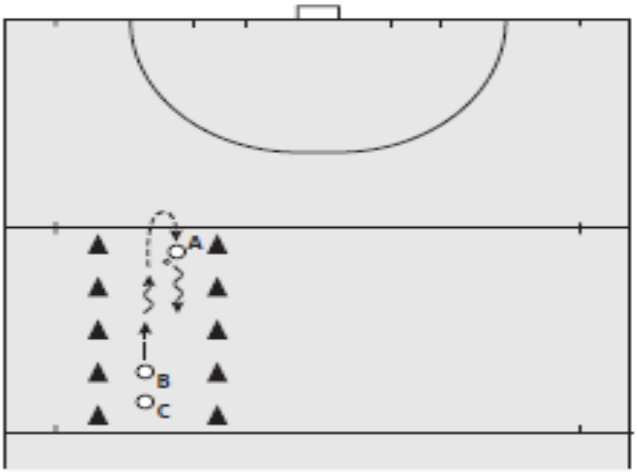
Variations:
Decrease the size of the playing area and instruct the high attacker to start behind the 23m line.
If the interception is successful then the defenders will immediately attempt to run the ball over the halfway line..the attackers now become the defenders.



1vs1 defending

Organization:
The defender is positioned in the centre of the square and has to touch beacon 1 with his/her stick before defending against the attacker. The defender completes two sets and touches beacons numbered 1 – 4 in numerical order before facing each new attacker. The defender will thus defend 8 times and each of the four attacking will have two opportunities to eliminate the defender.

Variations:
Decrease the size of the square and instruct the defender that he/she only has to touch beacons 1 and 2 before defending.
Increase the size of the square.



The block tackle

Organization:
Three players perform the exercise in a group with the ball carrier always allowing the defending player to gain possession of the ball. Player A uses the Indian dribble and is met halfway in the demarcated area by player B who uses a block tackle to gain possession of the ball. Player B will dribble to the 23m line and repeat the exercise with player C.

Variations:
Allow the ball carrier to change direction while attempting to reach the 23m line or halfway line.

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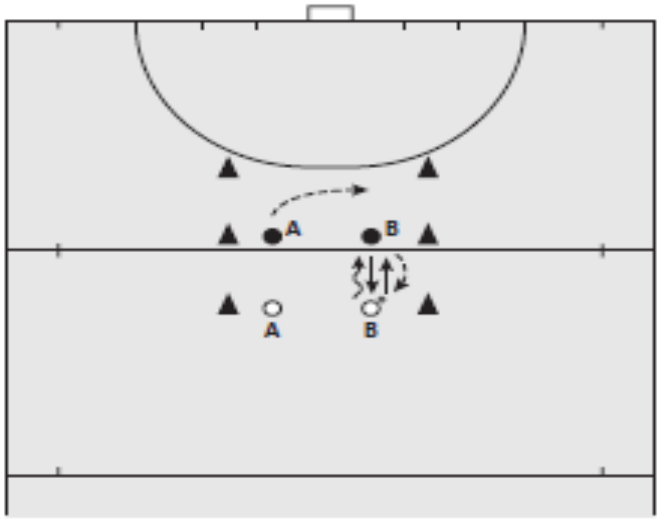
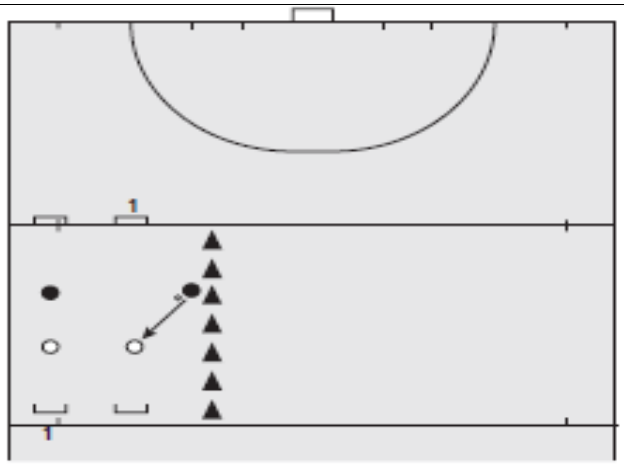


Ivs2: Double defense

Organization:
Four players are involved in the exercise with the players positioned between the 23m line and circle as the defenders. Attacker B passes to defender B who then passes the ball back to attacker B. As the first pass is made defender A immediately provides defensive cover for defender B. These two defenders will set up a double tackle against the attacker.

NB. The drill is then repeated by attacker A and defender A with defender B providing assistance.

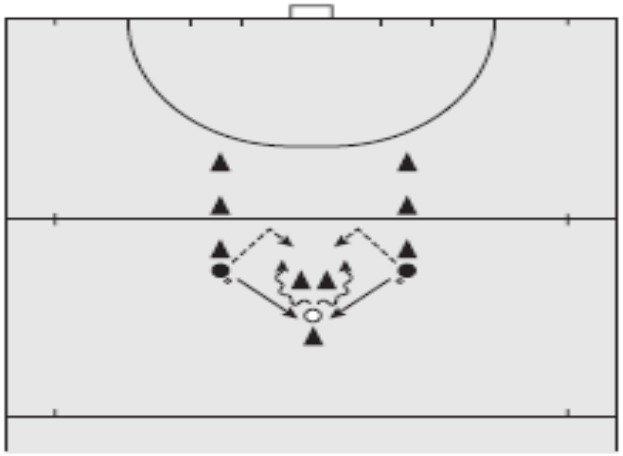
Variations:
Decrease the size of the playing area as well as the distance between the attacker and the shallow defender.
Allow the defender to pass to either of the attackers which will influence the role of the deep defender.



2vs2

Organization:
4 players are involved in a 2vs2 game with the 2 defenders protecting the goal on the 23m line as illustrated in the diagram. The ball is passed to the attackers by the defenders and the 2vs2 scenario is played out. If the defenders gain possession then they are allowed to attack the goals at the halfway line.

Variations;
Two goals only with a smaller playing area…only score at goals marked 1.



1vs1: Frontal defending

Organization:
The defender passes the ball to the attacking player who has to attack by passing the two beacons on the side from which he/she received the ball. The defender has to sprint to the 23m line after passing the ball to the attacking player before taking up a frontal defensive position.

Variations:
Decrease the size of the playing area as well as the distance between the defender and attacker.
Allow the attacker to move past the left or right – hand side of the beacons which will force the defender to alter his/her engaging angle.

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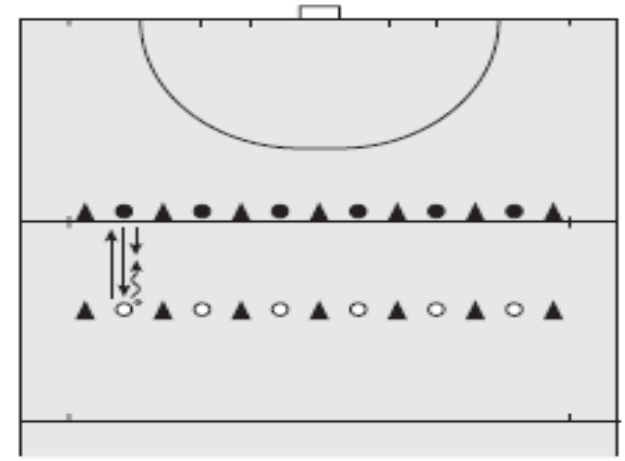
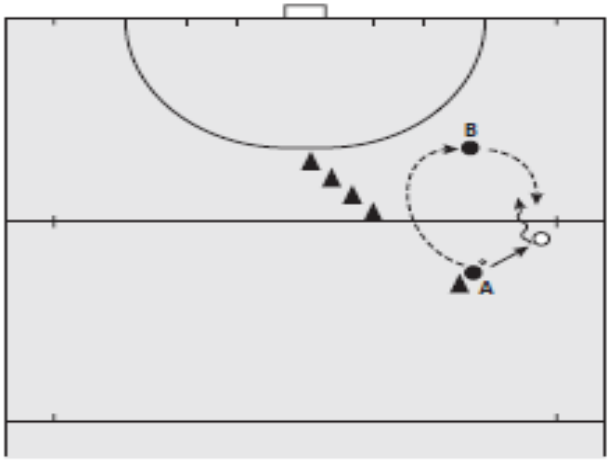


The jab tackle

Organization:
Players work in pairs whereby the drill commences with a bunt pass being played from the defender at the 23m line to the attacking player. The attacker receives and dribbles straight ahead before the defender uses the jab tackle to turn over possession.

Variations:
Allow the attacking player to pull the ball from side to side in a stationary position while the defender jabs at the ball.
The ball carrier attempts to cross the 23m line and if the defender wins the ball a 1vs1 contest follows.

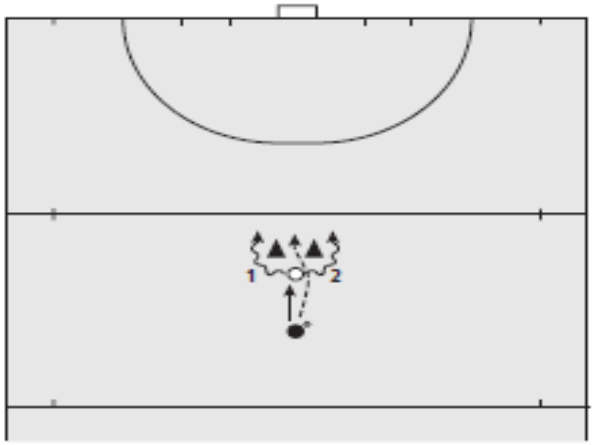


1vs2: Double defense from the left

Organization:
Defender A passes to the attacker who attempts to dribble into the circle. Defender B immediately steps up to channel the attacker over his forehand side defender B peels around and provides cover for his/her fellow defender.

NB. The defenders aim to channel the attacker infield so that either of them can make a tackle on the forehand.

Variations:
Defender A passes from the 23m line.
Allow the attacker to cut infield immediately and encourage aerial elimination skills to pass the two defenders.



1vs1: Tackling back

Organization:
The attacker receives the ball with his/her back to the goal from the defender. The attacker has to dribbles around the beacons to the left or the right while the defender sprints between the beacons when tackling back

Variations:
Place the beacons closer together and increase the distance between the attacker and defender.

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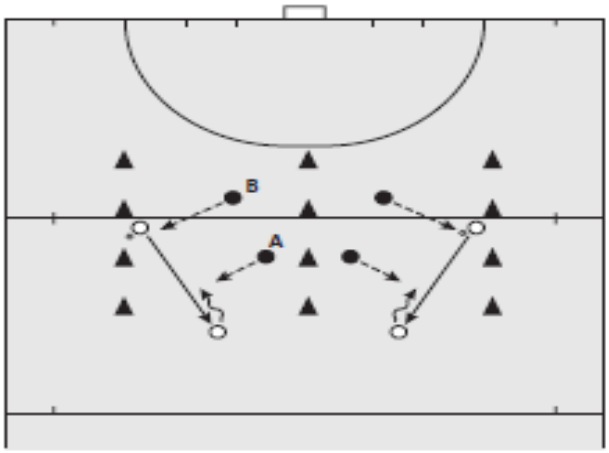
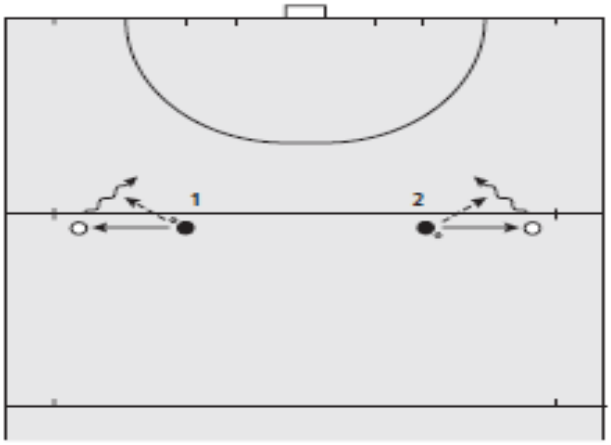


2vs2

Organization:
Four players are involved in the exercise representing a 2vs2 situation with the two attacking players creating depth. The high attacker passes to the shallow attacker to commence the exercise. Defenders A will apply pressure on the shallow attacker and defender B will mark the high attacker.

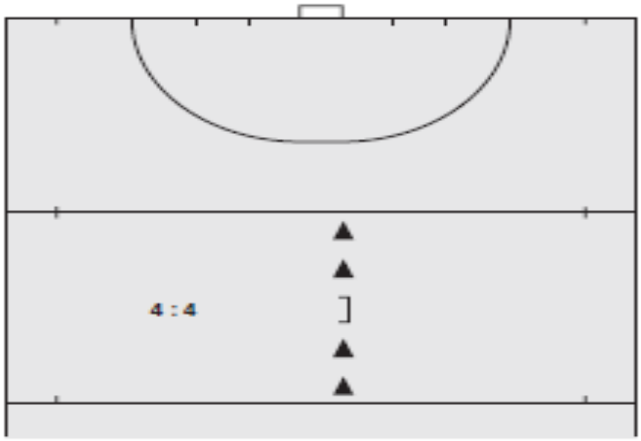
Variations:
Decrease the width of the playing zone and instruct the high attacker to receive before crossing the 23m line.
Increase the width of the playing zone and commence the exercise with the defender A passing to the shallow attacker.



1vs1

Organization:
The size of the playing area is unlimited which makes defending more difficult. The defender plays a square pass to the attacker who attempts to dribble into the circle and take a shot at goal. The defender will tackle back and attempt to dispossess the attacker.

Variations:
Decrease the distance between the defender and attacker.
Limit the size of the playing zone.
Increase the size of the playing zone and allow the attacker to receive a diagonal pass from the defender when commencing the exercise.



4vs4

Organization:
8 players involved in a 4vs4 mini – game.

Variations:
Decrease the size of the playing area.
Add extra goals

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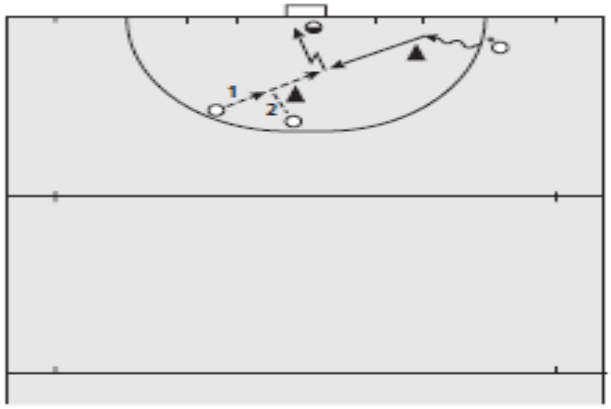
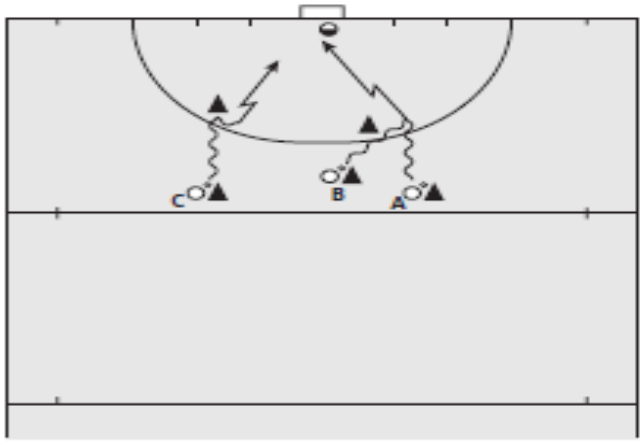
Scoring drills



Slap shot at goal

Organization:
The ball carrier dribbles from outside the circle to the beacon before passing the ball into the 9yd area. A player leads from the opposite side of the circle along path 1 as illustrated in the diagram. This player receives the pass in the 9yd area and slaps the ball at goal.

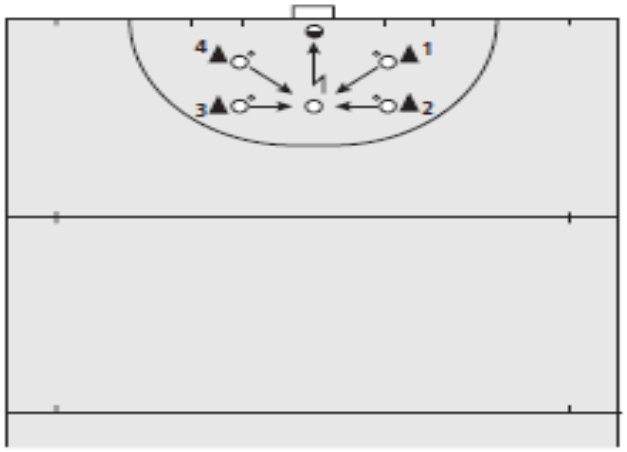
Variations:
The lead towards the pass can be changed as illustrated in path 2 before playing the slap at goal.
Encourage the player to open the stick face in order to get elevation on the slap at goal.
The lead can be lengthened or the slap at goal can be played from a stationary position.



itting at goal

rganization:
ayers dribble to the top of the circle and hits at goal at A.

ariations:
ace beacons inside the circle for players to move past
fore hitting at goal (B and C).
hange to short grip hitting.
ncourage players to get elevation on their shots at goal.



ushing at goal

rganization:
our players are positioned at the beacons numbered 1 – 4 nd each player has two hockey balls. The 5th player is ositioned in the middle and will receive a series of 8 passes om these four players. The player in the middle receives nd pushes at goal.

B. Order of passing from 1 - 4

ariations:
o specific order of passing which means that the player in ie middle can receive from any of the passers.

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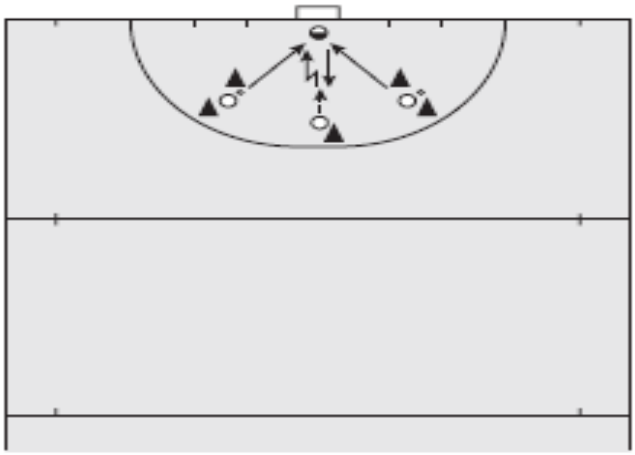
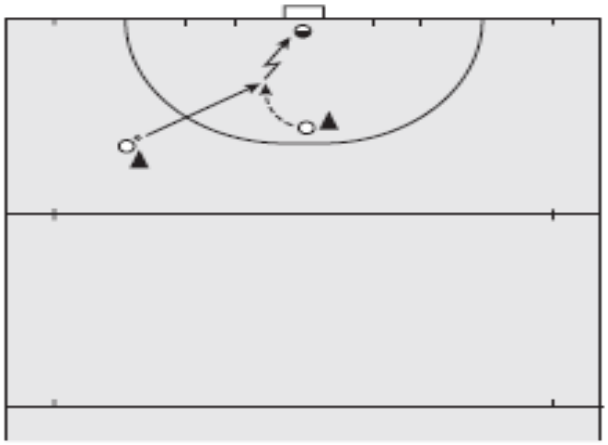


Rebounds

Organization:
Either of the players positioned at the outside beacons will make a diagonal pass towards the goalkeeper. The gk will play ball so that it rolls into the space directly ahead of him/her. The player at the beacon at the top of the circle will follow-up and play the rebound at goal…a bunt or slap shot can be utilized.

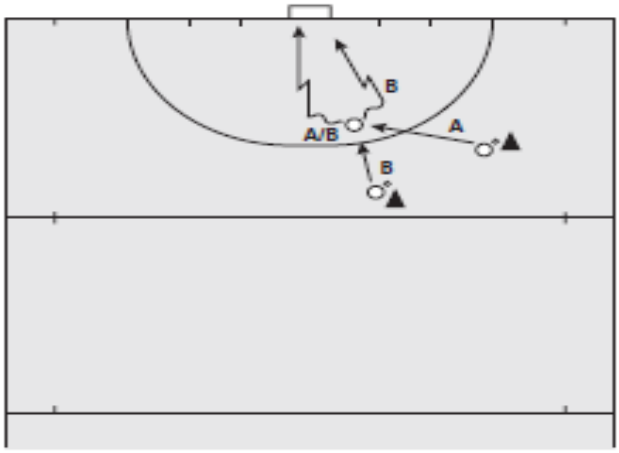
Variations:
The coach can roll balls into the 9yd area from behind the goal – box.
Encourage the rebounder to get elevation on his/her shot.



Front stick deflection

Organization:
The ball is passed accurately and hard from outside the circle for the player inside the circle making the lead to play a front stick deflection at goal.

Variations:
Allow the players to execute the tip-in by taking up a stationary position if the quality of the passing from outside the circle is not good.
Encourage double leads before the tip-in.
Sliding to play the tip-in if the surface is wet enough.



Flat reverse stick shot at goal

Organization:
The receiving player is positioned inside and close to the top of the circle to receive the ball from player A or B. Once the ball is brought under control by the receiving player a reverse stick shot is played at goal.

Variations:
The receiving player can be positioned closer to the goal and plays a reverse stick sweep at goal.
Allow players to dribble into the circle and play a reverse stick shot at goal.
Add a defender and encourage the attacking player to play a front stick shot if the reverse stick option is closed down.

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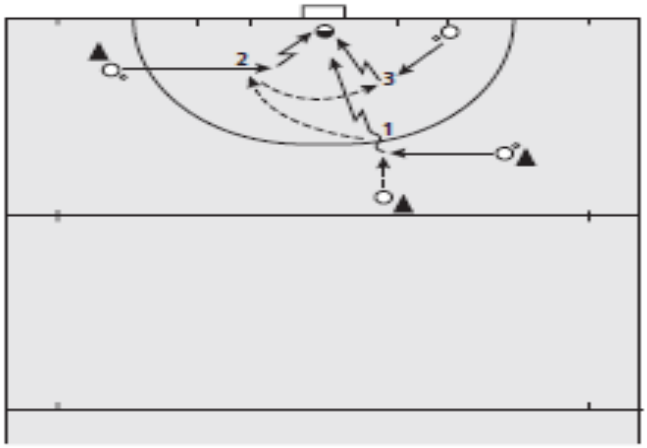
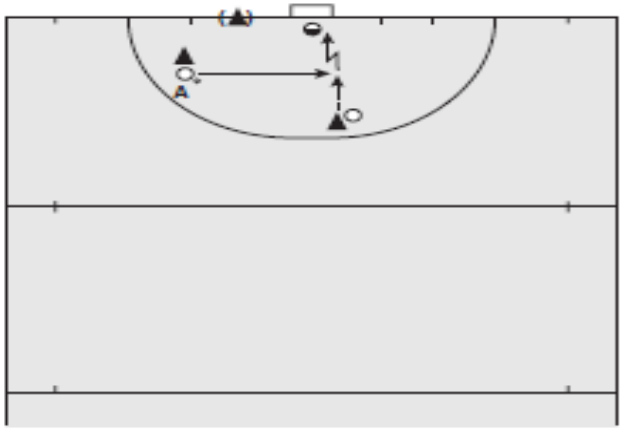


Combination drill

Organization:
Three players will feed the player starting at the beacon on the 23m line. After receiving the square pass the player dribbles into the circle and hits at goal.(1) He/she will then receive a pass to play a forehand tip-in on goal at number 2 as illustrated. The final scoring shot is a first-time slap at goal as illustrated at number 3.

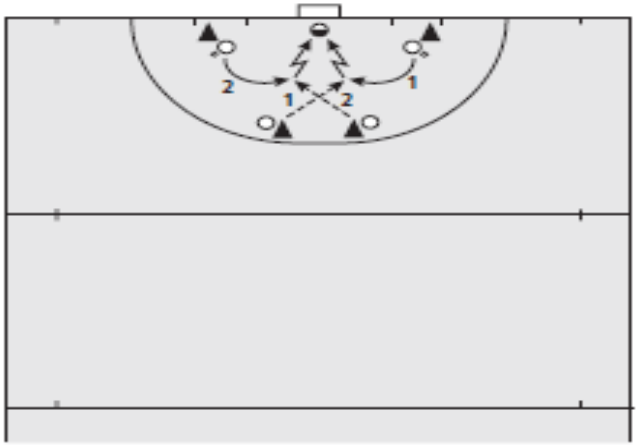
Variations:
The hit is played further inside the circle, the forehand tip-in is replaced by a push at goal and the ball is not lifted from the first-time slap at goal.
Increase the pace of the passes.



Slap at goal from the left

Organization:
The ball is passed from the left by player A and the receiver allows the ball to move past his/her body before slapping at goal.

Variations:
Players can practice the scoring shot from a stationary position and/or the ball can be passed from the beacon on the baseline as illustrated.
Increase the length of the lead and encourage double leads before the shot at goal is played.



Scoring from a bouncing ball

Organization:
The ball is tossed by the coach or a fellow-player for the player leading from the beacon at the top of the circle…the drill commences by doing path number 1 only which is easier. The ball is played toward goal using either a bunt or a controlled swing while the stick is horizontal.

Variations:
Allow the players to execute the scoring technique from a stationary position…no leading.
Progress to path 2 which is more difficult.

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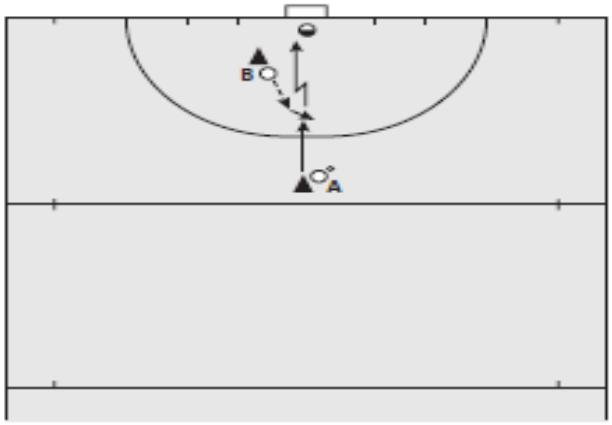
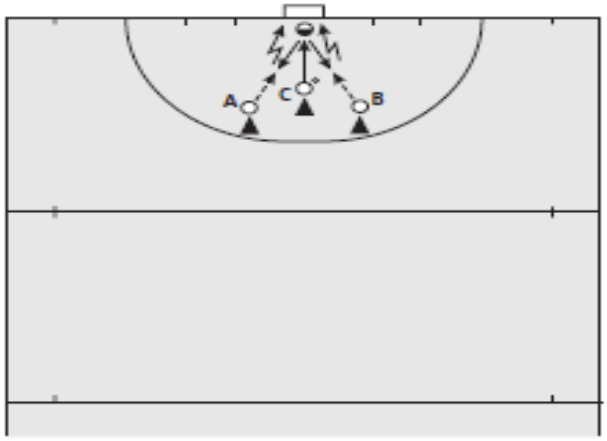


The chop

Organization:
Player A passes to player B who leads to receive with his/her back facing the goals. Player B utilizes the chop scoring technique to direct the ball toward the goal.

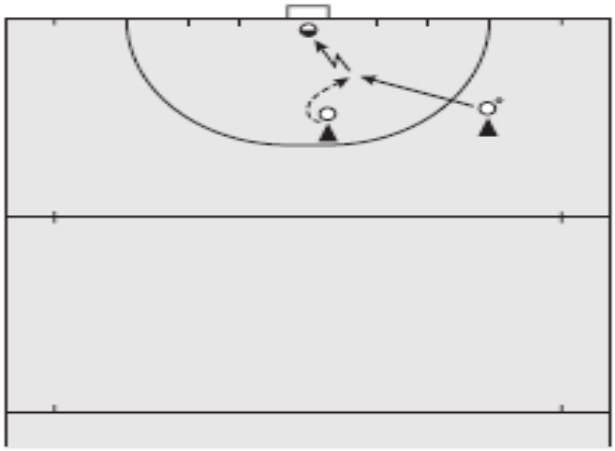
Variations:
Allow the chop to be played from a position closer to the goals and/or the skill is executed from a stationary position.
A re-lead by the player B who first leads towards the baseline before leading towards the ball being passed.



Rebounds

Organization:
Player A or B dribbles towards the goalkeeper and plays the ball into the gk's pads so that the ball rolls free into the 9yd area. Player C follows up and plays the rebound at goal.

Variations:
The ball is passed slower and the approach distance of the ball carrier is decreased.
Player C starts with his/her back to the goals before turning to play the rebound.



Reverse stick deflection

Organization:
The ball is passed accurately and hard by the player positioned at the beacon outside the circle. The receiver leads and plays a reverse stick deflection on goal.

Variations:
Deflections with the flat reverse stick only.
Encourage double leads by the player deflecting the ball.
Encourage sliding to deflect with a flat stick if the surface is wet enough.

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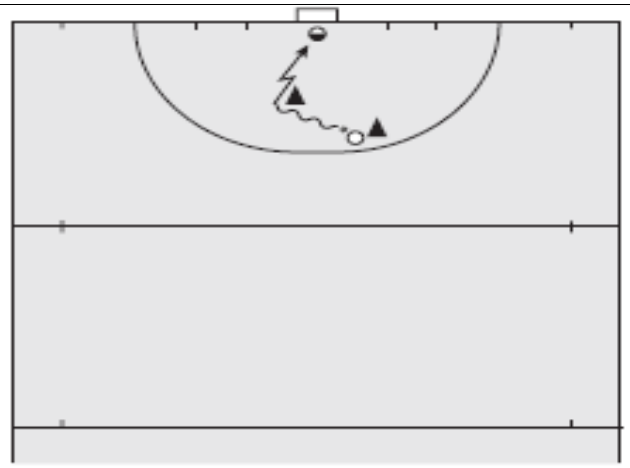
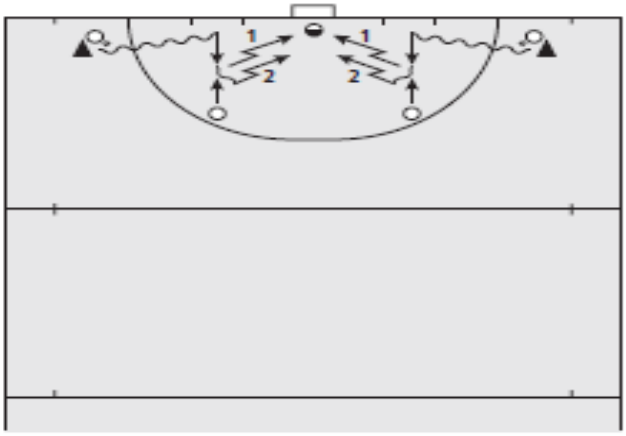


Reverse stick bunt

Organization:
Players dribble from the first to the second beacon and play a reverse stick bunt shot at goal.

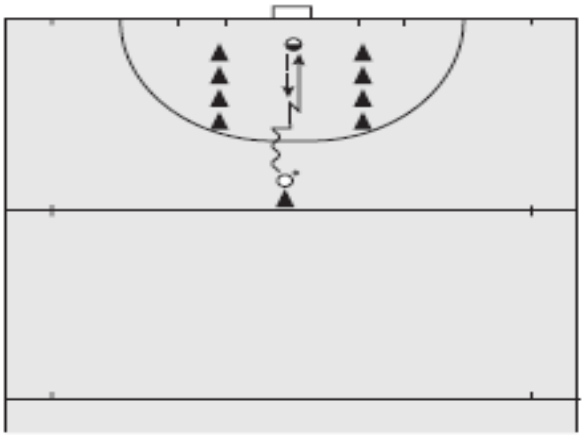
Variations:
Lifting the ball from the shot at goal.
Playing the shot after Indian dribbling with the ball.



Combination drill

Organization:
Exercise 1: Various scoring techniques (push, bunt and slap) are executed with the players dribbling from the beacons placed outside the circle. The ball carrier dribbles close to the baseline before changing direction to play a shot at goal as illustrated.

Variations:
Exercise 2: The ball is passed by a player positioned at the top of the circle and the receiver moves the ball into space with his/her first touch to play various types of scoring shots (chop, short grip hit and slap)



1vs1: attacker vs goalkeeper

Organization:
The attacker dribbles into the circle at pace and the goalkeeper closes him/her down. The attacker attempts to eliminate the gk and score.

Variations:
Slow down the approach speed of the attacker.
Alternate between challenging the gk and passing strategically placed beacons so that the gk can rest.

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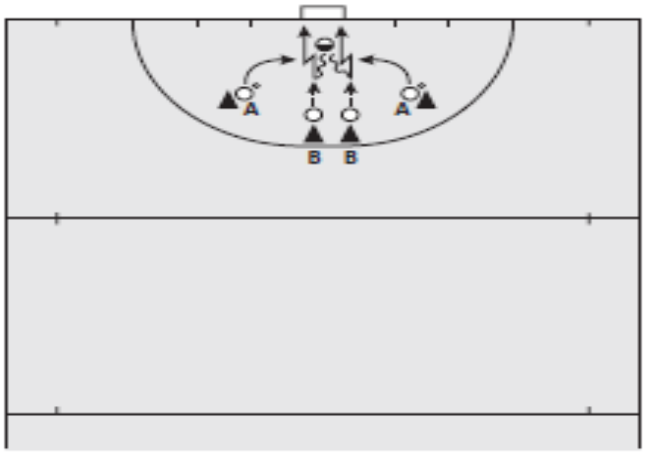
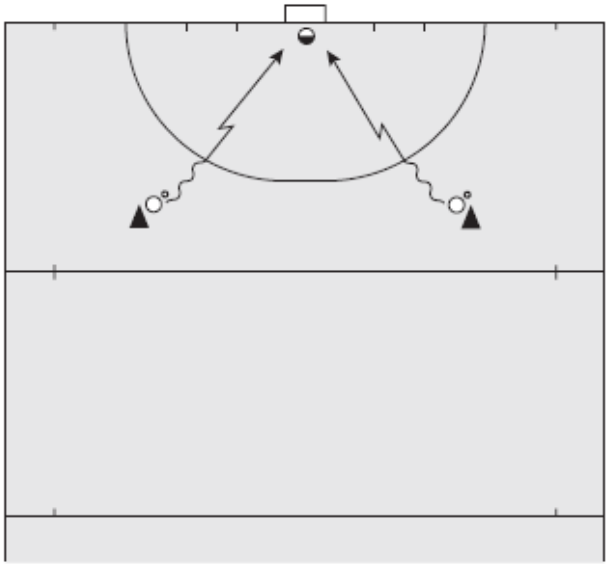


Scoring from a bouncing ball

Organization:
Either of the players at A dribble and flick the ball at the goalkeeper who plays the ball using his/her gloves into the path of the player following-up from B. The player following – up has to score from the bouncing ball.

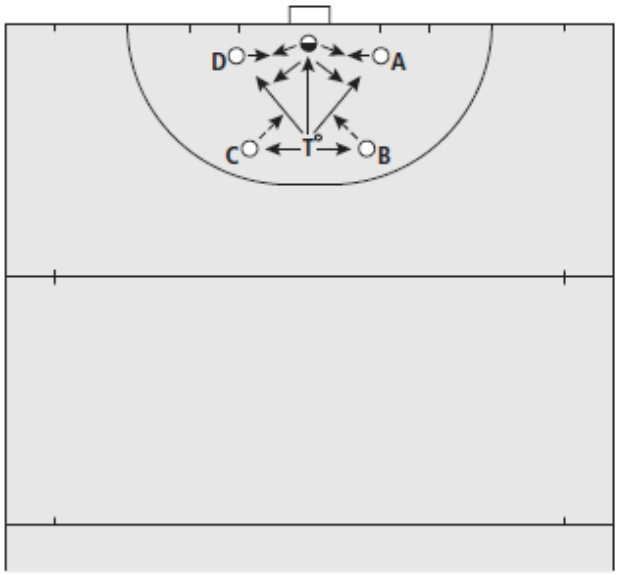
Variations:
Allow the players to score from a stationary position.
The coach can feed bouncing balls from behind the goal.
Increase the level of difficulty by allowing the players to score from different angles.



Hitting at goal (chip shot)

Organization:
The players dribble into the circle from the left and right-sided beacons to hit the ball at goal utilizing a chip shot…they aim to get elevation on the shot.

Variations:
Decrease the approach speed of the ball carrier and encourage a shorter grip.
Allow the gk to log or place a row of beacons across in the circle which the players have to chip the ball over.



Rebounds

Organization:
Four players take up various positions in the circle to play rebounds. The coach feeds the balls and the players have to be prepared to rebound off bouncing balls as well as rolling balls. The exercise can start with the players only being required to rebound using their front stick.

Variations:
Coach can toss balls at the gk who directs it into the path of any of the four players.
Players can stand with their backs to the goal or face the sideline.

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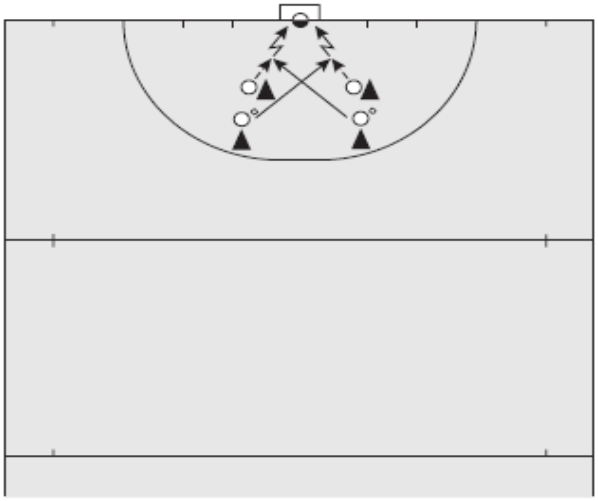
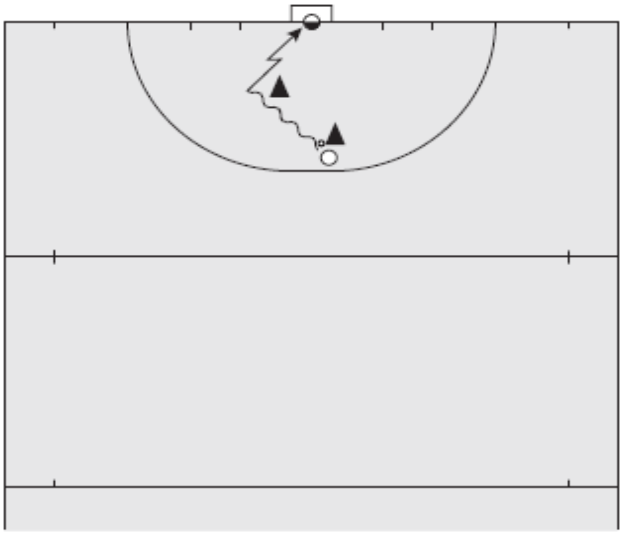


Single – handed scoring with sliding

Organization:
A diagonal pass is played for the player who leads from the beacon placed closer to the goals in the opposite channel. This player slides to score from a single – handed deflection/tip-in.

NB. The surface has to be very wet.

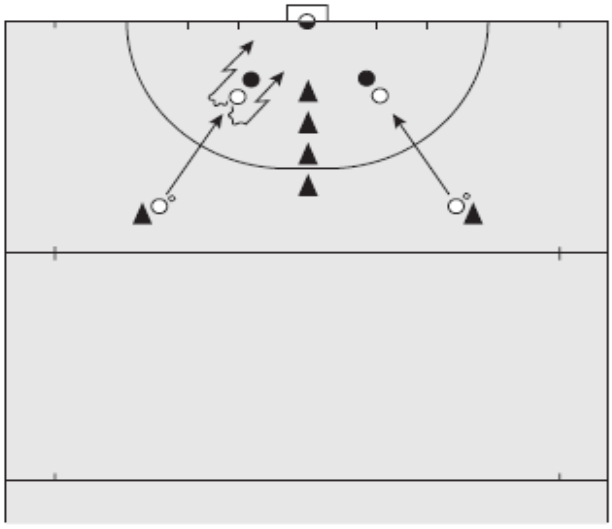
Variations:
Players train the slide without a ball being passed.
Increase the distance which they have to lead from and harder passing for the deflection/tip-in.



Reverse stick flick

Organization:
Players dribble to the beacon positioned higher in the circle and pull the ball to their reverse stick side in order flick the ball at goal using the reverse stick flick.

Variations:
Dribbling with full stick and ball contact.
Scoring at the far post corner of the goals only.



Combination drill

Organization:
The ball is passed to the attacker who has to lead to receive the ball with his/her back to the goals. The attacker attempts to move the ball into space with his/her first touch to play a quick shot at goal. The defender is passive in this exercise and the attacker can utilize various types of scoring techniques.

Variations:
The defender becomes more active and attempts to make interceptions or tackles the receiver.
The defender is replaced by beacons in the circle.

ART

PART 4: TRAIN TO COMPETE PHASE

Introduction:

Where:
High Schools, universities, clubs and provincial academies

Age:
Girls – 15 – 17 years old
Boys – 16 – 18 years old

Why:
Prepare elite athletes for HP competition

Physical Development Training;
Aerobic endurance, speed, strength flexibility, footwork and agility

Technical Development of the Game:
Advanced skills performed at speed and under pressure. Position specific skills and development of training and match play consistency

Tactical Development:
Decision-making becomes a key aspect during different game situations. Tactical plans to counteract opposition. Execution of set plays

Mental Skills Development:
Develop the mentality and tools to compete with an emphasis on accountability. Development of tenacity, self-confidence, and desire to win

Other Introductions:
Routine for recovery, hydration, recovery, injury management and prevention

Training Session Duration:
7 – 9 sessions a week (Including: Technical and tactical training, psychological, physical and competition) Individual sessions should also be included.
Regional, provincial and international competitions take place throughout the season.
5: 2 Training: Competition ratio
Periodisation, including, training, competition, tapering and peaks

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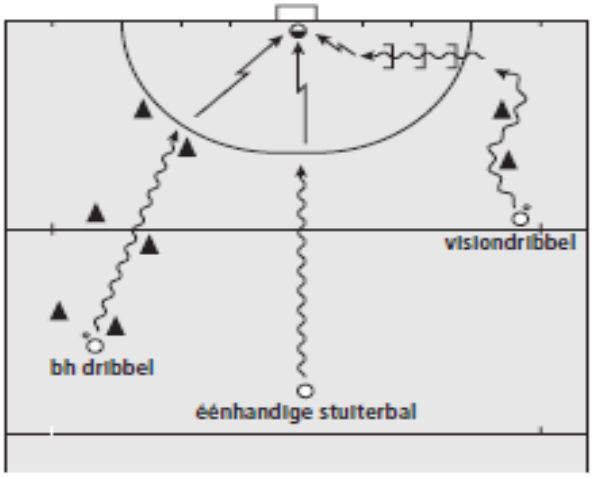
SKILLS PROGRAM: LEARN TO COMPETE PHASE

Moving with the ball



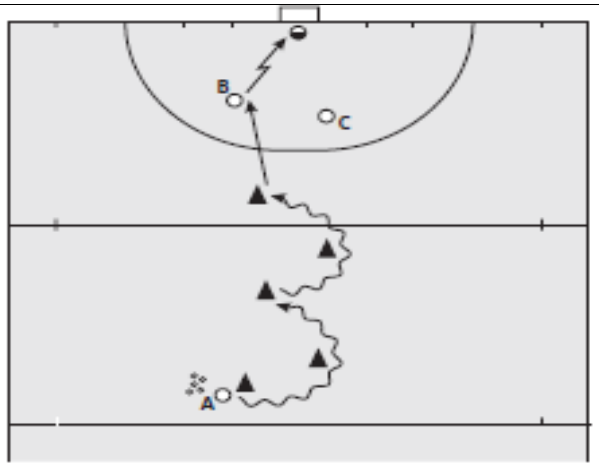
Dribbling drill

Organization:

Players are divided into three groups with each group performing a different dribbling skill.
*from the left – the reverse stick dribble
*from the centre – the single handed lift dribble
*from the right - the full vision dribble
The groups rotate after a few minutes.

Variations:

Decrease the tempo of the exercise.
Add a defender who passes to the ball carrier and then proceeds to tackle back.



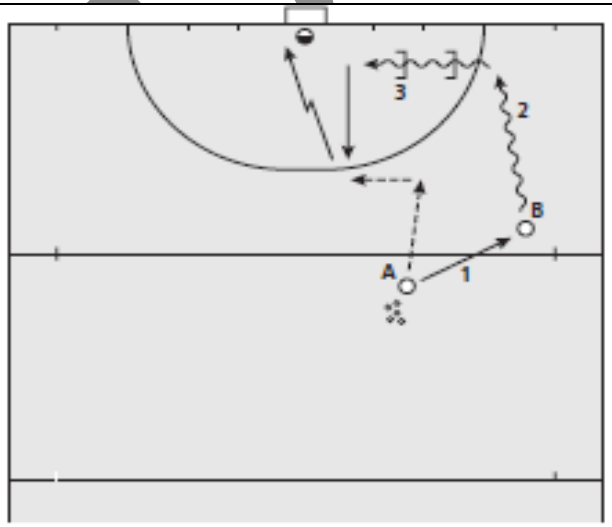
Full vision dribbling with passing

Organization:

Player A uses a full vision dribble to negotiate his/her way around the beacons. Players B and C will both make leads inside the circle and player A chooses which one of the two players to pass the ball to. The attacker receiving the pass will take a shot at goal. The other attacker will play the rebound shot.

Variations:

Place one attacker in the circle instead of two.
Add a defender inside the circle against the two attacking players inside the circle.



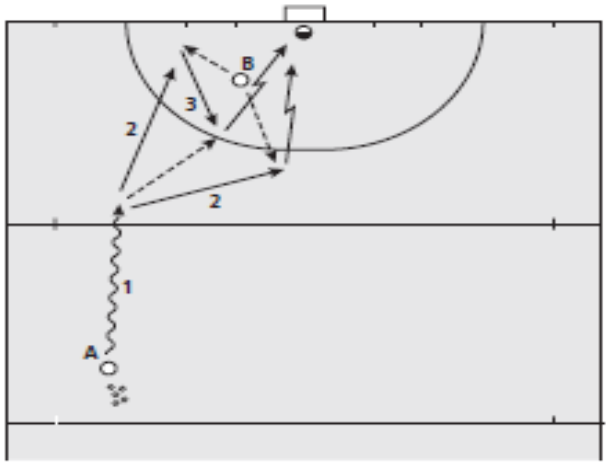
Full vision dribble with aerial lifts/jinks

Organization:

Player A passes to player B who receives and uses a full vision dribble to move with the ball toward the baseline zone. Player B then proceeds to use aerial skills to lift the ball over the flat sticks/rows of beacons in his/her path before making a 90 degree pass to player A who has followed-up and takes a shot at goal.

Variations:

Full vision dribble without aerial lifts/jinks.
Add a passive defender who applies side pressure while the ball carrier executes the full vision dribble.



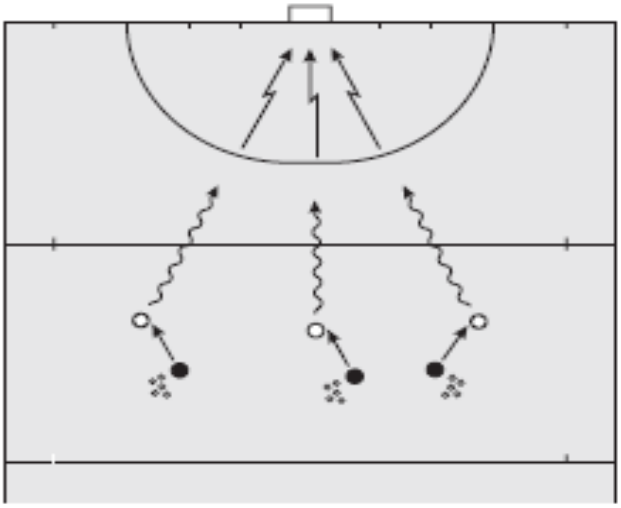
Single-handed lift dribble with passing

Organization:

Player A commences by using a single-handed lift dribble from beacon to the 23m line. Player B has the option of leading deep towards the baseline zone or shallower to the top of the circle. If player B receives the ball from player A at the top of the circle then player B will take a shot at goal. If player B receives close to the baseline zone then he/she will play a 90 degree pass to player A who follows-up and takes a shot at goal.

Variations:

Add a defender inside the circle.
Add a defender who tackles back after passing to player A – 2vs2 scenario.



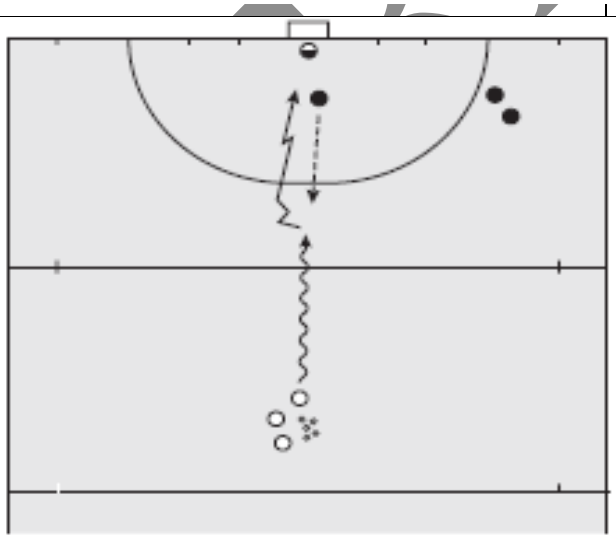
ribbling with pace

rganization:

ayers are divided into 3 groups positioned between the lfway line and 23m line. The player making the pass to e receiver in each group immediately becomes the fender who has to tackle back. The receiver will dribble pace and attempt to take a shot from the top of the rcle.
oups change positions after a few minutes and players ternate attacking and defensive roles.

ariations:

ibble towards circle without tackle back defender.
ntrol ball at top of the circle before shooting.



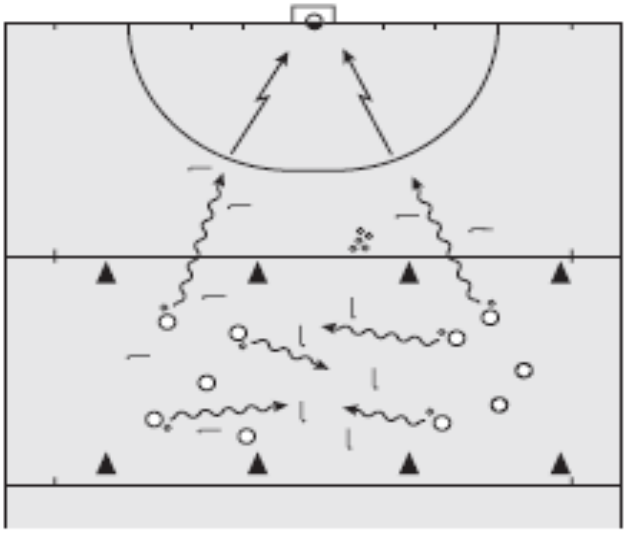
Dribbling at pace with elimination

Organization:

he ball carrier dribbles at pace from the area between he halfway line and 23m line attempting to eliminate the lefender before taking a shot at goal. The coach has to ime how long it takes for the ball carrier to perform the lrill.
ttackers and defenders alternate roles after a few ninutes.

Variations:

eplace the defender by adding beacons.
ttacker vs goalkeeper only…gk has the option of meeting he attacker at the top of the circle.



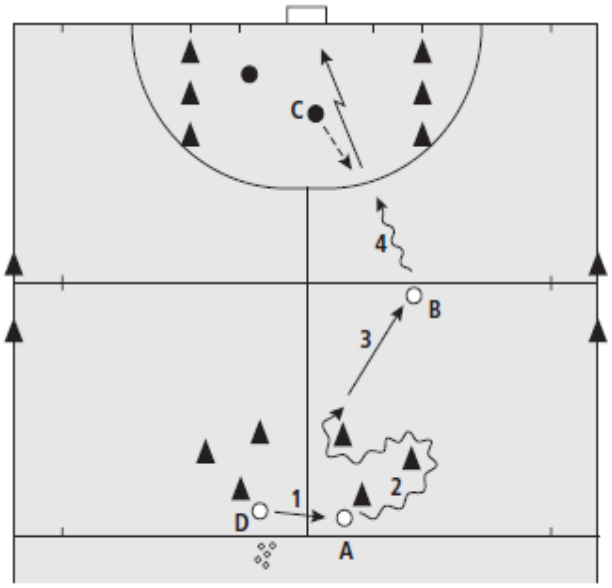
ull vision dribble with aerial lifts

rganization:

ıe players are each given a number from 1 -? as well as eir own ball and divided into two groups who each ·ibble in one of the two squares. Sticks are placed in ese squares which the players have to lift the over when e coach calls two numbers from the two groups. The ayers in the square on the right always dribble toward e circle first. Once the players have taken a shot at goal ey collect another ball from the pile placed at the 23m ıe between the two squares and rejoin their groups.

ariations:

crease the size of the squares.
ld two defenders in the circle who will defend against e players coming from each square.



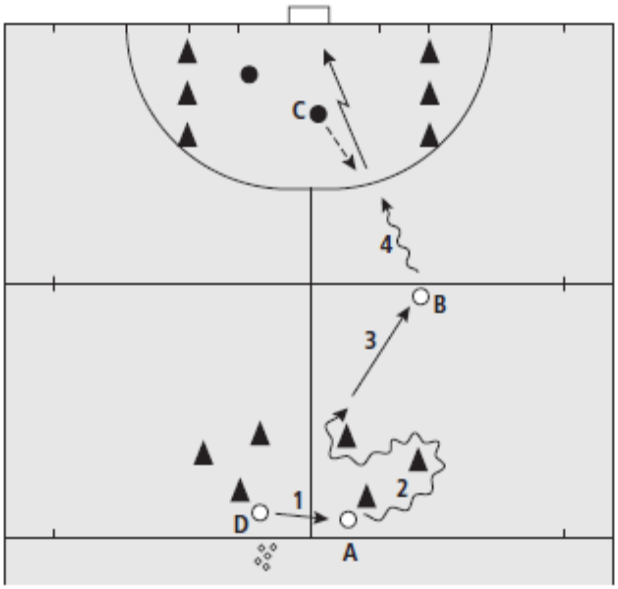
Full vision dribble with passing and 1vs1

Organization:

Player D passes to player A who uses a full vision dribble to move through the beacons. Player B leads into space to receive the ball from player A and then attempts to eliminate player C who is the defender. If player B passes player C then he/she takes a shot at goal. If player C wins possession of the ball then he/she hits the ball through the gates on the sideline.

Variations:

Remove player C so that both players A and B can focus on full vision dribbling.
Player D becomes the tackle back player applying pressure on player A.



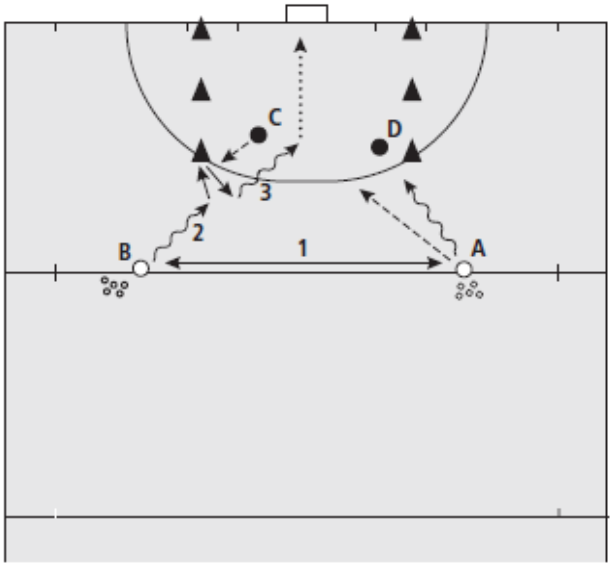
Identifying a 1vs1 or 2vs2 scenario

Organization:

Same set-up as the previous exercise but player A communicates with player B to inform him/her whether he/she is supporting the attack or not. If player A supports then player B delays his/her attack so that a 2vs1 can be created against player C. If player D decides to tackle back on player A then player B must make player A aware of the 2vs2 situation.

Variations:

Allow player A to always support the attack.
No communication from player A to player B forcing player B to maintain split vision.
Add an extra defender inside the circle.



Use of the dummy while dribbling

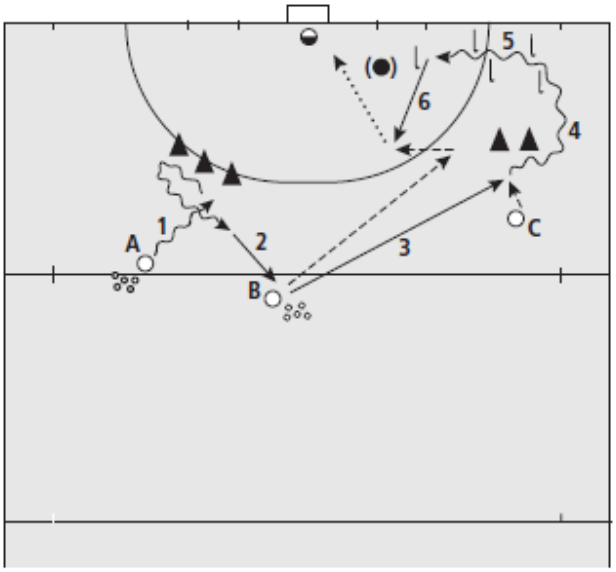
Organization:

Players are divided into two groups each working from the left and right-hand sides.
Player A passes to player B who receives the ball and uses a full vision dribble move toward the circle. Player C who is the defender steps from inside the circle to engage player B. Player B makes use of a dummy to the left before passing player C on the right and enters the circle to take a shot at goal.
Player A will use the dummy to the right when passing player D on the left before entering the circle to shoot.

NB. The defending player is passive.

Variations:

Remove the defender and use beacons.
The defender becomes fully active.



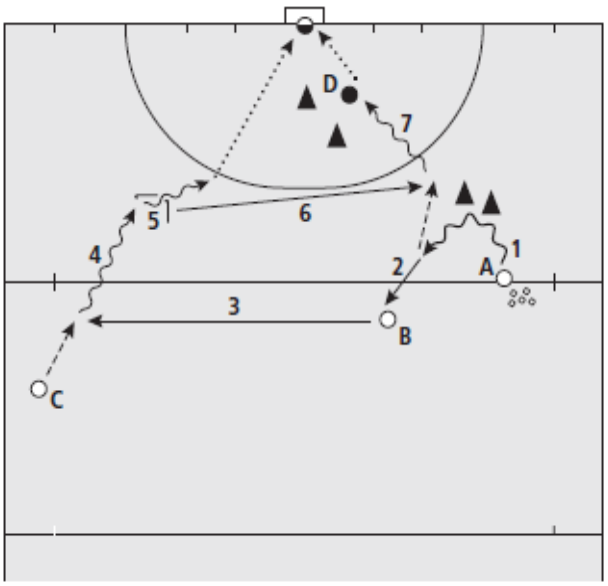
Front stick reverse turn, dummy and lift

Organization:

Player A dribbles towards the beacons with the ball on his/her front stick and uses a front stick reverse turn out before passing the ball to player B. Player B then passes to player C and leads toward the circle. Player C receives and uses a dummy to the left before passing the two beacons and then uses aerial lifts when moving through the sticks/row of beacons in the baseline zone. Player C then passes the ball to player B who has followed up and takes a shot on goal.

Variations:

Commence the drill with player B passing to player C.
Add a defender inside the circle who applies pressure when player C passes to player B.



witching the play

rganization:

ayer A dribbles with the ball and performs a front stick verse turn before passing the ball to player B who then akes a square pass to player C who has followed-up in e opposite channel. Player C dribbles toward the circle d uses a combination of the dummy and aerial lift skill get the ball over the flat stick/row of beacons. Player C n choose between taking a shot at goal or making a uare pass to player B who has followed-up in the posite channel.
the ball is passes to player B then a player D will defend a 1vs1 situation against player B who must try and ore.

ariations:

mmence the drill with player C playing the dummy and rial lift combination skill.
d a defender to apply pressure on player A when ecuting the front stick reverse turn.

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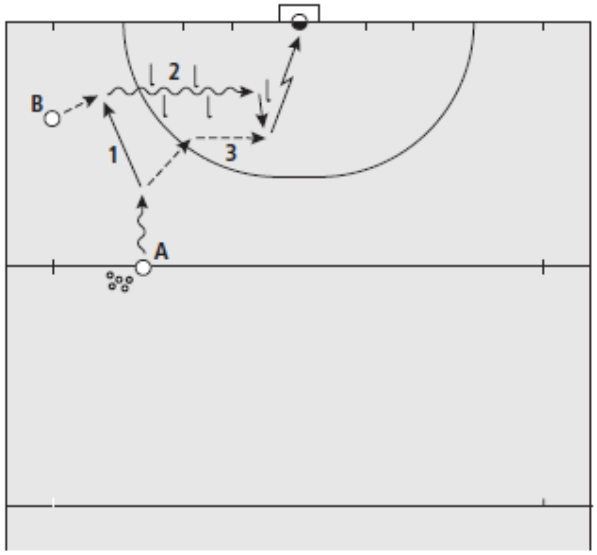


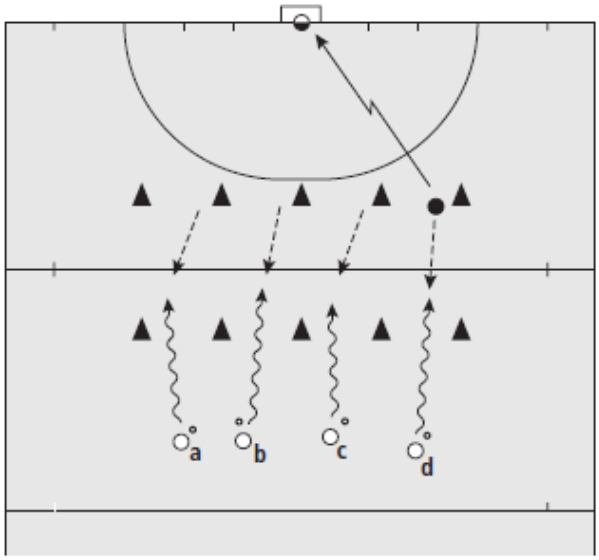
Full vision dribbling with single-handed lifts

Organization:

Player A dribbles a short distance before passing to player B who receives on his/her reverse stick. Player B proceeds to use single-handed aerial lifts keeping the stick in his/her left hand only while moving the ball over the flat sticks/row of beacons inside the circle. Player B will then play a 90 degree pass with the reverse stick to player A who has followed-up and take shot at goal.

Variations:

Front stick pass from player B back to player A.
Add a defender to apply pressure inside the circle.



Continuous 1vs1 drill

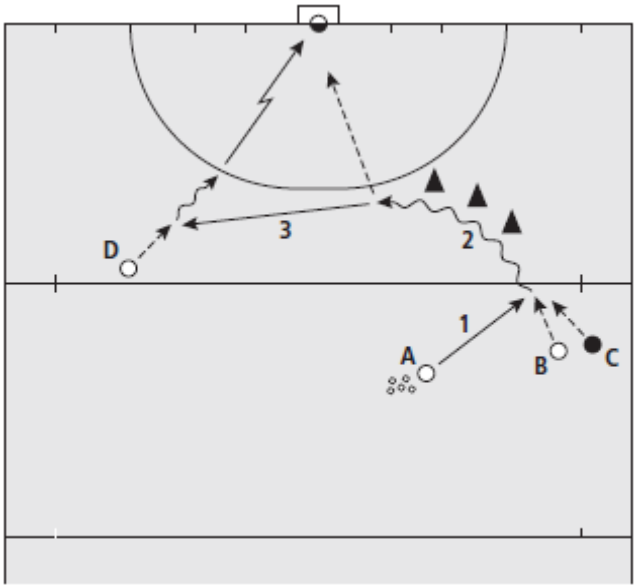
Organization:

Place 4 – 6 squares outside the circle and place one defender inside the square on the far right. Attacking players line up outside of each square with a ball. Player D will dribble towards his/her square and engage in a 1vs1 against the defender. If player D passes the defender then he/she dribbles into the circle and takes shot at goal. If the defender wins the ball then the ball is played to the side. Player C will immediately attack the defender after this and the defender will have to face all the attackers working his/her way through all the squares.

Player A will become the next defender with every player moving one place to the left.

Variations:

Increase the size of the squares.
Add a second defender who is positioned in the circle.



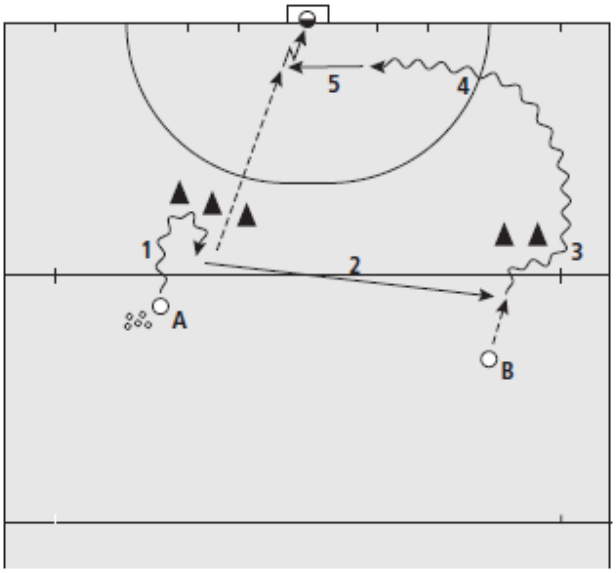
Single – handed front stick dribbling

Organization:

Player A passes to player B who receives and moves with the ball using a full vision dribble. As player C begins to apply pressure from behind and the side, player B changes to a single – handed front stick dribble. Player B passes the ball to player D when he/she moves past the final beacon. Player D receives and dribbles into the circle to take a shot on goal. Player C continues his/her run and applies defensive pressure on player D as well.

Variations:

The defender starts in frontal defensive position.
Players B and D can set-up a 2vs1 against player C.



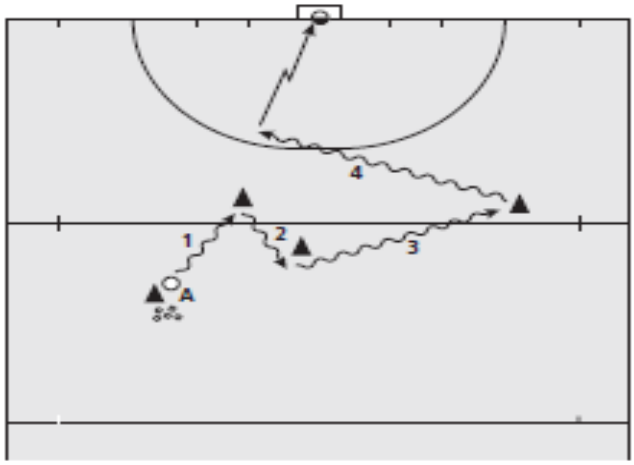
Reverse stick pull and front stick dribble

Organization:

Player A dribbles towards the beacons with the ball on his/her reverse stick and proceeds to pull the ball from the reverse stick to the front stick before passing to player B. Player B receives and performs a dummy to the right before passing the beacons on the outside. He/she then dribbles with the ball on the front stick into the baseline zone before passing the ball into the 9yd area or to the far post area. Player A follows up and scores with one touch.

Variations:

Players practice the reverse stick pull in isolation.
Replace the two beacons with a defender for the dummy skill.



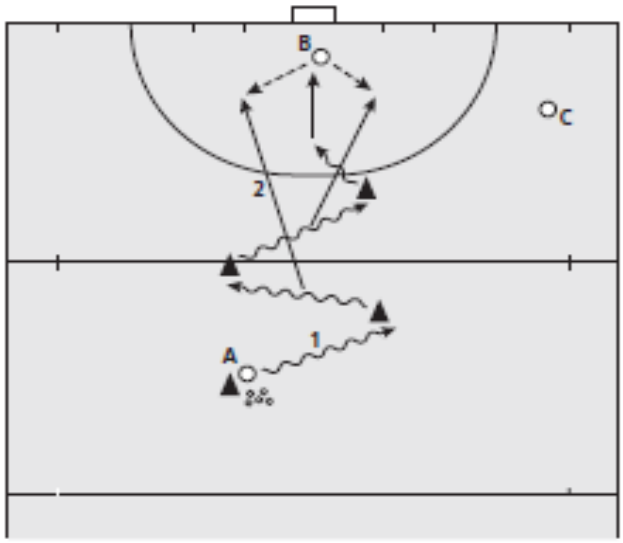
Dribbling drill

Organization:

Player A commences with an Indian dribble to beacon 1 and then changes to a reverse stick dribble up until beacon 2. He/she then uses aerial lifts/jinks while moving toward beacon 3 before changing to a single handed front stick dribble into the circle. Player A finishes with a reverse stick shot on goal.

Variations:

Players practice each dribbling skill separately.
Add a defender at each beacon to apply pressure on the ball carrier.



Passing with vision

Organization:

Player A dribbles diagonally from one beacon to the next with vision while player B makes leads inside the circle. Player A chooses when to pass the ball into the circle for player B to receive and shoot at goal.

Player A alternates with player B while player C is the spare player who alternates with both A and B so that the drill flows continually.

Variations:

Increase the distance between the beacons.
Add a defender inside the circle.
Add a defender who tackles back.

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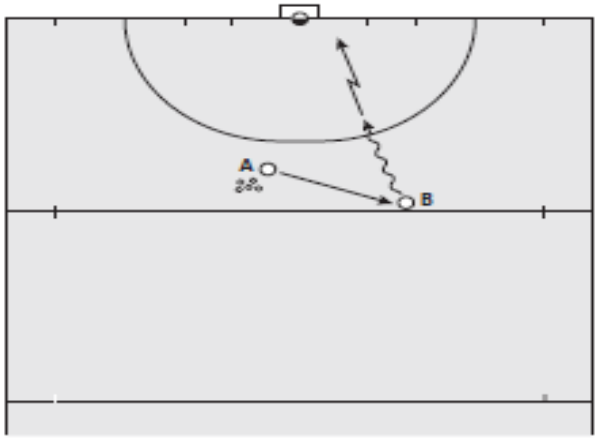


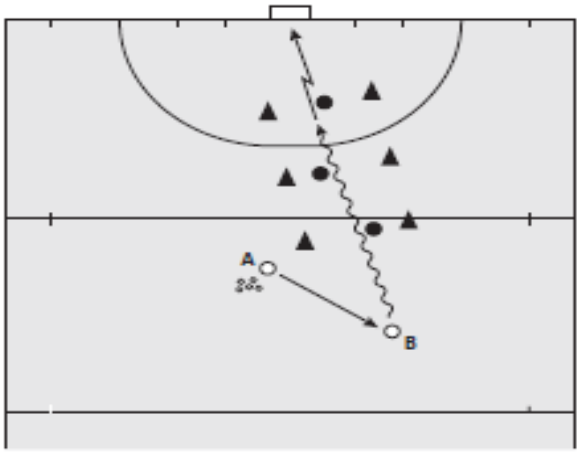
Dribbling while using aerial lifts/jinks

Organization:

Player B who is positioned at the 23m line receives a pass from player A. Player B dribbles toward the circle and uses aerial lifts/jinks while moving the ball forward. The ball carrier enters the circle and take shot at goal.

Variations:

Add a semi-passive defender inside the circle.



Dribbling while using aerial lifts/jinks

Organization:

Player A passes the ball to player B who receives between the 23m line and halfway line. Player B dribbles towards the three defenders who are positioned behind one another. The ball carrier makes use of aerial lifts/jinks to eliminate the defenders who are passive during their participation.

Variations:

Decrease the amount of defenders.
The ball carrier passes to the defender inside the circle who take shot at goal.

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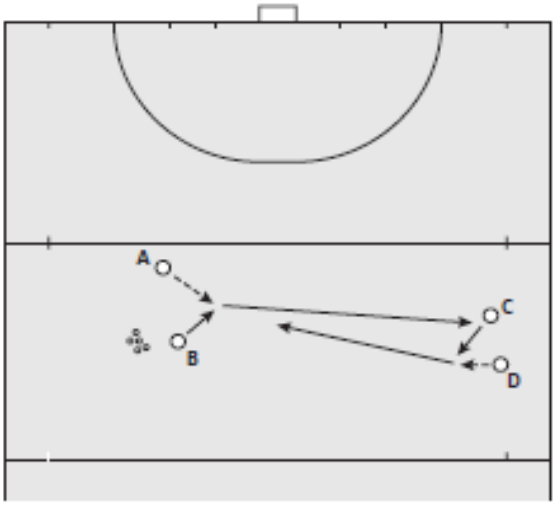
Passing drills

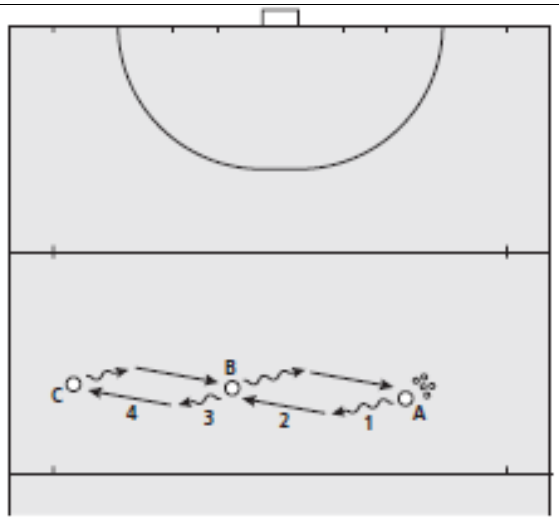


Hit, slap and aerial/overhead pass

Organization:

Players work in groups of 4 with player A and B positioned opposite players C and D. Player pushes the ball into space for player A who moves toward the ball and hits or slaps the ball across to the other side. Player D will trap the ball and play it into space for player C who will now hit or slap the ball back across to the other side. Player A will receive next and player B will pass and so on..

Variations:
The aerial/overhead pass can replace the hit or slap pass.
Decrease or increase the passing distance between player A and B as well as C and D.
Harder passing from A to B as well as from C to D.



Hitting and slapping with dribbling

Organization:

Player A dribbles towards player B and then hits or slaps the ball to player B who leads to receive. Player B also dribbles a short distance before slapping or hitting the ball to player C. The drill is then repeated from the opposite end starting off with player C passing to B.

Player B alternates positions with A or C after a few minutes.

Variations:
The player in the middle receives without leading. Player in the middle can be used to set up a screen pass…player A passes through player B to player C using a hit or slap.

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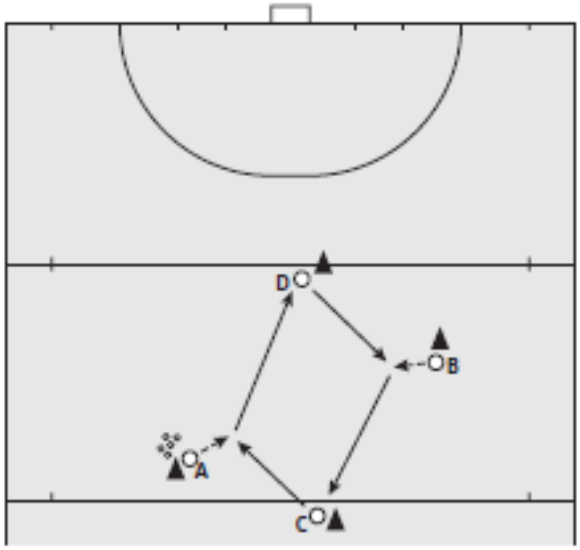
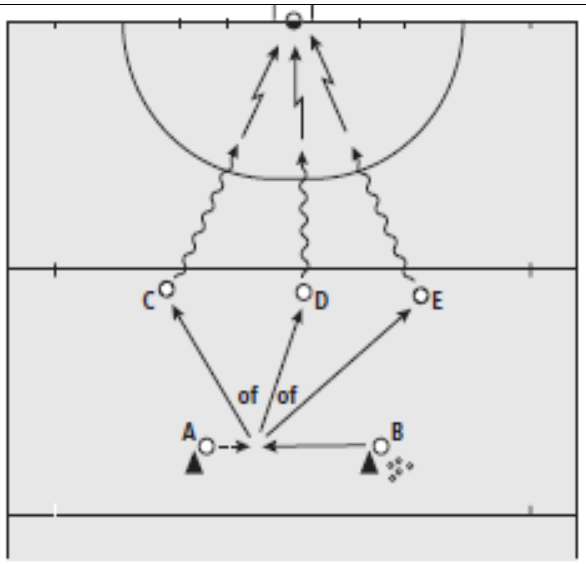


First – time slap to the left

Organization:

Four players are positioned at each beacon which forms the square. Players A and B will execute the first time slap to the left while players C and D will push the balls.
Player A slaps the ball with his/her first touch to player C who receives and pushes the ball to player B. Player B will slaps the ball with his/her first touch to player D who will receive and push the ball back to player A.
The players rotate positions after a few minutes.

Variations:
Players A and B control the ball before slapping.
All four players slap the ball with their first touch.



First - time slap to the left with deception

Organization:
Player B make s square pass to player B who has to play a first - time slap pass to any one of players C, D or E. The player who receives from player A will dribble into the circle and take a shot at goal.

Variations:
Players control ball before slapping.
Slap pass only to player C.
Player B positioned at halfway line so that player A receives the pass from behind.

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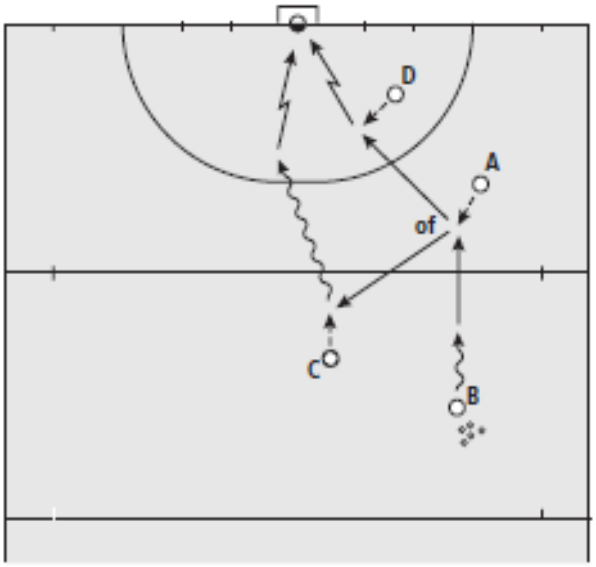
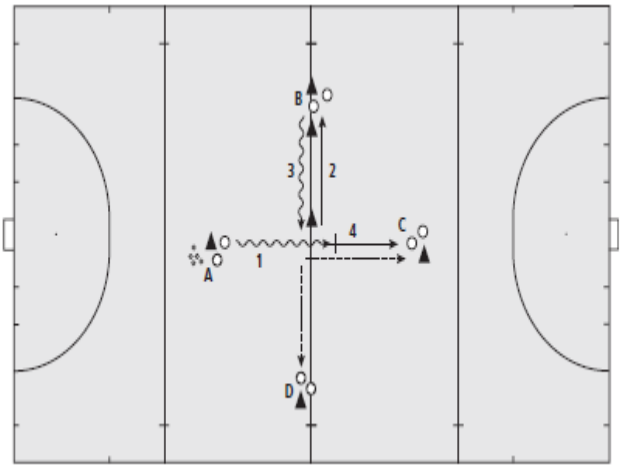


First – time slap to the right

Organization:
Player B dribbles a short distance before pushing the ball to player A who has the choice of playing a first – time slap pass to either player C or D. Whoever receives the ball between players C and D will take shot at goal.

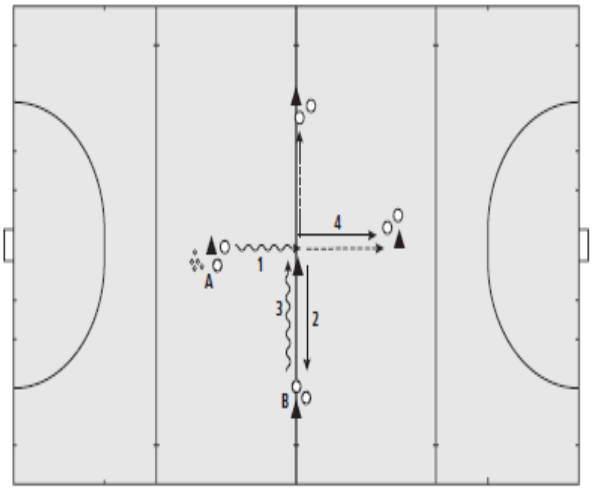
Variations:
Passing from B to A to C only.
Passing from B to A to D only.



Hit and slap to the left

Organization:
Eight players are involved in the exercise with 2 players positioned at each of the four beacons marked A, B, C and D.
A player dribbles directly ahead from beacon A and hits or slaps the ball to a player at beacon B once he/she has passed reached the beacon in the centre. The passer runs across and joins in at beacon C. The player who receives the pass at beacon B will dribble towards the centre beacon before hitting or slapping the ball to a player positioned at beacon C.

Variations:
Decrease the tempo of the exercise.
Increase the size of the playing area.



Front stick hit and upright reverse stick hit to the right

Organization:
Same set-up as the previous exercise. Player dribbles from beacon A towards the middle and passes the ball to the player at beacon B via a front stick hit or high reverse stick hit. The receiving player will repeat the skill and pass in the direction of no 4.

Variations:
Perform the drill using the front stick hit only.
Encourage passing with the high reverse stick when the ball is close to the ball carrier's left foot.

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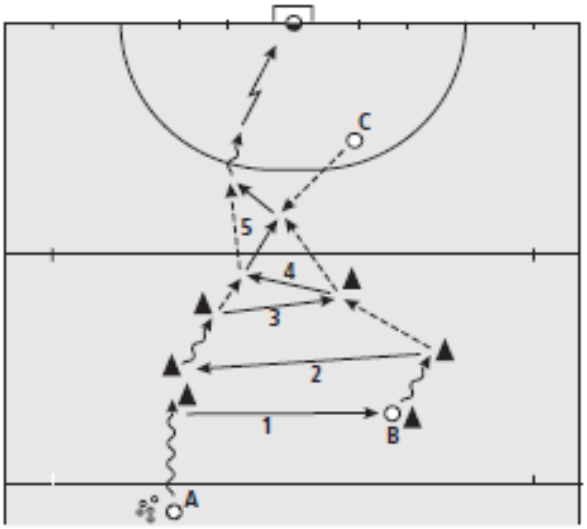
First – time push with positional changes

Organization:
Four beacons used to form a square with an additional beacon in the middle. Four players positioned at various beacons with one beacon remaining free.
Player A pushes the ball to player B and immediately runs to the free beacon after passing the ball. Player B plays a first – time push pass to any of the players and hereafter he/she will run to the free beacon.

Variations:
Players control the ball before pushing.
Increase the distance between the markers to progress to slapping the ball.



Combination drill

Organization:
Player A dribbles a short distance before pushing the ball to player B. Player A runs to the next beacon while player B dribbles to the next beacon before hitting the ball square to player A. Player A dribbles to the next beacon before pushing the ball to player B who deflects the ball back into player A's path. Player A then pushes to player C who deflects the ball back into player A's path who will receive and take a shot on goal.

Variations:
Push passing only.
Vary the passing distances.

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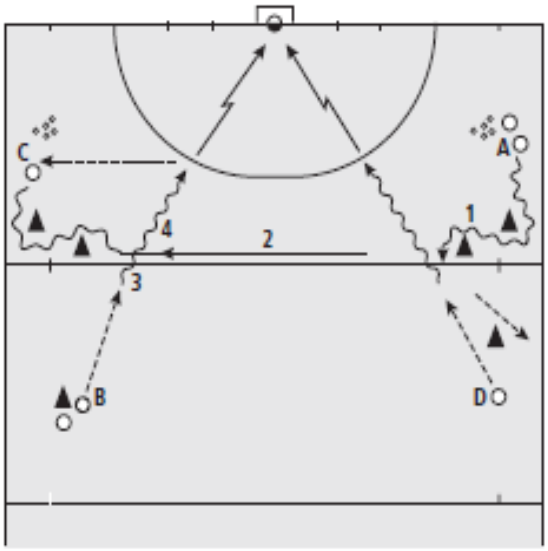


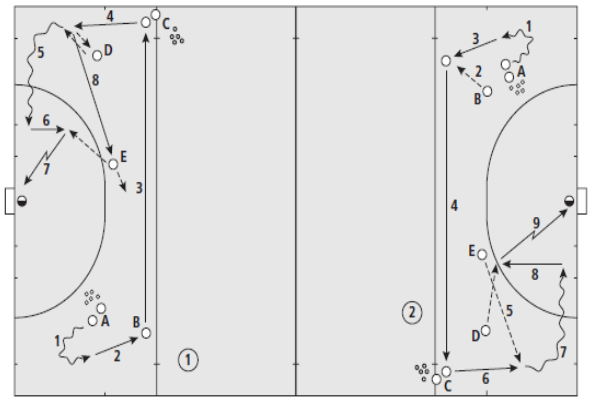
Hitting and slapping over distance

Organization:

Player A dribbles around the two beacons and hits or slaps the ball square to player B who receives the ball at the 23m line. Player B dribbles into the circle and takes a shot at goal. Player C then repeats the movement by passing to player D who will dribble into the circle and take a shot at goal. The players in the same channel alternate positions.

Variations:

Decrease the passing distance.
Place a gate on the 23m line represented by two beacons which the players have to pass through to improve accuracy when they hit or slap.



Passing drill

Organization:

Player A dribbles with the ball on his/her front stick and executes a reverse turn out before pushing the ball to player B. Player B receives and hits or slaps the ball square to player C who passes the ball the ball down the sideline for player D who leads to receive the ball on his/her reverse stick. Player D dribbles along the baseline before playing a 90 degree pass to player E who will shoot at goal.

NB. Additional balls placed by player C in case of

Variations:

Player B moves into guard position as player A begins to dribble.
Progress to exercise to 2 where players D and E rotate positions while the ball is passed to player C.

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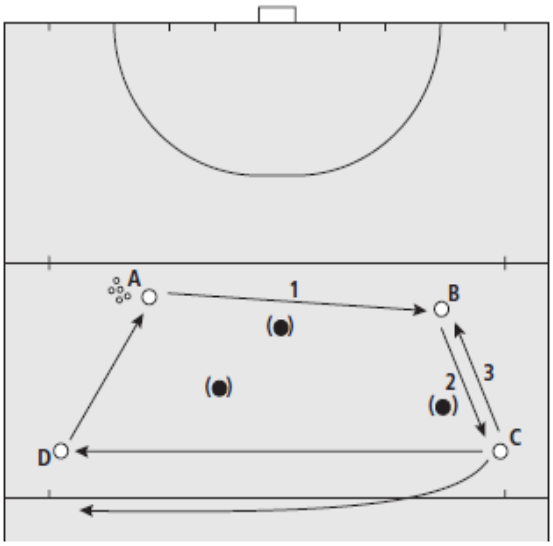
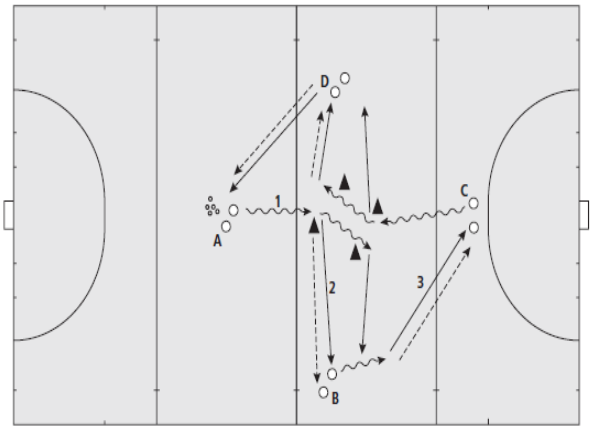


Defenders' passing drill

Organization:

Four defenders practice apart from the rest of the group. Player A hits to player B who receives and pushes the ball to player C who can push or hit the ball to player D. The ball is then played back to player A by player D.

Variations:
Allow the players to choose whom they want to pass the ball to.
Use of diagonal aerial/overhead pass.
Add three players who apply pressure on the four defenders.

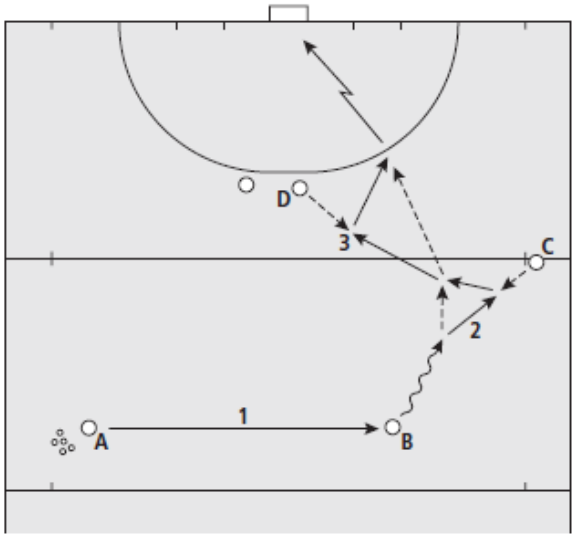


Front and reverse stick hit and slap to the right and left

Organization:

Player A dribbles and hits the ball to player B from the first beacon or slaps the ball from the second beacon. Player B receives and hits or slaps the ball to player C. Player C dribbles and hits the ball to player D at the first beacon or slaps the ball from the second beacon. Player D receives and passes to the next player in the group.
Players follow their passes.

Variations:
Practice passing to the left as well.
Introduce competition between groups if more than one playing area is set up…count number of passes in a limited time.



Deflection pass

Organization:
Player A slaps the ball to player B who receives and dribbles for short distance before pushing the ball to player C. Player B continues his/her run and receives a pass back from player C who deflects the ball either by pushing or slapping the ball. Player B then pushes to player D who deflects the ball into the path of player B using a push or slap. Player B receives and dribbles into the circle to take a shot at goal.

Variations:
Begin the exercise with player B.
Allow player C to deflect the ball to player D.

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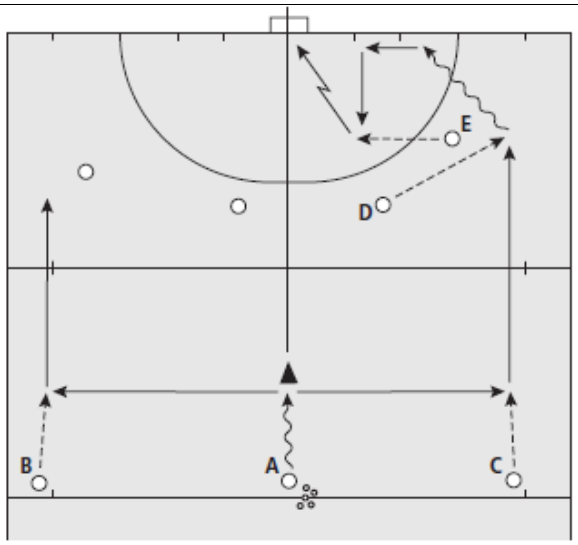
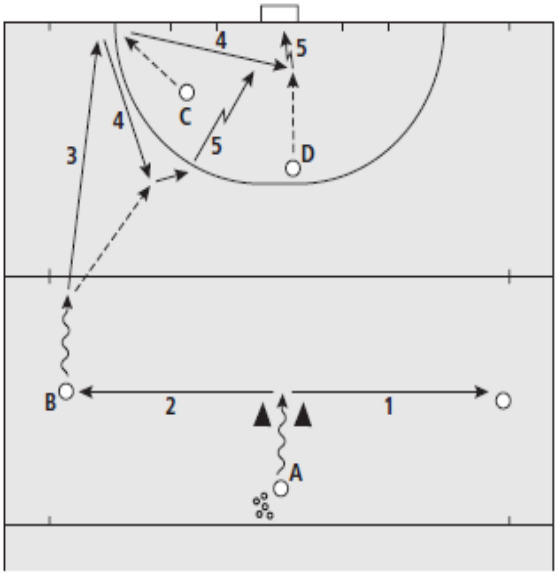


Passing with positional rotations

Organization:
Player A dribbles and has the choice of slapping the ball to either player B or C. Player B or C pushes the ball directly ahead towards the circle and one of player D or E will lead to receive the pass. The receiver being player D or E dribbles into the circle along the baseline and plays a 90 degree pass to the support player. The support player being player D or E will take a shot at goal.

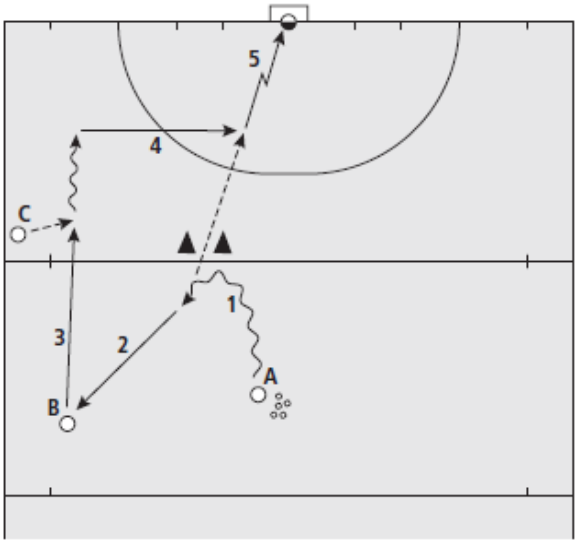
Variations:
Coach decides which of the two attackers in the circle will lead to the ball.
Add a defender inside the circle.



Attacking down the left

Organization:
Player A slaps the ball to player b who receives and dribbles to the 23m line before pushing the ball to player C who leads to the baseline zone. Player C plays a first time slap pass to player B who follows up or player D who leads into the far post area.
If player B receives the return pass from player C then player B can take a shot at goal or pass the ball to player D who has to adjust his/her lead and take up a position between the top of the circle and the penalty spot.

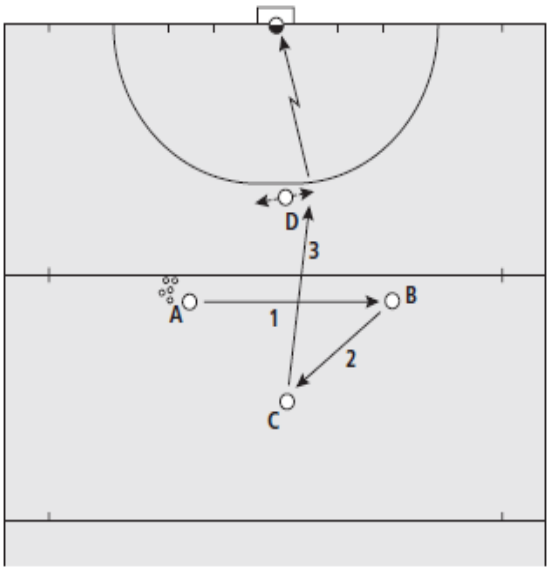
Variations:
Player C is allowed to control the ball before passing.
Add a defender who pressures player C.



Upright reverse stick pass

Organization:
Player A dribbles toward the beacons and turns out on his/her front stick before pushing the ball to player B. Player B passes the ball into space for player C to receive on his/her reverse stick. Player C dribbles a short distance and plays an upright reverse stick pass to player A who has followed up and receives the ball at the penalty spot. Player A scores with a first time slap or bunt at goal.

Variations:
Players practice the upright reverse stick pass while dribbling.
Add a defender to apply pressure on the player making the upright reverse stick pass.

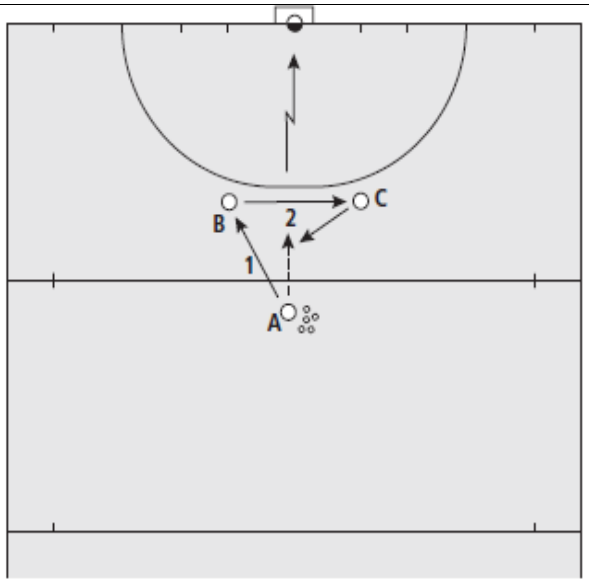


One touch passing

Organization:
Player A pushes the ball to player B who pushes the ball to player C who then pushes to player D who receives open and enters the circle to take a shot at goal.

NB. One touch passing when pushing the ball.

Variations:
Increase the passing distance.
Introduce a time limit to determine how many goals are scored in a certain time.



One touch passing

Organization:
Player A pushes to player B who pushes to player C who then pushes the ball back to player A who dribbles into the circle and take shot at goal.

NB. One touch passing when pushing the ball.

Variations:
Increase the passing distance.
Introduce a time limit to determine how many goals are scored in a certain time.

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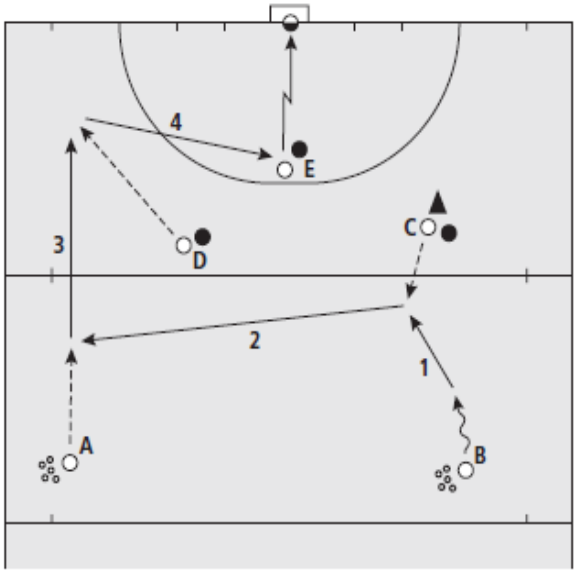
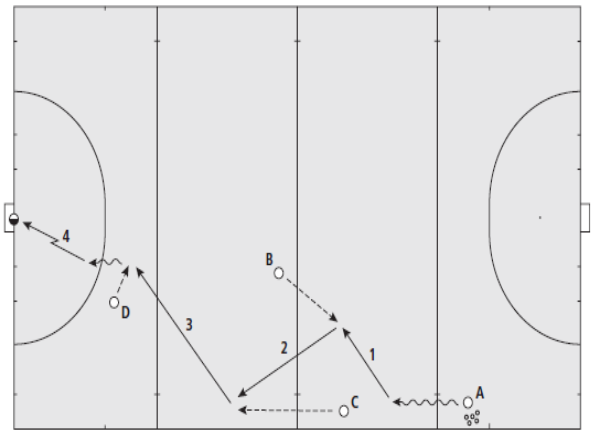


First time slap pass to the left

Organization:
Player B dribbles and pushes the ball to player C who executes a first time slap pass to player A. Player A dribbles a short distance before pushing the ball into space for player D to receive on his/her reverse stick. Player D controls the ball and delivers an upright reverse stick pass into the circle for player E who receives and takes a shot at goal.

Variations:
Add 3 defenders who start off passive against player C, D and E.
Defenders become fully active.
Allow player C to control the ball before slapping.



Build – up via the wide players

Organization:
Player A dribbles along the left sideline before passing the ball to player B who leads toward the pass from a midfield position. In the meantime player C who is the left defender has moved up along the left sideline. Player B deflects the ball with his/her first touch into the path of player C. Player C receives and hits the ball to player D who has made a lead infield. Player D receives and dribbles into the circle before taking a shot at goal.

Variations:
Allow player B to control the ball before passing.
Practice the exercise on the right as well.
Add 2 defensive players who pressure players B and D.

Receiving drills

Front stick receiving from left and right

Organization:
Players A and B interchange passes by playing the ball between the beacons in the direction of the circle. The ball is received on the front stick and whoever reaches the circle first takes a shot at goal. The players alternate sides.

Variations:
Place the beacons closer together to encourage accuracy while passing.
Player B receives on his/her reverse stick.

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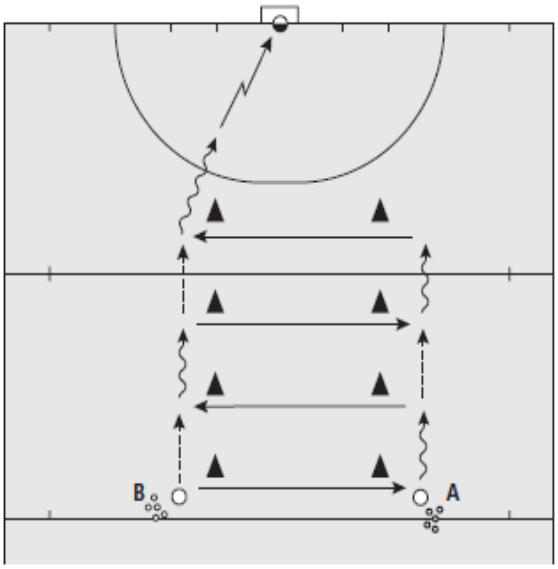

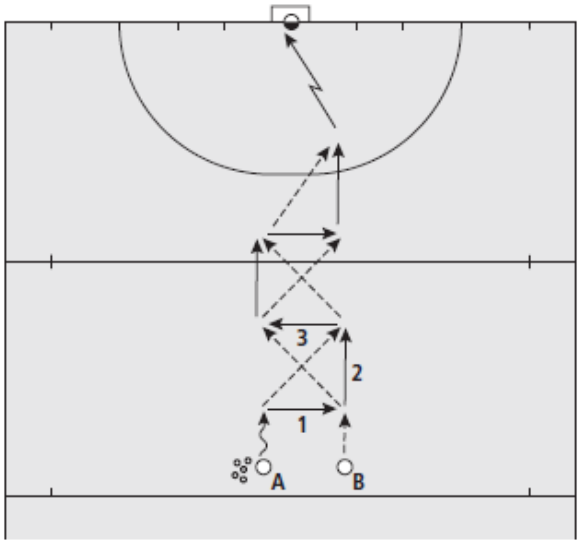

Receiving square and through passes

Organization:
Player A pushes the ball square to player B and then makes a diagonal lead ahead to receive the return pass from player B. Player B passes to player A makes a diagonal lead in behind player A to once again receive a square pass from player A. The movement is repeated until the ball carrier closest to the circle takes a shot at goal.

Variations:
Decrease the ball pace when playing the through pass.
Increase the tempo of the exercise.

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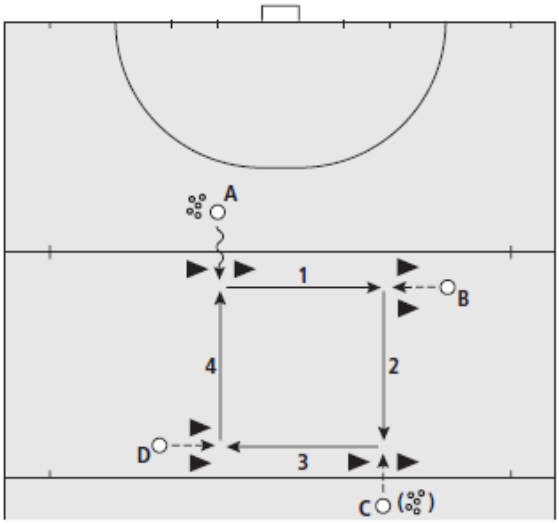
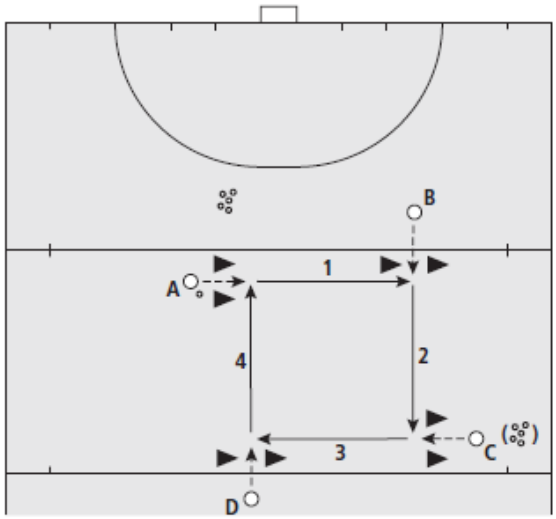


Frontal receive on the front stick

Organization:
Four players are positioned outside the square. Player A dribbles through the gate represented by the two beacons and passes to player B who leads to receive the ball on his/her front stick. Player B will then pass to player C who repeats the movement and then passes to player D.
The players receive on the front stick and have to remain at their stations always taking up a starting position behind the beacons.

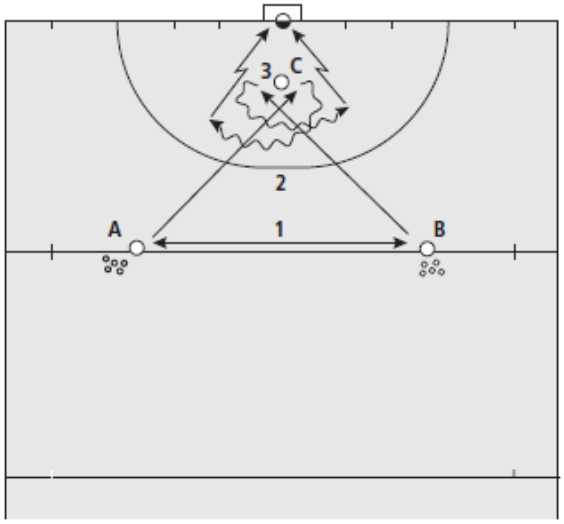
Variations:
Two balls being passed simultaneously…players A and C start dribbling at the same time.



Reverse stick receiving

Organization:
Player A dribbles between the beacons and passes to player B who leads through the two beacons and receives the ball on his/her reverse stick. Player B pulls the ball to his/her front stick before passing to player C who will lead and receive on his/her reverse stick and then passes to player D.
The players receive the ball using an upright reverse stick trap and remain at their stations.

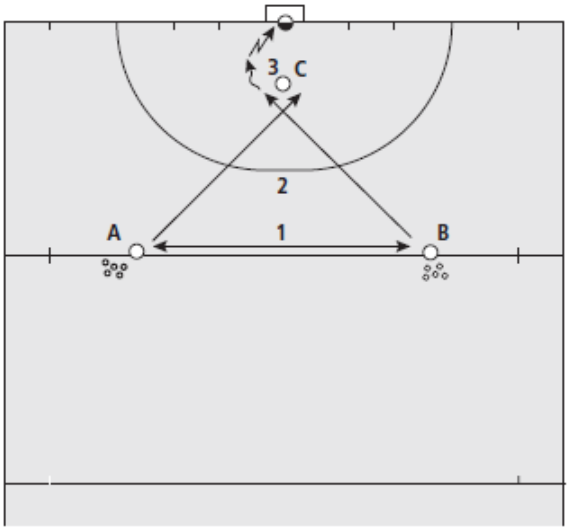
Variations:
Two balls being passed simultaneously…players A and C start dribbling at the same time.



Reverse turn out after receiving from the left and right

Organization:
Player A passes to player B who then pushes the ball into the circle for player C who leads to receive on his/her front or reverse stick side. Player C receives and executes a reverse turn out before taking a shot at goal.

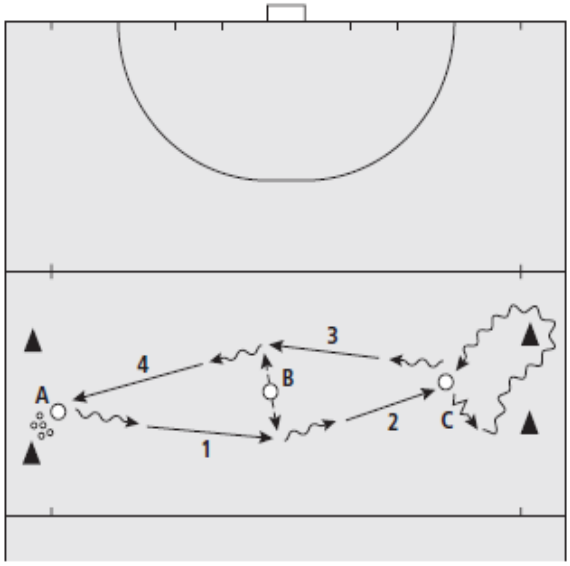
Variations:
The player receiving in the circle only turns out to one side initially.
Add a defender who applies pressure on the player receiving in the circle.



Receiving on the front and reverse stick

Organization:
Player A plays a square pass to player B who then passes to player C inside the circle. Player C receives on his/her front or reverse stick and dribbles a short distance before taking a shot at goal.

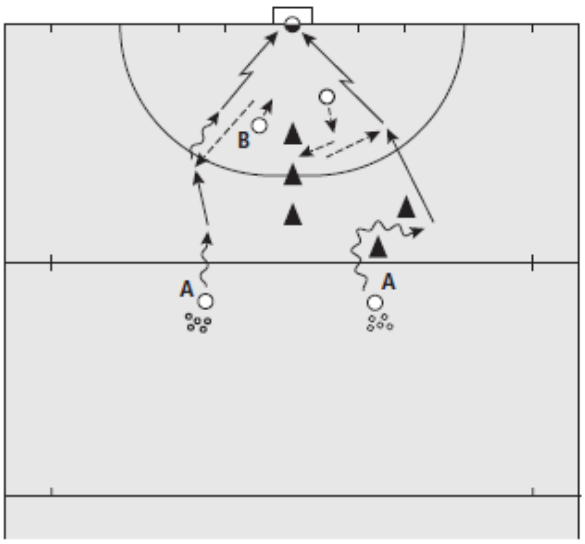
Variations:
Player receiving in the circle initially receives on the front or reverse stick only.
Add a defender who applies pressure on the player receiving in the circle.



Open receive on the front and reverse stick

Organization:
Player A passes to player B who leads to receive open on his/her front or reverse stick side. Player B controls the ball and dribbles a short distance before passing to player C who also leads to receive open on the front or reverse stick. Player C will dribble around one of the two beacons before passing to player B.
The exercise is repeated from one side to the other until player B is alternated with one of the players on the outside.

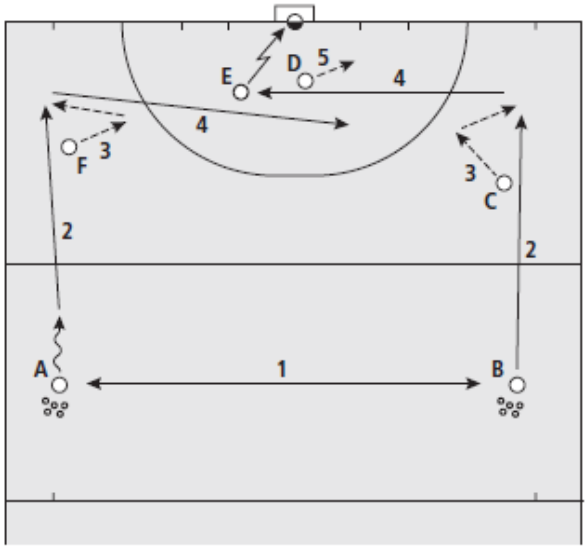
Variations:
Player B is the only player who receives open.
Add a semi-passive defender to apply pressure on player B.



Open and closed receiving

Organization:
Left channel – Player A dribbles and pushes the ball into the circle for player B who leads to receive open. Player B receives and shoots at goal.
Right channel – Player A dribbles around the beacons before passing to player B who leads to receive closed. Player B moves the ball into space with his/her first touch upon reception in order to take a quick shot at goal.

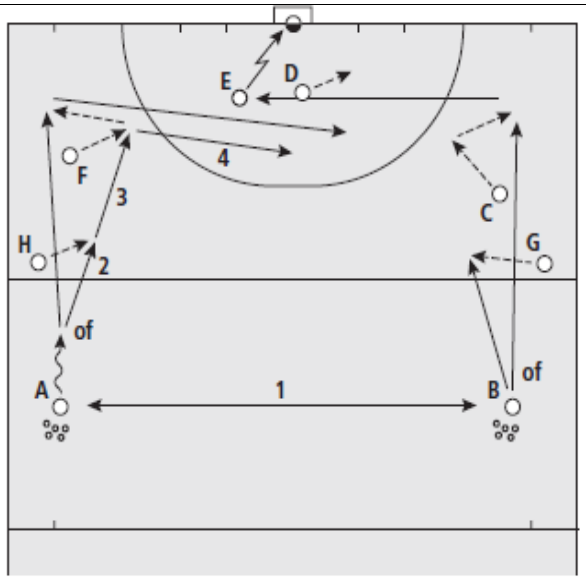
Variations:
Add a defender inside the circle.



Open receiving on the front or reverse stick from a long pass

Organization:
Player A hits the ball to player B who receives on his/her front stick. Player B attempts to bring the ball across his/her body asap in order to hit the ball down the sideline for player C who leads to receive open on his/her reverse stick. Player C controls the ball and hits the ball into the circle for player E to receive. Player D provides a screen for player E to receive the pass from player C. Player E will score in the far post zone.

Variations:
Only one attacker inside the circle.
Decrease the passing distances.
Add a defender who applies pressure on the attackers leading toward the sideline to receive open.



Open receive on the front and reverse stick side from a long or short pass

Organization:
Option A: Player A hits the ball to player B who receives and hits the ball to player C who leads to receive on his/her reverse stick. Player C then hits the ball into the circle for player E to receive. Player D provides a screen for player E to receive the pass from player C. Player E scores in the far post zone.

Option B: Player B pushes the ball for player G to receive open in a midfield position. Player G then hits the ball into the circle for either player D or E to receive and take a shot at goal. The attacker who does not receive the pass will play the rebound.

Variations:
One attacker inside the circle.
Decrease the passing distances.
Add defender inside the circle as well as one who applies pressure on the attacker or midfielder receiving outside the circle.

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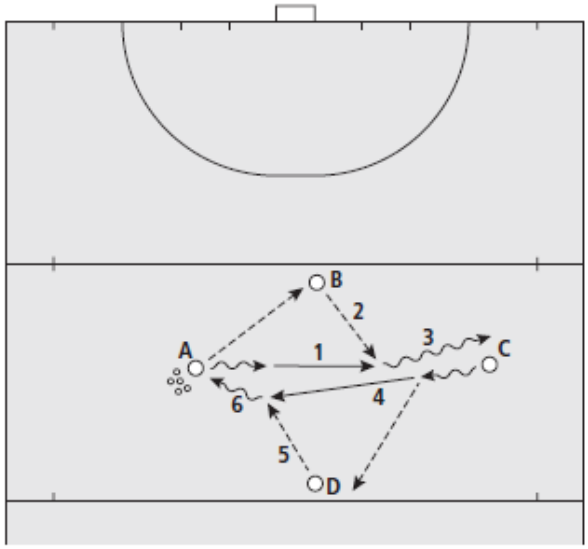
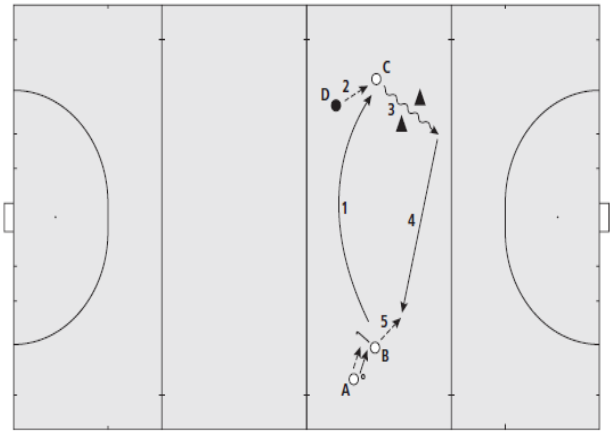


Open receive on the reverse stick

Organization:
Player A dribbles a short distance and after eye contact has been made with player B he/she passes the ball for player B to receive open on his/her reverse stick. Player B receives and dribbles in the direction of player C. Player C will then dribble and passes to player D who receives open on the reverse stick. Player D will dribble in the direction of player A.

NB. Players follow their passes and ensure that two players are positioned at each starting point…8 players in total.

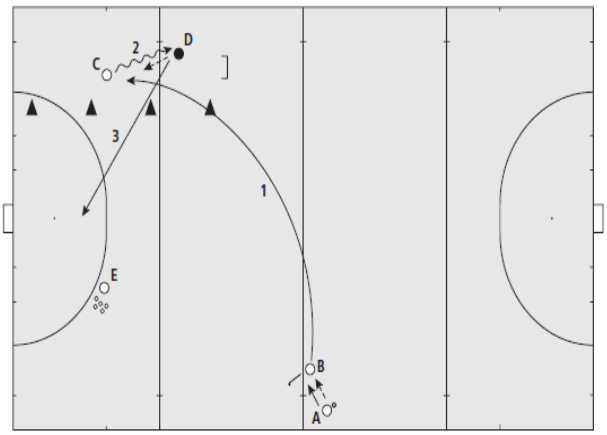
Variations:
Players practice the skill in pairs.
Two balls being passed simultaneously.ie player A and player C starts dribbling at the same time.



Receiving an aerial/overhead pass

Organization:
Players A and B stand 1 meter apart. Player A pushes the ball to player B who traps the ball with his/her front stick. Player A moves toward the stationary ball and makes an aerial/overhead pass to player C. Player D is positioned 5 meters away from player C. As player C receives the ball player D immediately moves to apply pressure on player C who must run the ball through the two beacons and pass to player B. Player B must receive open.

Variations:
Decrease the passing distance.
Allow a player to throw the ball instead of the players executing an aerial/overhead pass.
Let player C start deeper to move towards the aerial/overhead pass when receiving.



Receiving an aerial/overhead pass under pressure

Organization:
Players A and B stand 1 meter part and player A passes the ball to player B who traps the ball. Player A moves toward the stationary ball and plays a diagonal aerial/overhead pass to player C. Player D is positioned 5 meters away from player C. Player D applies pressure on player C when he/she received the pass. Player C will attempt to enter the circle and take a shot at goal while being pressured by player D. If player D wins the ball off player C then player D makes a pass to player E who is inside the circle. Player E will then score.

Variations:
Decrease the passing distances.
Player C immediately passes to player E upon reception of the ball while a defender is placed inside the circle to create a 2vs2 situation.

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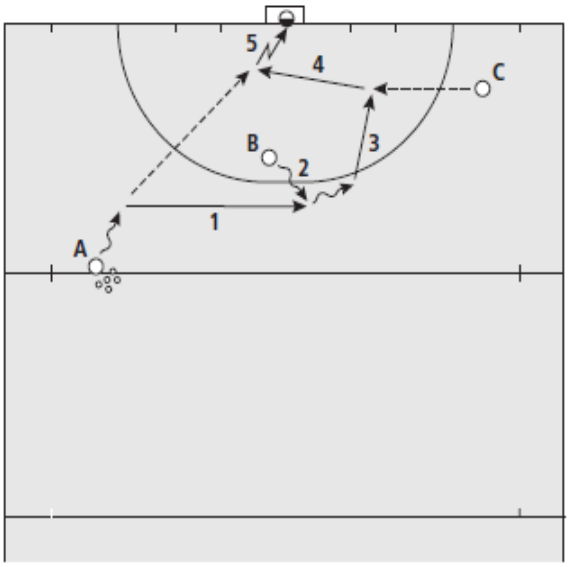
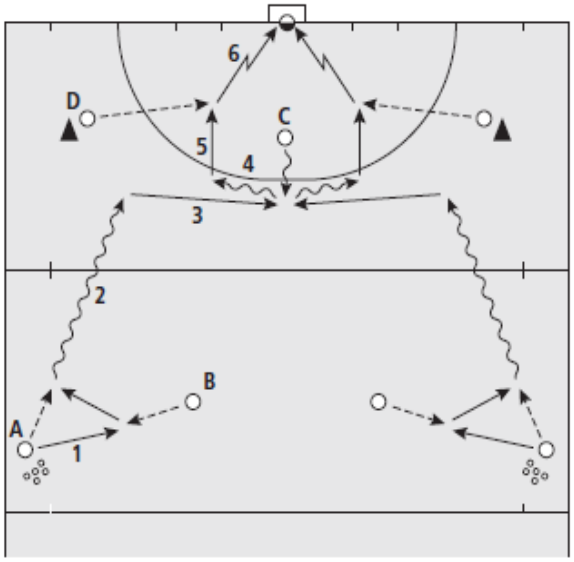


Open receiving on the reverse stick

Organization:
Player A dribbles a short distance before playing a square pass to player B who leads to receive open on his/her reverse stick. Player B will then pass to player C who leads to receive inside the circle. Player C passes the ball across the face of the goal for player A who has continued his/her run to score.

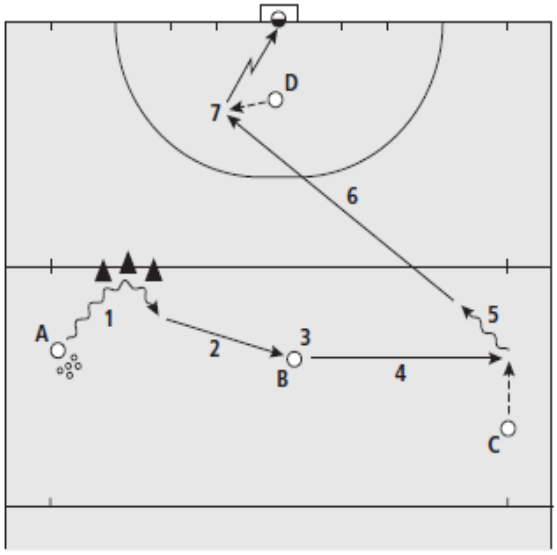
Variations:
Player B scores after receiving the ball.
Add a defender who applies pressure on player B.



Closed and open receiving

Organization:
Player A pushes the ball to player B who leads toward the ball before deflecting it back into the path of player A. Player A then dribbles in straight line toward the circle before playing a square pass to player C who leads from inside the circle to receive to open or close. Player C will push the ball into the path of player D who has made a lead from outside the circle. Player D scores via a front stick shot.

Variations:
Player D receives closed and deflects the ball to player A who will take a shot at goal.
Player A plays a diagonal pass for player C to receive open.



Receiving with a half turn

Organization:
Player A dribbles toward the beacons with the ball on his/her front stick. Player A then pulls the ball with his/her reverse stick to the right away from the beacons before slapping the ball to player B. Player B receives with a half turn and slaps the ball to player C. Player C hits the ball into the circle for player D who has used a fake/dummy before leading to receive. Player D takes a shot at goal.

Variations:
Players practice using fakes/dummies before leading in pairs.
Add a defender to apply pressure on player D.

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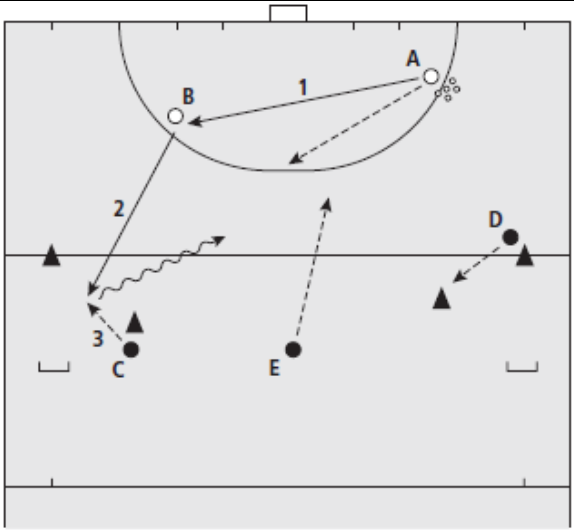
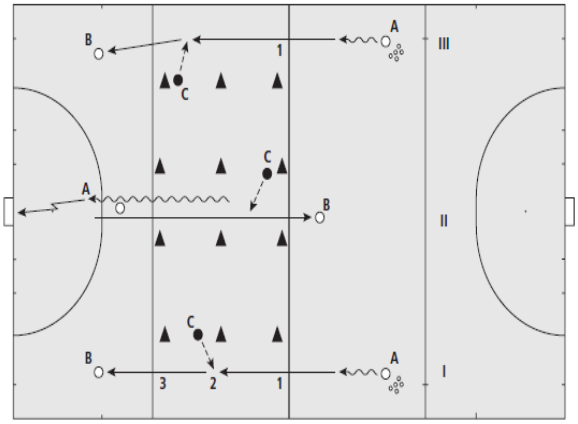


Single – handed flat reverse stick receiving

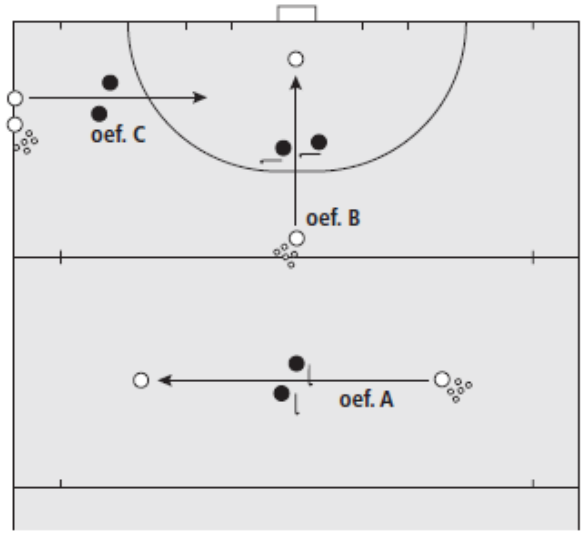
Organization:
Player A slaps the ball to player B who in turn hits the ball diagonally in the direction of the goals. Player C will lead from the beacon on the right and intercept player B's pass by using a single – handed flat reverse stick trap. Players C and E will then play a 2vs2 against players A and B.
The exercise is practiced on the other side as well with player D intercepting a pass from player B.

Variations:
Players practice the receiving skill in pairs.
Players practice in a 2vs1 scenario.
Combine single-handed low reverse stick receive with sliding



Receiving on the front and reverse stick – single handed with a flat stick

Organization:
The field is divided into three zones.
Zone 1: Player A hits towards player B and player C intercepts the pass using a single – handed flat front stick trap.
Zones 2 and 3: Player A hits towards player B and player C intercepts the pass using a single – handed flat reverse stick trap.



Receiving via a screen pass

Organization:
Exercise A: Two players stand opposite one another and hit or slap the ball to one another. Two additional players who create the screen are positioned in the middle between the passers.

Variations:
Exercise B: The ball is hit or slapped by the player positioned at the 23m line to the player positioned in the 9yd area inside the circle who receives the screen pass and takes a shot at goal. Two additional players create the screen and are positioned at the top of the circle.

Exercise C: The passer plays the ball into the circle from the sideline for the receiver inside the circle. Two additional players create the screen outside the circle in order for the ball to reach the receiver.

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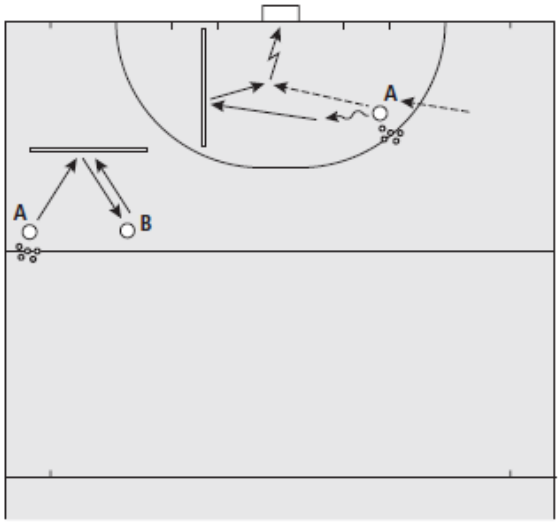


Receiving a bouncing ball

Organization:
Option A: Players A pushes the ball against the rebound board and player B has to react and trap the bouncing ball. Player B can receive and push the ball against the rebound ball for player A to receive.
Option B: Player A dribbles into the circle and pushes the ball against the rebound board and traps the bouncing ball coming off the rebound board before playing a shot at goal.

Variations:
Increase the passing distance between the passer and the rebound board allowing the receiver more time to react to the bouncing ball.
Shorter passing distance with harder passes.

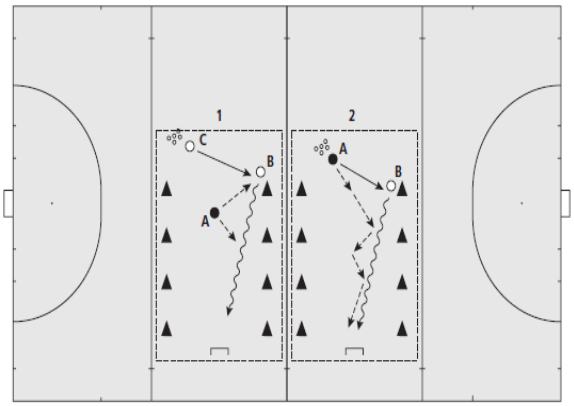
Receive and arc to the left

Organization:
Player A passes to player B who leads to receive in a closed position. Player B collects the pass and proceeds to arc to his/her left before playing into the circle for player C to receive. Player C must lead to receive open and then takes a shot at goal.

NB. Eye contact between players B and C before the ball is passed.

Variations:
Allow players to practice the receive and arc in pairs
Add a defender who applies pressure on player B.

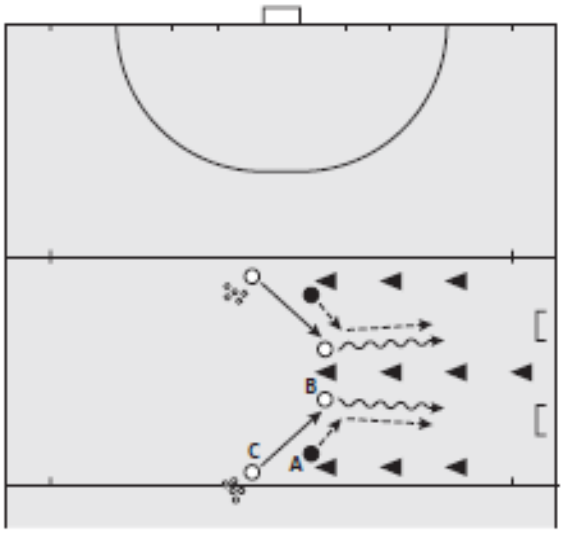
Defending drills



The jab tackle

Organization:
Exercise 1: Player C passes to player B who dribbles toward the mini-goals. Player B adopts a side-on position and attempts to jab the ball away from player B.
Exercise 2: Player A passes to player B who dribbles toward the mini-goals. Player A tackles back immediately after passing the ball and attempts to jab the ball away from player B.
Player A must look to make use of fake jabs to get the ball carrier's eyes down.

Variations:
The players practices jabbing stationary balls.
The ball carrier varies his/her pace when dribbling.



Shaving and stealing techniques

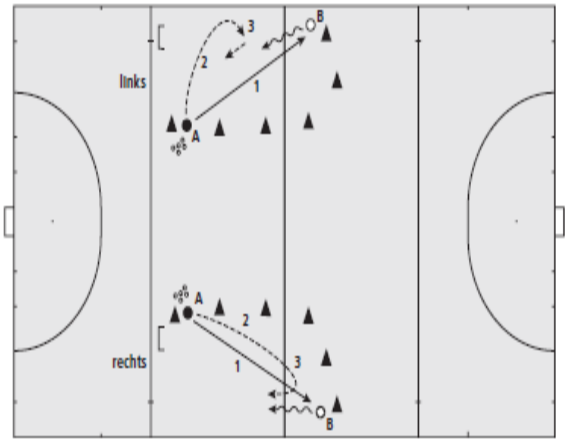
Organization:
Player C passes to player B who receives and dribbles toward the mini-goals. Player A tackles back and gains possession of the ball by using the shaving or stealing technique.
The drill is practiced on the front and reverse stick sides.

Variations:
Encourage the ball carrier to vary his/her pace while dribbling.
The ball carrier utilizes the Indian dribble.

Channeling onto the front stick side

Organization;
Player B dribbles around the beacons and attempts to score at the mini-goals. Player A reacts by channeling player B towards the sideline and keeps player B on his front stick side. If player B loses control of the ball then player A must use the jab or block tackle to win possession of the ball.

Variations:
Vary the starting positions of the defensive player – he/she can start in line with the ball carrier or take up a position in the mini-goals.
Defensive player starts in tackle back position.
Defensive player starts in a frontal defensive position.



Channeling on the front stick side

Organization:
Player A who is the defender passes to player B who receives and attempts to dribble to the mini-goals at the 23m line. Player A immediately adjusts his/her angle of engagement so that player B is channeled to the defensive player's front stick side. If player A wins the ball off player B then player A is allowed to run the ball over the halfway line with player B tackling back.
The drill is practiced on the left and right-hand side. Players alternate roles.

Variations:
The attacking player dribbles at 50% pace.

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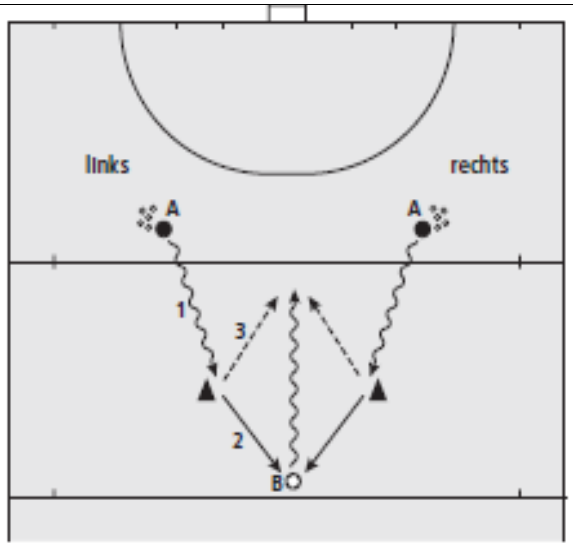


Applying front or reverse stick pressure while tackling back

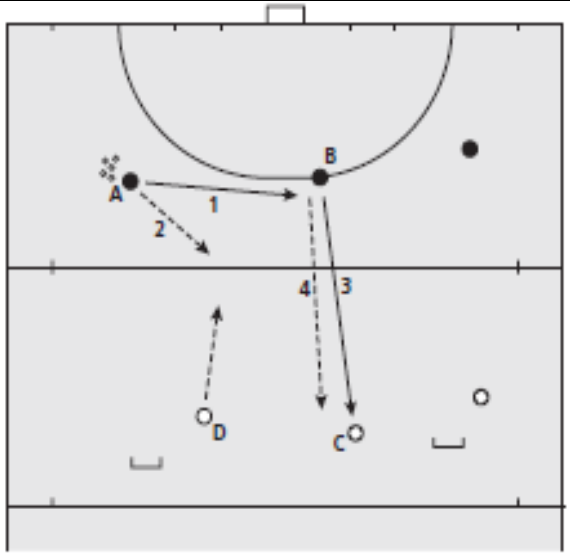
Organization:
Left: Player A dribbles to the beacon and passes to player B who receives and dribbles toward the circle to take a shot at goal. Player A tackles back and applies full stick pressure from the side using the reverse stick thereby attempting to channel the ball carrier wide. If the ball carrier ends up inside the circle then the defender must attempt to jab the ball away before a shot is taken.
Right: Player A will apply full stick pressure from the side using the front stick.

Variations:
Place goals on the 23m line which the defender can score at if he/she wins the ball.
Attacking player dribbles at 50% pace.
Practice on front stick side only at first.

Double defending

Organization:
Player A dribbles to the beacon and then plays a square pass to player B who receives and dribbles toward the circle. Player A immediately tackles back to apply pressure on the ball carrier while player C will defend player B from a frontal defensive position.

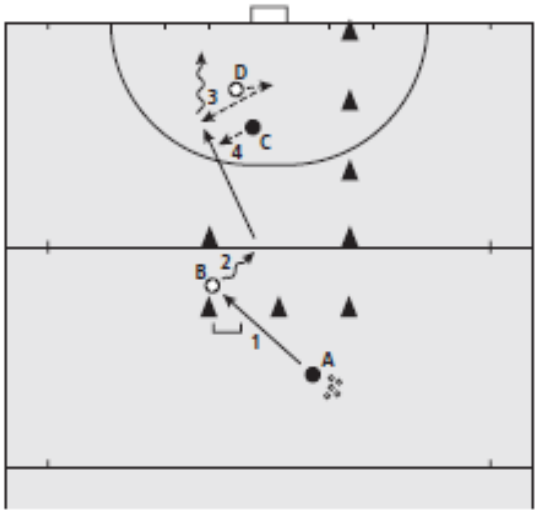
Variations:
Practice from the front stick side only.
Allow player D to join in the exercise as an additional attacker creating a 2vs2 scenario.



2vs2: Engaging angles and communication

Organization:
Player A passes to player B who then passes to player C. Player C and D and will play a 2vs2 against players A and B. If the defenders win possession then they are allowed to attempt to score at the two mini-goals.
Players alternate roles.

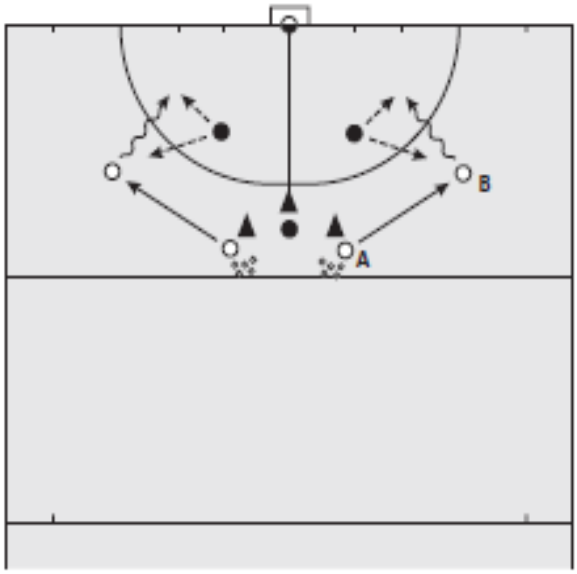
Variations:
Attackers play at a relaxed tempo.
Exercise is practiced from the left as well.
Add an extra attacker so that defenders are forced to communicate effectively with one another.



Intercepting on the right-hand side

Organization:
Player A pushes the ball to player B who dribbles a short distance before passing to player D who leads inside the circle before receiving in order to score. Player C attempts to intercept the pass from player B to player D. If player C intercepts the pass then he/she will engage in a 1vs1 against player B looking to score at the mini-goals.

Variations:
The pass from player B to player C must take place within 5 seconds.
Increase the passing distance.
Allow player A to tackle back thus creating a 2vs2 scenario.



Defending the wide zones inside the circle:

Organization:
Player A passes to player B who will attempt to eliminate the defender and take a shot at goal. The defender immediately steps up and channels the player B toward the baseline after the pass from player A. The aim is to reduce the space of player B and create a difficult angle to take a shot from. The defender will attempt to jab or use the block tackle while receiving information from the gk.
Practice the drill from both sides and alternate the roles of the players.

Variations:
The attacking player operates at 50% pace.
Player A is allowed to join the attack after passing the ball to player B – 2vs1 scenario.
An extra defender positioned between the two beacons just outside the top of the circle is allowed to join in – 2vs2 scenario.

Defending the space outside the top of the circle and launching a counter attack

Organization:
Players A and B play a 2vs2 against players C and D. Player A passes to player B who receives and attempts to hit the ball into one of the two mini-goals. Players C and D look to intercept this long pass and if successful they launch a counter against players A and B looking to score in the goals.
If players A and B win back possession then they attempt to score at either of the two mini-goals.

Variations:
Player C and D take up starting positions at P1 and P2 as illustrated in the diagram.
If there is no goalkeeper then players C and D are only allowed to push at goal from the 9yd area.

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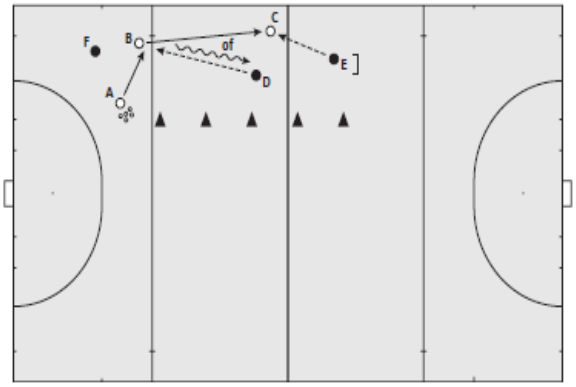
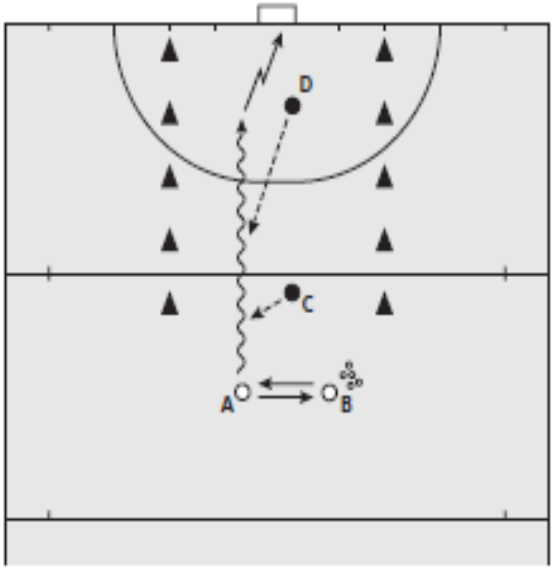


Handing over in defense

Organization:
Player A passes to player B who can either pass to player C who is his/her fellow attacker or dribble towards player D who is a defender. Player E who is the deep defender instructs player D to step and engage player B if this player dribbles with the ball. Player E releases player D who marking player C and steps up to mark player C him/herself. If the defenders win possession then they attempt to dribble the ball across the 23m line.

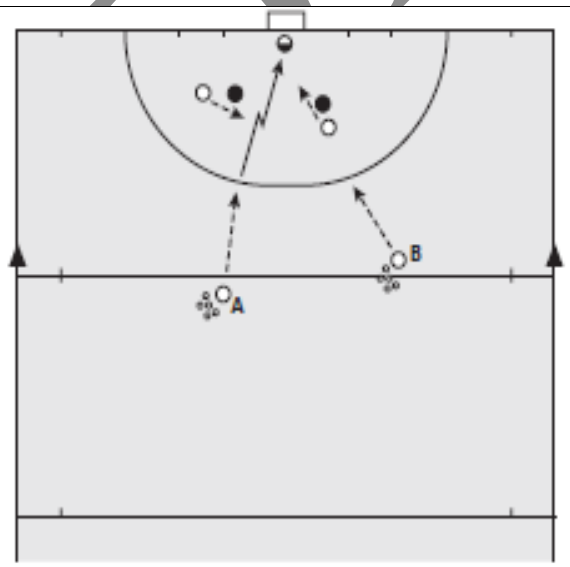
Variations:
Player A supports the attack.
Player F joins in as a defender who tackles back thus creating a 3vs3 scenario.



Double defense

Organization:
Player A or B dribbles with the intention of reaching the circle and taking a shot at goal. Player C applies pressure on the ball carrier and player D steps up from inside the circle to support player C in defense. Players C and D thus set up a double defense.

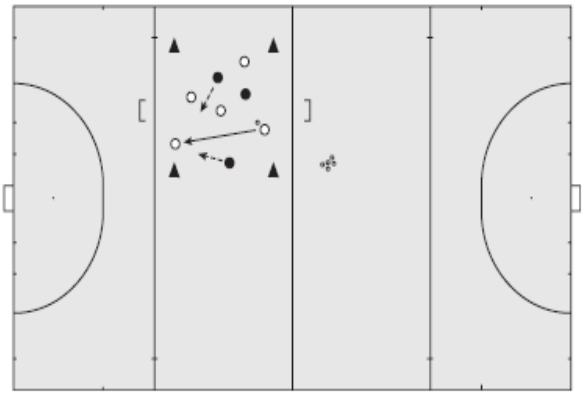
Variations:
Allow players A and B to attack together against player C and D to create a 2vs2 scenario.



Defending after a rebound

Organization:
Players A and B alternate taking shots at the goalkeeper. Two attackers who react to any rebounds from the shot at goal are marked by two defenders inside the circle. The attackers attempt to score from the rebounds while the defenders attempt to prevent this from happening. If the defenders win the ball then they have to hit the ball toward the sidelines.

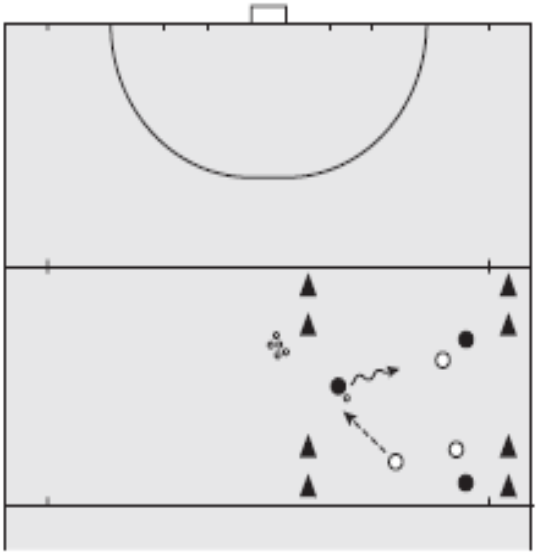
Variations:
Controlled shots involving the gk and player striking at goal only with one attacker inside the circle playing the rebounds.
If player A player A hits at goal then he/she proceeds to support the two attackers inside the circle and player B will tackle back as an additional defender – 3vs3 inside the circle.



Defending when numerically disadvantaged

Organization:
5 attackers vs 3 defenders inside the square. The attackers have possession and the defenders attempt to win the ball off them. If the attackers win the ball then they have to score at either of the two goals.

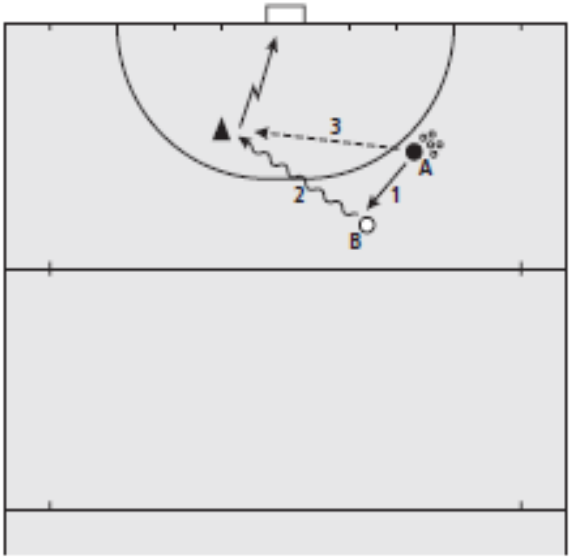
Variations:
4 defenders vs 5 attackers.
Add two more goals…4 goals in total.



3vs3 with four goals

Organization:
Six players of three players each involved in a 3vs3 inside the square which consists of four goals. Each of the teams defends two of the goals and score at the other two.

Variations:
Decrease the size of the playing area.
Add another player who always plays on the side of the team who is in possession.



Defending against a reverse stick shot

Organization:
Player A passes the ball to player B who dribbles at a relaxed pace towards the circle. Player A channels player B wide with his/her front stick forcing the ball carrier to take a reverse stick shot at goal. As player B lifts his/her stick during the backswing, player A attempts to jab the ball away. The players alternate roles.

Variations:
Let the player taking the shot delay hitting the ball at goal so that the tackler can execute the jab.
Increase the tempo of the exercise.

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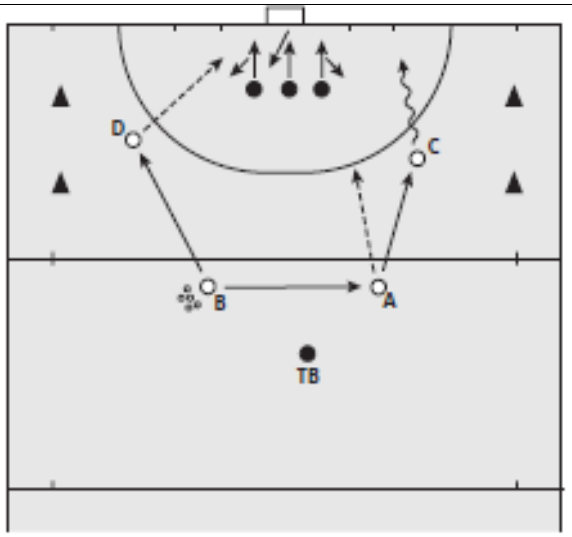
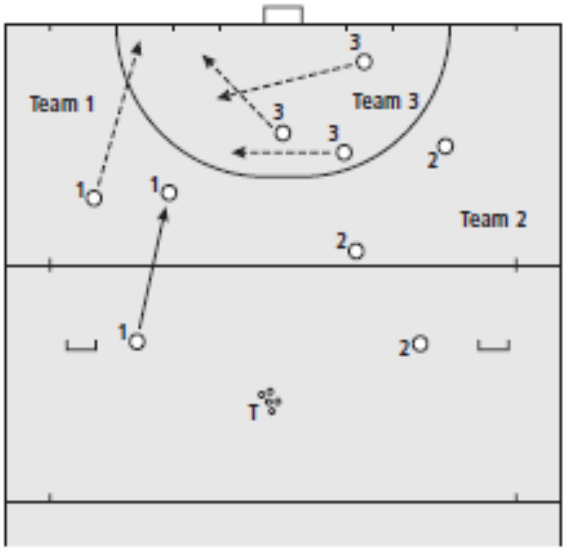


Defensive communication

Organization:
Players A, B, C and D are the attacking players who play against 4 defenders. 3 of the defenders take up a position in the circle facing the baseline while the 4th defender begins in tackle back position.
The four attackers pass the ball around and the wide attackers have to lead into the circle. On the coach's signal the 3 defenders turn around and the 4th defender begins to tackle back. The defenders have to communicate effectively wrt who becomes the point of defense and who will be marking.

Variations:
No tackle back defender…3vs3

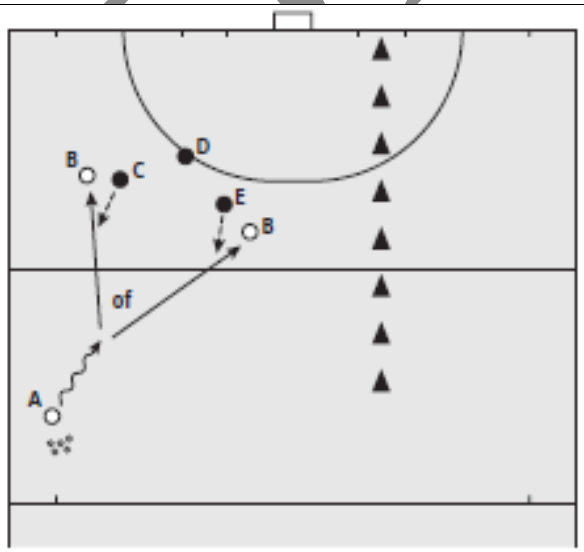


3 team defense vs attack game – reversal of roles

Organization:
Team 1 will commence as the attacking team and attempt to score at the goals in the circle. Team 3 will defend against them while team 2 waits on the side. If team 3 wins possession then they immediately attack the mini-goal on the side that team 1 launched their attack from. If team 3 scores then team 2 will replace them and become the attacking team against team 1.
If an attacking team misses an open goal or they attempt to score form an impossible angle then they are replaced by the waiting team.

NB. The team who scores is replaced.

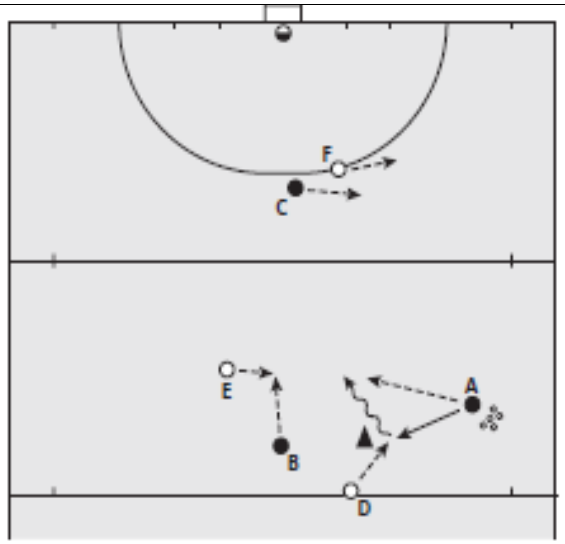
Variations:
A team is only replaced if the defending team scores after winning possession.



Interceptions in the right hand side defensive channel

Organization:
Players C, D and E are the defenders who defend against 3 attacking players. Players C and D have to mark the two attackers (both marked B) while player D is the free cover defender. Player A dribbles a short distance with the ball before passing to either of his two fellow attackers. Players C and D look to intercept any pass from player A.
If no interception is made then a 3vs3 scenario is played out.

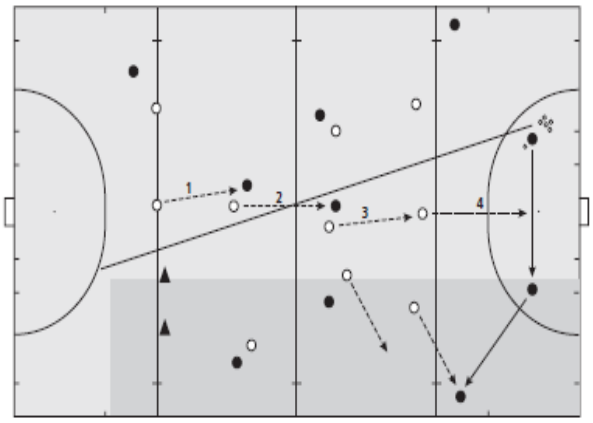
Variations:
Attackers making leads at 50% pace in order to allow the defenders to make the interception.
Place a set of goals at the halfway line which the defenders can score at if they make an interception.



3vs3 in half a field

Organization:
Player F is marked by player C inside the circle while player B takes up a position to tackle back on player E. Player A will start the exercise by passing to player D and immediately applies pressure on player D. A 3vs3 situation ensues with the attackers attempting to score a goal. The defenders either have to run the ball over the 23m line or halfway line depending on where they win back possession.

Variations:
Player B adjusts his/her starting position by marking attacker E.



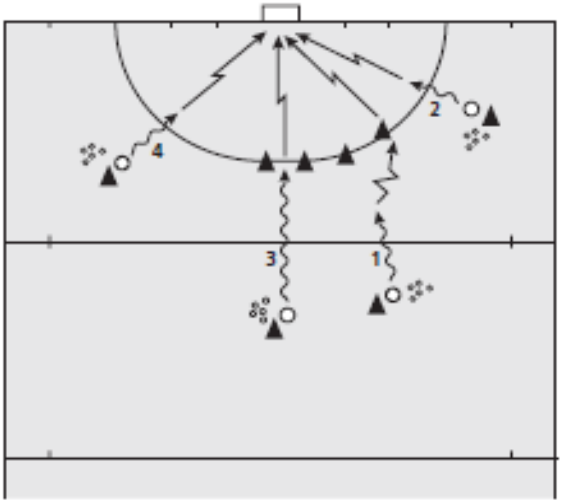
Pressing in the left defensive channel

Organization:
A ¾ field is required for this exercise which includes two teams of 7 players each. The attacking team has possession and look to build-up from within their own circle. Once the first pass is made, the defending team will adjust their positions to apply pressure on the opposition and they attempt to win possession of the ball. The attacking team scores at the goals placed at the 23m line while the defensive team scores at the goals inside the circle if they win back possession.

Attacking team positions: 2 central defenders, left defender, left link, centre link, left striker and a centre striker.

Defending team positions: sweeper, central defender, right defender, centre link, right link, right striker and a centre striker.

Scoring drills



Front stick hitting at goal

Organization:
Players take up position at each of the four beacons. Player 1 will dribble around the beacon at the top of the circle before hitting at goal. Player 2 will dribble into the circle from the beacon on the far right and hit at goal from an angle. Player 3 dribbles at pace and moves through the 2 beacons before hitting. Player 4 dribbles into the circle from the beacon on the far left and hits from an angle.

Variations:
Start the exercise by dribbling from beacons 1 and 3 only before hitting at goal.
Move beacons 2 and 4 closer to the centre to make the scoring angle easier.
Add a tackle back defender at each starting position.

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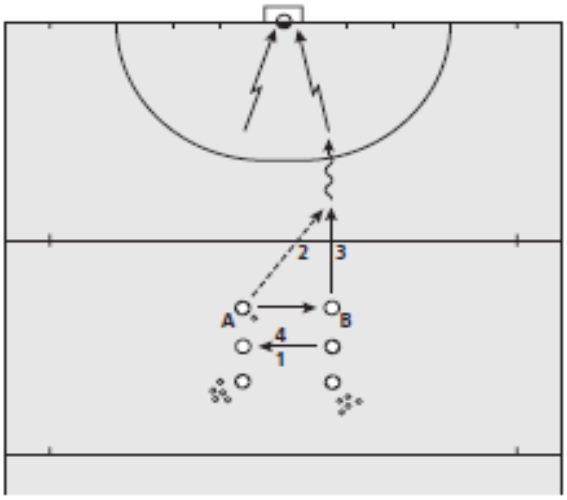


Front stick hitting at goal

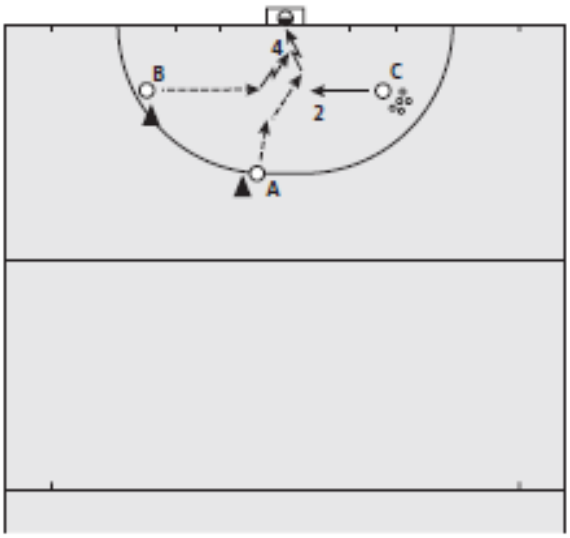
Organization:
Player A pushes the ball to player B. Player A makes a diagonal lead to get ahead of the ball and receives the ball from player B. Player A then dribbles into the circle before taking front stick shot at goal.
Player B will repeat the drill with the next player in the group who takes up the position vacated by player A. Player B will score this time around.

Variations:
Shorter passing distances with players pushing or slapping at the goals.
Reverse stick hitting from the left when entering the circle.

Front and reverse stick hitting at goal with pressure

Organization:
A ball is placed on the 23m line with two players positioned either side of the ball. The coach signals and both players have to sprint around their beacons on the 23m line. The player who gets to the ball first will immediately dribble into the circle at pace and take a front or reverse stick shot at goal. The other player will apply full pressure.

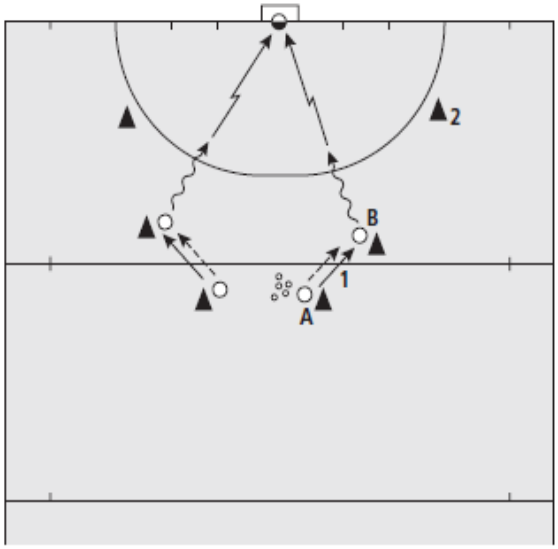
Variations:
The player not taking the shot does not apply defensive pressure but follows up for any rebounds. Coach times how long it takes players to score – competition between the players.



Slapping at goal from various positions

Organization:
Player A pushes the ball to the penalty spot. Players B and C alternate leading to the penalty spot to slap the ball at goal which has been passed by player A. Players B and C alternate sides and after a few minutes player A alternates with either player B or C

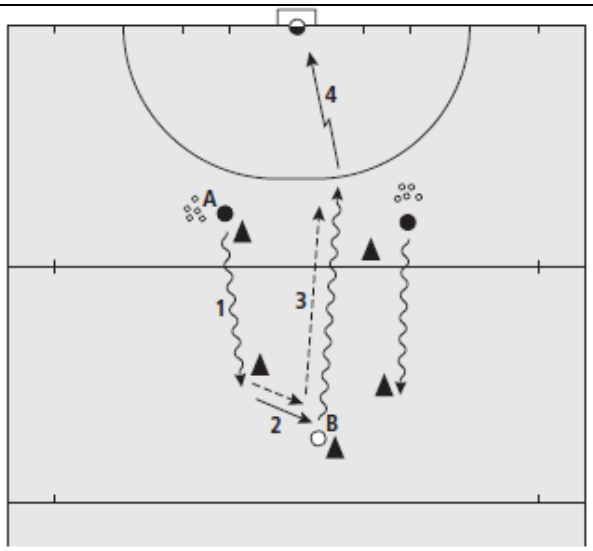
Variations:
Decrease the pace of the pass into the circle.



Front and reverse stick hitting at goal with pressure

Organization:
Player A pushes the ball to player B and immediately applies defensive pressure on the receiver. Player B has to dribble into the circle as soon as possible and execute a front or reverse stick shot at goal while under pressure.
The drill performed on both sides and the players alternate roles as well as changing sides.

Variations:
The defender applies 50% pressure.
The attacking player starts at the beacon no 2.



Front and reverse stick hitting at goal with pressure

Organization:
Player A dribbles to the beacon and passes the ball to player B who receives and dribbles toward the circle at pace. Player A applies defensive pressure on player B immediately after passing the ball. Player B will attempt to score using a front or reverse stick hit at goal.
The drill is performed on both sides and the players alternate roles as well as changing sides.

Variations:
Increase the passing distance between the defender and attacker.
Decrease the length of the playing area and place the defender closer to the attacker.
Decrease the width between the beacons which the attacker has to dribble through before entering the circle.

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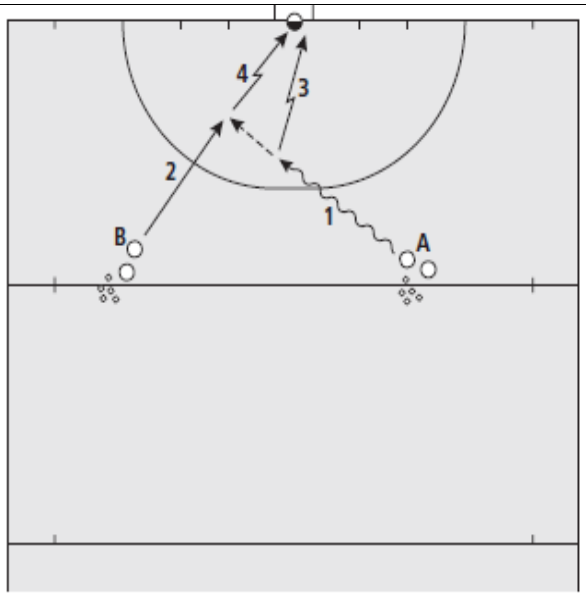
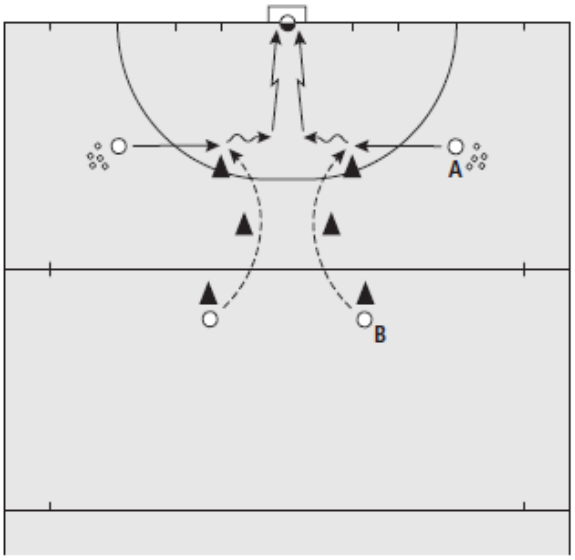


Reverse stick hit/sweep at goal

Organization:
Player A dribbles in a diagonal direction with the ball on his/her front stick into the circle and takes a reverse stick shot at goal when dribbling past the near post. Player A then continues his/her run and receives a pass from player B open on the front stick before playing another reverse stick shot at goal.
Players A and B alternate.

Variations:
Coach rolls balls into the circle for the scorer instead of player dribbling into the circle to take a shot at goal.
Increase the level of difficulty by changing the angle at which the player hits the second shot at goal from.



One touch scoring with the front and reverse stick

Organization:
Player B sprints around the beacons and receives a pass from player A or the ball is rolled by the coach so that player B can play a one touch front or reverse stick shot at goal.

Variations:
Easier to allow players to practice hitting with the front stick only from the right hand side at first.
Increase or decrease the distance between the passer and receiver.

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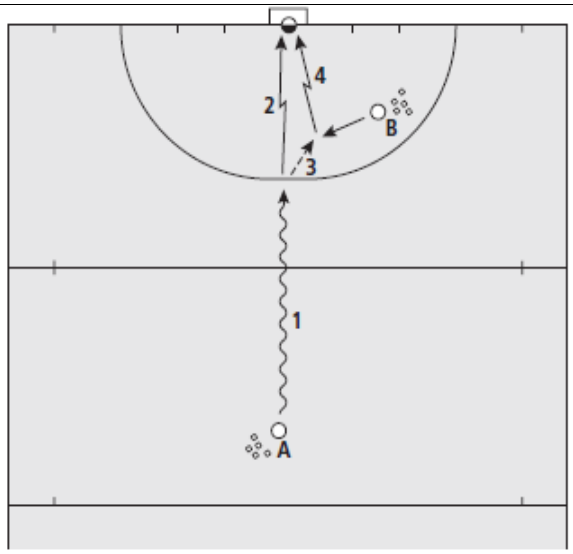
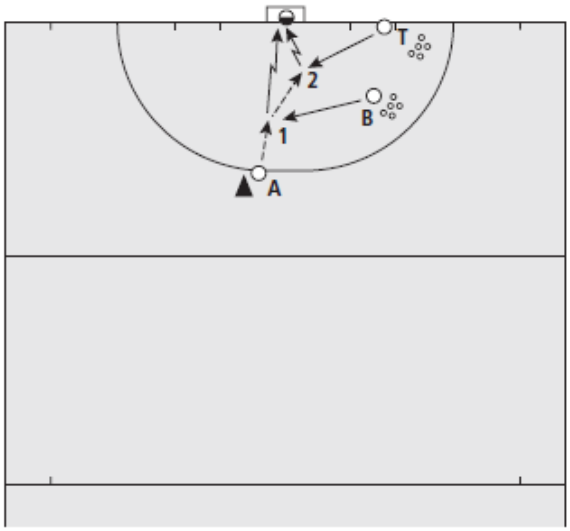


Short grip hit or slap at goal

Organization:
Player A dribbles toward the circle while lifting/jinking the ball. As he/she enters the circle a front stick shot using a shortened grip is played at goal. The ball is hit while it is in the air. Player A then receives a push pass from player B which he/she slaps or pushes at goal using one touch. Players A and B alternate roles.

Variations:
Scoring using the slapshot only.
Add a defender to apply pressure on the attacker.



Slap shot and scoring from a bouncing ball

Organization:
Player A runs in the direction of the penalty spot. Player B passes a ball into player A's path which is played towards goal by player A using a slapshot. The coach then tosses a ball in the direction of player A who must score from the bouncing ball.

NB. The ball that is tossed by the coach can be played before it bounces provided that the scoring shot is executed in a safe manner.

Variations:
Allow players to practice the slapshot first either keeping the ball flat or lifting it.
The pass from player B to player A is slightly lifted.
Decrease the passing distance between players A and B.

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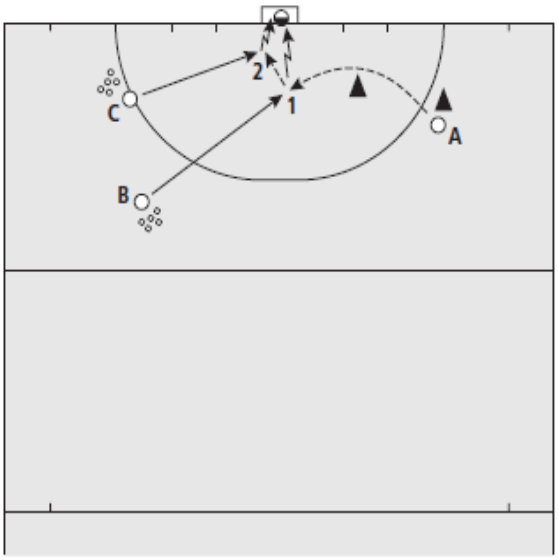
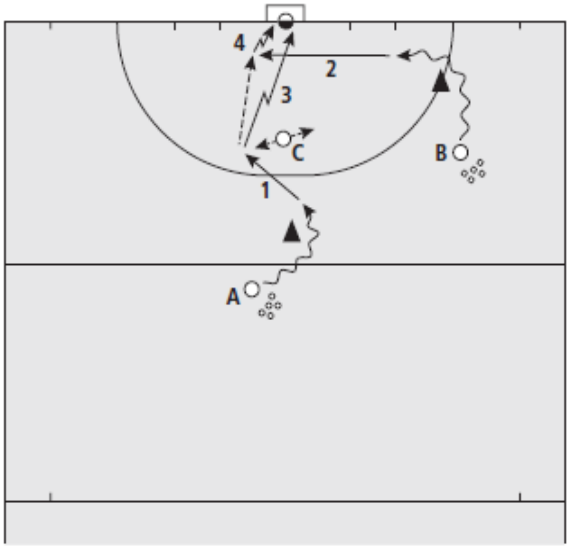


Deflections

Organization:
Player A sprints from the first beacon around the second beacon and deflects the pass directed at the penalty spot area by player B towards the goal. Player A then receives a second pass from player C that must be deflected towards the near post. Players rotate positions after a few minutes.

NB. Hard passing for deflections.

Variations:
Add a defender who applies pressure from behind on the deflector.
Encourage the players to alternate keeping the ball flat and elevating the ball when deflecting.



Combination drill

Organization:
Player A dribbles around the beacons and passes to player C who leads to receive the ball. Player C receives open and proceeds to play a reverse stick shot at goal. While player C is taking a shot at goal player B begins dribbling and moves around the beacon before playing a square pass across the face of the goal. Player C will follow up and knock the ball passed by player B into the far post corner of the goals using a single reverse stick sweep.

Variations:
Player B starts closer and decreases the pace of the pass across the face of the goal.
Add a defender who applies pressure from behind on player C.

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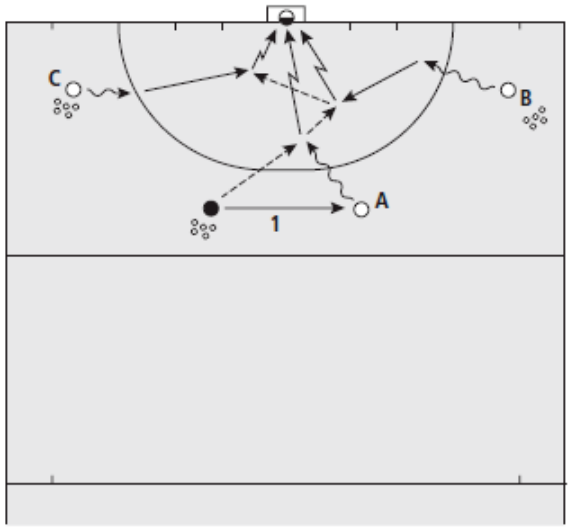
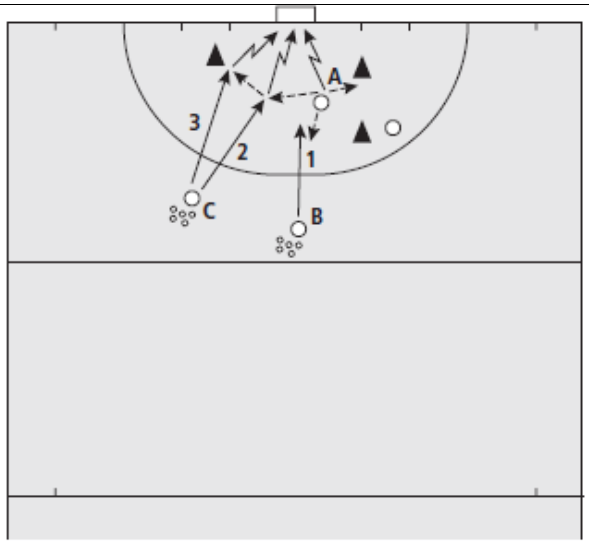


Scoring with pressure

Organization:
The defender passes to player A who dribbles into the circle at pace and take shot at goal. The defender will immediately apply pressure on player A after passing the ball. Player A then receives a second pass from player B which he/she receives and takes another shot at goal. A third ball is then passed to player A by player C which he/she receives and finishes on goal. The defender continues to apply pressure on player A throughout. The defender and player A alternate roles while players A and B alternate sides after a few minutes.

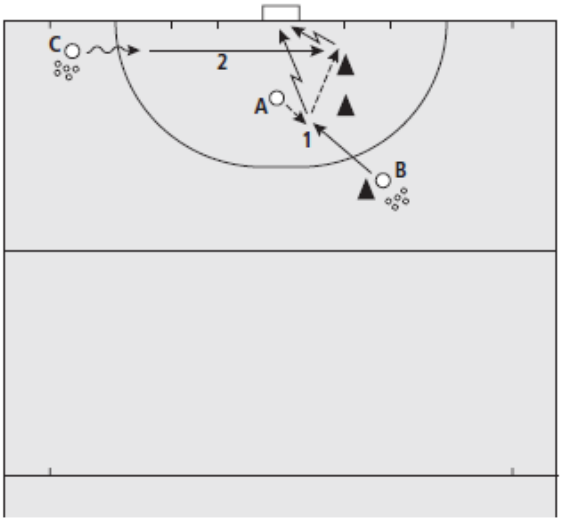
Variations:
Remove the defender.
No specific passing order from player B or C. Whichever of players B and C makes the second first pass to player A can support player A in a 2vs1 situation against the defender.



Scoring when receiving closed or open

Organization;
Player A is positioned at least 2m from the top of the circle. Player B pushes the ball towards player A who leads to receive in a closed position. Player A can move the ball into space to the left or right of his/her body and then plays a front or reverse stick shot at goal. Player B then receives a first pass from player C which he/she receives in a half-closed position on the front stick before playing a reverse stick shot at goal. Player A then receives a second pass from player C which he/she receives open on the front stick before playing a reverse stick shot at goal.

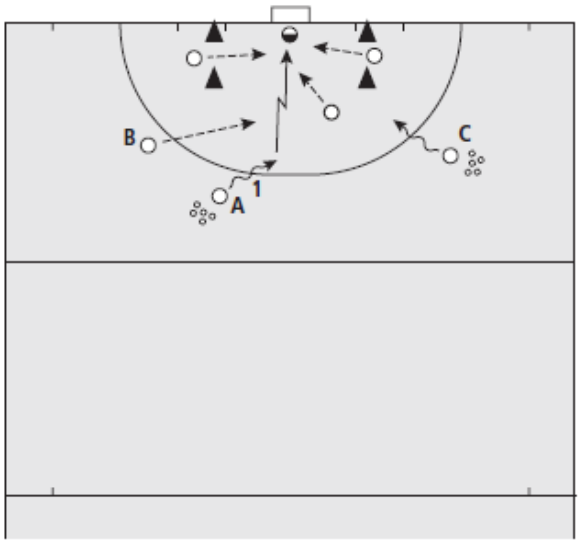
Variations:
Players control the ball first when receiving before taking a shot at goal.
Take the third shot at goal after one touch.



Combination drill

Organization:
Player A takes up a starting position at the penalty spot before leading in the direction of the pass played by player B. Player A receives in a closed position before hitting a front stick shot at goal using a shortened grip. While player A is taking a shot at goal, player C dribbles into the circle and plays a ball across the face of the goal to the far post zone for Player A to meet. Player A then uses a low front stick block to tap/knock the ball into the corner of the goals

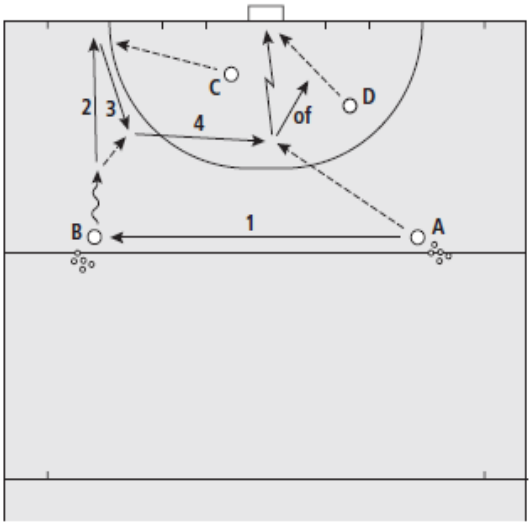
Variations:
Add a defender who applies pressure on player A.



Rebounds

Organization:
Players A, B and C are positioned just outside the circle while three additional attackers take up rebound positions inside the circle. Player A dribbles into the circle and takes a shot at the gk. The three attackers inside the circle react to any rebound opportunities while player A, B and C move the top of the circle. The ball is kept alive for as long as possible until a goal is scored or the ball exits the circle.
Players alternate positions after a few minutes.

Variations:
Add two defenders who assist the goalkeeper.



Positional play inside the circle

Organization:
Player A passes to player B who dribbles a short distance before playing a hard pass to player C who makes a lead. Player C plays a one touch pass back to player B who then plays a pass into the path of player A who has followed up. Player A can either take a shot at goal or pass the ball to the far post zone for player D who scores.
The next ball is passed by player B to player A.

Variations:
Start with two scoring positions only.
Add two defenders inside the circle to create a 3vs2 or 4vs2 situation.
Encourage players to utilize various passing options and also to lead into good areas.

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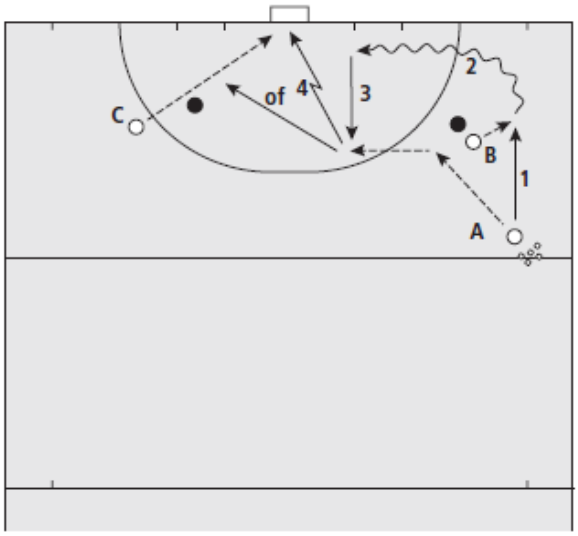
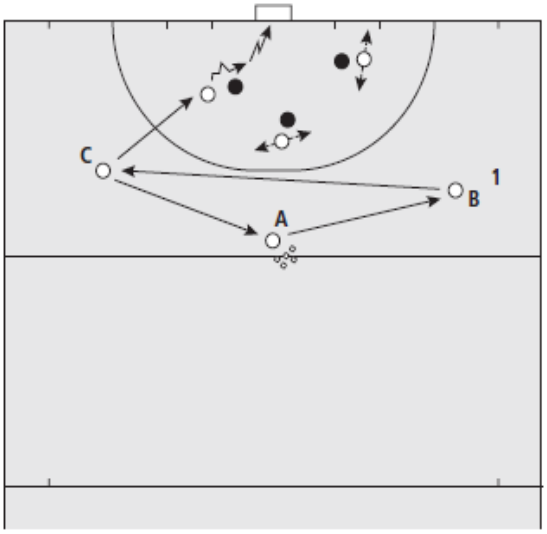


Positional play when attacking down the right hand side channel

Organization:
Player A passes to player B who leads out wide away from the defender toward the sideline. Player B proceeds to dribble into the circle and along the baseline before making a 90 degree pass to player A who has followed up. Player A then takes a shot at goal using either hitting or slapping the ball. Player C will react to any rebound opportunities.

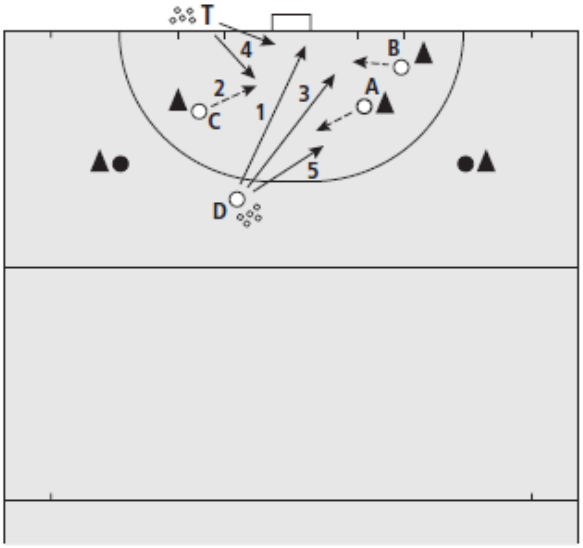
Variations;
Player A can look to pass into the far post zone for player C to score.
Defenders start off at 50% tempo.
Defenders become fully active and a 3vs2 is played out.



Positional play inside the circle

Organization:
3 attackers and 3 defenders are positioned inside the circle. Players A, B and C are the attacking midfielders who are positioned outside the circle. Player A passes to either player B or C who will initiate the attack by dribbling into the circle or passing the ball to one of the attackers inside the circle. Two of the three midfielders are allowed to join the attack which creates a 5vs3 situation. The defenders have to react and if they win possession they hit the ball toward the sidelines.

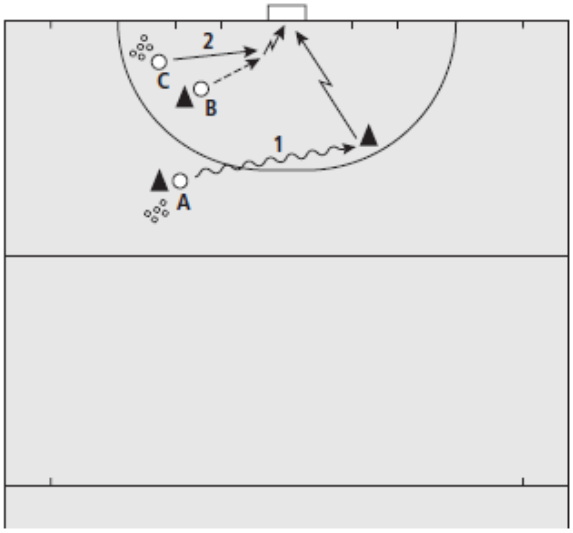
Variations:
Only 2 defenders inside the circle which means that one of the 3 attackers will always be free.
Only one of the attacking midfielders is allowed to join in the attack…4vs3 situation.
The midfielders decide if one or two of them will join the attack…the defenders have to react to this.



Positional play inside the circle

Organization:
Players A, B and C take up attacking positions inside the circle. Player D will pass balls into the circle for these 3 attackers who have to make leads and interchange with one another constantly. The attackers utilize various scoring techniques. Player D alternates with one of the attackers after passing 5 balls into the circle.

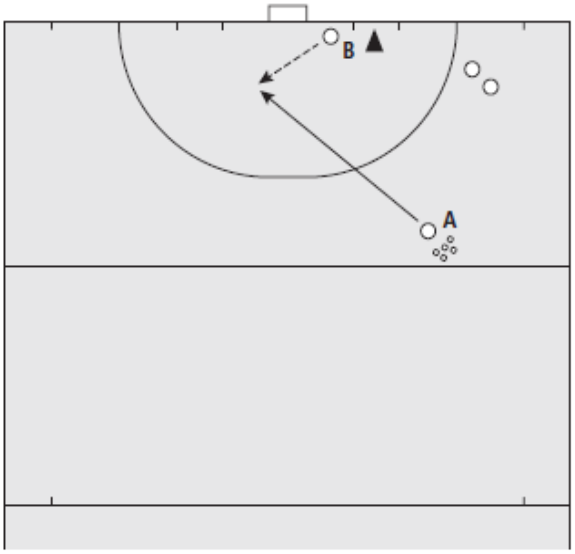
Variations:
The coach tosses or rolls extra balls in from the baseline for the attackers to score from.
Add two defenders who apply pressure.
Player D can become an additional defender creating a3vs3 situation.



Combination drill

Organization:
Player A dribbles into the circle at pace and plays a low reverse stick shot at goals. Immediately hereafter, player B leads towards the penalty spot to score via a single handed deflection from a ball passed by player C.
Players rotate positions.

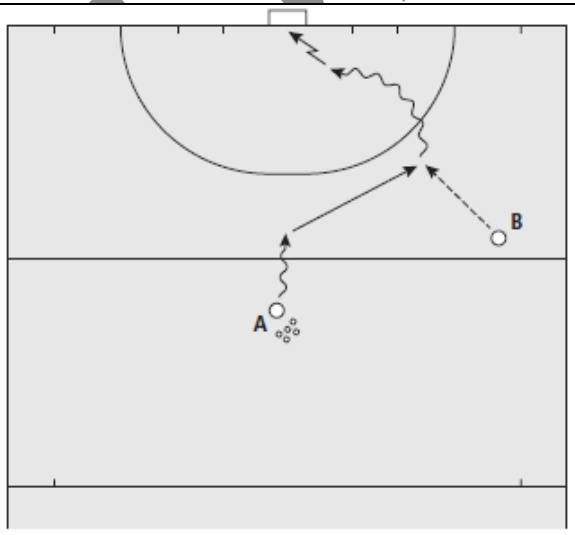
Variations:
Coach delivers pass for player A to receive inside the circle before playing the low reverse stick shot.
Award points for scoring in different zones in the goals.



Reverse stick sweep

Organization:
Player passes for player B who leads to receive the ball on his/her front stick in a half-closed position. Player B then plays a reverse stick sweep shot on goal.

Variations:
Allow players to practice the scoring technique from a stationary position.
Add a defender inside the circle.



Flicking at goal

Organization:
Player A dribbles a short distance before pushing the ball to player B. Player B receives and dribbles into the circle before flicking at goal.

Variations:
Allow players to practice the scoring technique from a stationary position.

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PART 5: REFERENCES

Canadian Sport for Life, Long Term Athlete Development Resource Paper, Ottawa, Canadian Sport Centre.2005 and 2007 – Dr Istvan Balyi

KNHB – Jeugtrainingmap Lijn A, C and D

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