



BASIC HOCKEY SKILLS



HOOKED
ON HOCKEY

Basic Hockey Skills

'Success at the International level requires execution of the basic fundamentals under high pressure'

Ian Rutledge – Coach, Black Sticks, NZ Women's Hockey Team

New Zealand Hockey is keen to emphasise to all coaches – irrespective of the level of athlete that they are working with – that concentration on the basic skills and their competent execution is the key. 'Basic skills' does not mean they are easy and should be only emphasised in the beginning phase of hockey. Players need to constantly refine these skills and coaches need to provide opportunities within regular trainings for the basic fundamentals to be practised, refined and performed to a high level. The amount of pressure that a player is under while performing these skills can be increased as the level of the player increases.

If the basic skills of moving the ball (dribbling), receiving (trapping), passing and tackling are not competent, then more advanced skills such as goal scoring and elimination will suffer. This Basic Skills Presentation in conjunction with Hockey New Zealand Youth Week is designed to support volunteer youth coaches who give up their time enthusiastically throughout the country to provide players with opportunities to enjoy hockey.

Thank you for your efforts!

Gillian Gemming
National Coaching & Development Manager

THE GRIP



This is the basic grip for receiving, dribbling, pushing and passing, the left hand at the top of the stick, and the right hand halfway down the handle – around 30cm
(Not too far down to close off vision by bringing head down)

Coaching Points

- *Check left forearm is in line with stick so back of wrist points forwards*
- *Both arms slightly bent at the elbows*

Common Errors:

- Hands around wrong way
- Hands too close together
- Eyes down all the time
- Ball too close to the feet



RECEIVING (TRAPPING)

KEY SKILL IN HOCKEY

Needed all over field in every phase of play – attack, defence, midfield

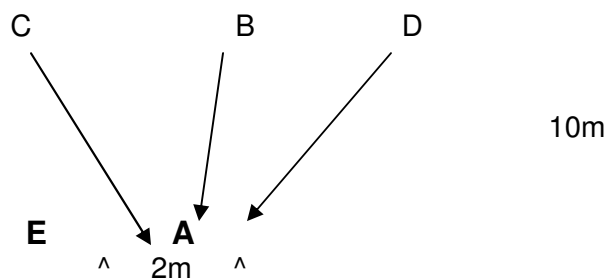
Clean execution of this skill results in a better outcome in the next phase – eg a pass, goal shot, elimination of opposition

COACHING POINTS

- *Early preparation and concentrating on the task*
- *Grip – left hand at top- right hand further down shaft for control*
- *Stick on ground*
- *Watch the ball on to your stick*
- *Soft hands to absorb the ball (this will negate rebounds off stick)*
- *Lower hand (right) moves back with the ball slightly to control ball*
- *Players should use their vision before receiving the ball so they know their options and the position of players around them – “receive in daylight”*
- *Footwork very important - moving to trap the ball*
- *Forehand and Reverse (this should only be encouraged in the upright position)*
- ***Expect to stop everything***

ACTIVITIES

1. GOAL SAVE



C,B,D have a ball each. C pushes or hits flat trying to score goal past A. A traps ball and pushes back to C. Same occurs with B & D
Change, and the receiver counts the goals saved

Variations:

Can widen goal to make A more mobile

Can add in E who tries to steal ball off A before it is passed back

2. RECEIVING IN DAYLIGHT

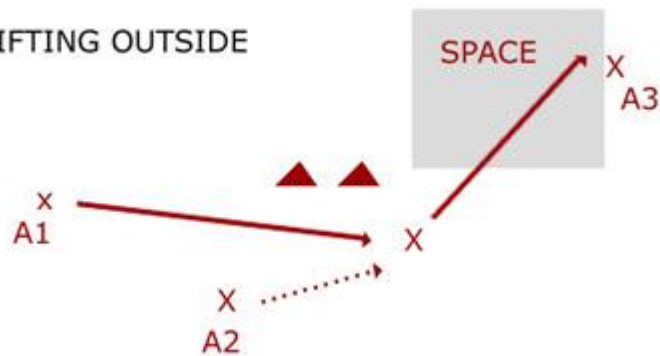
DRIFTING – OUTSIDE *(finding space on either side on the defender)*

Objective:

Avoid front on confrontation with defender

- A2 adjust defenders line & drift outside defenders zone to open up forward space & receives pass from A1
- A2 passes to A3
- Receive outside right foot (side on receiving facing forward)
- Ensure A2 receives outside right foot.

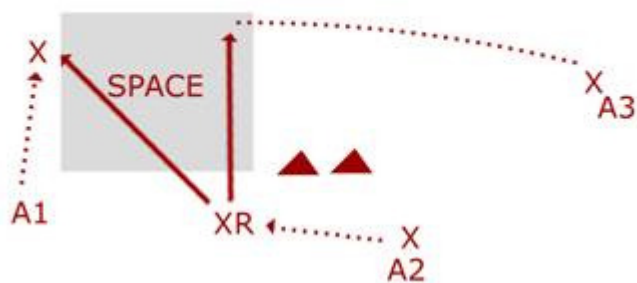
A. DRIFTING OUTSIDE



DRIFTING – INSIDE *(finding space on either side on the defender)*

- As above but infield
- Adjust defenders line
- Drift outside defenders zone to open up forward space
- Receive on right foot to pass, run or dribble (side on receiving facing forward).

B. DRIFTING INSIDE

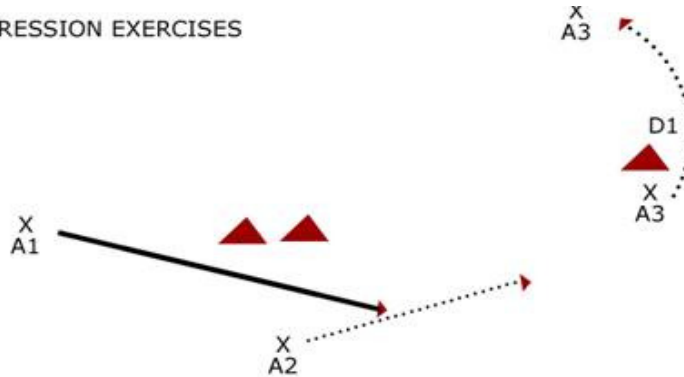


PROGRESSION EXERCISE

Pass maximises advantage – hits receivers stick at the needed time. A1 has an awareness of play.

- A1 passes to A2 who tracks towards D1 engaging defender to free up A3 who leads into space
- A1 receives pass from A3 to complete play.

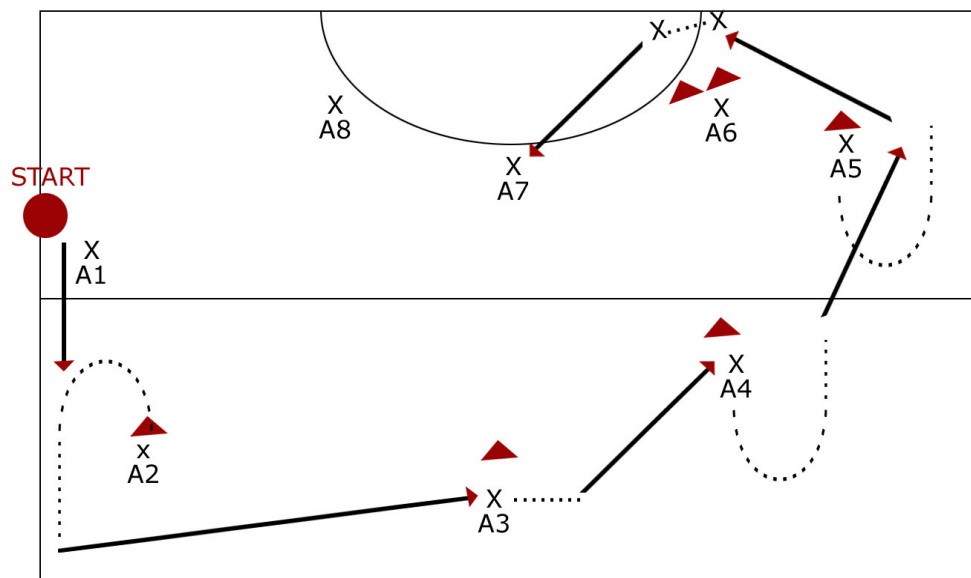
PROGRESSION EXERCISES



Follow the pass

- A1 – A2 hook sharp lead (inside out)
- A2-A3 drifting outside
- A3- A4 hook sharp
- A4-A5 hook sharp
- A5-A6 drifting*
- A6-A7 goal scoring position**
- A7-A8 rebounder***
- A8-A1 back to start

- *start in lead to be facing A7 & goal for vision & good decision making position
- ** A7 position to active not static
- *** be low & ready



PASSING SKILLS

PUSHING



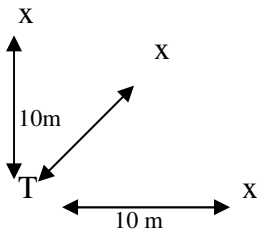
COACHING POINTS

- *Grip – left hand at top- right hand further down shaft for control*
- *Stick starts against lower part of ball*
- *No backswing involved*
- *Low posture and follow through to target*
- *Transfer weight from right foot to left*
- *Quick footwork*

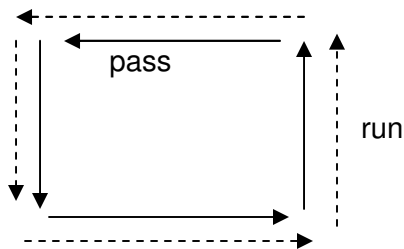
ACTIVITIES

- 1) Players pair up and push to each other in a straight line
Ensure the receivers are coming forward to receive the ball.

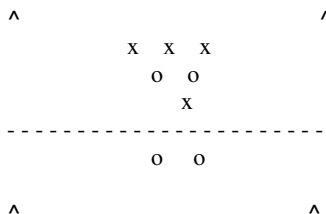
- 2) Target Man – 4 players 3 balls
Count passes made over 30 seconds
Competition among group



- 3) Pushing on the move



- 4) Set up as in diagram below, x's start with ball. 2 defenders (o) stay on their side of halfway. X team try to make 10 passes and score a point. Ball is then given to o team to try to do the same in their half – 2 x's come through to try and intercept



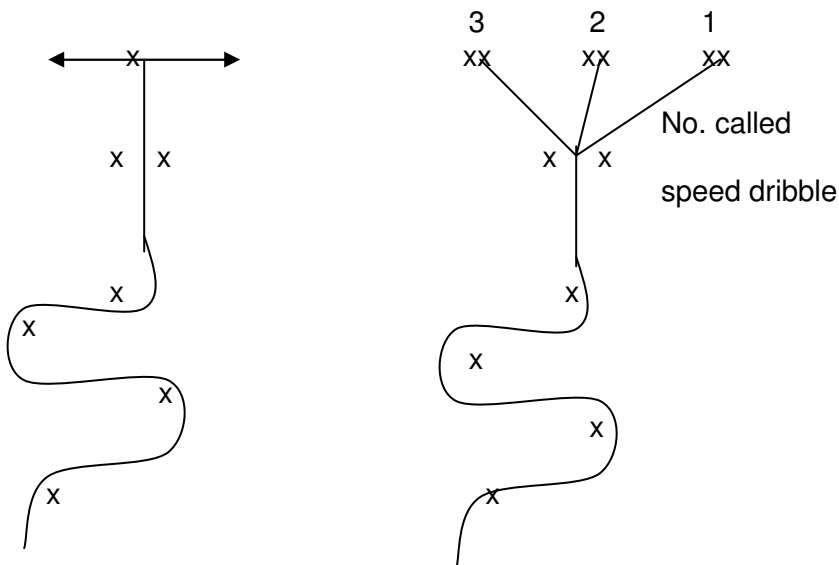
BALL CARRYING (DRIBBLING)

COACHING POINTS

- *Hands apart*
- *Low body position*
- *Ball out in front of body*
- *Ball outside right foot*
- *Head up, good vision*
- *Passing off right foot*
- *Identify different forms and their uses – closed, open, indian*



ACTIVITY

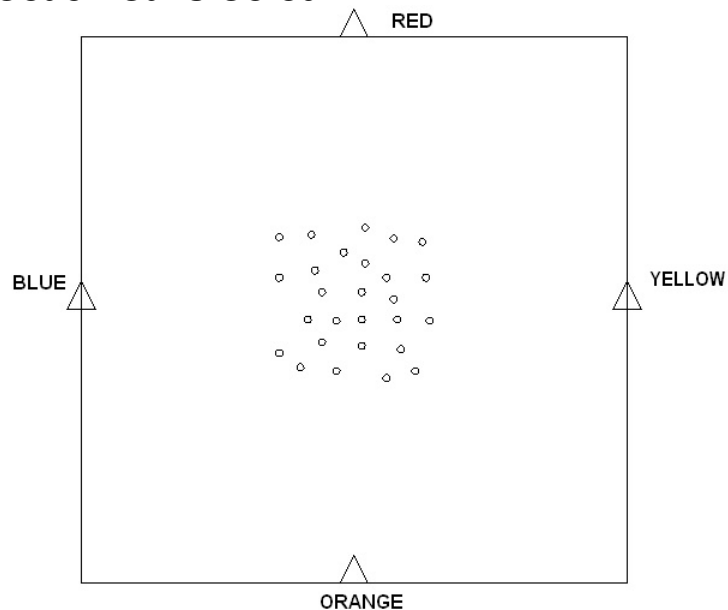


Player dribbles through cones then has 1-2 metres in order to make pass to coach/player who is moving from side to side

Vary distances between cones to allow players to use different dribbling types – open, Indian etc

ACTIVITY

Coach Calls Colour

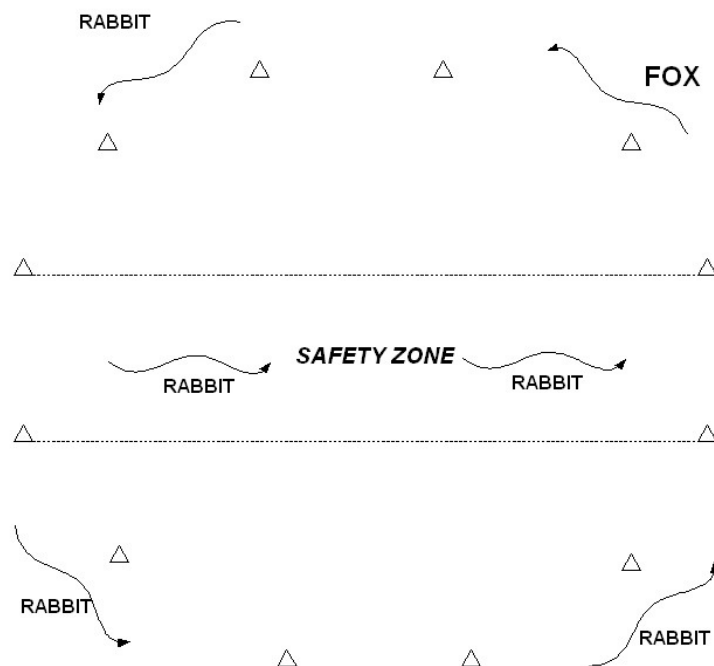


Last player there has to dribble around the outside of the area

or

Last player to reach past the cone line is out and becomes a judge

Fox & Rabbits



Fox is the chaser and tries to catch and tag the Rabbits.

Rabbits all have ball and dribble around the area, there is a safety zone that the rabbits can dribble through, where the Fox is not allowed.

Variations

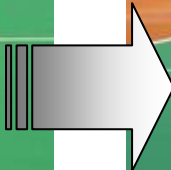
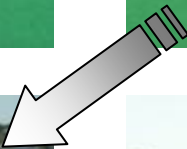
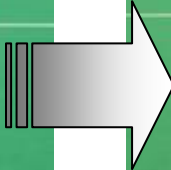
After 1 minute change the fox

Put 2 Foxes in

HITTING

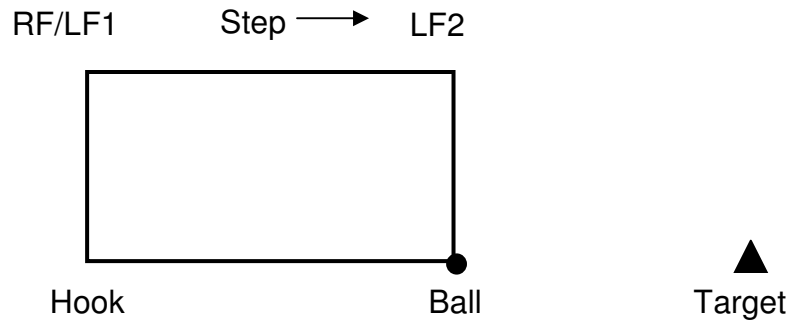
COACHING POINTS

- *Developing power*
- *Hands together*
- *Smooth controlled swing*
- *Hit through "bottom half" of the ball*
- *When hitting a moving ball ensure the final touch is in the direction that you wish to hit the ball in*



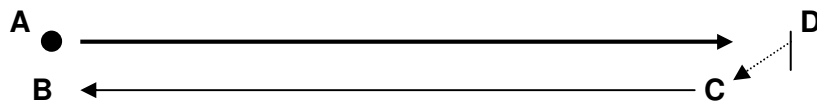
Box Hit

This diagram may help in your explanation, (see photos). Both feet start together hook on the ground with blade vertical. Hook, ball and target are all on the same line. When the player steps they should step so that they make a box



ACTIVITY

Work in groups of four. Play in pairs across width of the field. Team one starts by hitting ball across to team two. If "C" traps then he or she passes (push) to "D" who traps then hits powerfully back to team one. "A" may trap ball then pass (push to "B" who hits powerfully back to team two and so on



Solid Line flat, powerful hit
Dotted line quick transfer to team mate

Variation

Play between the baseline and 25 lines, can have up to 4 players per team. Score every time player's hit penetrates other team and crosses line

SWEEP HITTING

AIM

For players to be brought up to speed with international skills as soon as possible

This type of hit can be most effective when trying to disguise the direction of the pass or for a flat hit and when you are looking for a quick transfer onto the next player



COACHING POINTS

- *Two hands together (as for hitting) at the top of the stick*
- *Hit in front of the left foot*
- *Back swing and follow through must be along the ground*
- *Toe of the stick is always facing straight up(Right angles to the turf)*
- *Follow through is a quick knocking motion of the wrists*
- *The ball should be hit down the shaft of the stick (approx. 6")*
- *This style of hit uses mostly wrists to develop power*
- *Knuckles need to be almost touching the ground*

PROPER EXECUTION OF THIS SKILL ALLOWS

- The full length of the stick to be used
- Ball to be hit quickly along the ground
- Good deception



TACKLING

Coaching Points

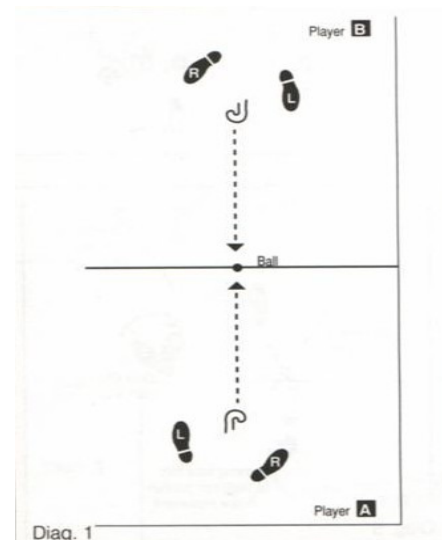
- *Mobility*
- *Patience*
- *Footwork*
- *Posture-Head Up (ensure you stay down in correct position)*
- *Versatility – Players need to practice this tackling on both sides of their body*
- *Reverse side tackles – players need to roll the stick over and try to smother the ball (not use the leading edge and hit the ball away)*
- *Encourage players to stay down on the ball until the dribbler has run on past*
- *Encourage players to have good movement (footwork) after a successful tackle to ensure a quality pass*
- *Encourage players to make flat-stick tackles in advance of square (stick angle)*
- *Ensure players are tackling with one foot in advance of the other*

ACTIVITIES

Jab Tackle

The Lizard (as in diagram)

- All players pair off
- Place ball between each pair on line
- Both players face each other extending stick to touch the back of ball
- Coach calls go – individuals try to jab the back of the ball over the line first. 3 x turns then change positions
- Everyone moves 1 place clockwise to gain new partner



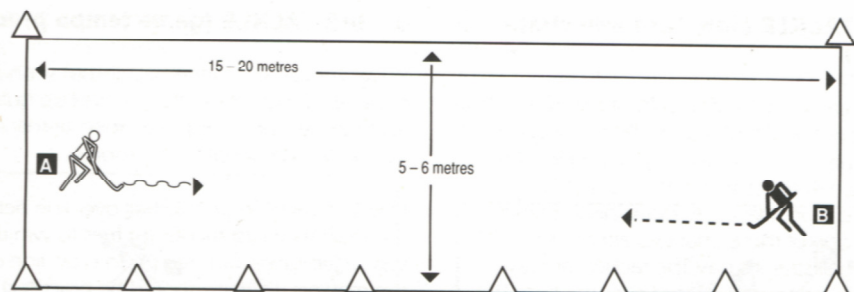
Jab Tackle – on the move

- Player A dribbles ball in straight line
- Player B moves backwards and jabs regularly at the ball, keeping Player A on their right side throughout
- Add a block tackle – eg 2 jabs and a block.

Combination Tackling

See Diagram

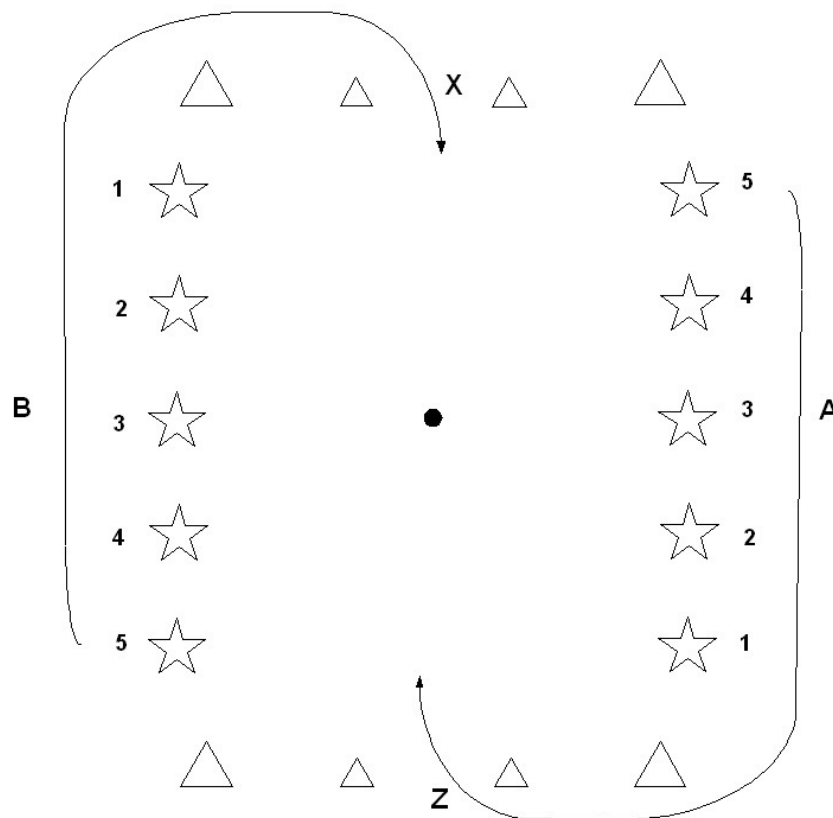
- Divide players into Attackers v Tacklers
- Player A attempts to dribble the ball over Player B's line
- Player B tries to dispossess Player A by channelling out of the area or using jab or block tackles



ACTIVITY

Dog & Bone

- Coach calls out a number corresponding to the players lined up outside the rectangle
- Player then runs clockwise through the cones at the end and drives forward towards the ball, in the middle of the area
- The player that reaches the ball first needs to control the ball and dribble over the line (A dribble to X, B dribble to Z)
- The player without the ball must try to tackle the player with possession
- If the tackler gains possession, they then become the attacker and try to score



Variations

- Call 2 numbers at the same time
- Call 3 or more numbers at the same time (focus on teamwork, attack & defence)
- Allow players on the side of the area to pass the ball back to their own player – cannot score

LIFTING THE BALL

USES

- Lifting or popping the ball over a defender's stick
- Shot on goal – forehand flick, reverse flick, squeeze shot, slap
- High lift – overhead – to get out of defence or used as a pass
- Pass to other team members when an obstacle may be in the path
- Ball carrying with little flips – makes it difficult for defender

FOREHAND FLICK



Method *(as in photos)*

1. Hand position like in a push
2. Angle stick slightly backwards
3. Stick underneath ball and open face
4. Low body position to get elevation
5. Follow through to target

COACHING POINTS

When trying to learn to flick take out distance and just concentrate on height

- *Stand close to a line goal – try lifting over line*
- *Stand close to goal trying lifting into net*

REVERSE FLICK

USES

- Lifting over goalkeeper



COACHING POINTS

- *Balls starts on left side of body*
- *Hands apart*
- *Ball closer to body to get head and body over ball*
- *Transfer of weight will mean weight will be on right foot and often left foot up in air*
- *Head of stick under the ball*

FLIP / JINK

AIM For players to be able to lift (flip/jink) the ball over defender's stick and while it is in the air touch it again to change its direction

COACHING POINTS

- *Ball is level with the front foot*
- *Wrists turned backwards to open up the face of the stick (allows lifting)*

Activities

1. Practice flipping over a defenders stick
2. Progress to flipping while moving (quite hard)

See below drill set up. The aim of this drill is to advance through the obstacles by 'jinking' over the sticks.

Start on the forehand, and flip / jink over the first stick

Then drag right to left, and flip / jink over the next stick on the reverse side

Once all the obstacles have been cleared, the players return down the middle row, which can act as a tackle box, with one or two tacklers in the centre of the area



PENALTY CORNER SKILLS

All players need to develop a penalty corner skill – can be attacking or defensive

PULL OUT / DRAG



COACHING POINTS

- *Low stance to generate power*
- *Forearm an extension of the stick*
- *Ball is placed on the base line with the right foot behind the line (see photo)*
- *Ball is gathered in hook of the stick and dragged for as long as possible.*
- *Get ball moving before putting in power*
- *Can be used as a deceptive pass or goal shot*



TRAP / STICK STOP

There are several techniques that can be used especially seeing that the ball no longer needs to be 'stopped dead'. However, players do need to learn the art of stick stopping as in the photos below



COACHING POINTS

- *Trap the ball in a position that allows the hitter a view of the ball*
- *Stick face should be at right angles to the line of the ball tilted slightly forward to control the ball*
- *Body and arms need to stay steady. Do not jab forward*
- *Bunt the ball forward*
- *Hand position on the stick is an individual choice, but need to develop a consistent method*