

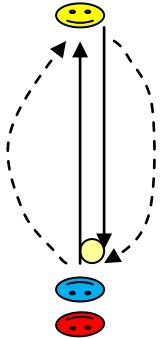
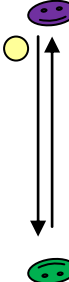
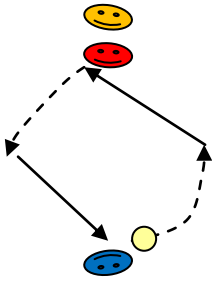
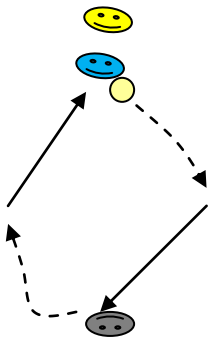
## New players' drills & skills

This paper is drawn up by Neil Shearer Regional Coaching Director for Rockhampton & Gladstone Hockey. The drills & skills are designed by Nolan Day former RCD in Mackay.

Diagram	Description	Notes
	<p>Players 5-10m apart in 3's Run with the ball on the stick <b>(close dribble)</b> and on their strong side.</p> <p>In 4's and 6's One at a time run from point A to B. A pass is given from point C this is received half-way by A. repeat from both sides.</p> <p><b>Tackle Box</b> Work in groups of maximum 6 1 player in the tackle box, 5 players attack one at a time. The defender moves to back beacon, touches the beacon and moves forward towards the first attacker. <b>N.B. close the attacker down and channel the attacker onto the defenders strong side.</b> <b>Do not commit, just jockey until the attacker makes a mistake then tackle.</b></p>	

## New players' drills & skills

### Pushing – Hitting - Trapping

Diagram	Description	Notes
	<p>Players 5m apart in 3's Push the ball and run through. <b>Concentrate on trapping and pushing, then progress to hitting. Remember the holding of the stick and body position.</b></p>	
	<p>Players 5m apart in pairs Push/hit the ball to each other <b>Concentrate on above basics.</b></p>	
	<p>Players 5-10m apart in 3's Dribble 3-4 paces at 45° to your right and then pass the ball <b>straight</b> to the next player. <b>Concentrate on above basics.</b></p>	
	<p>Players 5-10m apart in 3's Dribble 3-4 paces at 45° to your left and then pass the ball <b>straight</b> to the next player. <b>Concentrate on above basics.</b></p>	

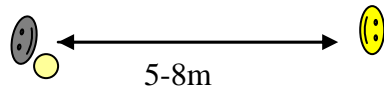
## New players' drills & skills

### Hitting

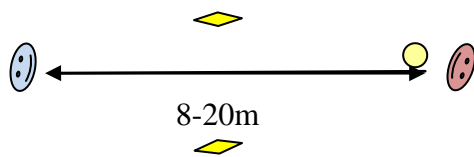
#### Basics of good hitting:

- Correct footwork
- Good body position
- Correct grip on stick (position of hands)
- Don't try to hit the ball too hard

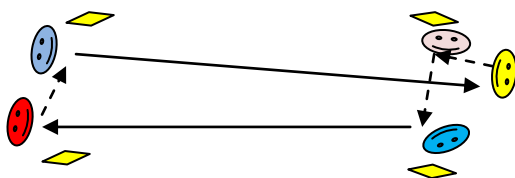
#### Drill 1:



- 1 Kneel on ground first
- 2 Kneel on ground with left leg out in front

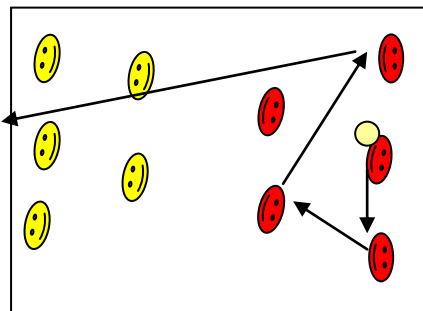


Standing position – hit & traps  
Over 8m and increase distance to 20m  
Use 2 markers in the centre and attempt to hit the ball through the markers.



- In groups of 2 or 3's (20m apart)
- 1 Hit the ball from group to group
  - 2 One player makes the trap and passes to their team-mate who then trap & hits the ball back to the other group.

#### Drill 2:



Split groups into 2 teams

- 1 Each team must stay in their own half.
- 2 Both teams' are required to make 3 passes before trying to hit the ball over their opponent's back-line.
- 3 Opponents attempt to trap the ball and then make 3 passes before hitting the ball back.

## New players' drills & skills

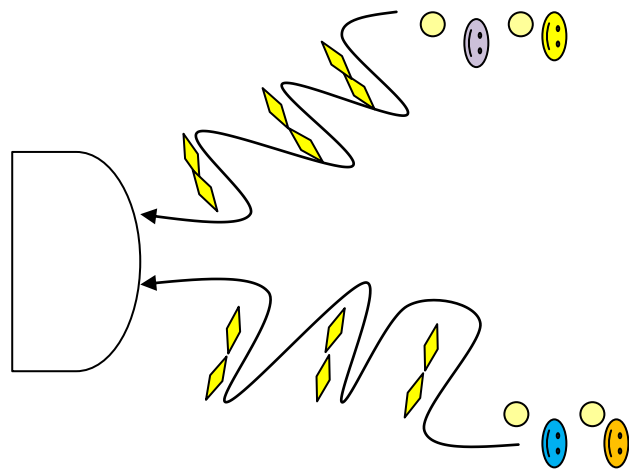
### Dragging

#### Points to remember:

- Body position, steady with your right hand about half-way down the stick.
- Remember to move the ball before you move your body (both for L-R and R-L drags).
- Allow the stick to turn in your right hand, the same as an Indian dribble.
- A wide quick square “snap” drag is what you must aim for.
- Always look to drag once, eliminate and move past your opponent.
- Run at an angle at your opponent to get them moving onto their wrong foot.

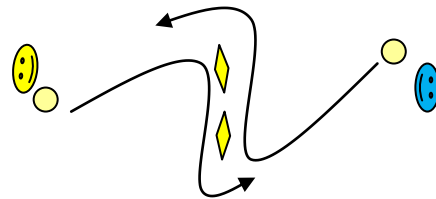
#### Drill 1:

Using a basic circuit with markers, use the L-R and R-L drags.



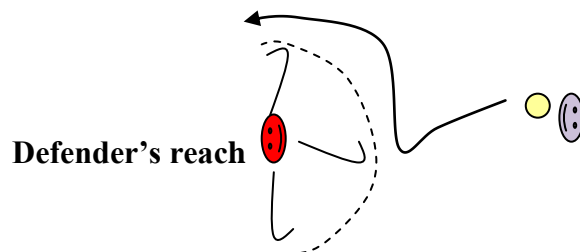
#### Drill 2:

Set up this drill by having the players run at each other and dragging the same way – L-R or R-L. Good body position will help vision.



#### Drill 3:

Use a passive defender, so as to get the timing of the drag. Good vision is important.



#### Drill 4:

Play a game, allowing the players to try one drag and then pass the ball, each time they get possession of the ball.

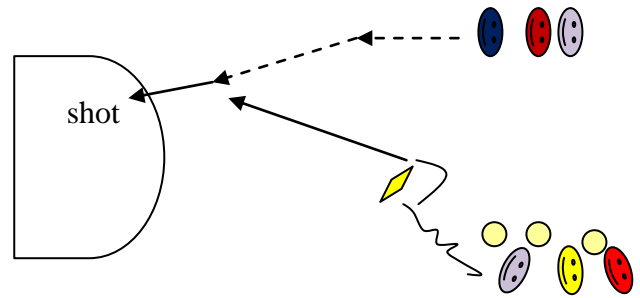
## New players' drills & skills

### Pushing – Trapping – Hitting – Leading – Tackling – Dragging:

#### Drill 1:

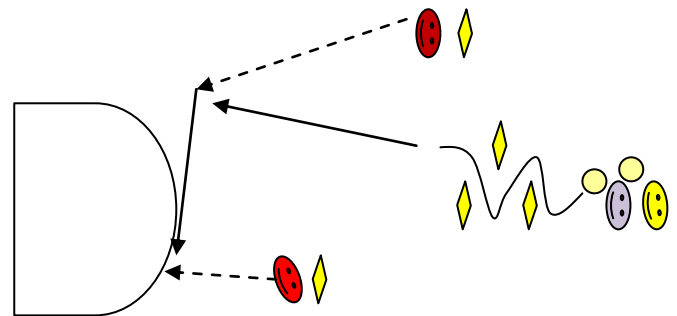
This is a warm-up drill using, pushing-leading-trapping-hitting skills

**Concentrate on body position, grip, communication & vision**



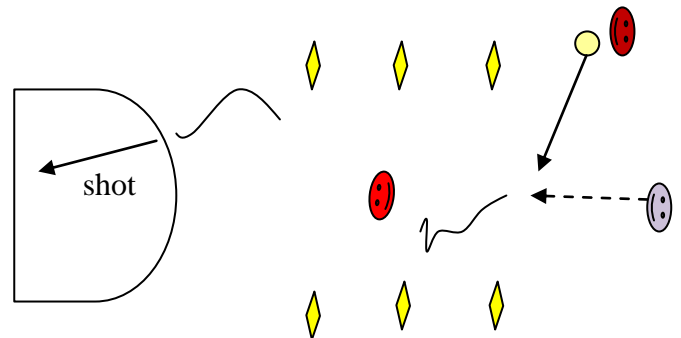
#### Drill 2:

Hitting-trapping-leading-dragging  
This drill, follow your pass and concentrate on staying steady with a good body position, good footwork and vision.



#### Drill 3:

Tackling-dragging-hitting  
Using a 1 Vs 1 system, the defender must channel the attacker (using the right shoulder to right shoulder concept) and make tackles. The attacker must use Indian dribble and dragging to beat the defender. **Remember not to always run directly at the defender, run on angles.**



#### Drill 4:

Play small games using all the above skills.

#### Game 1:

Possession only, no goals. Concentrate on using all the space provided and using good vision and communication skills.

#### Game 2:

Concentrate on possession and space, using all the above skills when necessary. This time have goals, but do not put a lot of emphasis on scoring goals.

**It is strongly recommended not to play 11 vs. 11 as practice sessions.  
Keep the games small and constructive.**

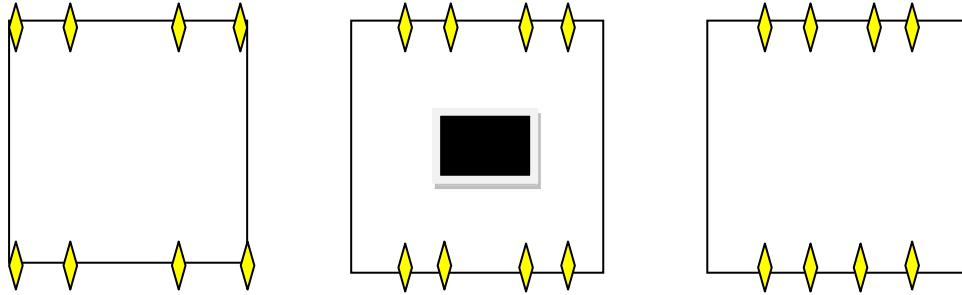
2 on 2

3 on 3

4 on 4

5 on 5

**Ideas: Game 1.**



- 2 or 3 touch hockey should be played – encourage quick control and passing
- 5 passes is a goal – encourage passing and movement off the ball
- Use the black square as “No Man’s Land”. No passing or dribbling through this box – encourages width in game

**N.B. During all games – encourage on the ball and off the ball movement –  
Defending team to work on zone or man to man defence.**

**Encourage verbal communication between players; use the space**

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