

## Carlton Redcliffs Junior Hockey Plan 2022.

Firstly this is my approach only and not wide gospel, but is based on experience as both an experienced Coach and Physical Education Teacher understanding learning styles and the Learning Process.

What I see lacking most in our players coming through the grades is poor hockey body position which reduces good vision and best strong control of the ball, and a lack of purposeful footwork to enable accurate play and ball skills. It is imperative that good footwork is practiced alongside stick and ball control - body balance and footwork will develop players more in the end than stick work without it. There are many activities and small games that can be used with your players to develop footwork and balance as part of warm ups and initial skill training time. Half of training at year 1-4 should be with this in mind as we develop basic skills.

In one season (about 12-15 weeks) and 1 training a week there needs to be a focus on achieving key basics and not over burdening young players with too much at each step. **3-4 weeks on one skill is best process.** Other actions / skills will still be experienced and naturally picked up as you work with them but the **FOCUS** needs to be on one, and this can be done with a variety of actives and small games that provides interest and fun! In fact in each skill there is almost an "opposite skill" ..(eg. Passing and Receiving, Ball carry / Tackle). So generally two aspects will be learnt together.

Second important aspect is that the Concepts of the game should also be coached at the same time as the skills so that there is an understanding of when and how to use the skills. Learning Decision Making for our players is a weak area and many young players do not know what to actually do with the ball at the appropriate times in a game or in the areas of the turf. Concepts of Space, Priority Passing choices, Cover and support, Give and Go, 2 v 1 are important concepts that can be and need to be taught, so that players can and know when and why to make use of them.

Using Simple forms of Restraint is one good way to develop some of these concepts. (Egs Make 3 passes before scoring a goal, or "no go areas" coned off to create width)

If we are to focus and ensure that basics are sound before we move on to the next ones. It is obvious that we will not be able to coach every part of the game or even all the basic skills in one season .... It is very confusing for a young player to have to think of and try push passing the ball, and a few minutes later trying to learn to execute an Indian dribble! I suggest trying to concentrate on the following perhaps and building the game over 3-4years.

Year 1 and 2: Fun Sticks. Open Face Ball carry with good vision.  
Push pass and Upright receive...stationary and then moving.

Year 3 and 4: Open Face Ball carry with Left to Right drag (to change direction or eliminate).

Forearm Push Pass on move - all directions with disguise,  
Upright receive on move - forehand and reverse side.

- Year 5 and 6    Ball carry and Eliminations, Channel to tackle with fluid mobile footwork.  
On move Pass and Receive (Give n Go. .. support play),  
Passing to Right,  
Box Hit ( progress to short back swing and crossover footwork)  
Goalscoring.
- Year 7 and 8    Ball Carry and Eliminations, Channel/Chase tackles and footwork.  
Block Tackle.  
Cross Step Short Swing Hit on move (pass) and Goalscoring,  
Strong Receiving Forehand and Reverse - still and moving.  
Overhead Throw and receive.

Concepts with each group:

- Year 1 and 2    Fun Sticks, Body position, Vision, Width, Team.
- Year 3 and 4    Vision, Use of Space, Stationary Give n Go, support the passer.  
Ball carry with L to R dodge, Receive on the move from L and R.
- Year 5 and 6.    Vision, Give n Go, Priority Passes, 2 v 1, Support / Cover Def,  
"Ball line". "Hot Line" defence.
- Year 7 and 8    Dec Making - priority pass, Width / Depth (Space, Changing point of Attack), Attack and Defence Principles (ie Cover Def, Screens, Ball line. Transfer)

**All players can have Homework for stick control and management.**

Yardstick Test: Yrs 1-4    Ball moved R - L across and back in front of body.  
Each movement across (roughly one stick length) is counted as one!  
How many in 45seconds.    (In Yr 4 this could be 60sec.)

Yardstick Plus test.    Yrs 5 - 8.

Ball is moved R to Left across body and back, and then with one step onto Left Foot forward the ball is moved forward and back to complete the first set.    How many completed (R to Left, Left to R, and then Forward and Back) in 60secs.

Suggest a test after 3 weeks and then a retest at end of season with all results kept.

**Positioning for 6 and 7 Aside Play.**

It is important that all players experience as much of the game skills and concepts as possible so that rotation through positions is preferable.

Using a structure that is still based as much on a bunch of triangles is advisable as this will fit well into 11 aside later on.

3,2,1.

X X X P P P A A A

X X P P P A A

X P A

A

Gpk

For other examples of Practice Activities and Small Games that will provide as much of the basic skill repetitions please link through to the **Hockey NZ Community Coaching Portal/Training Activities** where there are a large number of training drills well documented and with video demonstrations of how they work, OR try the **Canterbury Hockey website** where there are also a number of good articles to read and some basic training sessions and activities for young players.

Have Fun and Please contact the club if you need any help!