Junior Hockery Training Session   1

Theme: Basic Skills - Yrs 3 and 6.

Passing and Receiving   - Adapt by opening or closing the spaces and distances for the age group.

Training Session Week One and Two:
1.   Warm up.   (5-8mins).   Whole Group warmup.
Preferably carry stick and complete some activity in warm up where various movements in our game are done … running backwards in a low balanced position, Footwork for channel tackling, the cross step for hitting, and just general changes of direction.

2.   (10-15mins) Review Passing and Receiving with Emphasis on:
                        - Pushing. Especially strong forearm Push.
                        - Upright receiving.

Coaches to set up pairs and triangles to run through practice on these two techniques as a follow on from warmup.

3.   (8-10mins)   Practice for these two techniques with some
                   decision making. In pairs or 3s.

Leaving 5m at each end make ..Three 5m boxes between the 25 and Goal line or Halfway line.

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|         ^          ^          ^          ^          |
|A*               1          2          3          B    |
|         ^          ^          ^          ^          |
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A passes the ball to B who starts at other end of the boxes and runs into the box nearest A (1)… Receives first pass and passes it back to A before running backwards into middle box (2) where they receive second pass from A. B returns pass again and then runs backwards to last box and receives a third pass from A. When running backwards it is really a 1/4 turn watching A for the pass.

A has to decide which pass is the right one for each distance that B
Is at. Once A decides then B has to watch, receive well and give the
same pass back. Box 1, 2 or 3. (Far - strong push, medium - medium
push, close - lighter push). Accuracy required to pass to stick which
both players need to show down on turf. If there needs to be groups
of three to rotate through the spare player can practice their
yardstick while they wait.

4. (10-15min)   Play a competition game where two teams push
/forearm push pass through a routine and score a goal with 5 balls
fastest to win. Can only start second ball when the first is through
the goal, and so on.   Game finishes when 5th ball through goal.
Make 5-7m channels x 15-20m long depends on age/experience.

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      _____
            X2              X6
      _____        A
**** X1*                X4
      _____        A
            X3              X5
      _____
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Teams of 5 or 6 are OK. Play starts at 1 and the passes made in order
until X6 scores through A cones.   Once players are aware of their
space (width and channel) then 1 can pass to any player but all must
touch ball before goals can be scored.   All players can move up and
down their channel but not outside it. Players are rotated after each
set of 5 balls. Add a second team for number of players and then let
them compete to be the fastest, or if only one team then take their
time to complete and then try to beat it.

5.   If time?   Play two games (or one with subs) of 3 v 3 in a suitable
       space (15 x 15 or 15 x 20) with goals at each end for goal scoring.
       Teams must make 2 or 3 push passes before a goal can be scored.

Wrap up.
This is a sample training session based on the concept presented and
thatI hope you have been able to read. You do not HAVE to use it but
My intention is to assist you to give our young players a chance to learn
at appropriate speed and with a combination of Skill and Decision Making,
understanding of how to play our game.
Have Fun .. any questions drop me a quick note or ring if easier to discuss.
I will be at trainings when I can, but with the many different turfs it will not

be as easy as past.

It is a good thing to do a repetition of the session in week 2 as the players get confidence from being familiar with what to do and then can concentrate on the actual skills themselves.
Think about the questions you ask when giving feedback. Give them the responsibility for their learning.   Ie. " What will make it easier for your partner to know where to pass." to pass to your stick??"   Answer should be "I need to show them by having my stick down on the turf ".
This is much better than you telling them!
For more information please refer as suggested prior, to the Canterbury Hockey Website for Junior Coaching or the Hockey NZ link for coaching.

I will send a "next session" in two weeks to use as you wish.
Regards
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