

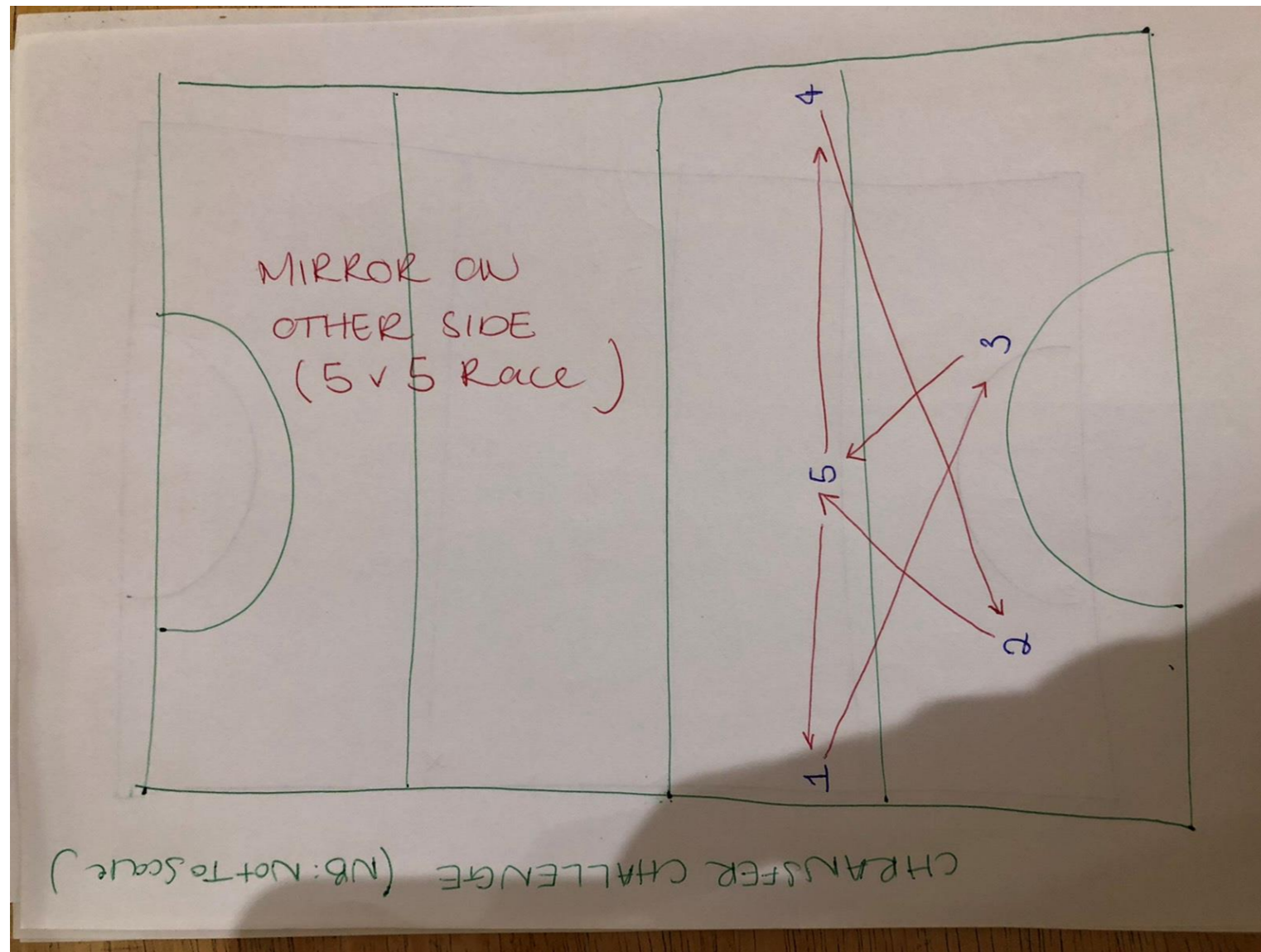


# **NSWIS Women's Hockey Covid - 19 Return to Play Drills**

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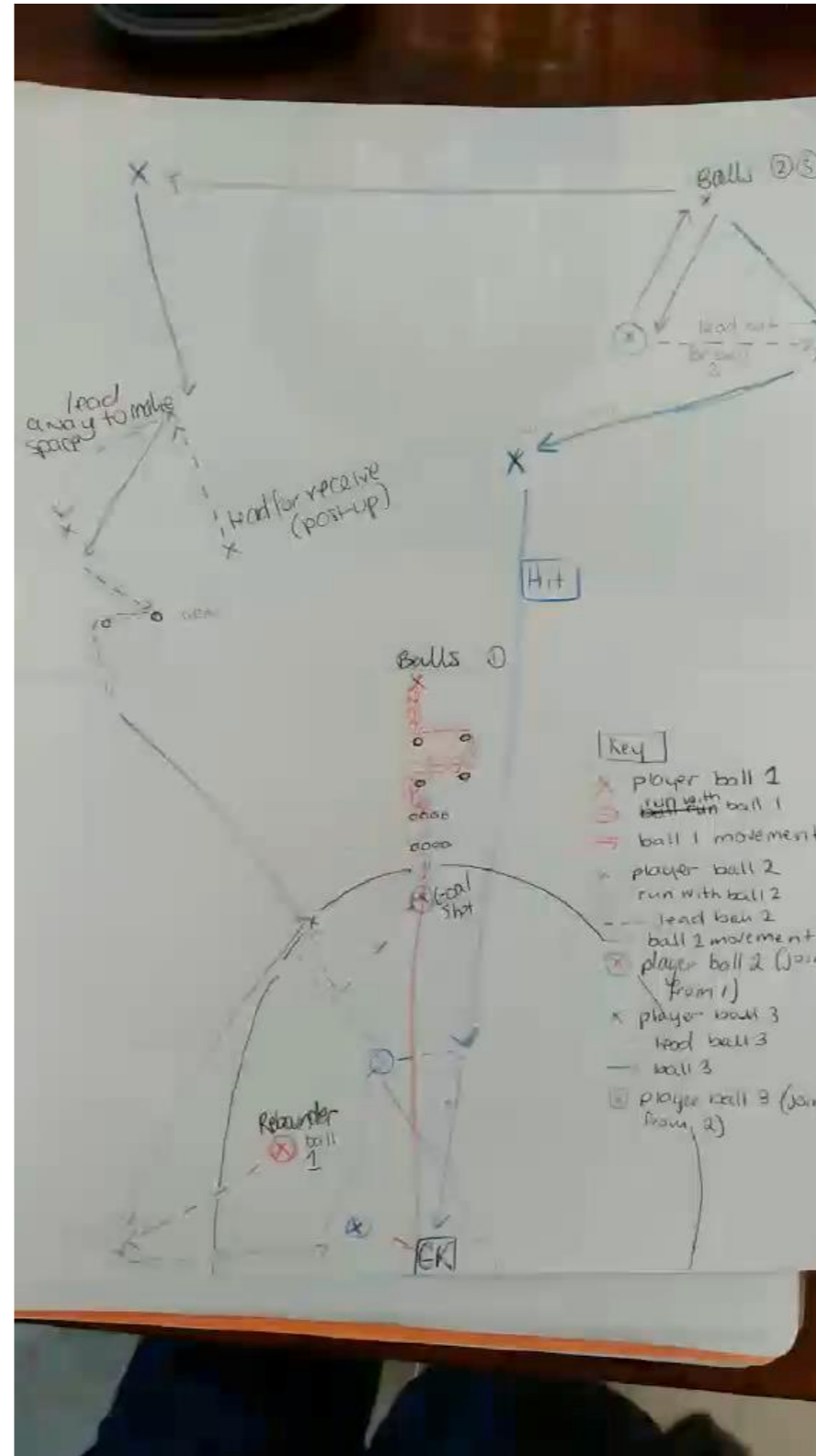
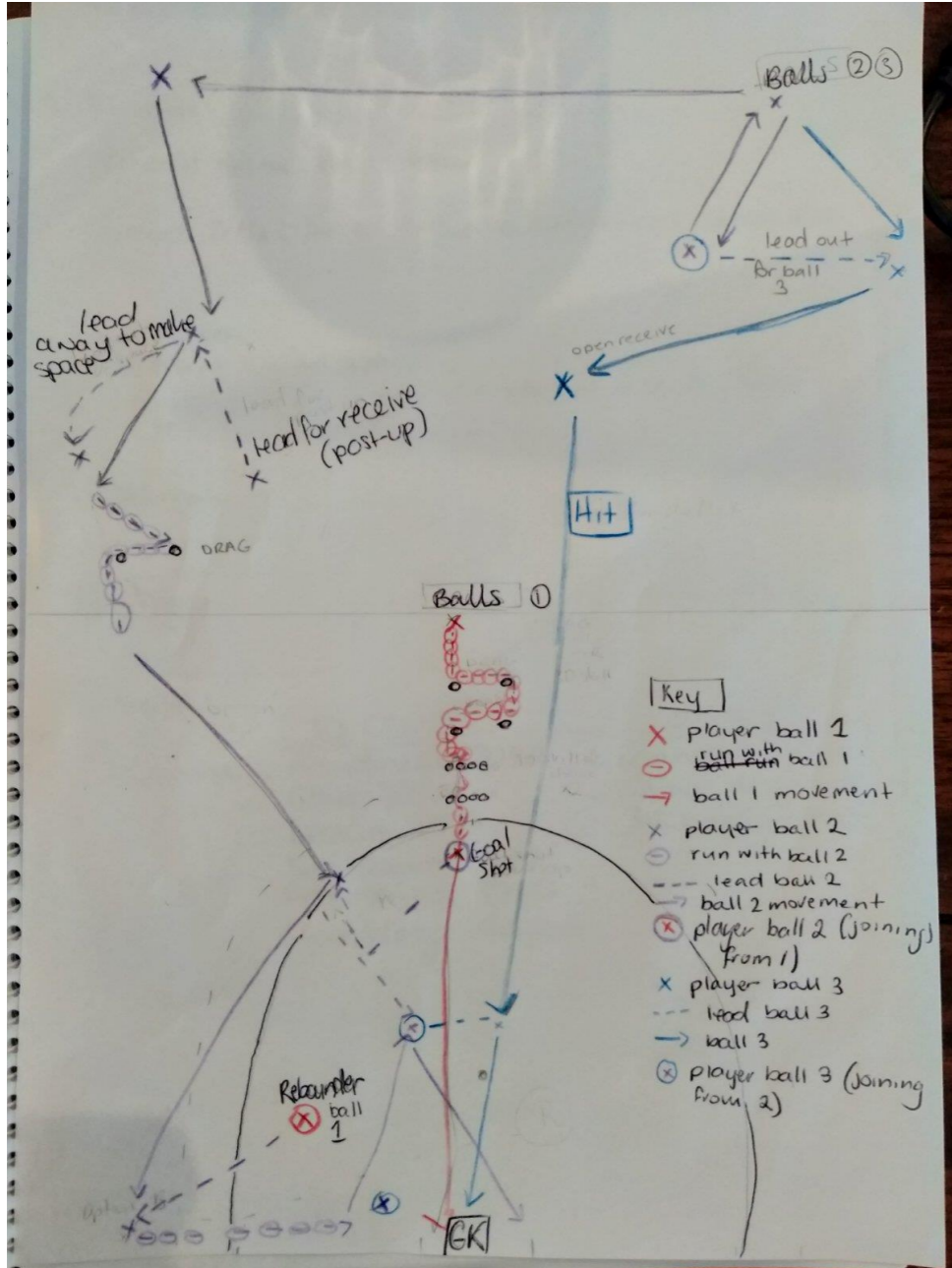
# Alice Arnott



So my drill is pretty simple. Basically we are in teams of 5 (one on each side of the pitch) and a passing sequence is determined before the start of each round. Pretty much the fastest team to complete the sequence win. First to give wins immunity from physical punishment (gap in final score indicates amount of reps owed by losing team e.g. losing 5-0 means 5 reps).

Good way to get our core skills up with some healthy/safe competition!! Introducing, the chransfer challenge!!!

# Morgan Blamey



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\*\*Video

# Julia Bradley



phase 1

1. Player overheads ball to AM who receives the ball (open receive preferably on the run - focus on eyes up)
2. Pass ball to leading Striker (who lead from inside circle to past the T spot)
3. Striker does 3D skill and looks for 2nd Striker in circle  
\* could add defender on 2nd Striker to put more pressure on the players & force decision making.
4. Striker receives ball for shot from phase 2

phase 2

1. Halfway through 1st phase, 2nd phase begins by player doing skills and then passing ball on the run to attacker.
2. Once attacker receives ball, 1st defender runs around cone and it becomes a 2 v 1.  
\* attacker should focus on using speed on receive to straight away eliminate 1st defender.
3. If attacker wins 2 v 1, pass ball to Striker from phase 1 in the circle. (If they lose, ball is passed to ~~the~~ Striker from player at top of circle.

# Abigail Doolan



\*\*Video

8 Field Players 1 Goal Keeper

Two balls

## First Phase

- Push Pass from centre to posting up striker – shot on goal
- Two 'Defenders' either side for rebound – Which ever side the rebound goes that defender will then use in tight skills to get out of congestion, then finds an outlet pass to a supporting leading player who then outlets it up the line to someone on halfway.
- Left side outlet via Tomahawk pass
- Right side outlet via Slider pass

## Second Phase

- Player on half way, on the opposite to which the rebound has gone, will throw an overhead pass to a leading AM.
- The AM can pass to posting CS or to the T-spot
- Play out with shot on goal.

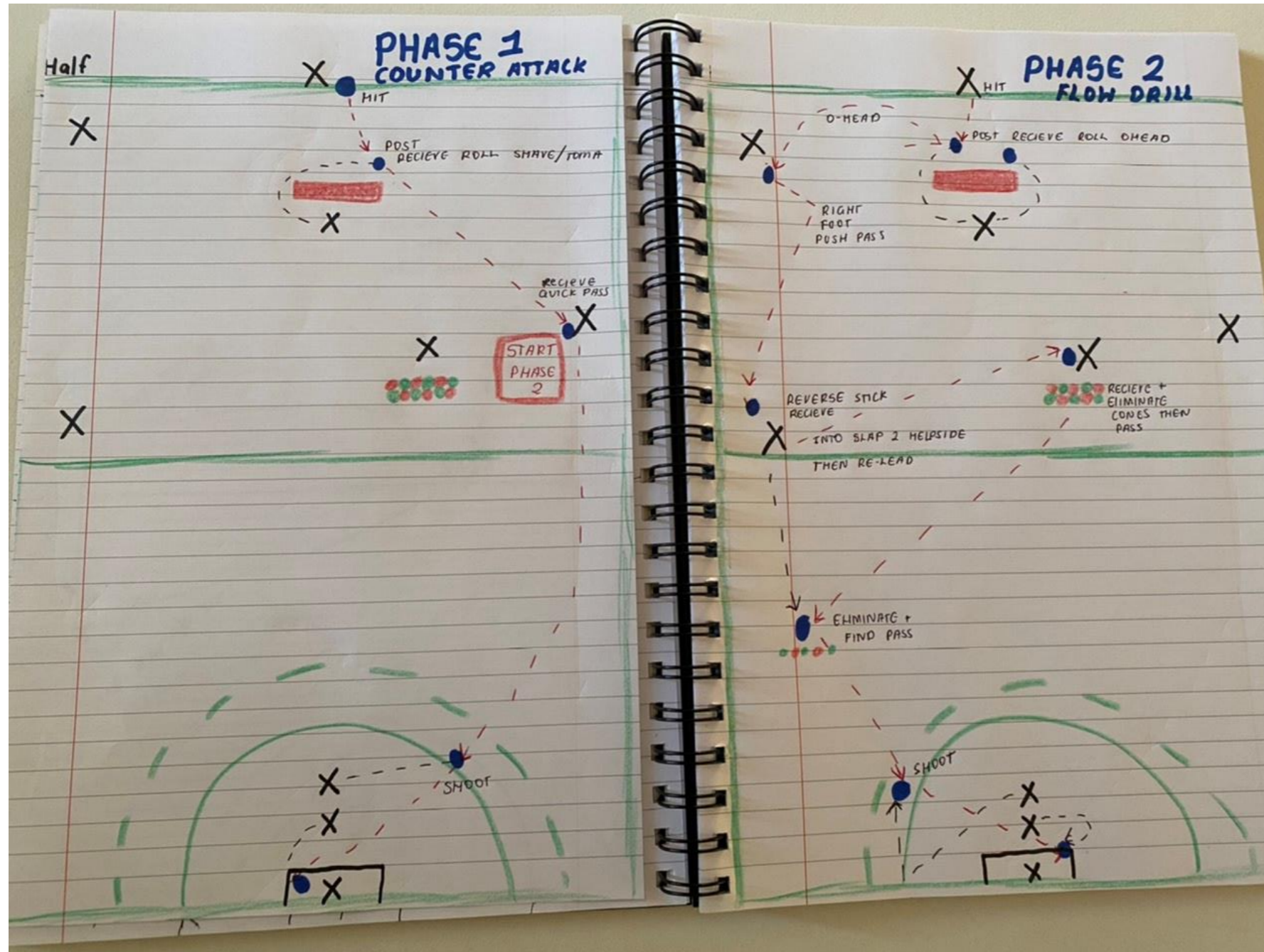
## Key Focus Points

- Quick shots on goal
- Variation of outlet passes
- Quick hands and tight possession skills
- Overhead passing and receiving

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# Naomi Duncan



**DRILL KEY:**  
Crosses = player starting position  
Red dotted line = direction of ball movement  
Black dotted line = direction of player movement to the ball  
Blue dots = where the ball meets a new player

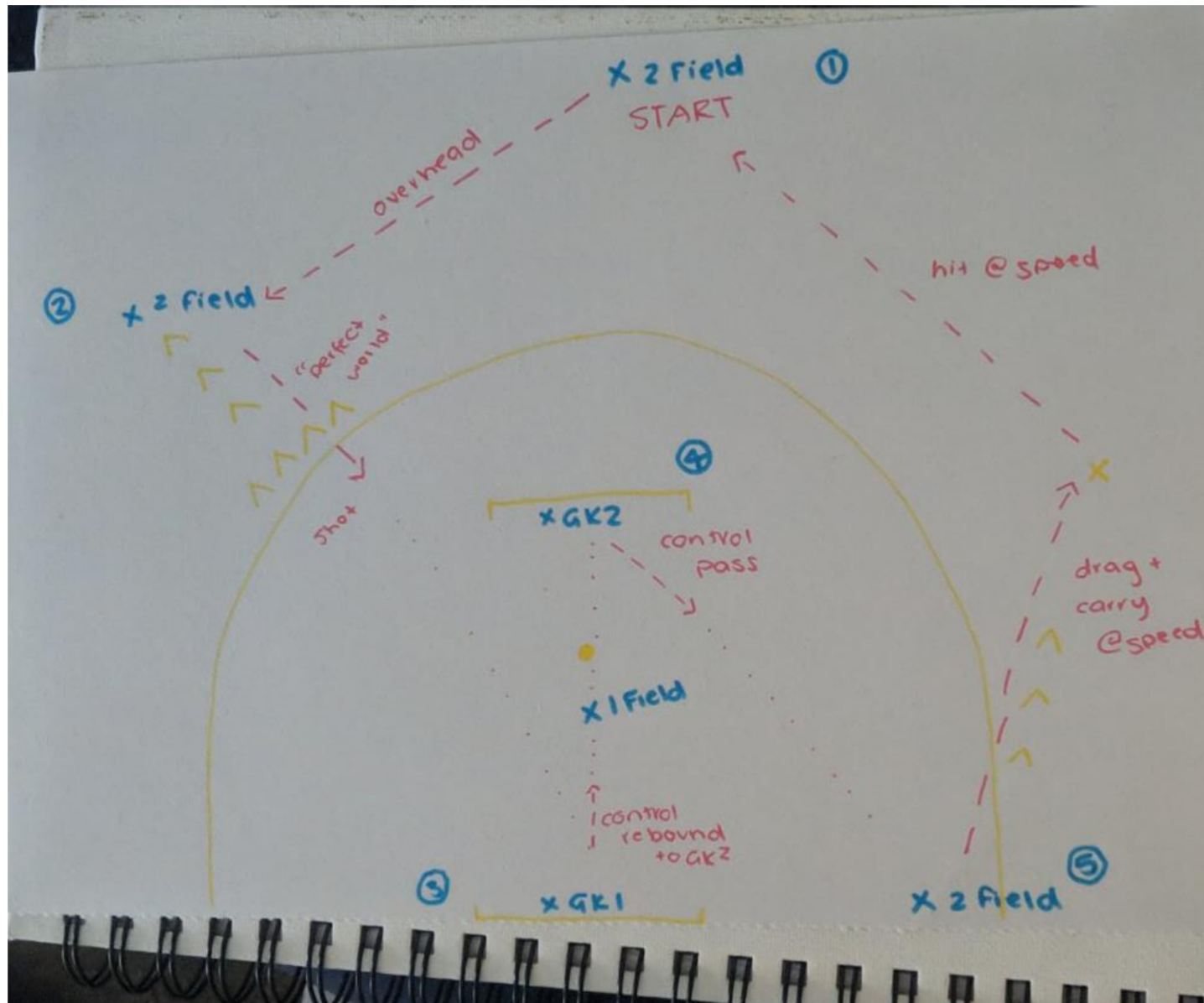
\*\* each pass (red dotted line) is labelled with type of pass

\*\* phase 1 is a midfield turnover into a quick goal scoring opportunity

\*\* phase 2 is a flow drill with different passes and difficult receives

\*\* phase 2 starts when the "long ball" in phase 1 is released to a striker leading out of the D

# Grace Jeffrey

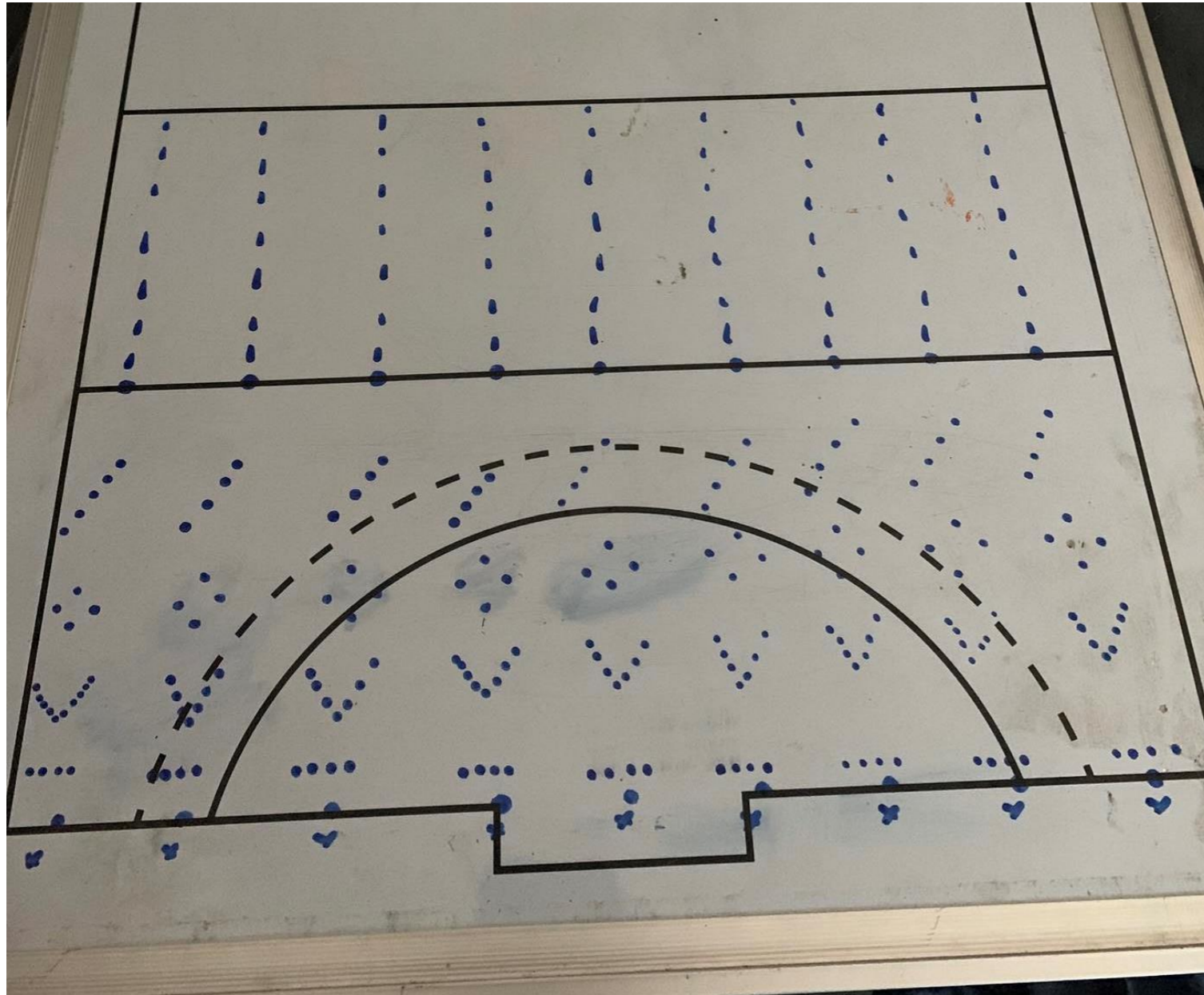


1. Start near half way with an overhead to station 2
2. "Perfect world" drag and controlled shot to GK1
3. Rebound/pass to try and score against GK2
4. GK2 rebound/controlled pass to next station
5. Carry ball at speed for an on the run hit back to start

Note:

- There is 2 players (standing 1.5m apart) at stations 1, 2 and 5
- The player near the spot ACTIVE for rebounds or GK passes that go stray

## Eva Reith-Snare



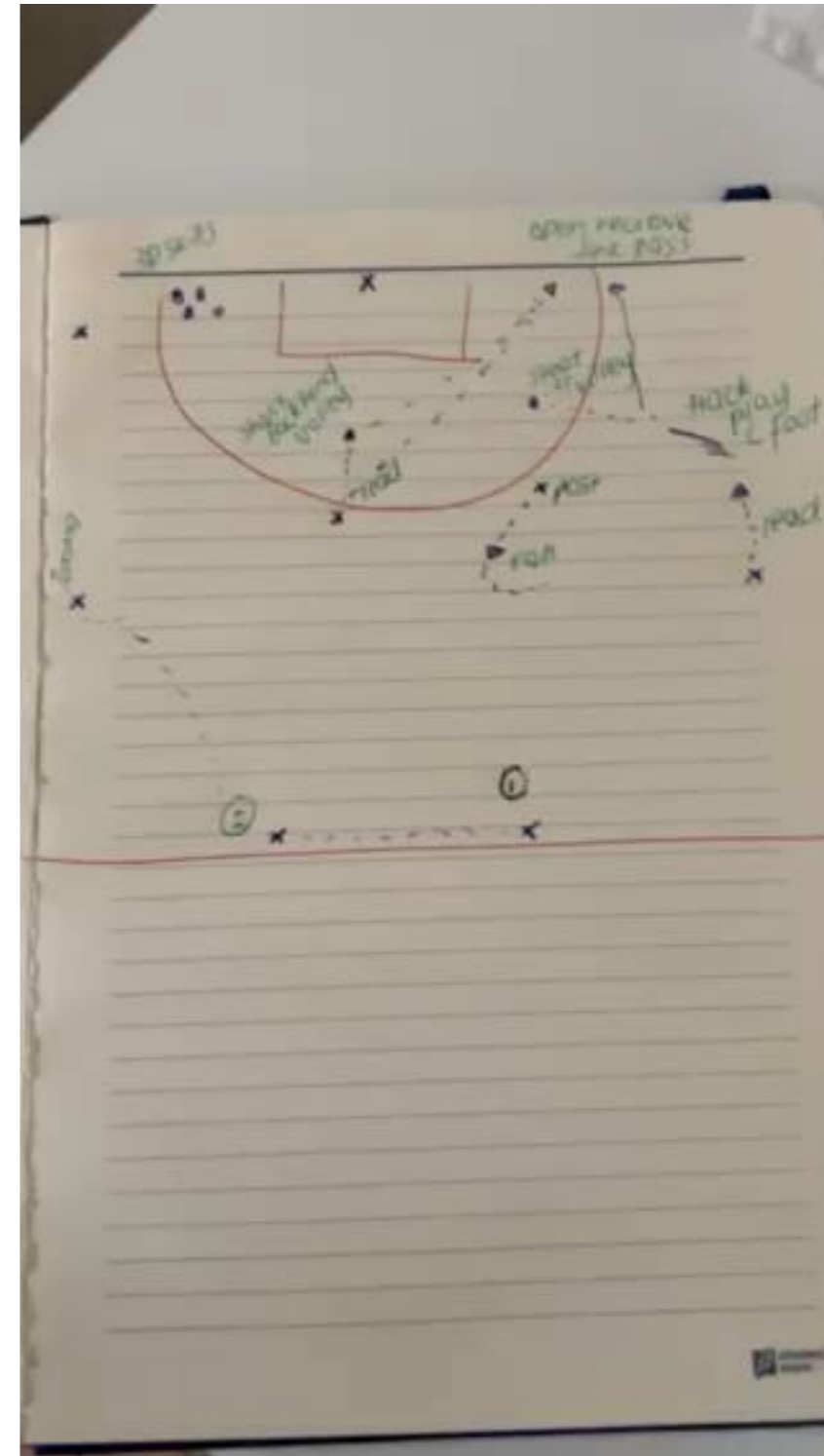
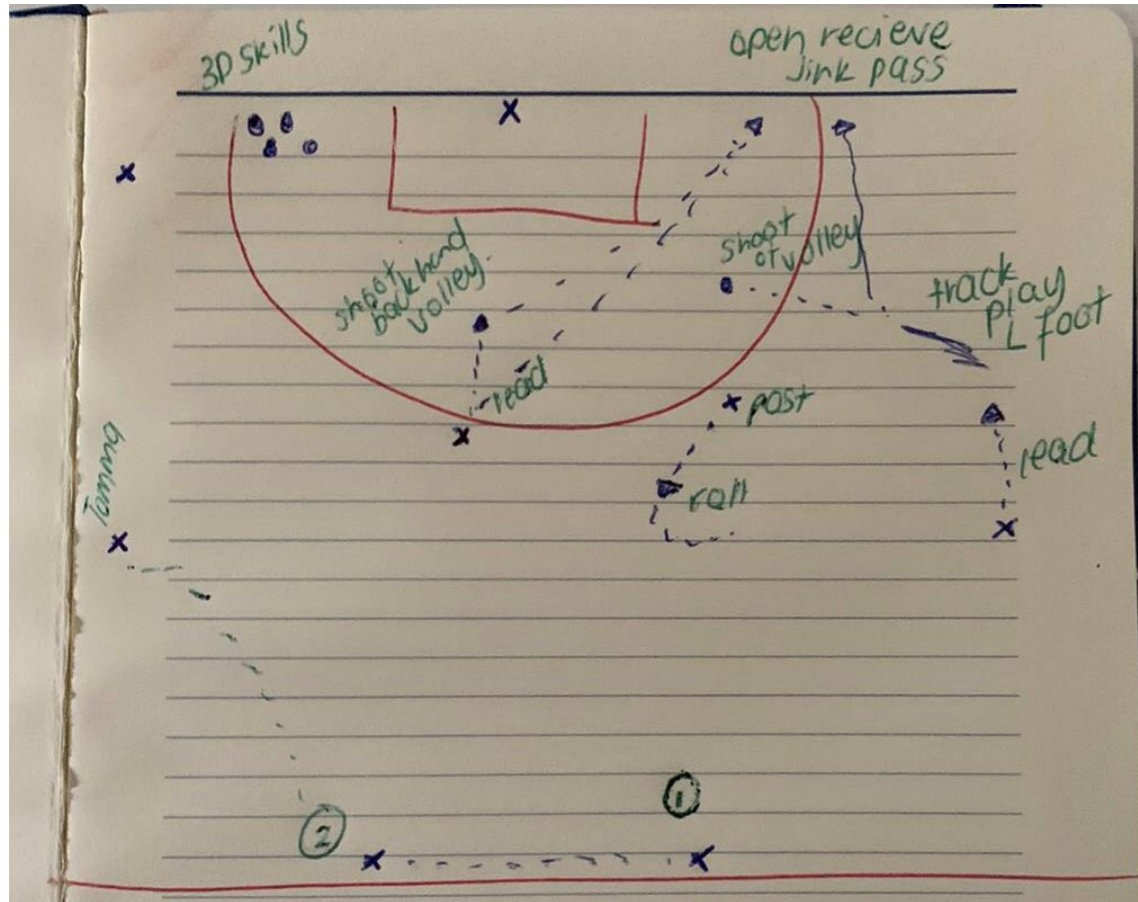
So my drill is very simple, it includes skills with a bit of conditioning.

All athletes are doing the same drill 2.5 metres apart, it's a challenge to see who can complete 5 rounds the fastest, while focusing on executing skills under fatigue and obviously at speed.

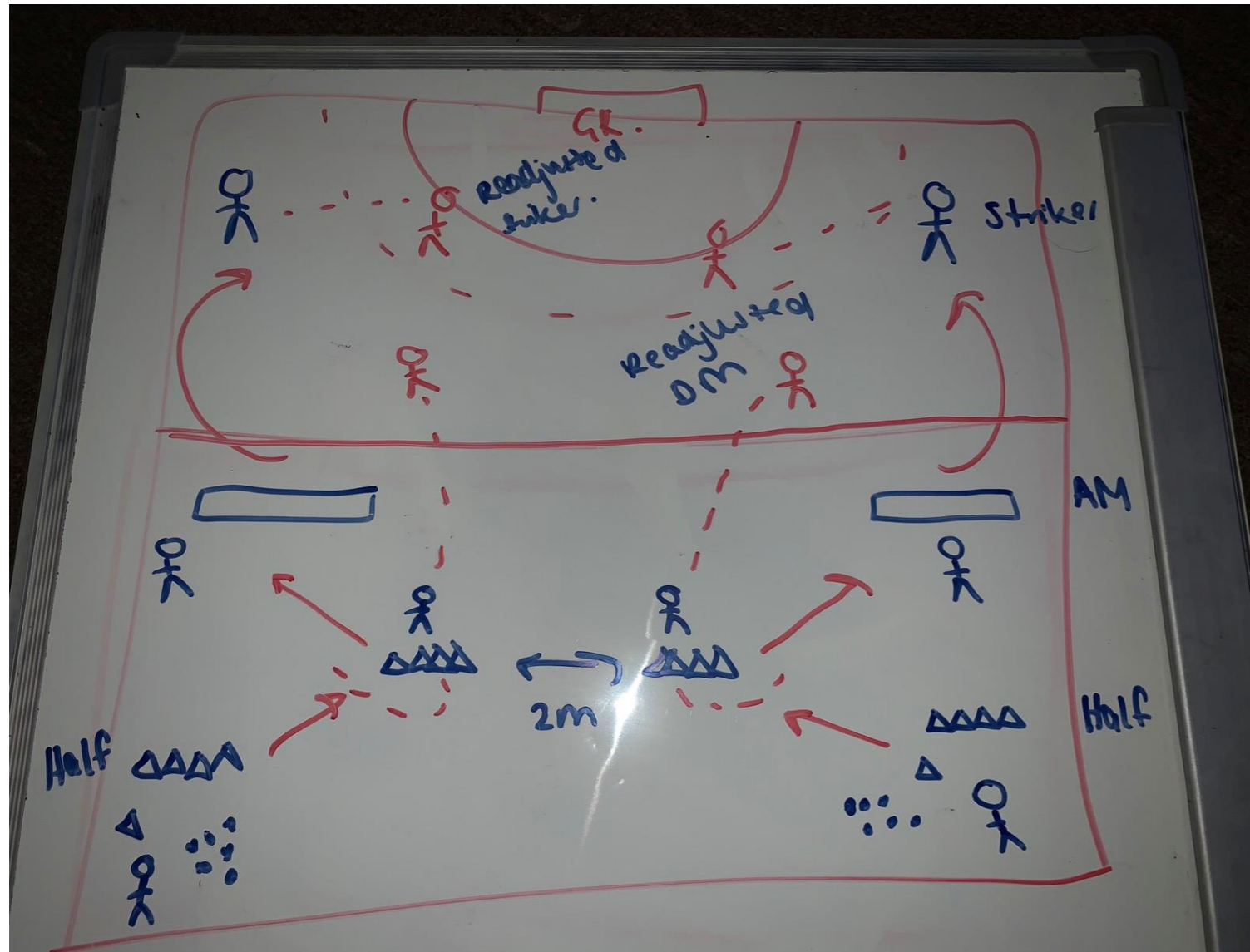
My drill starts with a drag into a jink, followed by a v drag, into a fore stick spin, then an angled double drag, after the double drag you cut back in and straighten up, then dump the ball on the 25 and sprint to halfway and back, after that you then pick up the ball and go back through the skills the opposite way until you're back at the baseline. Which counts as one round.



# Courtney Schonell



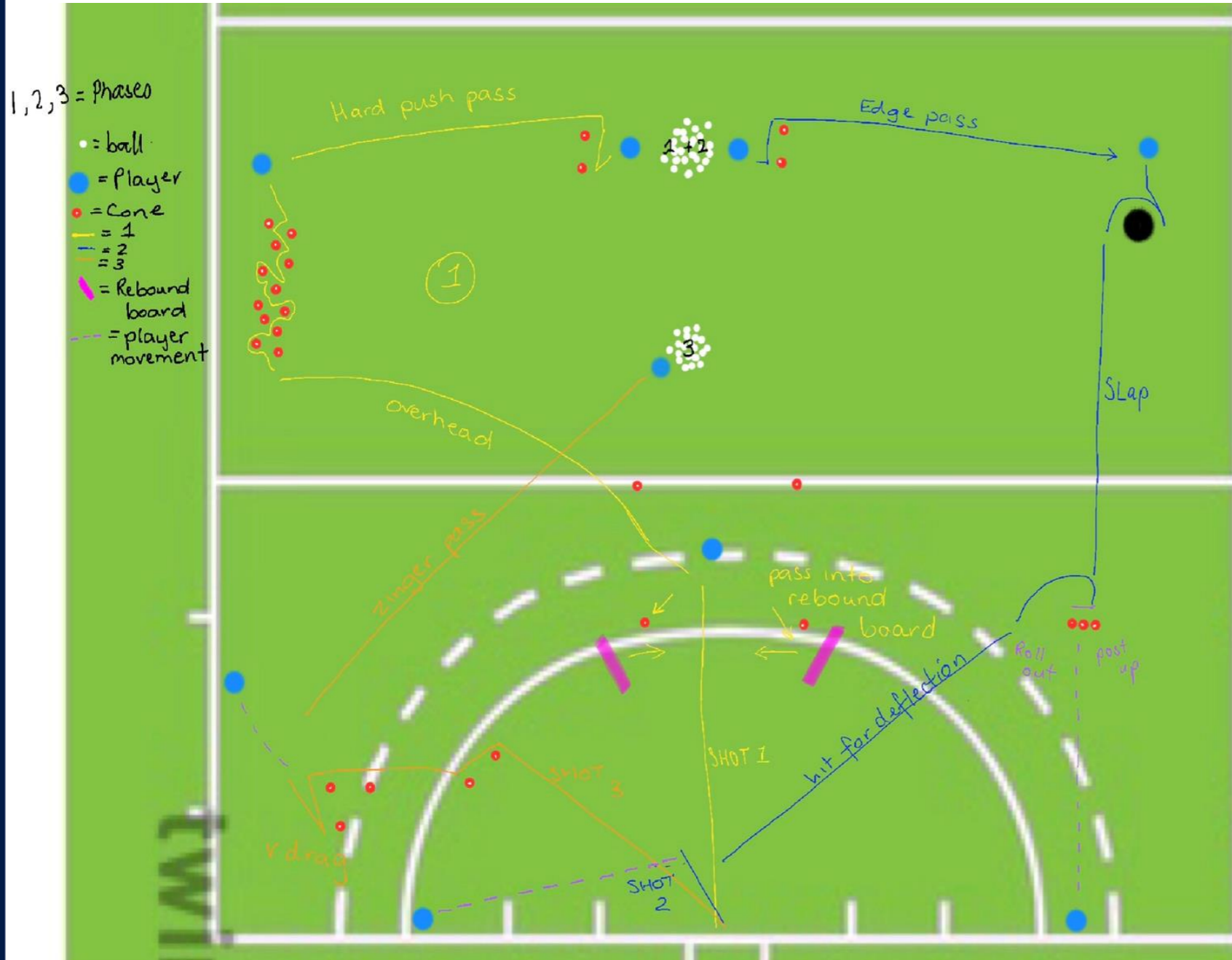
# Maddie Smith



So my drill was essentially a relay race down each side of the field.

It begins with a defender executing a left to right drag with a drag cut back on the 45. They deliver to a DM who gets in front of the cones at last minute and receives and rolls strong to deliver to an AM making a receive and jink in one motion. They then driver an O/H on the run to a posting striker. The DM promotes to receive an angled ball back from the posting striker and they one two to have the striker receive in a shooting position. The first side to have their striker receive in the circle gets first preference at a shot and if executed, they win the race. All players remain 1.5 m apart, with all players used, including a goal keeper. The pressure of the race, keeps the skills being executed at pace.

# Abigail Wilson



My drill consists of 3 phases

1- Left to right drag push pass, to a player in land mine, over head to player in box, who passes and receives back off rebound board for shot

2- Right to left drag for edge pass to next player, receive and swivel on tyre, then passes to player posting up from baseline. Roll out left to hit ball towards goal, for next player leading from opposite T spot to deflect for shot 2

3- Zinger pass to player leading towards t Spot, to then V drag right to left. Carry to next cones, drag right to left, then toma for 3rd shot