



# Coaching Drills

The coaching section contains PowerPoint slides, with practical coaching tips for each skill and a set of training drills on easy to read diagrams.

**Please note:** The PowerPoint slides and the training diagrams contained in this CD can be used and printed for distribution to club coaches but owing to copyright can not be reproduced other than for distribution to club coaches as stated above without the approval of Hockey Australia.

Follow the links below for PowerPoint slides containing coaching tips and accompanying training drills.

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**The Clubhouse Team Kit**



# Coaching Tips – Specific Skills

## PowerPoint Slides Introduction

The training drills and coaching points slides contained within this CD provides a sample of the current Hockey Australia Level 2 Coach course materials. The drills outlined provide an introduction to each of the skills covered in the 'Advanced Skills' module, but are still simple enough to be used when teaching a skill to players for the first time.

These drills are very specific to a particular skill, and are to be used when introducing new skills to players. Coaches should endeavour to provide further extensions to these activities, including incorporating skills into small-sided team games, to encourage learning and application of these skills in an environment similar to those experienced during competition.

Hockey Australia's National Coaching Accreditation Scheme (NCAS) aims to maximise the quality and quantity of hockey coaches required at all levels of hockey in Australia. If you would like access to more resources or information about the NCAS courses provided by Hockey Australia, then please contact your State Association.

To return to the coaching menu or the contents menu at any time from the PowerPoint presentation please click on the contents links on each slide.

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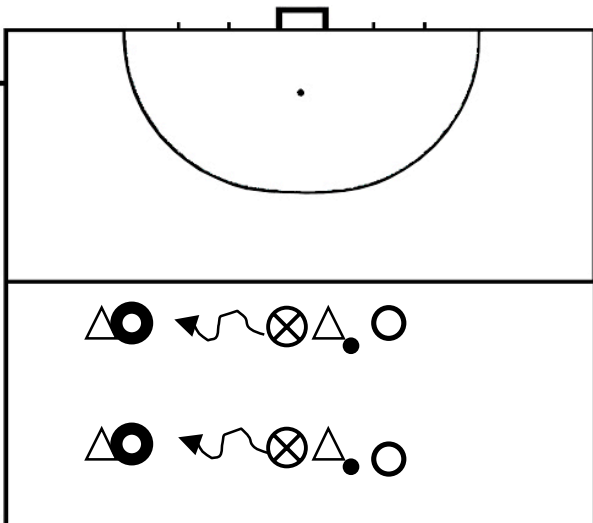
**The Clubhouse Team Kit**



# Training Drills with Diagrams

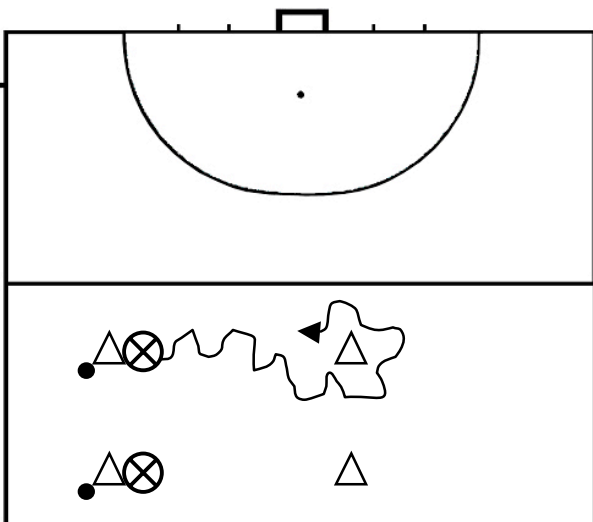
## Advanced Hockey Skills - Dribbling and Elimination

### Dribbling



1. X dribbles towards O  
 O takes the ball over from X and dribbles towards O  
 etc.

Emphasis  
 Keep ball contact throughout  
 Maintain fast pace  
 Look up regularly to see the player on the other side.



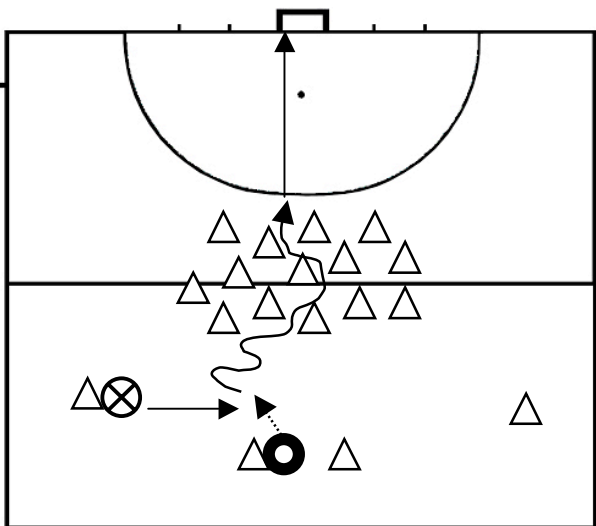
2. Change of direction  
 X dribbles on the forehand around the cone across the pitch  
 Next player takes over the ball and dribbles on the forehand around the cone across the pitch etc.

Emphasis  
 Keep ball contact even when rounding the cone  
 Fast running pace  
 Look up regularly on the way back to see the player at the starting cone (vision).



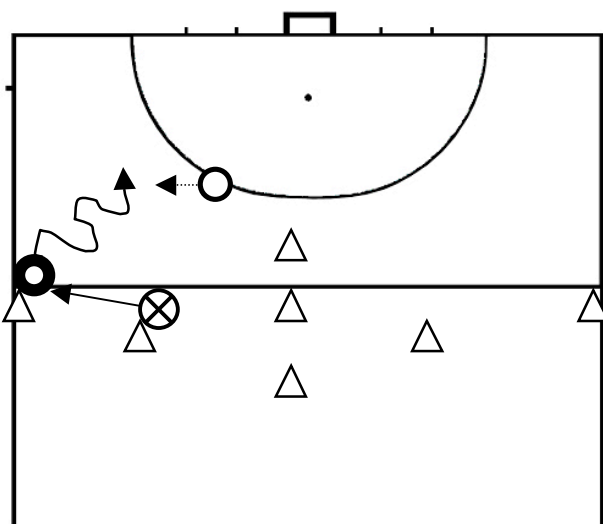


## Indian Dribble



1. X plays to O  
O receives and dribbles with the Indian Dribble through the cones  
Make sure not to touch the cones  
shoot at goal

Emphasis:  
Maintain forward action speed  
Ensure correct left hand grip (basic grip)  
All fingers of the left hand are around the stick  
Make the turn with the left wrist  
The left hand turns the stick over the ball  
The right hand steers the stick from left to right  
Make the cross step when shooting off the left leg.



2. X plays to O  
O dribbles with the Indian Dribble towards the circle  
O puts pressure on O

Turnover:  
If change of possession occurs, O dribbles towards the cones set as goals with O tackling back

O has to maintain forward speed  
Ensure correct left hand grip (basic grip)  
All fingers of the left hand are around the stick  
Make the turn with the left wrist  
The left hand turns the stick over the ball  
The right hand steers the stick from left to right

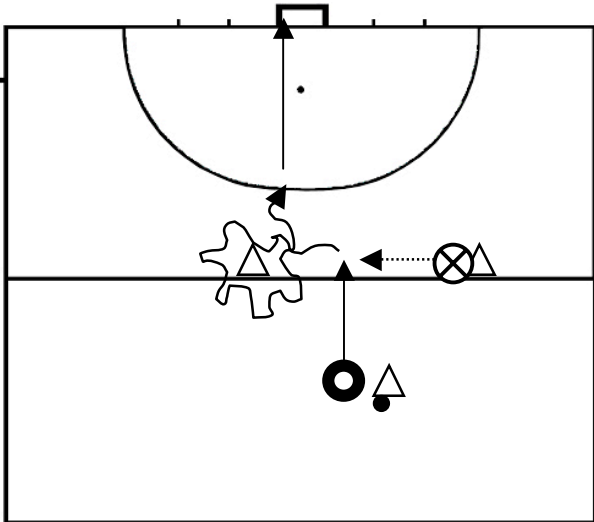




## The Clubhouse Team Kit



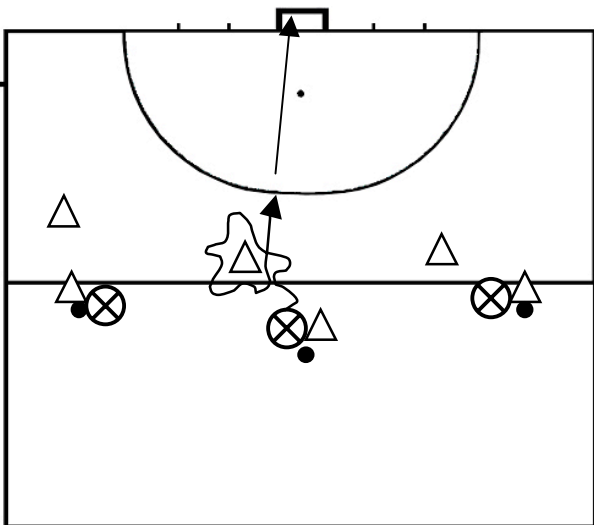
## Reverse- Forehand



1. X leads to receive wide  
O passes to X who makes a forehand reverse around the cone  
Finish at goal

Emphasis:  
Use the forehand in the dribble towards the cone  
Keep moving around the cone  
Keep ball contact during the reverse action

Variation:  
Use the Indian Dribble on the way to the cone or/and the circle



2. X dribbles towards the cone and makes a forehand reverse  
Shoot at goal  
Rotate between left, centre and right

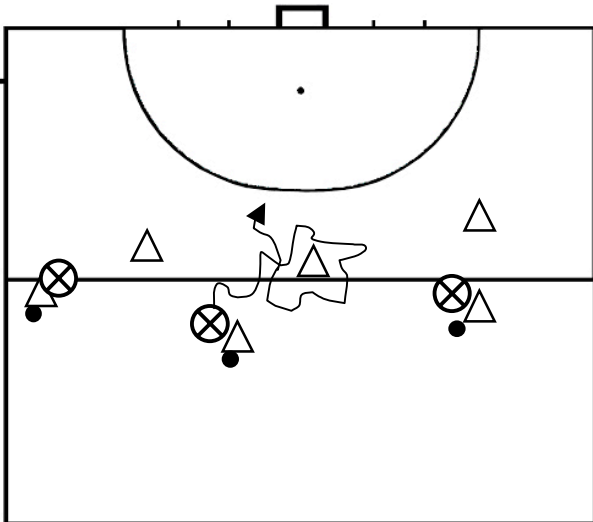
Emphasis:  
Dribble towards the cone using the forehand  
Keep ball contact during the reverse action



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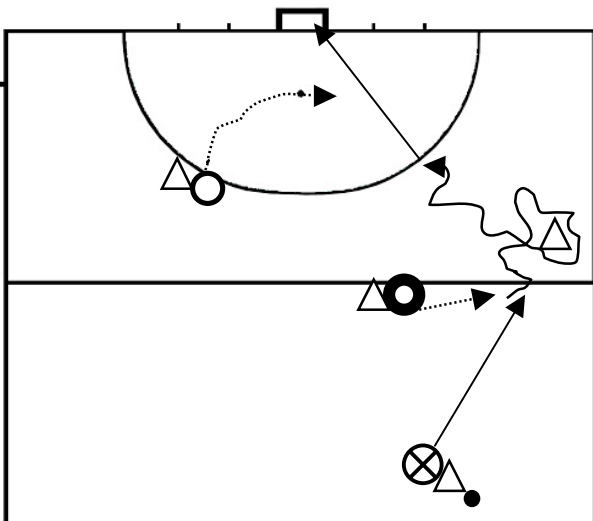
## Reverse- Backhand



1. X dribbles towards the cone and makes a backhand reverse  
Shoot at goal  
Rotate through three positions right, centre and left

Emphasis  
Keep ball contact during the reverse

Variation:  
Use the Indian Dribble after the reverse



2. O leads to receive towards the side line  
X passes to O who receives outside the circle O makes a backhand reverse dribble around the cone  
Followed by O dribbling towards the circle and finishing with a shot at goal

Variation:  
After the backhand reverse O passes to O for a tip-in

Emphasis:  
Keep ball contact during the reverse

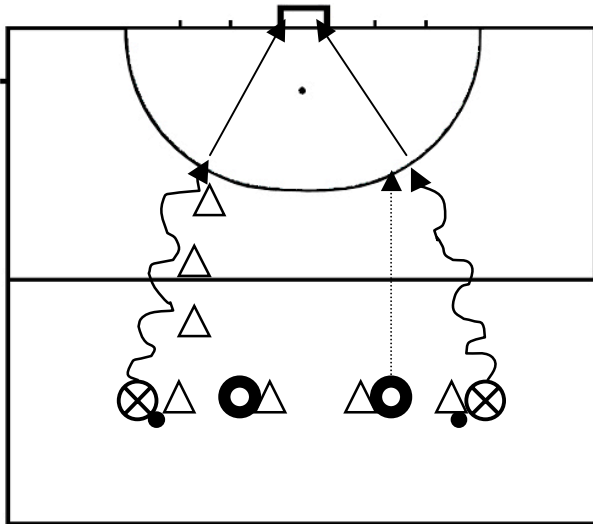




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## One Handed



1. **X** dribbles using the one handed backhand (left hand)

Finish at goal

**X** dribbles using the one handed forehand (left hand)

Finish at goal

Variation:

**X** dribbles on the forehand one handed with the right hand

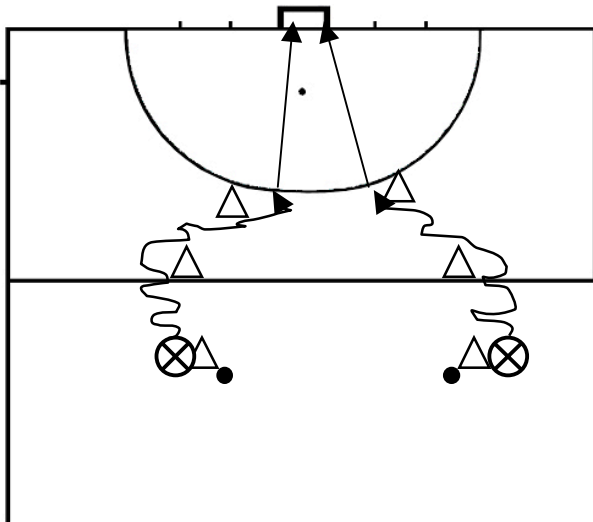
Add defender **O** instead of the row of cones to put pressure on **X**

**X** can protect the ball (screening)

Emphasis:

Keep ball contact at all times

Fast running pace



2. Changing direction

**X** dribbles using the one handed backhand (left hand)

After the first cone **X** changes direction towards the right

**X** controls on the forehand and finishes at goal

Next player starts when **X** crosses the 25-yard line

When changing direction transfer the ball with the one handed backhand from left in front of the body to the forehand right in front of the body  
Control on the forehand can be one handed or two handed

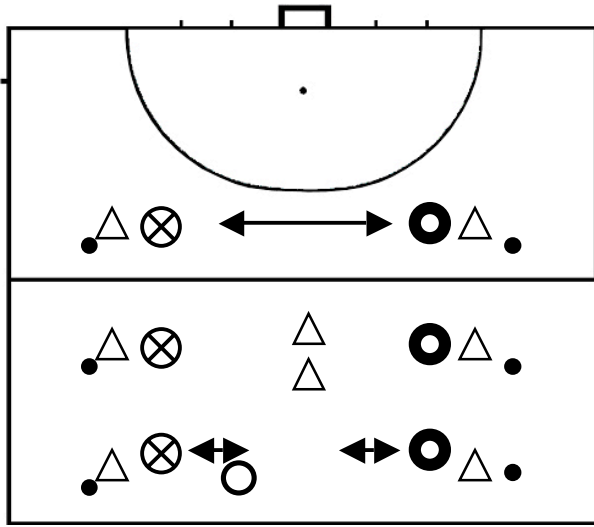


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## Advanced Hockey Skills – Passing

### Short Grip Hit



1. **X** plays the ball stationary with the short grip hit to **O** who then plays the ball stationary with the short grip hit back to **X**

Stand square to the passing line

Play the ball to each other's forehand

Weighted pass (direction - speed - height)

Variation:

Two touches (two-touch = receiving - playing)

Hit the ball through a gate in the middle

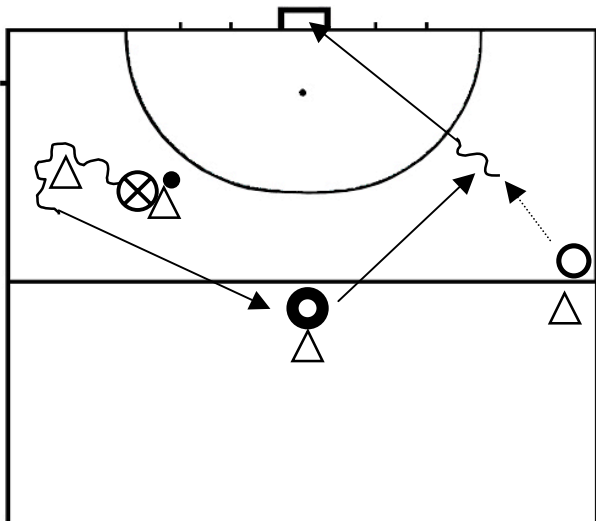
**X** hits to **O** - **O** hits back to **X** and turns around towards **O**

**O** hits to **O** - **O** hits back to **O** and turns around towards **X**

Emphasis:

Footwork

The left hand high on the stick when receiving, link up with the right hand for hitting



2. **X** dribbles around the cone and plays with the short grip hit to **O**

**O** receives guided and plays with the short grip hit to **O**

**O** receives and has a shot a goal

Variation:

Two touches (two-touch = receiving - playing)

Maintain quick passing pace

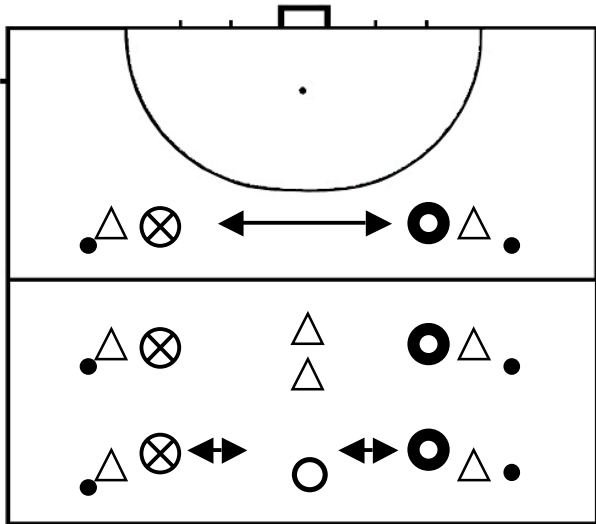
Hit as hard as possible



## The Clubhouse Team Kit



## Slap Shot



1. X plays the slapshot to O  
O plays the slapshot back to X

Play the ball to each other's forehand  
Weighted pass (direction - speed - height)  
Step in with the pass with the left foot

Variation:

Two-touch (= receiving forehand - playing slapshot)

Hit the ball through a gate in the middle

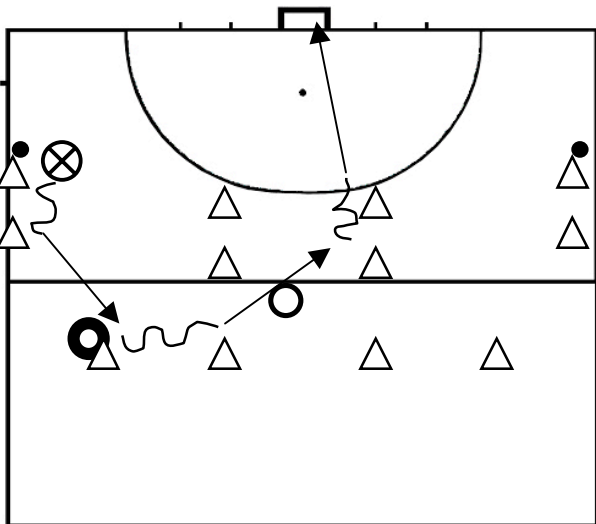
X plays the slapshot to O

O plays the slapshot to O

O plays the slapshot to O etc.

Emphasis:

Footwork



2. Slapshot on the run

X starts towards the closest cone and plays the slapshot towards O

O receives on the run and plays the slapshot to O

O receives on the run and has a shot at goal

Do the same on the right side of the field

Emphasis:

Play on the run

Receiving on the run

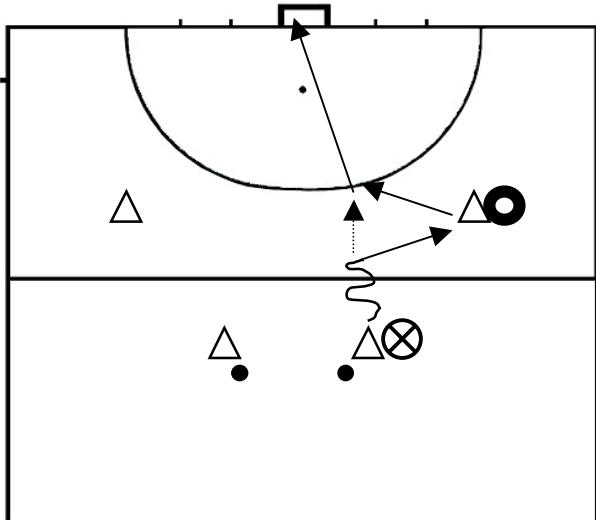
O and O receive guiding with the forehand



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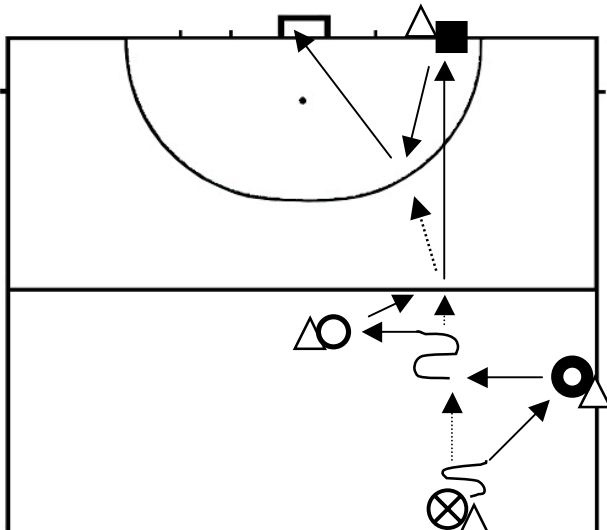


## Deflection



1. Single deflection  
X dribbles towards the circle and passes on the run to O  
O deflects the ball back to X  
Finish at goal and rotate

Emphasis:  
Play to each other's forehand  
A must maintain initial pace



2. Deflection run  
X starts towards the circle and passes to O  
O deflects the ball back to the forehand of X  
X then passes to O  
O deflects back to the forehand of X  
X passes deep to ■  
■ deflects the ball back to X in a way that X is able to have an immediate shot at goal (one-touch)

Emphasis:  
Passing on the run  
Pass in such a way that the receiver can deflect using the forehand



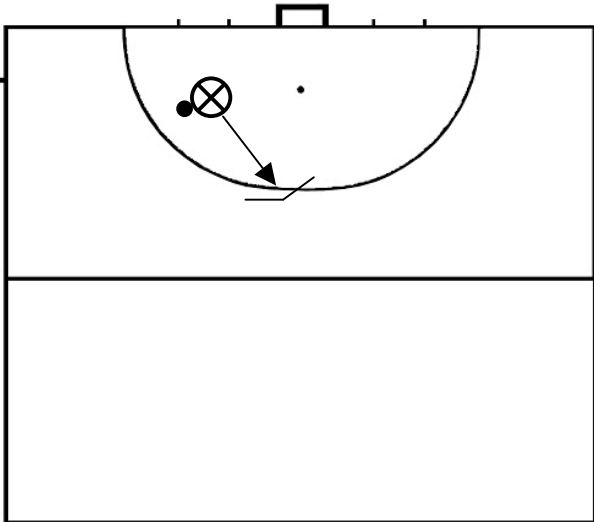


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## Advanced Hockey Skills- Penalty Corners

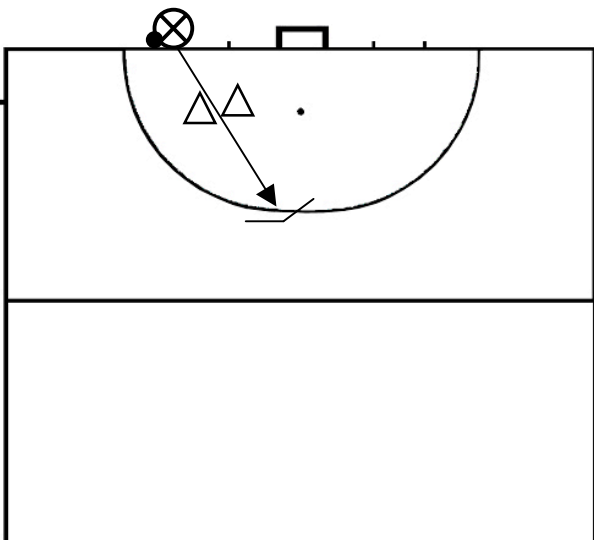
### Push In



1. Start the push-in over a short distance

Avoid making any movement prior to the push-in as it will trigger the defense.

Variation:  
Increase the distance



2. Place two cones at a short distance through which the ball has to travel

The player will learn to look for a target at a short distance  
Prevent any movement prior to the push-in

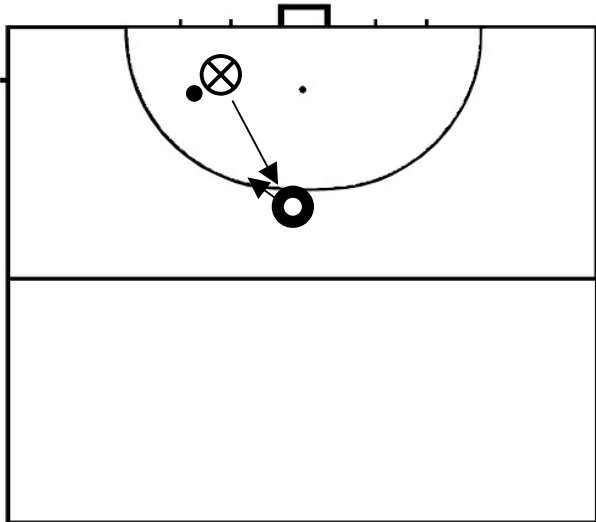
Variation:  
Keep increasing the distance of the cones  
Keep the score of successful push-ins



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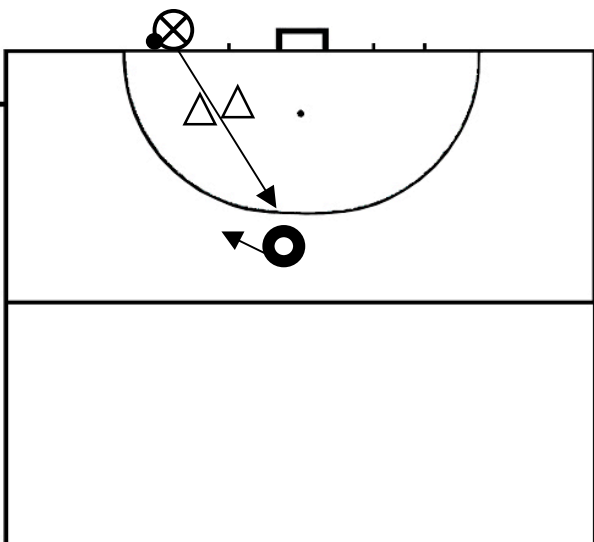
## Stop/Trap



1. Start stopping a short pass

Emphasis:  
Bring the stick in position quickly after having determined the passing line

Variation:  
Increase the distance  
After the stop play the pass to the left  
After the stop tap the ball straight into the circle.



2. Stop the ball over the normal distance

Emphasis:  
Bring the stick in position quickly after having determined the passing line

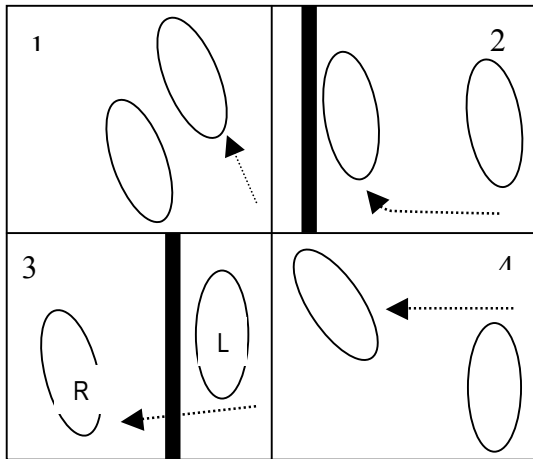
Variation:  
Keep score of successful stops  
After the stop play the pass to the left  
After the stop tap the ball straight into the circle



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# Hit



1. The four steps routine - the cross step  
 Some players prefer a five steps routine  
 In that case start with a step with the left foot and then follow the four steps routine as described.

### Step 1:

- Step with the right foot towards the ball
- Any variations in the push-in can be compensated within the first step

### Step 2:

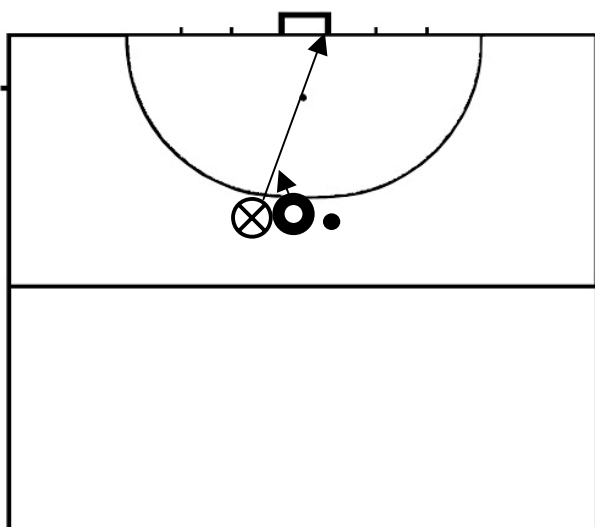
- Put the left foot down parallel to and against the top of the circle
- This is where the first part of the upper body rotation starts

### Step 3:

- The cross step: cross the right foot behind the left foot
- This step is executed in the air to keep speed
- The stick is brought back for the backswing during the cross step and the left shoulder is turned towards the ball

### Step 4:

- Step with the left foot towards the goal
- Lower the centre of gravity during this step
- The weight is transferred onto the left leg



## 2. Shooting

**O** taps the ball with the backhand straight into the circle

**X** has a shot with one step

### Emphasis:

- Feet position is square to the line of the shot
- Make a flat backswing
- Left knee bent at 90° at sticks impact with ball
- Point the left foot towards the goal to ensure a good upper body rotation
- Don't shoot over the ground; play a slightly raised shot

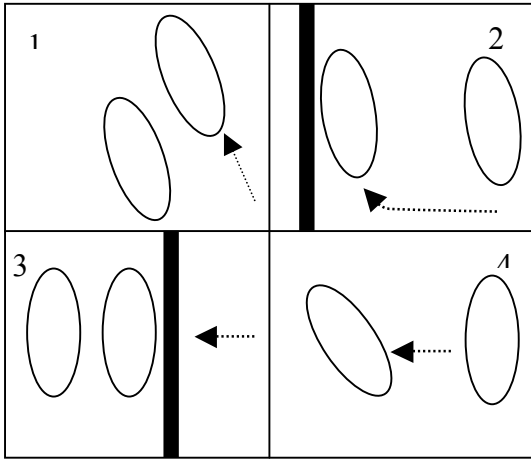




## The Clubhouse Team Kit



## Drag Flick



1. The four steps routine - link up step  
Some players prefer a five step routine  
In that case start with a step with the left foot and  
then follow the four step routine as described  
below.

### Step 1:

- Step with the right foot towards the ball
- Any variations in the push-in can be compensated with the first step

### Step 2:

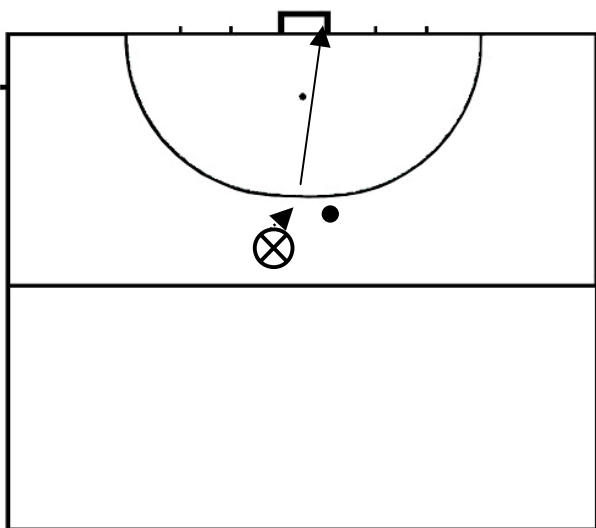
- Put the left foot down parallel to and against the top of the circle
- This is where the first part of the upper body rotation starts

### Step 3:

- The link up step: push off with the left foot towards the goal
- While the feet are off the ground the right foot moves parallel to the left foot and lands in the circle
- This step is executed in the air to maintain speed

### Step 4:

- Step with the left foot towards the goal after the right foot has landed in the circle
- Sit low during this step and lower the centre of gravity
- The weight is transferred onto the left leg



## 2. Use the four steps routine

Place 2 cones at 50 centimeters from the posts

The drag flick has to be between the post and the cone

Keep score for every ten attempts

Variation:

Drag flick the ball high



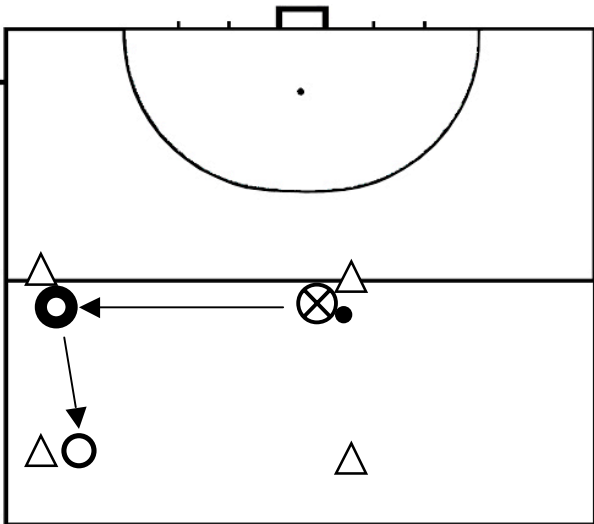


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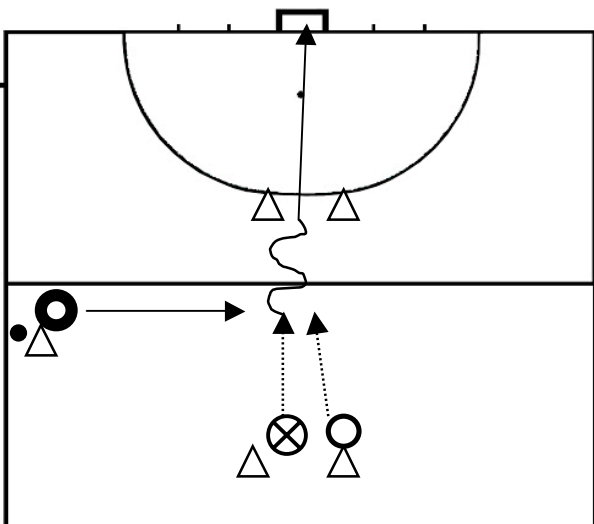
## Advance Hockey Skills- Receiving and controlling the ball

### Receiving from the Right/Left



1.  
X passes to O  
O receives the ball facing O  
O passes to O etc.

Variation:  
Vary the distance between the cones  
In motion



2.  
X starts off in the direction of the small goal  
O passes to X  
X receives and dribbles through the small goal

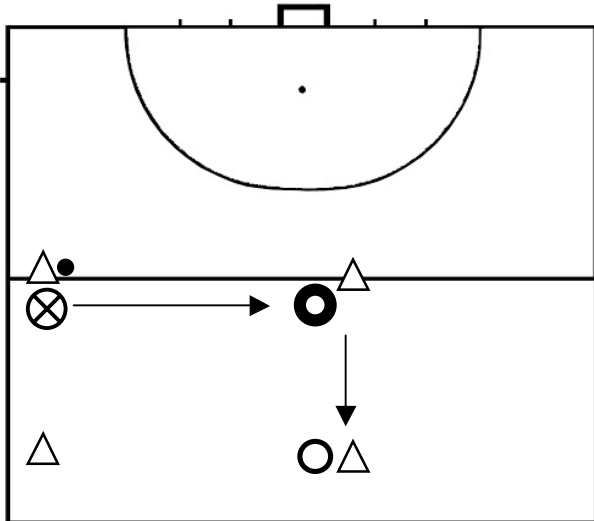
Variation:  
Add defender O to put pressure on receiving  
Rotate players: X - O - O



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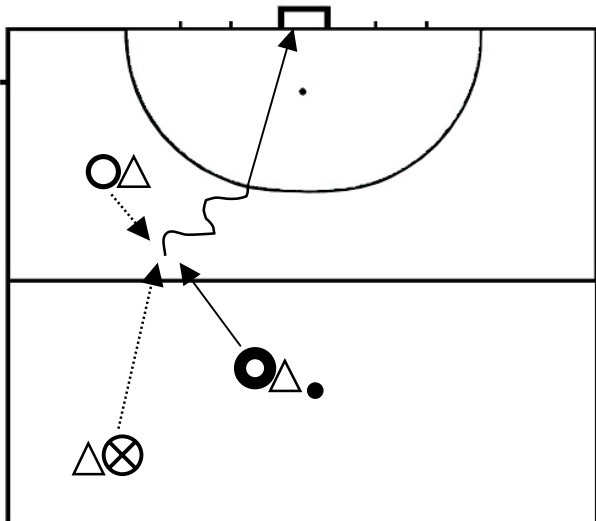
## Pass from the Right/Left



1. **X** passes to **O**  
**X** faces the direction of **O** and receives right of the feet etc.

Variation:  
Vary the passing distance

Pass to the forehand  
Turn upper body to the right



2. **X** starts off direction goal  
**O** passes to **X**  
**X** receives right of the feet and dribbles direction circle  
Finish at goal

Variation:  
Add defender **O** to put pressure on receiving and rotate players

Receive on the forehand  
Upper body turned to the right  
The ball is protected from the opponent with the body (screening)

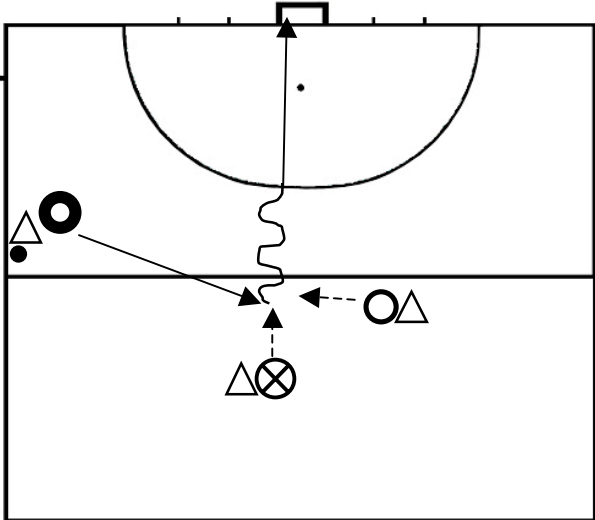


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## Advanced Hockey Skills- Tackling and Dispossession

### Interception from the Left/Right



1. O passes to O
- X defends in the triangle position and intercepts the pass
- O puts pressure on the interception by X
- X dribbles in direction goal and scores

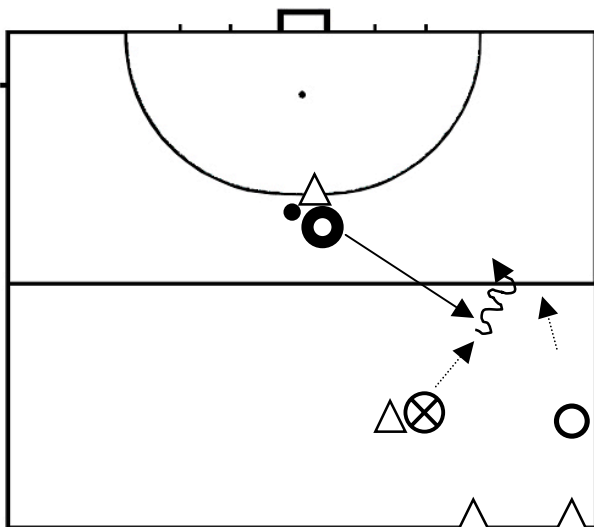
Variation:

- Reduce the distance to the circle
- Play a slightly bouncing ball

Intercept the pass in such a way that it makes forward movement at speed possible

Positioning of feet:

Be in a position that allows both the direct opponent and the ball possessor to be in view (triangle)



2. O passes to O
- X defends in the triangle position and intercepts the pass
- X dribbles direction circle and scores

Variation:

- O makes a tackle back on X
- O is first defender and O provides cover
- O dribbles through the goal at the centreline if O gains possession
- Play a slightly bouncing ball

Intercept the pass in such a way that it makes continuing forward movement at speed possible

Position of feet:

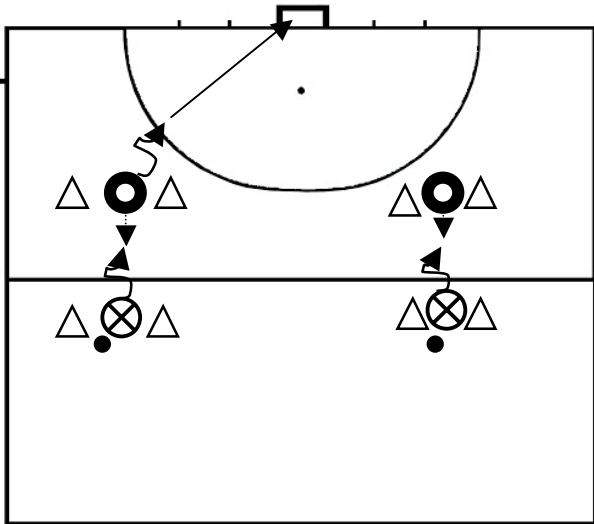
In a position that both the direct opponent and the ball possessor can be seen (triangle)



## The Clubhouse Team Kit



## Double Handed Block Tackle



1. **X** dribbles towards the circle  
**O** defends the goal with the double handed block tackle

Alternate from left - centre - right

If **X** wins the 1vs1, continue dribbling and score

If **O** wins, change positions

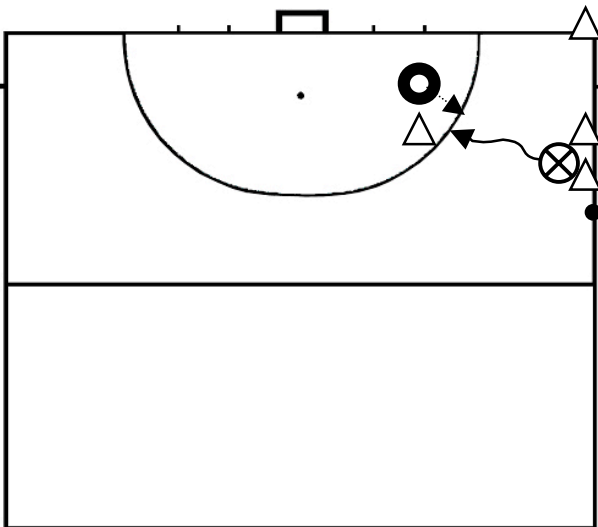
Turnover:

If **O** gets possession, dribble through the goal of **X**

Immediate tackle back by **X**

Don't commit too early to the double handed block tackle

Defend towards the ball



2. **X** dribbles towards the circle

**O** defends with the double handed block tackle

**X** is awarded a short corner = 1 point / **X** scores = 2 points

Variation:

**X** starts from a different position

**O** starts from a different position

Turnover:

**O** gains possession and dribbles direction goal on the sideline

**O** scores by dribbling through the goal = 1 point

**X** makes a tackle back and tries to make a tackle before **O** reaches the sideline

Don't commit too early to the double handed block tackle. Defend towards the ball.

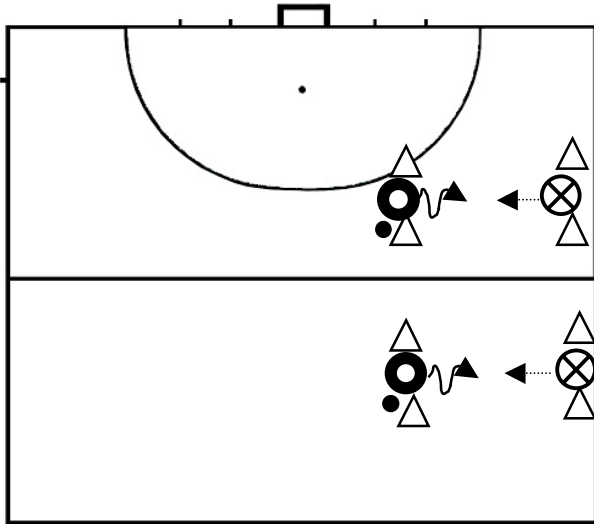




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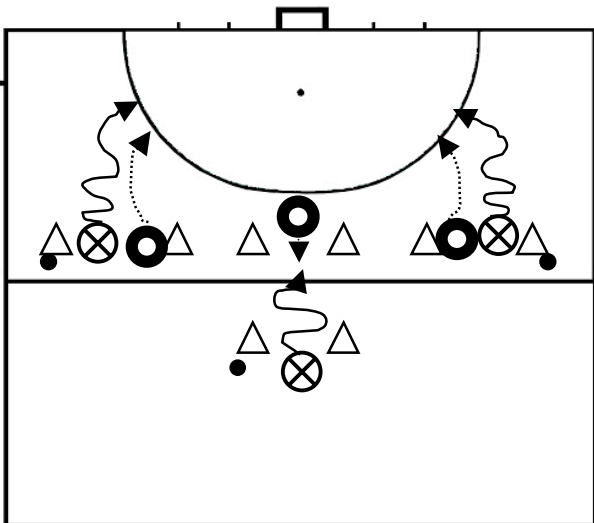
### One Handed Block Tackle



1. **O** tries to reach the sideline by dribbling through the goal of **X**  
**X** defends the goal with the one handed block tackle

Turnover:  
 If **X** gets possession, dribble through the goal of **O**  
 Immediate tackle back by **X**

\*Don't commit too early to the one handed block tackle



2. **X** dribbles towards the goal  
**O** follows **X** and jabs to put on pressure  
 When **X** tries to eliminate **O**, **O** defends with the one handed block tackle left in front of the feet

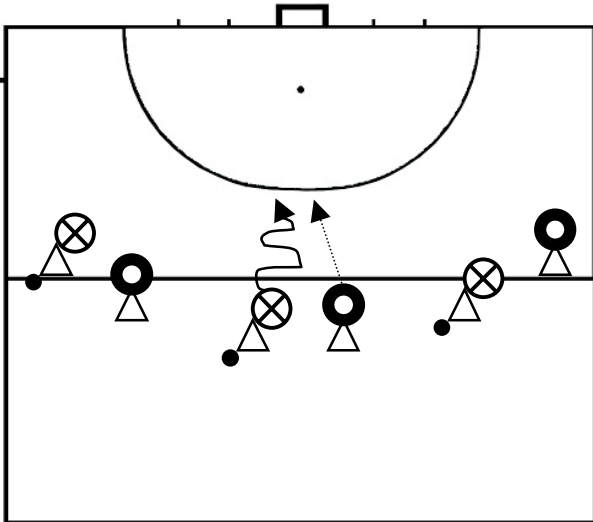
Turnover:  
**O** dribbles towards the small goal, **V** tackles back



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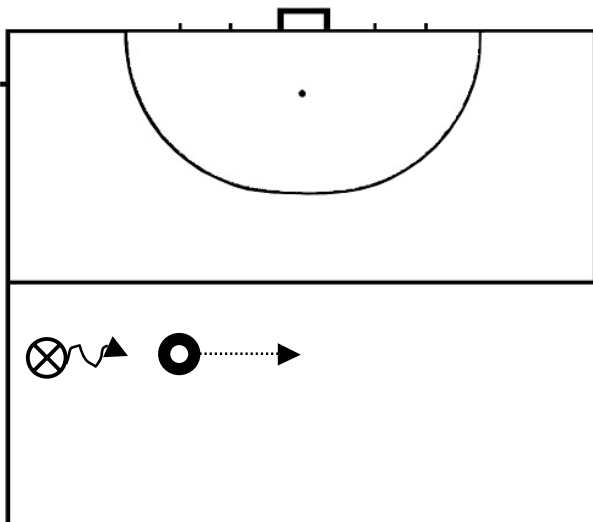
## Jab from the Left/Right



1. **X** dribbles towards the circle  
**O** follows on the right beside **X** and tries to jab the ball away  
Alternate from the right - centre - left

Variation:  
Vary the jabbing moment  
**X** tries to get around the back of **O**

Keep following **X**'s movements and stay focused on the ball  
Stay at jab distance (= stick length + one step)  
Keep the ball carrier on the forehand side.



2. In pairs  
**X** dribbles to the other side of the pitch  
**O** moves backwards facing **X** with the left shoulder in front of the right shoulder  
**O** - moving backwards - tries to jab the ball away from **X**

Variation:  
**X** moves to the left and the right during the dribble  
**O** has to adjust her/his position constantly with good footwork  
Make the body turn off the rear foot

When **X** moves to the right, the right shoulder of **O** is in front of the left shoulder  
When **X** moves to the left, it is the other way round.



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## **The Clubhouse Team Kit**