

Drill Bank – Scoring Skills 2

Purpose: Scoring top of circle, deflections & entering top 1/3 – New rules

Structure of practice – See diagram below – it is NOT to scale

Work with Keeper coach to run these drills with keeper coach doing specific keepers skills related to scoring in this area.

Coaching Points for the skills:

- ✓ Double V grip and long grip & have players hit off left and right foot.
- ✓ Coach to hit balls when training deflections at first to ensure balls are safely hit. Coach to manage this exercise carefully to prevent raised/dangerous balls hit for deflections.
- ✓ Train forehand deflections first, players must commit to get over the ball in strong positions. Players most likely to get raised ball off their stick when going in hesitantly with loose stick at wrong angles.
- ✓ Set up 5 v 4 game to train:
 - entering the circle at speed,
 - playing the new rules where opportunity to target defenders, set up 2 v 1,
 - play baseline and balls at right angles off baseline for inners to play off/take shot/set up deflections

HOT TIP: He who hesitates is lost with goal scoring. Once you have committed to a shot, keep your eye on the ball not the keeper or goal.

Drills:

1. Coach spends some time on receiving ball at top of circle and long grip – quick shot within 200mm inside circle from all angles.
2. Coach to set up simple exercise to train deflections at first on player forehand. Coach hits balls to just outside far post and have players run through for tip in. Players stay low, run through the ball, and get just inside the post. Once this side is mastered set up similar exercise for reverse side. For reverse deflections:
 - a. Use reverse grip or one handed grip
 - b. Watch the ball onto stick
 - c. Stick kept steady and strong at moment of playing
 - d. Pay the ball on the tip of stick and stick points forward at 60degrees to surface
 - e. Ball in front of body
3. 7 V 5 Game

Set up this game and play free hits to train new rule – especially self pass to take advantage of targeting deep defenders and 2 v 1. Play down each baseline & right angle ball off baseline, hit balls into areas for deflections. Ensure players learn the difference between smart hockey and good decisions and over dribbling from free hits. Hockey is still a passing game!

