

Drill Bank – Scoring Skills

Start by describing to the players the purpose of the session – spend enough time so they all understand but don't talk too long – kids love to get started and being involved.

- ✓ Let them have a 5min hit up with stick and ball.

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

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

Coaching Points for the skills:

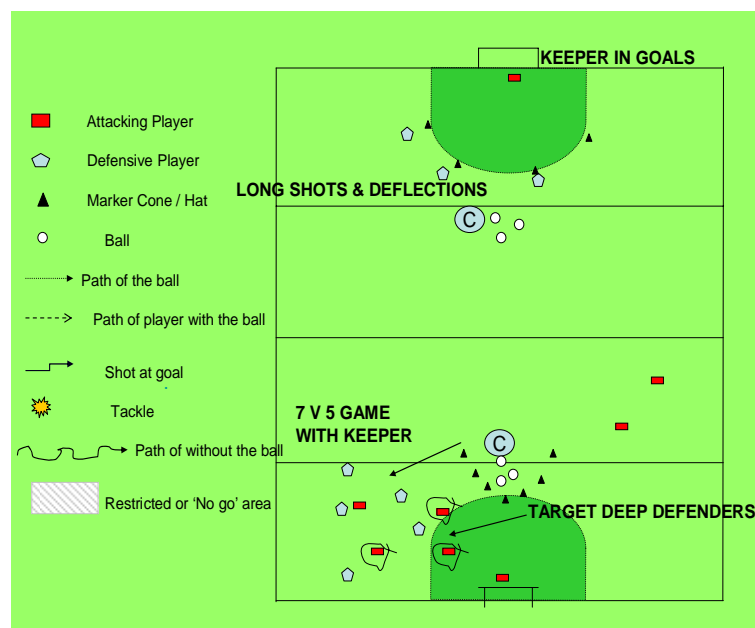
- ✓ Double V grip and long grip & have players hit off left and right foot.
- ✓ Coach to hit balls when training deflections at first to ensure balls are safely hit. Coach to manage this exercise carefully to prevent raised/dangerous balls hit for deflections.
- ✓ Train forehand deflections first, players 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!



After covering long shots now move to short range shots at goal:

Purpose: Scoring Inside the seven yard area: Short-grip hit, rebounds, squeeze, flick, scoop

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

Coaching Points for the skills:

- ✓ Double V grip for short grip & have players hit off left and right foot.
- ✓ Use short grip for squeeze shot and ball hit off back foot (right)
- ✓ Scoop shot – use pan handle grip and ball out in front, stick low to ground early.
- ✓ Be energized to play rebounds, stick held back so player only has to move forward to ball, rather than back to go forward – this saves time in playing the shot.
- ✓ Strong body position in all close in shots – low body position.

HOT TIP: The ball is ALWAYS in the correct position in the 7 yard area – the player must have the shot to hit it at that time!

Drills:

4. Coach to have players practice each skill at goal with no pressure – for all but rebounds, players receive a pass from team mate and then play the shot. Have players taking shot from ALL angles.
5. For rebound training, coach stands at back of goal and throws balls over and around side of goal and players react within 7 yard area to play shot – keeper to save.
6. Two mini games to play:
 - a. 6 v 6 continuous game, where balls lay outside the 5 meter dotted line. Team A attacks the goal by getting a ball and plays. At least ONE player must stay out of circle and ball can be passed back. No more than five defenders can enter circle. Regardless of total team numbers, one defender and attacker must stay out of circle. If team scores goal they run and get another ball and continue attack. When defending team wins the ball they must play ball out of circle and become attacking team. Play new rules where ball cant be played directly into circle.
 - b. Team challenge – 1 v 1 from baseline. Each team starts behind baseline. Cones set up in circle. Coach from behind goals throws ball over goal to 7 spot. Player from each team runs around their cone and contests the ball. First to ball is attacker, other is defender. Coach shots taught in this exercise.
 - i. Coach keeps score
 - ii. Swap sides of goal after say first team to five goals
 - iii. Run is as a test series: let teams pick a name (Kookaburras, Spain, Arrows etc)

