



**LEINSTER LADIES HOCKEY UNION**

## **NOTES FOR COACHING**

### **YOUNG PLAYERS**



## **A COACH'S GUIDE**

### **General points**

Be yourself.  
Be enthusiastic and encouraging.  
Be organized and be aware of safety at all times.  
Be patient!

### **Skills teaching**

Be clear in instructions – **keep it simple**.  
Use **IDEA** - identify, demonstrate, explain, action.  
Observe, correct. Recall players when necessary.  
Get the players into action as soon as possible.  
Put the skills into game-like practices and small conditioned games.  
Achieve some objective in every session.

### **Evaluation of session**

Are the players involved and interested all the time?  
Are the instructions simple and clear?  
Are the demonstrations good?  
Do all the players gain from the practices and games?  
**IS IT FUN!!!**

## **SESSION PLANS**

The following plans are a **GUIDELINE** for your coaching sessions.

All the basic skills are included.

The plans are 3 weekly to allow inclusion and repetition of all the skills and practices. ( It is useful also for players who may miss a session).

Practices and small games are utilized to develop the basic skills.

**FEEL FREE TO USE THE NOTES AS THEY SUIT YOU .**

**REMEMBER** - you have lots of your own tried and trusted practices and games. **USE THEM.**

**ENJOY YOUR COACHING**

**UNDER 8'S & 10'S**  
**WEEKS 1 2 & 3 INTRODUCTION TO HOCKEY GRIP / DRIBBLING**  
**Equipment -1 ball per player, cones.**

**WARM UP Big body movements/nimble feet**

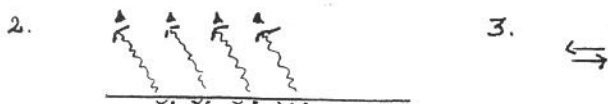
Follow the leader in small area e.g. circle. Run, skip with big body movements e.g. swing arms, touch ground, jump in air, turn around etc.

Use SAQ movements. **MAKE IT FUN!**

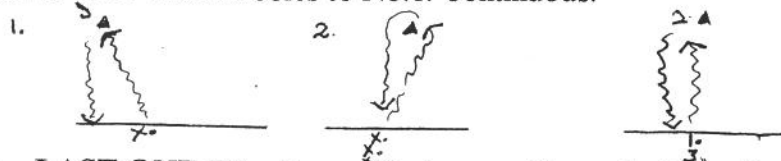
**EXERCISE 1 GRIP – TEACHING POINTS** - left hand at top of stick, 'see watch face' on wrist, right hand below below grip of stick. Stress flat side of stick ONLY.

**EXERCISE 2 DRIBBLE –TEACHING POINTS** – grip as above, bend knees, reach out arms and push ball forward keeping ball on end of stick, 'like glue' , in front of right foot.

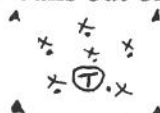
1. Run 10 yards , showing dribbling position without ball .2.With own ball, dribble on diagonal,10 yards with ball. 3.'Tick-tock' – tap ball from right to left.



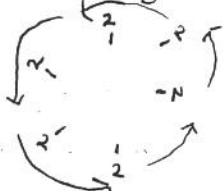
**EXERCISE 3** 1) Dribble on diagonal to cone. Leave stick on ground. Run back to starting line. Run to cone , pick up stick , dribble ball back to line .2) Dribble ball around cone and back to starting line 3) In 3's. No1 dribbles 10 yards to No. 2 who dribbles back to No.3 who dribbles to No.1. Continuous.



**EXERCISE 4 – LAST ONE IN** In a marked area with one tackler, all players dribble their own ball. Tackler pushes balls out of circle. Last player with ball is the winner.



**EXERCISE 5 - JOCKEY AND HORSES.** In 2's make a circle. No. 1 stands or kneels down. No. 2 stands astride or stands behind partner with hands on shoulders. On signal No. 2's jog around outside of circle. On signal No.2's sprint to take position behind their No.1's.



**EXERCISE 6 - FIND A GOAL.** All players with their own ball. On signal dribble through the cones. Count goals.



**FINISH** Recap on coaching points of grip and dribbling

## UNDER 8'S & 10'S

**WEEKS 4 5 & 6**

### **PUSH AND RECEIVE**

**Equipment – 1 ball per player, cones**

#### **WARM UP Big body movements/ nimble feet**

Run in marked area e.g. circle or coned area. Change action – hop, long strides, sideways running, backwards running, little steps etc. On signal perform actions e.g. 1 whistle - touch ground, 2 whistle - kneel down, 3 whistles - put hands on head etc.

**Use SAQ movements. MAKE IT FUN!**

#### **EXERCISE 1 DRIBBLE** Recap on grip.

With own ball dribble on diagonal to markers. See diagrams.

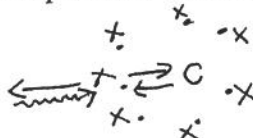


**PUSH AND RECEIVE - COACHING POINTS FOR PUSH** – stand side on in low 'sit down' position with bent knees, feet apart, ball in front of back foot. Put the stick against the ball and push **FORWARD** with both arms/hands, follow through with stick. (NO BACKSWING)

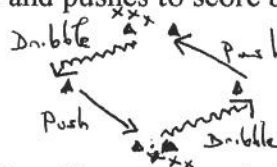
**COACHING POINTS FOR RECEIVING** – stand sideways in low 'sit down' position with bent knees, feet apart. Receive the ball on the shaft of the stick, in the middle of the stance. Soft hands.

**EXERCISE 2.** 1. With own ball push into sideboard. 2. Push own ball into space. Chase ball and repeat. **Be careful of safety.**

**EXERCISE 3.** Stand in circle around Coach with own ball. 1. Push ball to coach who pushes it back to player. 2. Repeat previous practice. On receiving ball dribble away from circle 5-10 yards, dribble back to place.



**EXERCISE 4.** Groups of 3-4 players stand behind each goal. No 1 dribbles to the marker on right, pushes ball to score between the markers/goals. Follow ball. No 2 receives/stops ball, dribbles to the marker on right and pushes to score between the markers/goals. Follow ball. Continuous.



**EXERCISE 5 STATUES.** Free running, 1 catcher. If caught stand still until another player 'frees statue' by tipping, or going through legs.

**FINISH** Recap on coaching points of push and receive.

colts 2.

## UNDER 8'S & 10'S

### WEEKS 7 8 & 9. REVERSE AND SLAP HIT

Equipment – 1 ball per player, cones, bibs.

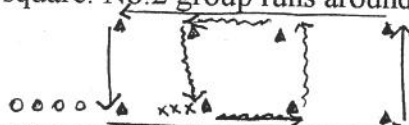
#### WARM UP Big body movements/ nimble feet.

1. Free running making shapes e.g. circles, zig-zag, curved, straight lines etc.
2. Stand in line. Jog on spot. On signal runs to markers on either side.



#### USE SAQ MOVEMENTS. MAKE IT FUN!

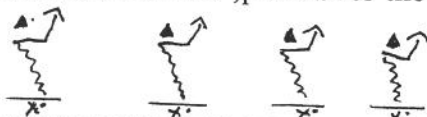
**EXERCISE 1. DRIBBLE AND RUN.** Split into 2 groups. No.1 Group dribble, one by one around inside square. No.2 group runs around outside square. Race. Change groups.



**EXERCISE 2. REVERSE. TEACHING POINTS FOR REVERSE** Grip as for dribbling. Turn the stick over using the left hand. Allow the stick to 'roll' in a loose right hand. 1. With own ball dribble forward. Check ball by turning stick over ball. 2. Stand with feet apart. Move ball from side to side 'Tick Tock'. 3. Pull ball from left to right, width of feet apart, keeping stick against the ball.



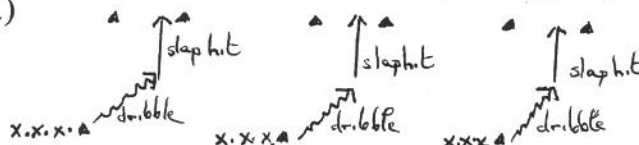
**EXERCISE 3.** Dribble ball to marker, pull ball to the right with reverse stick, dribble on.



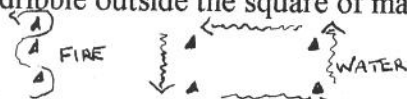
**SLAP HIT. COACHING POINTS FOR SLAP HIT** Grip – hands apart – as for push – left hand at top of stick, right hand below end of grip. Stand side-on, low down, with feet apart, knees bent, ball by front foot. Take stick back low from the ball. Swing stick into ball and follow through. **STAY LOW.**

**EXERCISE 4.** 1. with own ball slap hit into board. 2. In 2's practise slap hit.

**EXERCISE 5.** With own ball, dribble on diagonal into circle, halfway, slap hit ball into goal. (make extra goals.)



**EXERCISE 6. FIRE AIR WATER.** With own ball dribble to different area on signal. **FIRE** – zig-zag between markers. **AIR** – dribble along the edge of the circle, **WATER** – dribble outside the square of markers. Dribbling may be varied.



**FINISH.** Recap on coaching points of the slap hit.



Colts 7.

# WEEKS 10 11 & 12

## UNDER 8'S & 10'S

### PASSING

Equipment – 1 ball per person, cones, bibs.

#### WARM UP Big body movements / nimble feet

Free running . On signal find 1/2/3 partners and perform action e.g. put hands on head, Hold partners' hands, stand on 1 leg, stand tall, curl up small etc..

USE SAQ MOVEMENTS. MAKE IT FUN!

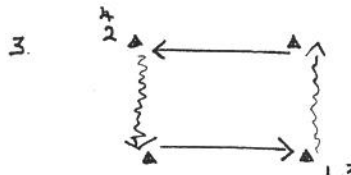
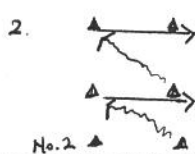
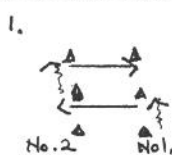
**EXERCISE 1.** With own ball dribble forward following hand signals of coach e.g left right, backwards, turn in a circle. 'tick tick' etc..

**EXERCISE 2. SCORING GOALS .** In 2's push the ball between markers. Count 'goals'.



**EXERCISE 3. PASSING. COACHING POINTS FOR PASSING** Look for partner, pass to partner's stick. Be ready to receive pass. STAY LOW. Receive with 'soft hands'

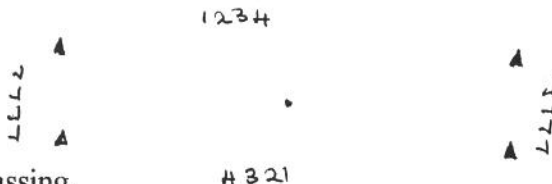
1. In 2's. No.1 dribbles to marker, passes square/flat to No.2 who repeats. 2. In 2's No.1 dribbles diagonally to marker, passes square/flat too No. 2 who repeats. 3. In 4's. Nos.1 & 3 stand at one marker. Nos 2 & 4 stand at diagonal marker. No.1 dribbles to free marker, push passes to No. 2 and follows pass. No. 2 dribbles to free marker, passes to No .3 and follows pass. Continuous.



**EXERCISE 4. SHARK AND FISHES** In 4's. 3 players (fishes) pass the ball around a square. No.4 (shark) tries to intercept the passes. Change 'shark'. Encourage moving around outside of square.



**EXERCISE 5. 'SNATCH THE BACON'** Teams of 4/6 . Put sticks behind goals. Number players. When number is called, run to pick up stick, run to ball and dribble/push it into goal. 1v1 2v2.



**FINISH** Recap on passing.

1 2 3 4

Colts 10

## UNDER 8'S & 10'S

WEEKS 13 14 & 15

### SWEEP HIT

Equipment – 1 ball per player . cones, bibs.

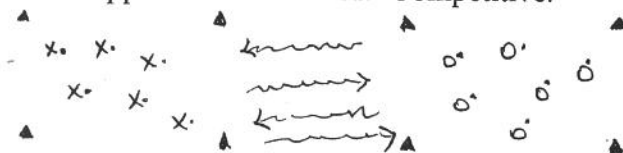
**WARM UP** Big body movements/ nimble feet.

Free running. Use lines – cross lines in as many ways possible. E.g hop, jump with 2 feet together, forwards and backwards. Long jump etc..

Free running in area. On signal stand on line.

**USE SAQ MOVEMENTS. MAKE IT FUN!**

**EXERCISE 1. CHANGE ROOMS.** Recap on grip for **DRIBBLING**. Divide players into 2 groups. Each group dribbles in own marked area. On signal, players change rooms by dribbling into the opposite marked area. Competitive.



**EXERCISE 2. SWEEP HIT.** COACHING POINTS FOR SWEEP HIT.. Hands together at top of stick .Stand side on . Bend knees, right knee almost touching ground. Sweep stick back along the ground .Step towards ball which is 'faraway' in front of left foot. Sweep stick along ground to hit ball with shaft of stick. Follow through. Loose wrists.

1 Practise with own ball against board. 2. Practise with partner.

**EXERCISE 4. 3 v 3. 3 PASS GAME.** X's make 3 passes in their own area and then try to score in O's goal. When O's gain possession repeat activity. Players are restricted in their own area. **COACHING POINT – MOVE TO RECEIVE PASS , CALL FOR THE BALL.**



**FINISH** Recap on sweep hit.

WEEKS 16 17 & 18

**UNDER 8'S & 10's**  
**DODGING / BEATING OPPONENT**  
Equipment – 1 ball per player, cones, bibs.

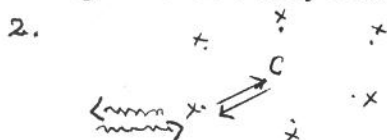
**WARM UP Big body movements/nimble feet.**

1. Free running. Sticks on ground. Run over, between, jump over sticks.  
Free running. 2. On signal, pick up stick and show a shape e.g. straight line, square, curve etc.

**USE SAQ MOVEMENTS. MAKE IT FUN!!**

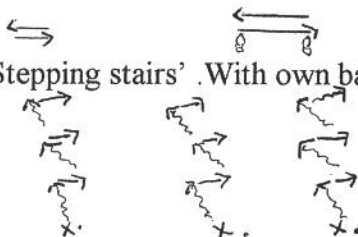
**EXERCISE 1. Recap on PUSH and RECEIVE .**

**'THANK-YOU' and 'SORRY' passes.** Call out 'thank-you' on receiving a good pass, and 'sorry' on giving a bad pass! 1. In 2's, 10 yards apart. Push and receive. 2. Stand in circle around Coach with own ball. Push ball to coach who pushes it back. On receiving ball dribble away from circle - 10 yards – and back to circle.

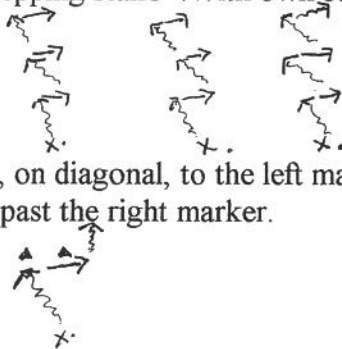


**EXERCISE 2. DODGING. COACHING POINTS FOR DODGING / BEATING OPPONENT..** Look up to see opponent. Start dodge movement early – 3-4 yards away from opponent. Sprint away from opponent.

**'Tick Tock'** . 1. Tap the ball from side to side. 2. Pull the ball from right to left, width of stance, keeping the stick on the ball.



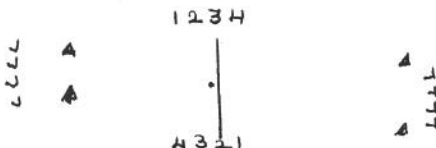
**EXERCISE 3.** 1. 'Stepping stairs' .With own ball dribble forward, pull ball to the right. Repeat.



**EXERCISE 4.** Dribble, on diagonal, to the left marker, pull the ball to the right with reverse stick and dribble past the right marker.



**EXERCISE 5. SNATCH THE BACON.** Teams of 4/6. Put sticks behind goals. Number players. When number is called, run to pick up stick, run to ball and dribble/push it into the goal. 1v1 2v2.



**FINISH** Recap on dodging/beating opponent.



# UNDER 8'S & 10'S

## WEEKS 19 20 & 21 TACKLING

Equipment – 1 ball per player, cones, bibs.

### WARM UP Big body movements/ nimble feet

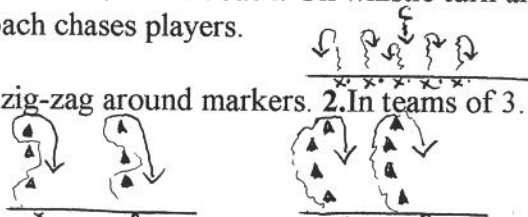
**‘Statues’** Free running with 1 catcher. Stand as ‘statue’ until touched by another runner.

Varied runs. Run with small, large, heavy, light steps

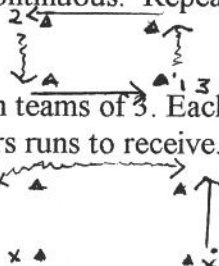
**USE SAQ MOVEMENTS. MAKE IT FUN!**

**EXERCISE 1.** with own ball . Dribble forward towards Coach. On whistle turn and dribble at speed back to starting line as Coach chases players.

**EXERCISE 2.** 1. In teams of 3. Dribble zig-zag around markers. 2. In teams of 3. Dribble on curve outside markers. Race.



**EXERCISE 3. PASSING .** In teams of 3. No.1 dribbles to the marker on the right . pushes ball to No.2, and follows pass. No.2 dribbles the ball to the marker on the right and pushes the ball to No 3. Continuous. Repeat dribbling to the marker on the left.



**EXERCISE 4. PASSING.** In teams of 3. Each player stands at a marker. Push the ball towards the free marker, players runs to receive. Continuous.



**EXERCISE 5. TACKLING. COACHING POINTS FOR TACKLING.** Stand sideways on, left foot forward. **GET LOW** , with bent knees , ‘ sit on a stool’ . Be mobile, ready to move on the balls of the feet. Watch the ball.

1. Each player runs to the coach and shows low tackling position..
2. In 2's . No.1 dribbles towards No. 2. No.2 gets into tackling position, tackles the ball and ‘wins’, and dribbles on with the ball. Repeat No.1 tackling.

**EXERCISE 6. 3 v 3 .** Mark off an area with a goal at either end. Encourage passing the ball and running to get free for the pass. Give points for good pass.



**FINISH** Recap on tackling.

# **WEEKS 22 23 & 24. UNDER 8'S & 10'S**

## **SHOOTING**

**Equipment – 1 ball per player, cones, bibs.**

**WARM UP** In 2's. No.1 puts a bib in the back of track suit bottoms. No. 2 tries to snatch the bib. Change places.

**USE SAQ MOVEMENTS. MAKE IT FUN!**

**EXERCISE 1.** With own ball dribble in different ways. . 'Tick tock'- tap the ball from side to side. How many in 10/15seconds? Pull ball around in a circle with stick low on the ground.



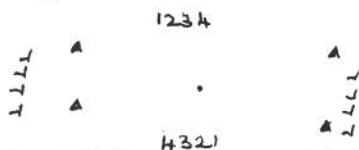
**EXERCISE 2.** with own ball . Dribble forward . Watch the coach for signals and perform required action - e.g. stop, right, left, turn in a circle, sit-down etc.

**EXERCISE 3.** Practise the skills most needed or the skills which the players enjoy the most!

**EXERCISE 4. SHOOTING. COACHING POINTS FOR SHOOTING** Stay low in the circle, be ready to take a shot. Be brave! 1. Make a number of goals. Dribble towards the goal and shoot. 2. Coach feeds the ball for push, slap hit, sweep hit.



**EXERCISE 5. SNATCH THE BACON.** Teams of 4/6. Put sticks behind goals. Players line up on either side. Give players a number. When a player's number is called , she runs to pick up her stick, and then tries to score in opponent's goal. 1v 1. Progress to 2 v 2 etc.



**EXERCISE 6. 3 V 3.** Mark off an area with a goal at either end..Play a match.



**FINISH** Recap on shooting.

## UNDER 12'S

### WEEKS 1 2 & 3. GRIP DRIBBLING PUSH RECEIVE

Equipment – 1 ball per player, cones, bibs.

#### WARM UP Body movements / nimble feet

Follow the leader in a small area e.g. circle. Jog/run with big body movements e.g. swinging arms, touching the ground, jumping in the air etc.

**USE SAQ MOVEMENTS. MAKE IT FUN!**

**CHECK GRIP** - Coaching points- left hand at top of stick 'see the watch face'. Right hand below the grip on the stick. Stress flat side of stick **ONLY**.

(Depending on the standard of the group you may have to teach the dribble to some).

**Coaching points for dribble** Grip as above, bend knees, keep stick against ball, ('with superglue!') in front of right foot.

**EXERCISE 1.** Stand on sideline. Dribble own ball on diagonal to the markers - 10 yards, dribble back to sideline. Repeat many times. Stop ball at marker /sideline with stick turned over the ball. Concentrate on correct technique, body position, grip.

**EXERCISE 2. FIGURE OF 8.** 1. Dribble ball between feet in figure of 8. 2. Dribble the ball between the markers in a figure of 8. 3. 'Tick-tock', tap ball from left to right. 4. Get down low and sweep ball around in a circle.

**PUSH / RECEIVE** **COACHING POINTS FOR PUSH** – stand side on in low 'sit down' position with bent knees, feet apart, ball in front of back foot. Put the stick against the back of the ball and push forward with both arms/hands, follow through with the stick. **NO BACKSWING.**

**COACHING POINTS FOR RECEIVING** – stand side on in low 'sit down' position with bent knees, feet apart. Receive the ball on the shaft of the stick, in the middle of the stance. Soft hands.

**EXERCISE 3.** Push and receive in 2's. 'Thank-you' and 'Sorry' passes. Player says 'thank-you' to partner for a good pass received, and 'sorry' for a bad pass given!

**EXERCISE 4.** In 4's / 6's. Players stand behind each goal. Dribble to marker on right, push ball to score between 2 markers. Follow ball. Continuous. Competitive.

**EXERCISE 5. STEAL THE BACON.** Teams of 4/6. Put sticks behind goals. Number players. When number is called pick up stick, run to ball and dribble/ push it into opponents' goal. 1v1 2v2.

**FINISH** Recap on coaching points of grip, dribble, push and receive. colts12 1

## UNDER 12'S

### WEEKS 4 5 & 6

### **SLAP HIT**

**Equipment – 1 ball per player, cones, bibs.**

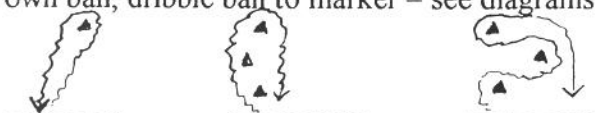
#### **WARM UP Big body movements / nimble feet**

Run in marked area . On signal perform action e.g. touch ground, kneel down, windmill arms, hands on head, run in a circle etc.

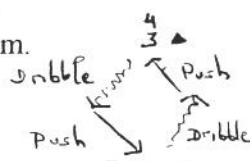
**USE SAQ MOVEMENTS. MAKE IT FUN!!**

#### **EXERCISE 1. DRIBBLE** Recap grip. (See Weeks 1 2 & 3)

With own ball, dribble ball to marker – see diagrams.



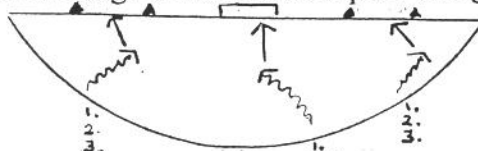
In groups of 3/4 Dribble and push relay. See diagram.



**SLAP HIT. COACHING POINTS FOR SLAP HIT.** Grip  $\frac{1}{2}$  hands apart, as for push – left hand at top of stick, right hand below end of grip. Stand side on, low down with bent knees. Swing stick low back and hit through the ball. **STAY LOW.**

#### **EXERCISE 2.** In 2's slap hit.

#### **EXERCISE 3.** Dribble from edge of circle and slap hit into goal. (Make extra goals)

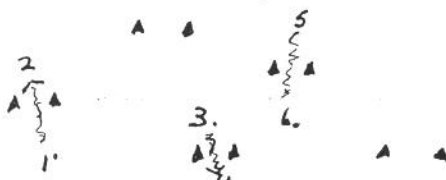


#### **EXERCISE 4.** Dribble to cone on right and slap hit to score in goal. Continuous.



#### **EXERCISE 5. SCORE GOALS.** Set up cone goals in area..

In 2's . Pass the ball to partner by pushing (or slap hitting , depending on the ability of the group) between the cones to 'score a goal'. How many goals scored in 1 minute? Competitive.



#### **FINISH** Recap on coaching points of slap hit.

U12's456

## UNDER 12'S

### WEEKS 7 8 & 9 BALL CONTROL / KEEP POSSESSION. PASSING.

Equipment - 1 ball per player, cones, bibs.

WARM UP - Big body movements / nimble feet.

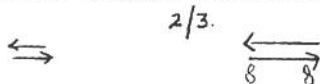
1. In 2's, follow the leader with varied activities e.g. running jumping, turning, swinging arms, hopping, leaping etc. 2. Stand in a straight line with markers 5 yds. on both sides. Jog on the spot. On signal e.g. right/ left, or red/white or sun/ moon or rats/ rabbits (roll the rrrr's!) Run to the markers. Competitive.

USE SAQ MOVEMENTS INCLUDING DYNAMIC WARMUP. MAKE IT FUN!



**EXERCISE 1. KEEP POSSESSION** .Free dribbling with own ball in marked area e.g. circle. Keep possession of own balls and try to knock other balls out of the area. Competitive.

**EXERCISE 2.** 1. Tick-tock, tap own ball from side to side. 2. Progress to moving the ball from right to left, width of stance. 3. Progress to pulling the ball at speed to the right with reverse stick and 'catch' the ball with the flat side of the stick. 4. Pull the ball to the left with the flat side and 'catch' the ball with reverse stick. 5. Tap the ball on the stick. How many taps?



**PASSING** – using push and slap hit. **COACHING POINTS FOR PASSING** – look for partner, pass to partner's stick, move after pass. Be ready to receive, call for the ball. **STAY LOW.**

**EXERCISE 3.** 1. Square passing – see diagram 2. Square and through passing – see diagram. 3. In 3's. Pass the ball to the player running to the free cone. 4. Progress to 3's passing the ball using the square, 1 tries to intercept the passes.



**EXERCISE 4. 3-V-3. 3 PASS GAME**

Mark off an area with goals at both ends and a centre line.. X's make 3 passes and then try to score in O's goal. When O's gain possession repeat activity. Progress to 1 opponent in each area. Progress to full 3 v 3 game, no restrictions. **COACHING POINT - ENCOURAGE MOVING TO RECEIVE PASS AND CALLING.**

**FINISH.** Recap on ball control / keeping possession and passing.

U12's7

## UNDER 12'S

WEEKS 10 11 & 12

### SWEEP HIT

Equipment – 1 ball per player, cones, bibs.

**WARM UP** Running in marked area. 1. On signal find 1/2/3 partners. 2. On signal - find 1 partner - 1 squat/I stand astride. 3. On signal find 2 partners, hold hands. 4. In 2's. Try to touch each other's knee, while keeping own knees out of partner's reach. **USE SAQ MOVEMENTS. MAKE IT FUN!**

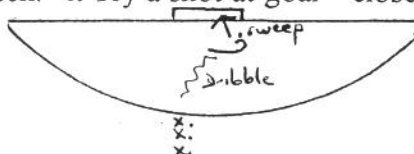
**EXERCISE 1.** 1. With own ball varied dribbling, reacting to signals visual and verbal of the Coach e.g forwards, backwards. Indian right left, turn etc. 2. Move ball in circle around the body with low stick. 3. Tap ball on stick. 4. Tick-tock.



**SWEEP HIT. COACHING POINTS FOR SWEEP HIT** – hands together at the top of the stick. Stand sideways to the ball which is 'faraway' in front of the left foot. Sweep the stick back **ON THE GROUND**, step into the ball with bent kness, right knee almost touching the ground, and hit the ball with the shaft of the stick. Loose wrists.

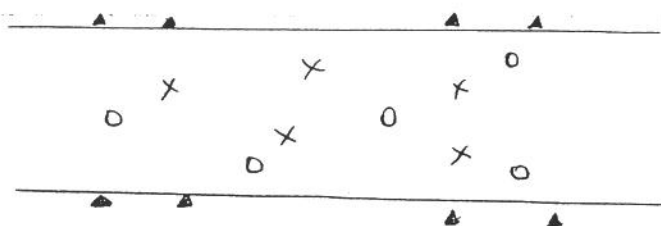
**EXERCISE 2.** 1. Sweep own ball into sideboard. 2. In 2's sweep the ball. 3. In 3's progress to sweeping the ball across the pitch. 4. Try a shot at goal – close in.

3. X → X → X



**EXERCISE 3. 4 GOAL GAME.** 4/5 a-side. Score into 2 goals.

**COACHING POINTS** - emphasis on passing, changing direction and shooting with the sweep hit.



**FINISH** . Recap on the sweep hit.

U12'S10

## UNDER 12'S

### WEEKS 13 14 & 15. DODGING/BEATING OPPONENT.SHOOTING/SCORING.

**Equipment – 1 ball per player, cones, bibs.**

**WARM UP** Big body movements / nimble feet.

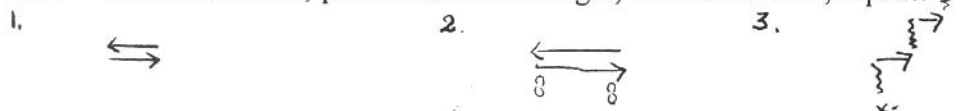
In 2's. 1 player has a bib tucked into back of track suit bottoms. Partner tries to grab bib. Change over.

**USE SAQ MOVEMENTS INCLUDING DYNAMIC WARM UP. MAKE IT FUN!**

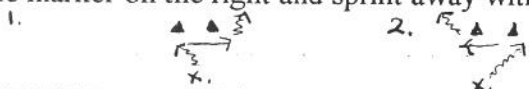
**EXERCISE 1.** 1. Free dribbling in marked area. Keep possession of own ball, knock other balls out of the area. Competitive. 2. Dribble with own ball. On signal leave own ball and collect another ball. Coach remove one ball each time. 3. Dribble with own ball, pull to the right on meeting other players.

**DODGING/BEATING OPPONENT. COACHING POINTS FOR DODGE - look up to see opponent. Start dodge movement early – 3-4 yards from opponent. Sprint away from the opponent with the ball.**

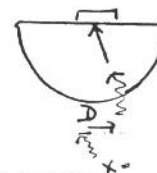
**EXERCISE 2.** 1. With own ball – tap the ball from side to side 'tick tock'. 2. Pull the ball from left to right, width of the feet apart, keeping the ball on the stick. 3. 'Stepping stairs' – dribble forward, pull the ball to the right, dribble forward, repeat.



**EXERCISE 3.** 1. Dribble ball to the marker on the left, pull the ball with reverse stick to the marker on the right and sprint away with the ball. 2. Repeat opposite way



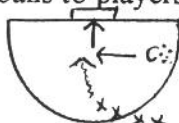
**EXERCISE 4.** Dribble ball to opponent, dodge, finish with shot on goal.  
**COACHING POINT – concentrate on dodging ONLY.**



**SHOOTING/SCORING. COACHING POINTS FOR SHOOTING/SCORING -**

**Stay low in the circle, be alert and ready to take a shot. Be brave!**

**EXERCISE 5.** Coach feed balls to players for slap hit, sweep hit, tip-ins.



**EXERCISE 6. 6 V 6 GAME. COACHING POINTS FOR GAME – select one skill / tactic for the game and encourage the players to concentrate on it e.g. dodging**  
Give points for attempted dodges (This may result in ignoring other faults which is alright.) See mini hockey rules.

**FINISH.** Recap on dodging/ beating opponent and shooting / scoring. U12'S13.



# **UNDER 12'S** **WEEKS 16 17 & 18 JAB. TACKLING.**

**Equipment – 1 ball per player, cones, markers.**

**WARM UP** Tag. Free running . I catcher. If 'tagged' stand with feet apart. Released when another runner goes through legs. Change catcher.

**USE SAQ MOVEMENTS INCLUDING DYNAMIC WARMUP. MAKE IT FUN!**

**EXERCISE 1.** In 2's , 5 yds apart - tap the ball 10/ 20 times , run to the 25 yard lines and back. Repeat. Competitive.

**JAB. COACHING POINTS FOR JAB -** Hold stick in two hands as for the push. Stand sideways on, left foot forward. **GET LOW.** Jab the stick forward at the bottom of the ball, like 'a snake's tongue' or fencing . Replace two hands on the stick.

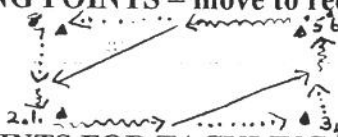
**EXERCISE 2.** 1. With own ball, jab ball 10 yards. 2. In 2's jab the ball to and fro.

**EXERCISE 3. PASSING / MOVING / SHOOTING.**

Place 4/5 markers, 5-7 yards apart in a zig-zag formation outside the circle. One player stands at each marker. Player A passes the ball to Player B, who passes Player C, D, E, F who shoots. Follow pass to next marker. Increase speed. Competitive.



**EXERCISE 4. PASSING.** Mark out a square. 2/3 players stand at each marker. No. 1 dribbles halfway along side of square, then passes to No.2 who runs along next side of square to receive , then dribbles to next marker. No. 3 repeats the exercise passing to No. 4. Continuous. **COACHING POINTS –** move to receive the pass, timing of the pass, accuracy of the pass.



**TACKLING.COACHING POINTS FOR TACKLING -**Stand sideways on, left foot forward.GET LOW,with bent knees.STICK ON THE GROUND.Be mobileWatch ball.

**EXERCISE 5.** 1. Each player runs to the coach and shows low tackling position. 2. In 2's. No. 1 dribbles towards No 1. No.2 runs towards No.1 to close the gap, gets into the tackling position, tackles the ball and 'wins', and dribbles on with the ball.Change places.

**EXERCISE 6. Tackle box.** 'D' stands in box. Other players dribble into box in turn. 'D' tackles and puts ball out of the box. All players become 'D'. (Make a number of boxes). **COACHING POINTS -** concentrate on body position and footwork.



**EXERCISE 5. 6 V 6 GAME. COACHING POINTS –** concentrate on passing and tackling.

**FINISH.** Recap on jab and tackling.

U12'S16



## UNDER 12'S

WEEKS 19 20 & 21

### REVERSE SWEEP HIT. LIFTED BALLS.

Equipment – 1 ball per player, cones, bibs.

**WARM UP Follow the leader.** In 2's. No.1 runs and performs various actions which No.2 copies. No.1 runs. No.2 chases and tries to be within touching distance when the whistle is blown.

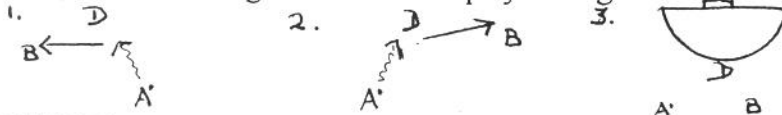
**USE SAQ MOVEMENTS INCLUDING DYNAMIC WARMUP . MAKE IT FUN!**

**EXERCISE 1. 1 V 1.** In 2.s. No.1 keeps the ball by dribbling close, moving away and turning etc. No.2 tries to win the ball with jab and/or tackle. Competitive.

**EXERCISE 2. 2 V 1. COACHING POINTS FOR 2 V 1 - Timing of the pass.**

**Square pass from right to left, diagonal pass from left to right.**

1. A dribbles the ball forward towards D. D closes A down. A passes square to B, from right to left. 2. A dribbles forward towards D. D closes A down. A passes the ball diagonally to B, from left to right. 3. A and B play 2v1 against D and finish with a shot on goal.



**REVERSE SWEEP HIT. COACHING POINTS FOR REVERSE SWEEP HIT –**

**Grip –hands together at the top of the stick. Stand sideways to the ball - RIGHT FOOT FORWARD. Ball is 'faraway' in front of the right foot. Sweep the stick back ON THE GROUND, step towards the ball with bent knees, left knee almost touching the ground, and hit the ball with the shaft of the stick. Loose wrists.**

**EXERCISE 3 . 1.Practise with own ball against the side boards. 2. Practise in 2's. 3. Dribble ball into circle, put ball on left side and sweep into goal. GET DOWN LOW.**



**LIFTED BALLS. COACHING POINTS FOR LIFTED BALL – Grip –right hand low, stand sideways to ball, GET DOWN LOW with bent knees 'sit-down', get edge of stick under the ball. BE AWARE OF SAFETY – lots of space.**

**EXERCISE 4. 1. With own ball lift ball over the lines . 2. Dribble , check ball and lift the ball .3. In 2's . Stand side –on, left foot forward. Lift the ball and 'throw' the ball to partner, transfer weight from back to front foot.**

**EXERCISE 5. 6 V 6 GAME. COACHING POINTS FOR GAME – encourage the players to use the above skills. Give points for attempts and success.**

**FINISH** Recap on 2 v 1, reverse sweep hit , lifted balls.

Under12's19.

## UNDER 12'S

**WEEKS 22 23 & 24.**

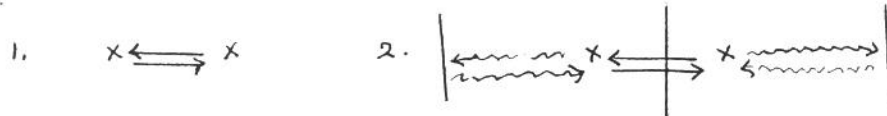
**RECAP / REPEAT.**

**Equipment – 1 ball per player, cones, bibs.**

**WARM UP** Let the players select their favorite warm up activity .

**USE SAQ MOVEMENTS INCLUDING DYNAMIC WARMUP. MAKE IT FUN!**

**EXERCISE 1.** In 2's, 5 yards apart. Quick first-time passing on flat side. Repeat on reverse side. 2. Progress to 10/20 passes, run to 25 yard line and back to ball. Competitive.



**EXERCISES.** Practise skills which are most needed/weakest.  
Select / make up your own practices to suit the current need.  
Let the players select their favorite practices/games.

**GAME - 6 V 6 .** Select a skill and tactic for the game.

**FINISH .** Recap on the season and the progress of the players!!

**WELL DONE! ENJOY THE BREAK!**