

# ***HOCKEY WA STATEWIDE PERFORMANCE PROGRAM***

**CLUBS – REGIONAL – ACADEMY**



# PROGRAM DESCRIPTION

## THIS PROGRAM IS STATEWIDE: FROM PERTH CITY TO REGIONAL AREAS

### PLAYERS

This program is tailored to serve all metro and regional areas that are eager to embark on the same journey of development in Western Australia. We invite regions, associations, and metro clubs, to embrace this program as an integral part of our comprehensive statewide development initiative. It offers exceptional development opportunities during the off-season, the ideal time to hone your hockey skills. Within this document, you will discover an array of tools to help you become the best hockey player you can be, from mastering fundamental skills to understanding the nuances of the game.

### COACHES

This document is crafted to assist you in structuring your weekly sessions. It also provides concise and impactful language to enhance your delivery skills. We aim to expand your knowledge of the terminology commonly used in all our programs, making your coaching efforts more effective and insightful. These are all sample exercises that we will be doing with our elite junior groups and encourage you to use this as a base for your training sessions.

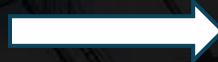
# ***FITNESS FOCUS***

# FITNESS FOCUS

## DEVELOPMENT FOCUS AREAS



- **Agility**
  - Ladders
  - Skipping ropes
  - Speed hurdles
  - Change of direction



**AGILITY**



- **Anaerobic Fitness**
  - 5m, 10m sprint
  - Repeated sprints (turn and chase)



**STRENGTH**



- **Aerobic Fitness**
  - 1km time trials (multiple)
  - 5km time trials
  - 10km timed runs
  - Interval running



**CONDITIONING**

# SAMPLE WARM UP EXERCISES

LEAD BY ASSIGNED AND QUALIFIED CLUB MEMBERS

Players to run two laps, at a slow pace, followed by a series of exercises.

Include the following exercises: Use baseline as starting point- running to 16-yard line.

- High knees out/return to baseline with butt kicks 2 x repetitions
- Facing sideways, players to do side to step in a low body position. 2 x repetitions
- Lunges out/slow jog back 2 x repetitions
- Footwork – fast feet on baseline until coach shouts “go”. Sprint to 16 yards and recover back 5 x repetitions

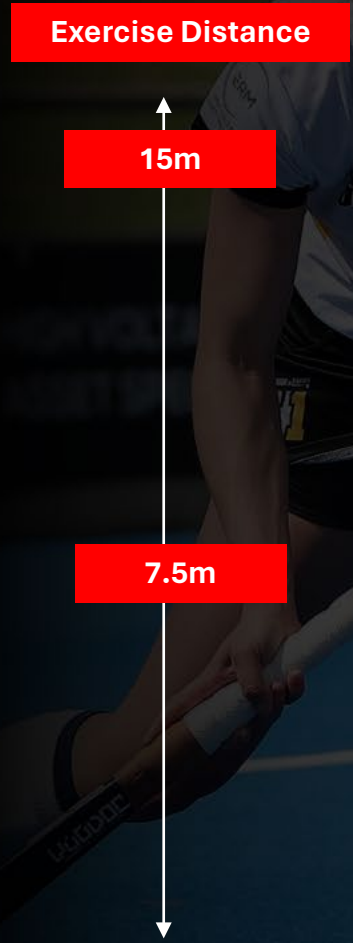
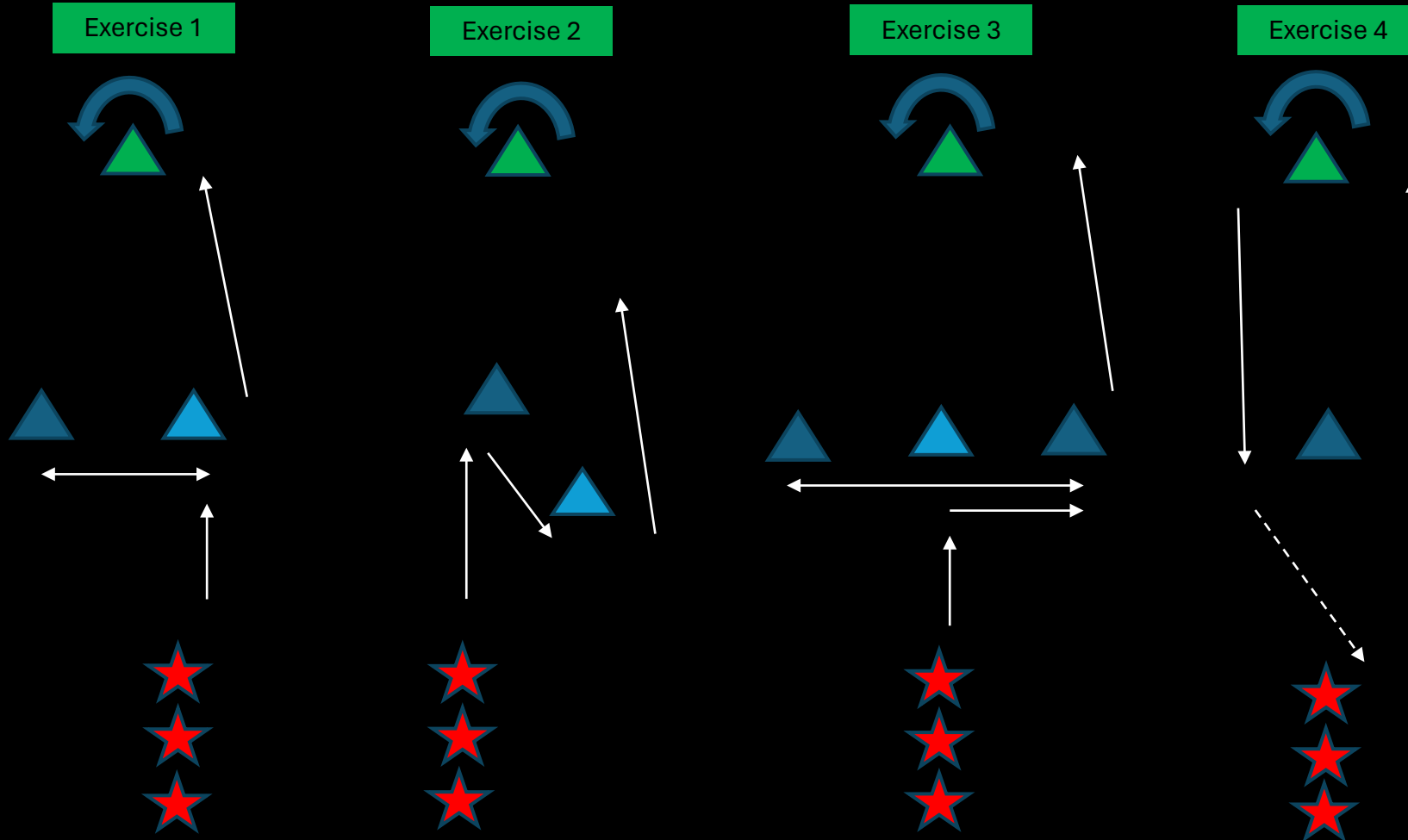


# ***SKILL DEVELOPMENT***



# ESSENTIAL DEVELOPMENT SKILLS

LEAD BY COACHES – EACH EXERCISE CAN GO BETWEEN 7-8 MINUTES

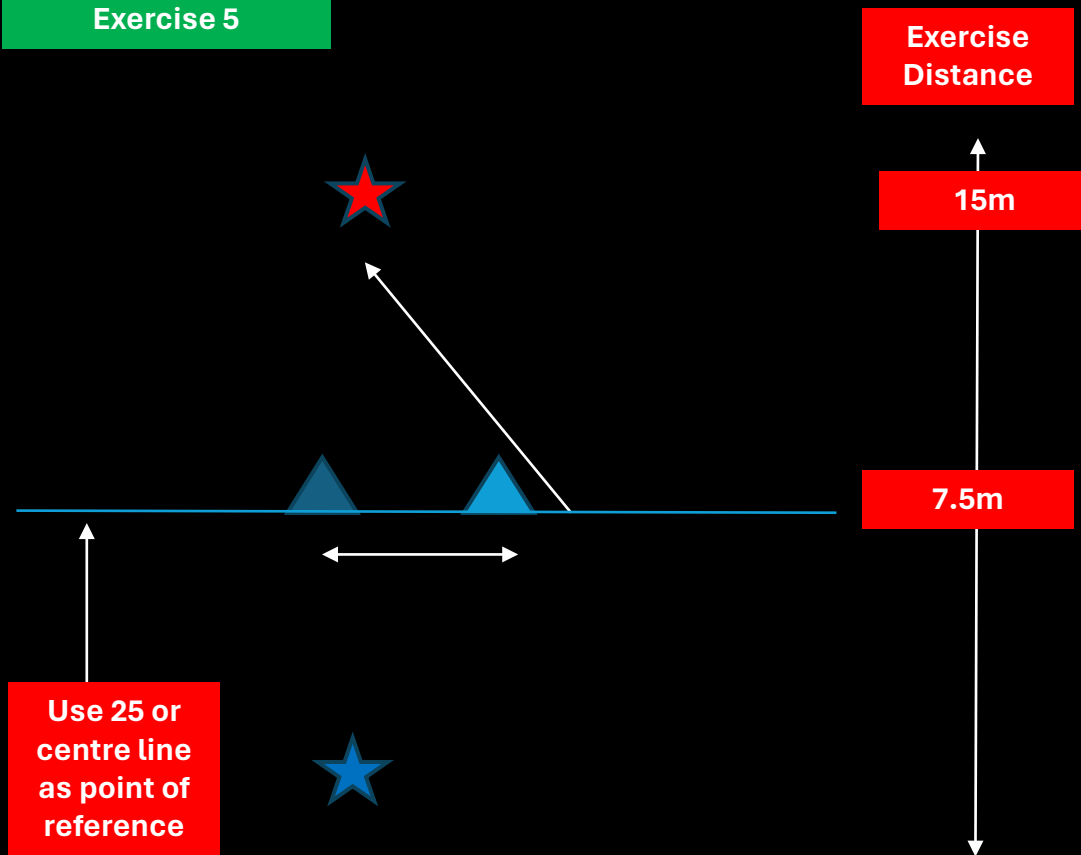


Set up elimination exercises for all in skill development work.



# ESSENTIAL DEVELOPMENT SKILLS

Exercise 5



Exercise Distance

15m

7.5m

Use 25 or centre line as point of reference

Exercise Distance

7.5m

Use 25 or centre line as point of reference

Always face forward when completing this exercise.

Exercise 6

# SKILL DESCRIPTIONS & COACHING TIPS

## Exercises 1: Double Drag

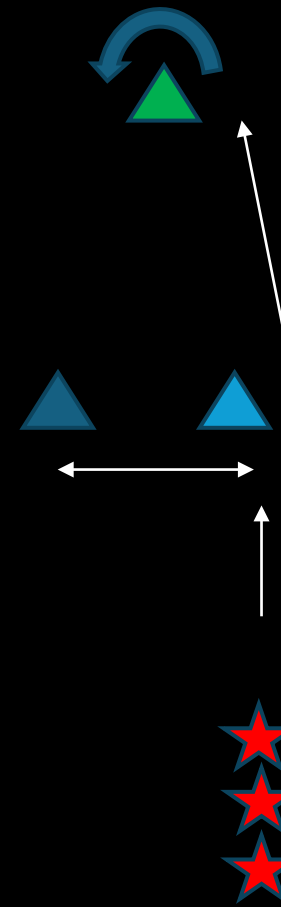
- Player (red star) takes the ball to right cone (yellow) and drags the ball to the left cone (blue), and then brings the ball back to the right. (Completes double drag)
- Once players complete the double drag, players are required to stay on ball, maintaining low body position and then accelerate to the green cone
- Player goes around the Green cone and repeats double drag and returns to the start
- Next player commences the drill

### Note:

- Maximum of three (3) in a line
- Set up enough sets of cones to be able to complete this exercise
- When you set this first one up, you will not need to set up drill 2,3 or 4. It's a matter of moving minimal cones and is designed to help you maintain intensity during the session and maximum participation from athletes

## Coaching Tips

- Maintain low body position through the entire exercise
- Focus more on technique when dragging the ball rather than speed
- Correct hand position, correct ball carrying position



Exercise Distance

15m

7.5m

# SKILL DESCRIPTIONS & COACHING TIPS

## Exercises 2: V- Drag

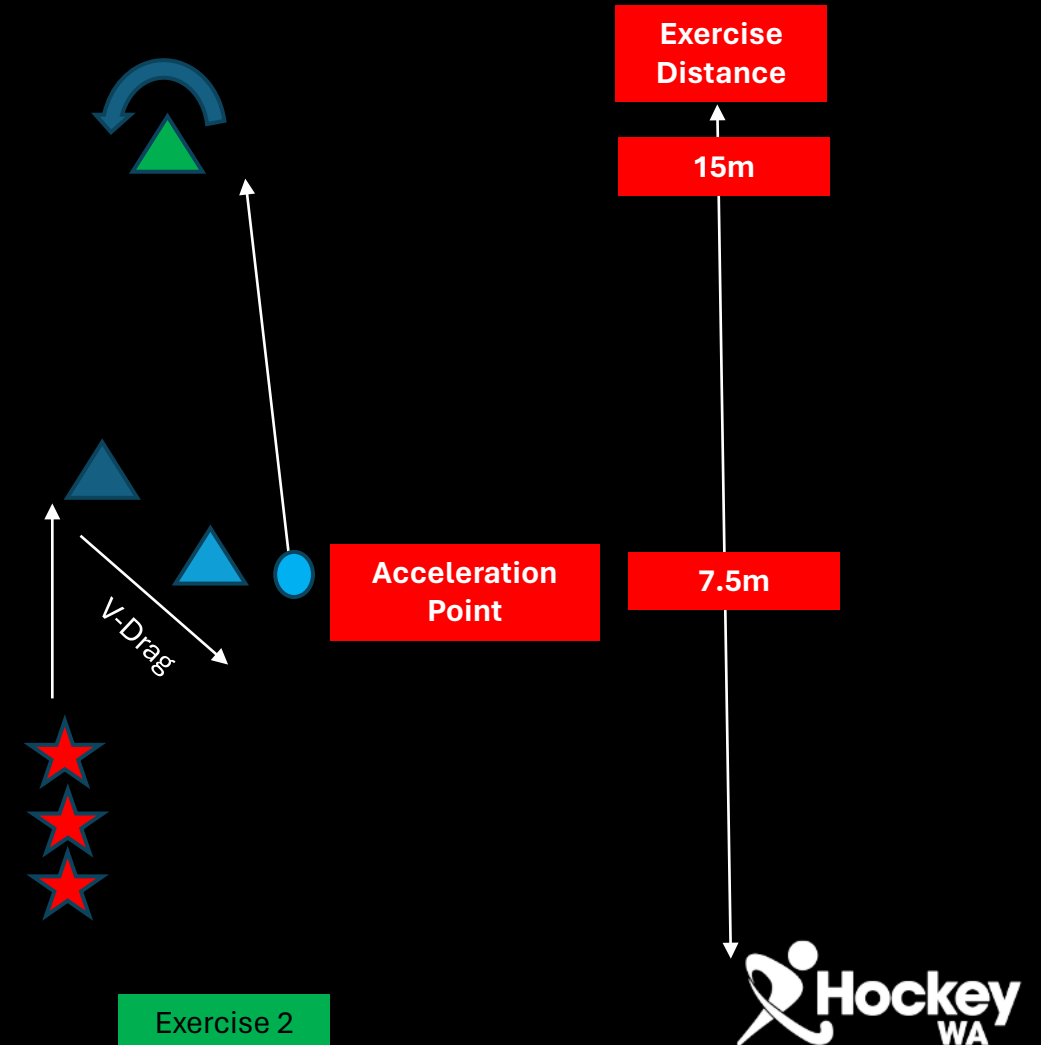
- Player (red star) takes ball to far cone (blue) and drags the ball backwards to the closest cone (yellow) and then accelerates to the green cone
- Once players complete the v-drag, players are required to stay on ball, maintaining low body position
- Player goes around the green cone and repeats v-drag and returns to the start
- Next player commences the drill

### Note:

- Maximum of three (3) in a line

## Coaching Tips

- When approaching far cone, player at first plants the left foot, then rolls stick over the ball to bring ball back to closest cone
- Maintain low body position through the entire exercise
- Again, technique before speed
- Ensure player accelerates at elimination point



# SKILL DESCRIPTIONS & COACHING TIPS

## Exercises 3: Half- Full- Full Drag

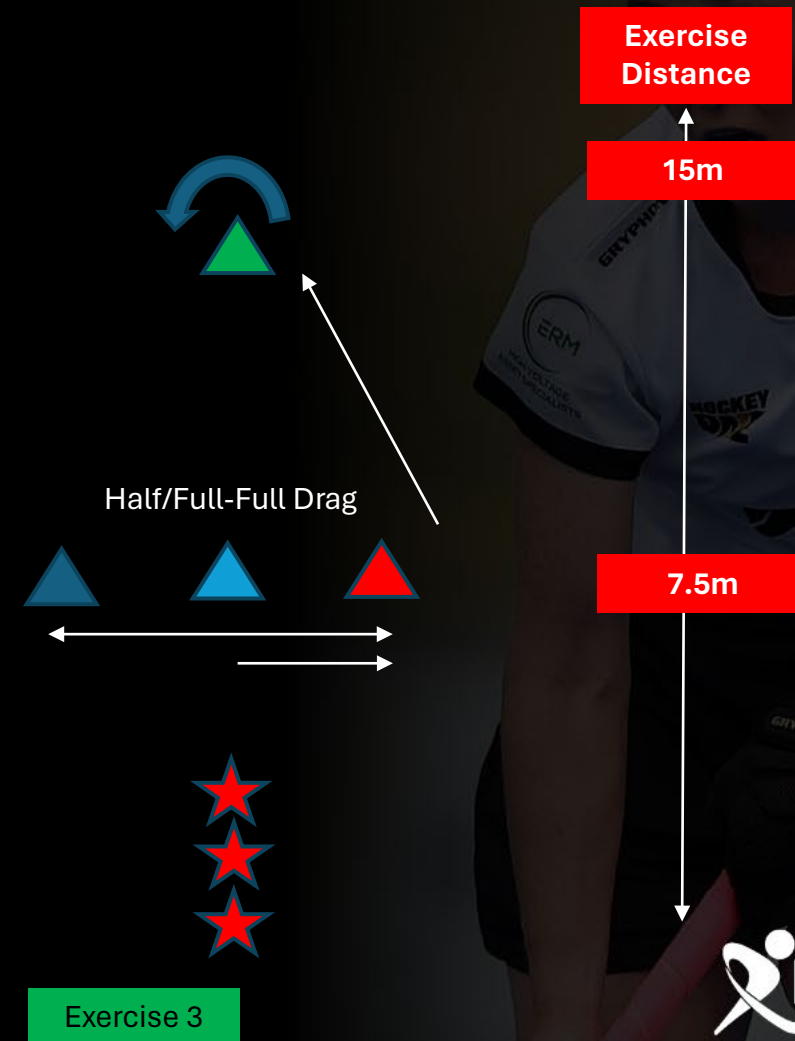
- Player (red star) takes ball to middle cone (yellow) and drags the ball to the right cone (red) and then brings the ball back, all the way to the left cone (blue). Once at the ball, continuing in motion, back to the red. (Completes half- full-full drag)
- Once players complete the 2.5 drags, players are required to stay on ball, maintaining low body position and accelerate to the green cone
- Player goes around the green cone and repeats the drag combination and returns to the start
- Next player commences the drill

### Note:

- Maximum of three (3) in a line

## Coaching Tip

- Maintain low body position through the entire exercise
- Focus more on technique when dragging the ball rather than speed
- Main point - focus on weight transfers with feet and body, from one side to the other, when performing the long drags. This movement is similar to an ice skater, skating on ice. Slow and smooth actions required



# SKILL DESCRIPTIONS & COACHING TIPS

## Exercises 4: Ball Carry and Pass

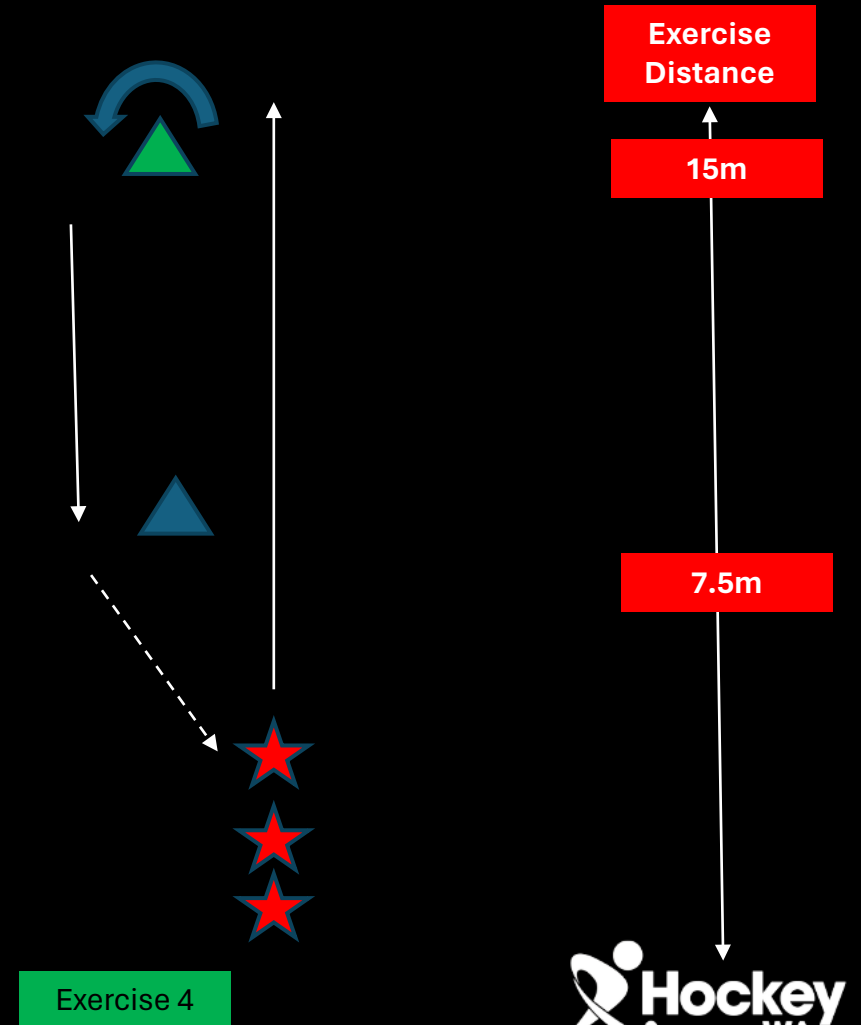
- Player (red star) takes ball to far cone (green). Focus on keeping ball on stick or alternatively 30 cm away – out in front. (Tap and look, stay in low ball carrying position)
- Player goes around the green cone and heads back to blue cone, before passing to next player's right foot.
- Once player makes pass, they return to the back of the line.
- Next player commences the drill after receiving pass.

### Note:

- Maximum of three (3) in a line.

## Coaching Tips

- When approaching far cone, player at first plants the left foot, then rolls stick over the ball to bring ball back to closest cone
- Maintain low body position through the entire exercise
- Again, technique before speed
- Ensure player accelerates at elimination point



# SKILL DESCRIPTIONS & COACHING TIPS

## Exercises 5: In Pairs

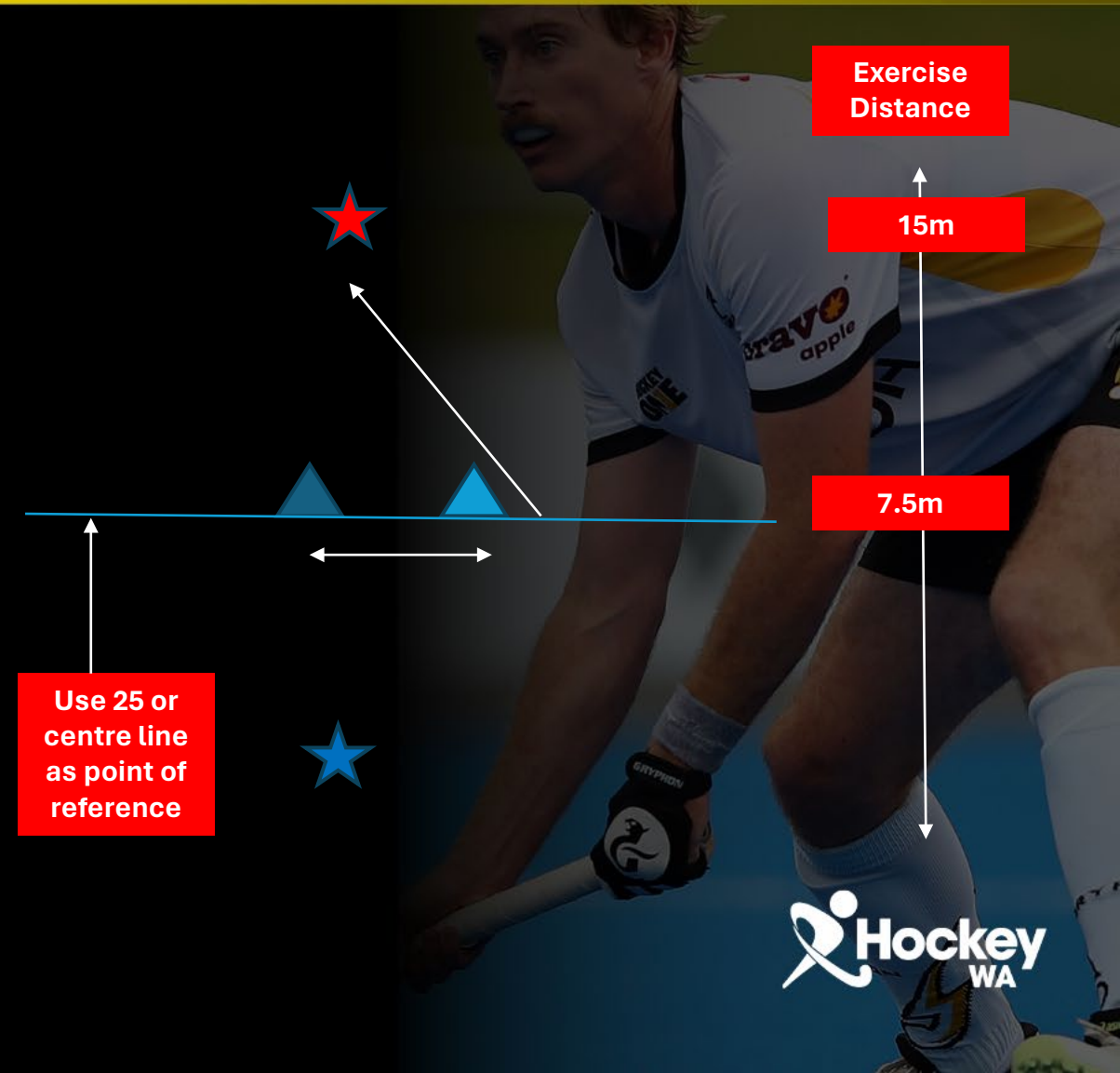
- Player (blue star) carries ball to left cone (blue) and completes three drags ending at the right cone (yellow). Player (blue star) then passes ball to player (red star)
- Once player (blue star) passes the ball to player (red star), they return their starting position, shuffling backwards
- Player (red star) completes the same exercise, running towards the left cone, in this case yellow, and completes three drags, passing the ball back to player (blue star) and returning to start position
- Repeat drill continuously for 2- 3 minutes

### Note:

- Set up enough sets of cones to be able to complete this exercise in pairs, using lines across the field

## Coaching Tips

- Maintain low body position through the entire exercise
- Focus more on technique when dragging the ball rather than speed
- Focus on weight transfer when completing drags



# SKILL DESCRIPTIONS & COACHING TIPS

## Exercises 6: In Pairs Part 2

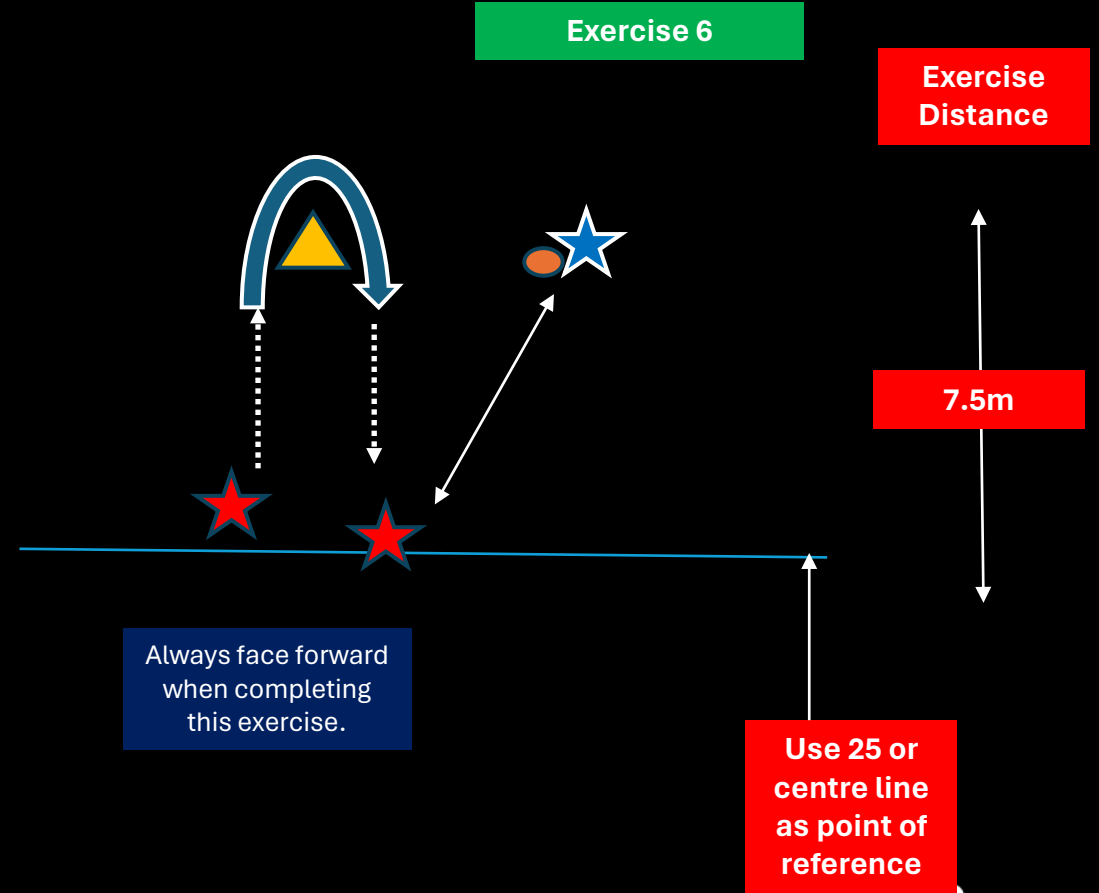
- Player blue star starts with the ball
- Player (red star) runs up to yellow cone and runs backwards
- Once player returns to line, player (red star) gets their feet in a side on position, ready to receive the ball from player (blue star)
- Once player (red star) receives the ball, they pass the ball back to the player (blue star)
- Player (red star) then completes this exercise six (6) times before changing position with player (blue star)

### Note:

- 2 x red stars are the **same person** at the start and end of drill
- Set up enough sets of cones to be able to complete this exercise in pairs, using lines across the field

## Coaching Tips

- Maintain low body position through the entire exercise
- Pass ball to each player's right foot for exercise efficiency
- Progression
  - Add another person on the other side for two passes when returning from the run.
  - You can also do a lifted pass in the same exercise (knee height) for 3D skill practice.



# ***DEFENDING***





# ACADEMY DRILLS

## Tackling Drill

### Set Up

- Create 2 Channels for tackling areas (Use cones to make channels)
- Tackle box 1 is for 1 v 1 challenges
- Tackle box 2 is for 2 v 2 challenges

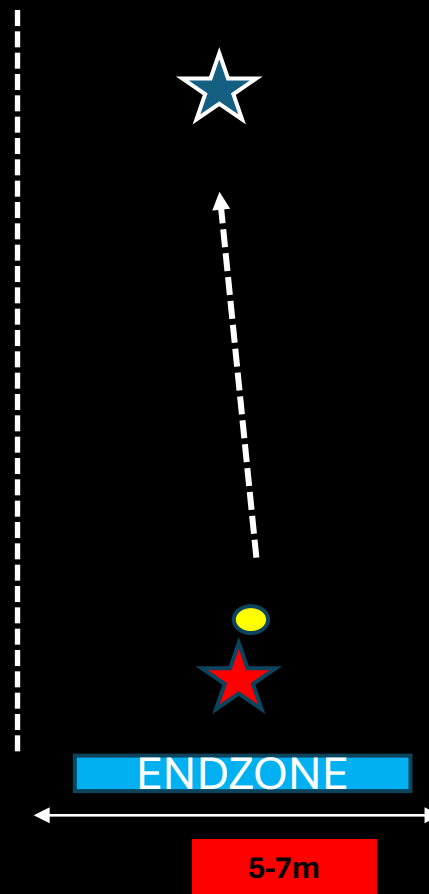
### Tackling Box Explanation

- Red player/s pass the ball to blue player/s.
- Red player then runs towards the blue player and prevents the ball carrier to get past and into the endzone.
- Players should swap sides and perform both skills. Elimination skills and tackling skills
- **GK can be used in exercise. Players to attempt to go around them.**

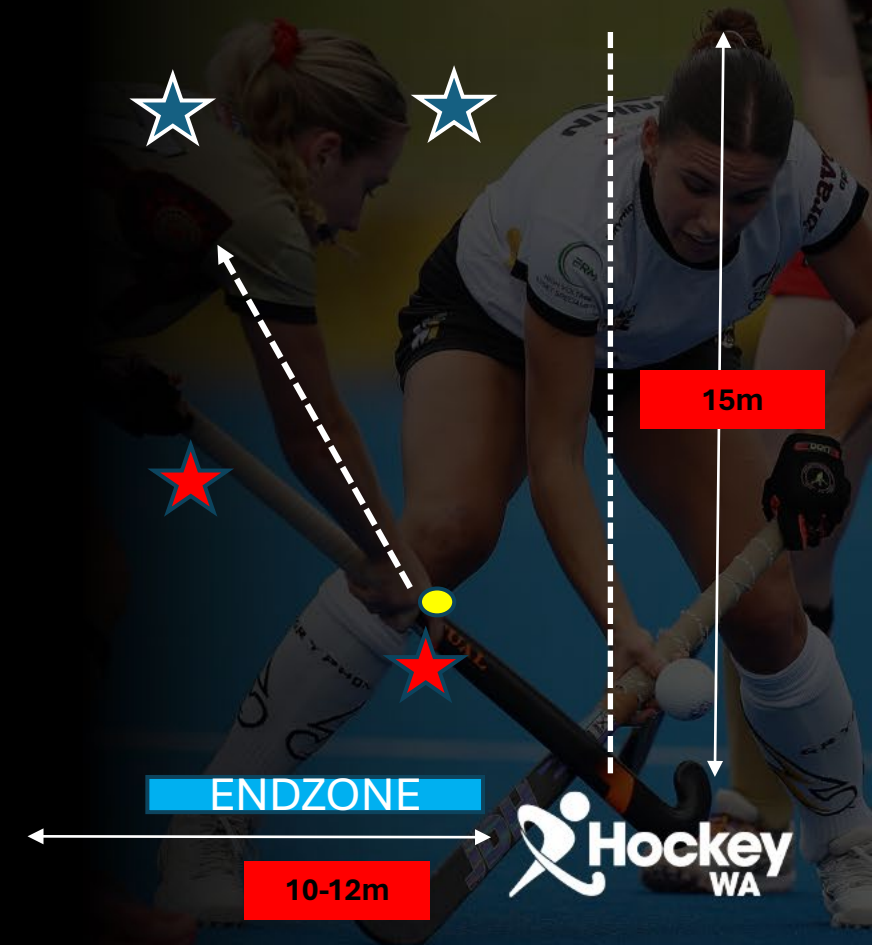
## Coaching Tips

- Encourage defenders to keep ball carrier head down on ball.
- Defenders looking to tackle on flat side. Position and footwork is the key
- Object is to win the ball back, not hit the ball away

Tackle Box 1



Tackle Box 2



# ACADEMY DRILLS

## Tackling Drill

### Skill Criteria: Flat tackle & Jab Tackle

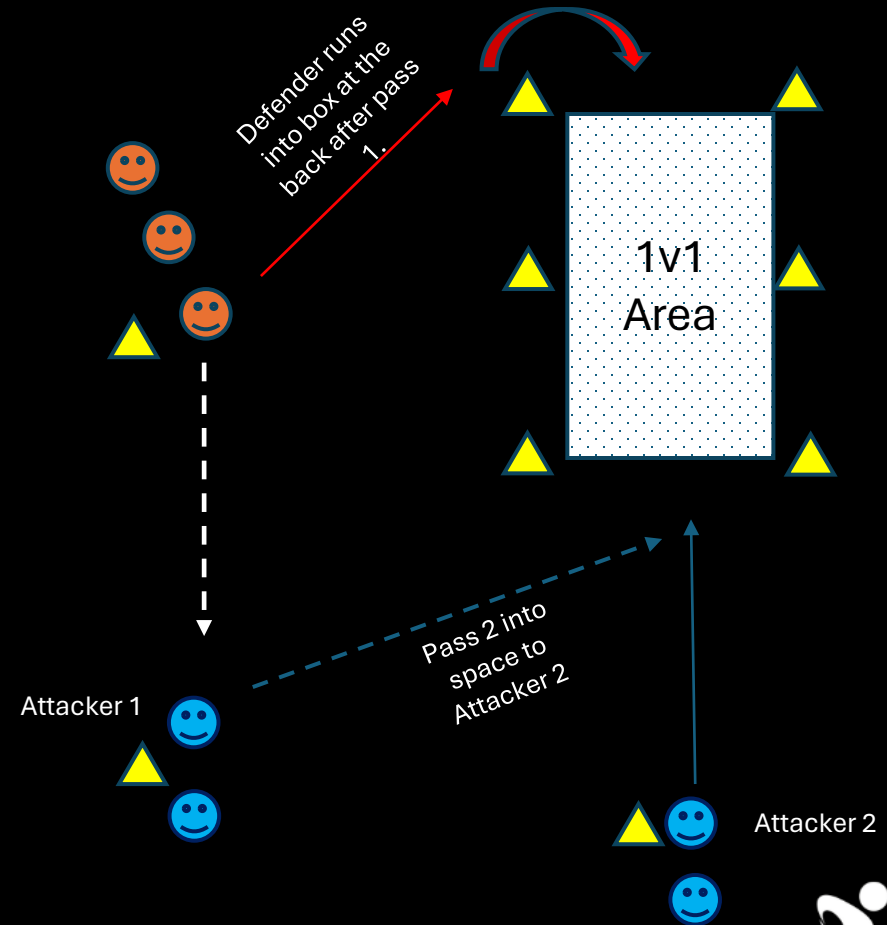
1. Orange player passes ball to attacker 1. Simulates a turnover pass in a game.
2. Attacker 1 passes ball to attacker 2 into space in front.
3. At the same time, orange player runs around and enters the back of the yellow box.
4. Attacker 2 receives ball and enters the box and attempts to eliminate the oncoming orange player.

## Coaching Tips

1. Closing down speed of orange
2. Elimination speed of attacker 2
3. Reactions on contest.

Exercise  
Distanc

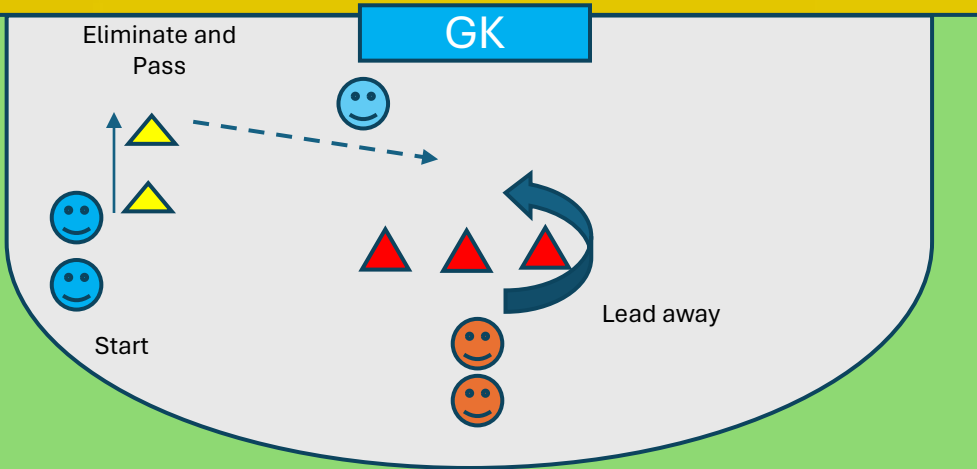
15-20m



# ***GOAL SCORING & GOAL KEEPING***



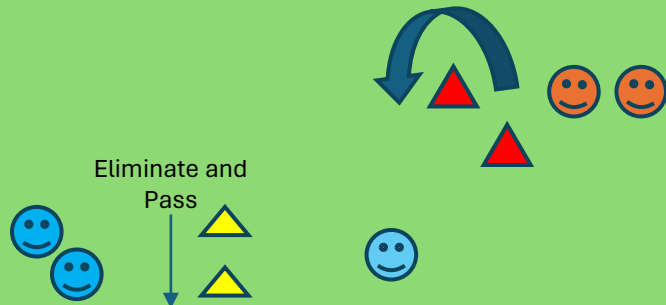
# ACADEMY DRILLS



Drill: Left Side Attack

## GOAL SCORING AND GOAL KEEPING DRILLS

Attack



### Skill Criteria: Goal Scorer/Goalkeeper Assessment

1. Blue player eliminates L-R drag and passes ball to orange.
2. In sync, orange player times lead around top marker and leads back in front of markers.
3. Orange then chooses shot to score against GK
4. GK to stay on feet.
5. Blue player follows pass and moves to shooting station.
6. Orange player after shot, moves to start position

### Skills ID: Goalkeeper

1. Interception vs goal protection
2. Staying on feet vs dive on ground
3. Body position/hand position

### Skills ID: Players

1. Shot selection: One-time vs trap and eliminate
2. Composure in tight area
3. 1 v 1 Strength vs GK

# ACADEMY DRILLS

## Skill Criteria: Goalkeeper Games

1. 3 or 4 blue players vs 2 goalkeepers, in sync
2. 1 GK in goals, the other 10 yds out as shown
3. GKs to stay on feet and defend together.
4. Blue players must make 5 passes before they can score.
5. Goalkeepers must clear the ball outside area
6. All blue players **must** touch the ball after initial starting pass.

## Skills ID: Goalkeeper

1. Interception vs goal protection
2. Staying on feet vs dive on ground
3. Body position/hand position

## Skill ID: Player

1. Pass execution
2. Movement in circle
3. First touch
4. Pre-scan next pass
5. Group shot selection



Drill: 3 v 2GK's

## GOAL SCORING AND GOAL KEEPING DRILLS

Drill: 4 v 2GK's



# ***TEAM DEVELOPMENT***



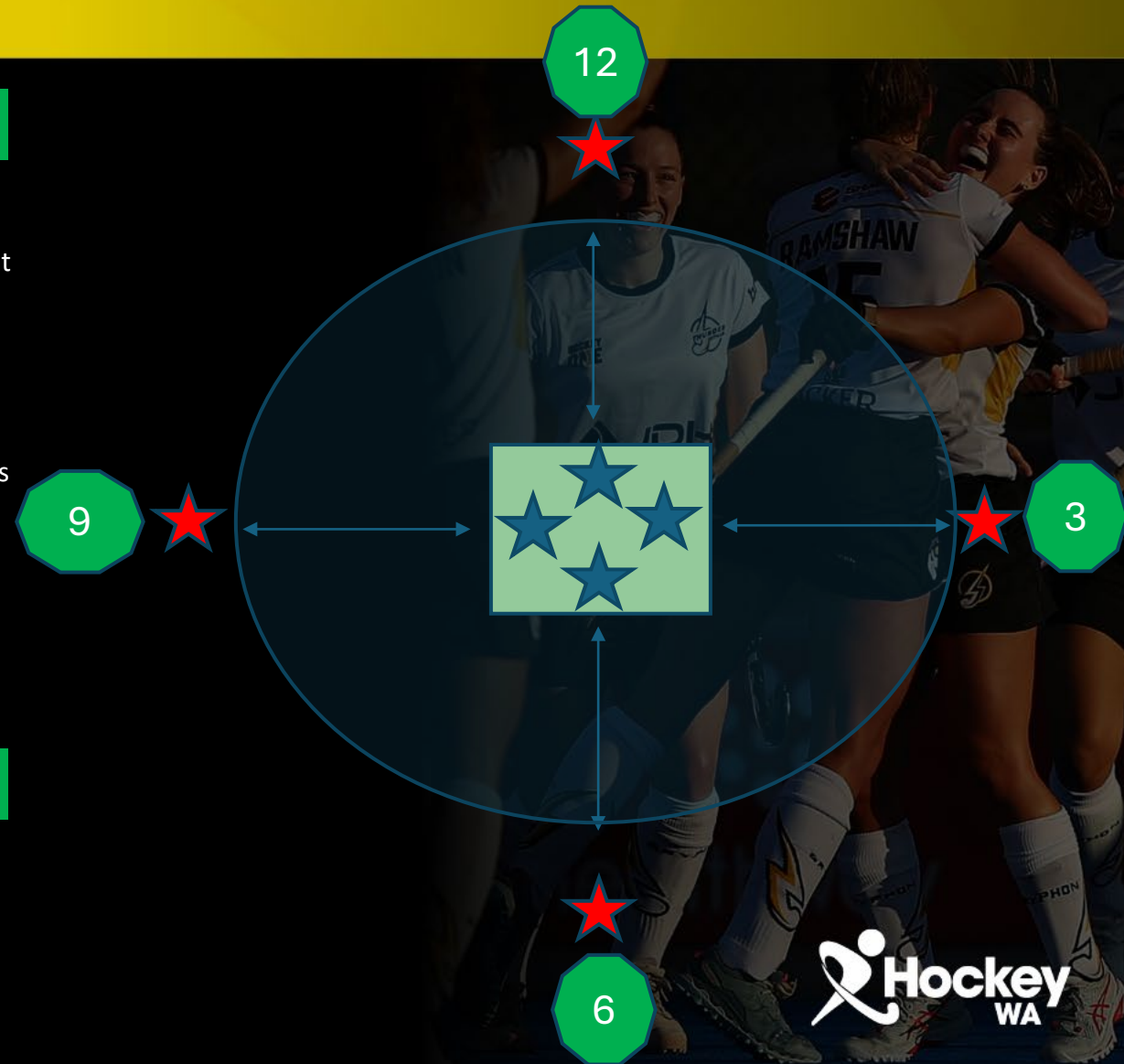
# ACADEMY DRILLS

## Clockwise Drill 1

The Clockwise drill is a leading, pass and re-lead drill.

- Players in box (blue stars) run out of the box at the same time towards red star player in front of them, being 3, 6, 9, 12
- Player red stars commences the exercise with a ball each
- Red passes the ball to blue and receives it back
- Player blue moves to the next number in the clock in a clockwise movement
- All blue players lead at the same time to the number in front of them to begin the exercise
- Players continually complete exercise for 2 minutes and then change with outside red players
- ***GK can be used in these exercises***

**For example.** If the blue star facing Number 12 runs out of box & receives the ball and passes it back to 12, the blue star **MUST** go back into box and then lead to number 3 and repeat the drill.  
Note: if you have 10 players, you can place another inside the box and another around the clock.



## Star Wars Drill 2

### Progression of Drill 1.

- Difference: blue stars at the same time can go to any red star
- They cannot go around in a clockwise motion
- They cannot go to the same red player twice.
- Players to focus on awareness and vision.

# ACADEMY DRILLS

## Team Possession Drill

The possession drill is designed to have two teams, continually moving in the square, passing to the number ahead of them. Each team will have a ball. The object is to focus on your own team and possession. Teams are not to disrupt the other team while completing exercise. This exercise is about vision, awareness and communication with a teammate.

### How you explain the exercise

Blue Team:

Blue 1 passes to blue 2. blue 2 passes to blue 3 and so on. When you get to player 5, they pass ball back to blue 1. It's a continuous drill

At the same time, within the square, red team performs the same exercise.

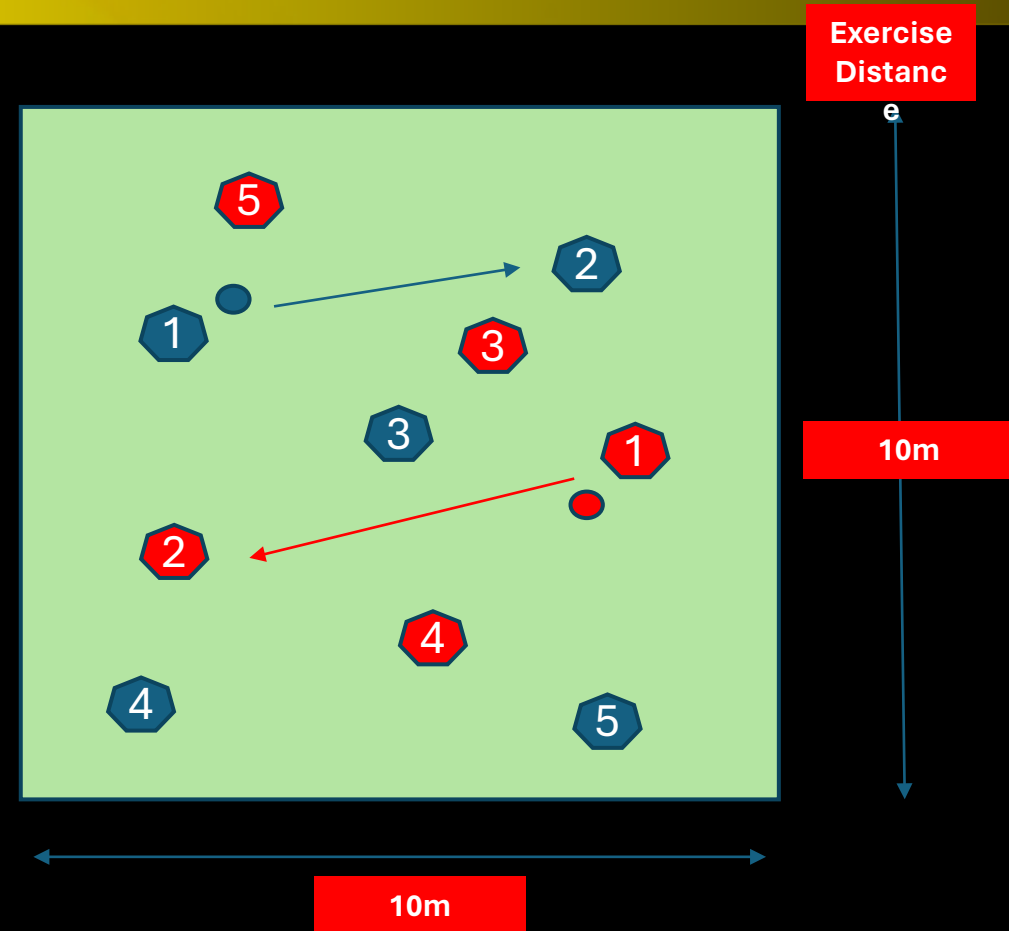
- Perform this for 2 minutes
- All players in each team are continuously running
- Each team to avoid other team

### Progression 1

- Ask the players not to communicate with voice. Drill must be done in silence, so they use their eyes to see a pass
- Perform this for 2 minutes

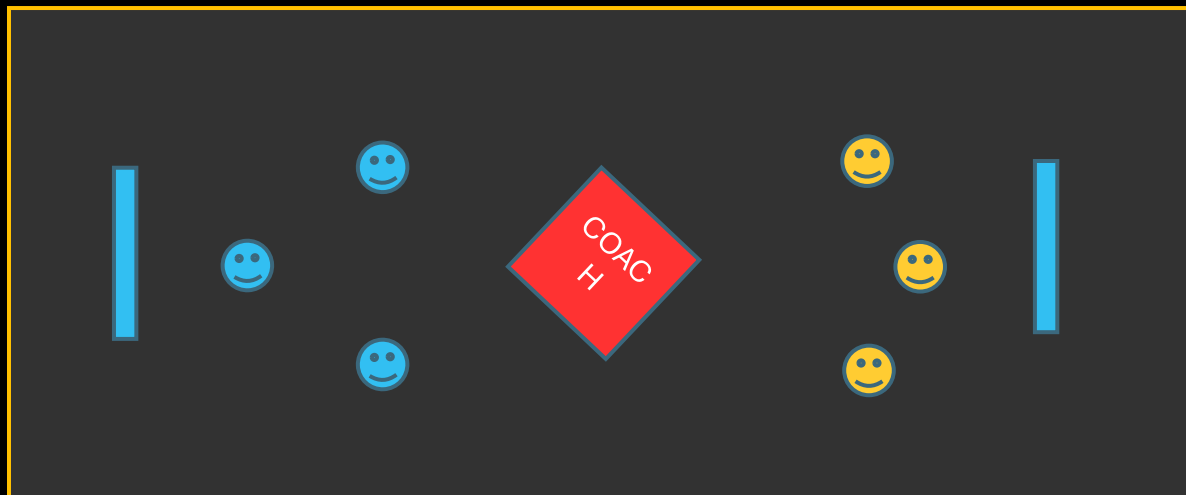
### Progression 2

- Take one ball out. Now this is competition time
- Teams to complete 3-5 passes (coach assessment on ability)
- Other team trying to prevent 3-5 passes in a row
- If team makes 3-5 passes in a row, they score 1 point
- First team to 5 points results in losing team doing 20 push ups





# ACADEMY MINI GAMES



## Game 1: 3 v 3 Endzone Game

1. 3 (or 4) players per team
2. Each Team needs to get to their endzone
3. Two players must be in endzone to score (support role as in a game)

### GAME NOTES & CHANGES

1. Can apply to teams of 4,5,6 per side.
2. Once team scores one end, teams can switch directions.
3. Players can only use their eyes. No calling allowed

## Game 2: 3 v 3 Game with "No Go Zone"

1. 3 (or 4) players per team
2. Neither team may pass or run through the middle red box. If team fouls, they lose a player for 1 minute (sin bin)
3. Encourage width in attack

# ACADEMY MINI GAMES



Use 1/4 Pitch for each game



Player  
or GK

## Game 1: 4 Goal Game.

1. 3 (or 4) players per team
2. Each team has two goals to attack and defend
3. Encourage players to identify where the space is to attack.
4. Once a team scores a goal, they keep possession

## GAME NOTES & CHANGES

1. Can apply to teams of 4,5,6 per side.

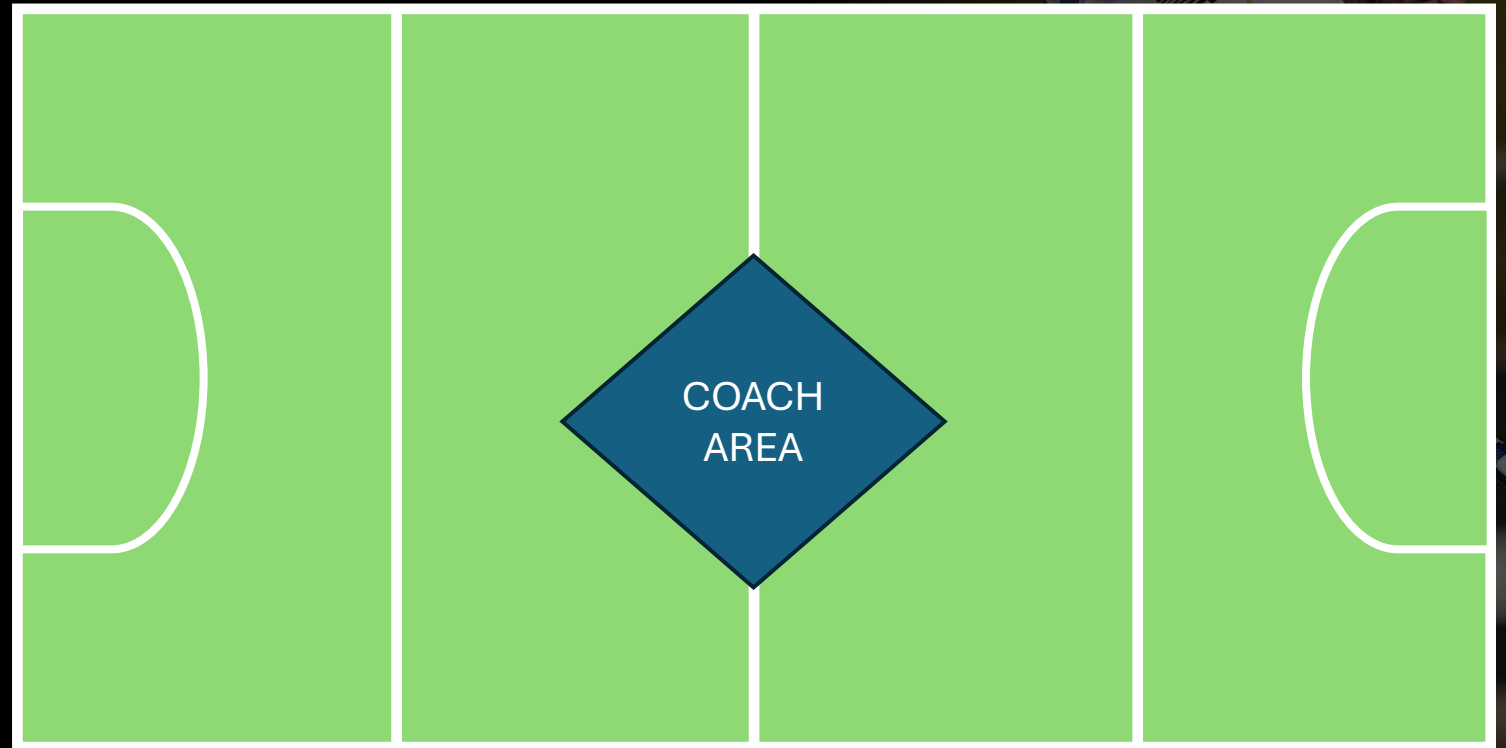
## Game 4: 4 v 4 Game with 5<sup>th</sup> player in attack.

1. 3 (or 4) players per team
2. Each team must use the player in middle before they score a goal
3. Central player must give ball back to team who passed to them
4. Once a team scores a goal, they keep possession

# TEAM DEVELOPMENT

## Full Field Game

- 4 touch game play: progress to 3 touch
- Ball cannot go through middle diamond area
- For a goal to be scored, all players in the team need to be in the attacking half
- If a PC is awarded, have the player complete a 1 v 1 shootout instead of PC



# ***CLUB & COACH RESOURCES***



# COACHING A TEAM

## Attributes of a Coach: Creating a positive, fun and learning environment for all.

### Delivery Skills

#### “Don’t get bored of teaching the basic skills”

- Short and concise instruction
- Positive communication
- Provide feedback as much as possible
- Manage the players of all abilities
- Make it fun
- Try not to have players standing in long lines. Maximum of 4 in a line when completing skills and drills

### Training

#### “Plan your training well”

Questions first to ask yourself

1. Do I have a goalkeeper?
2. Skill development  
(pick one focus skills each time)
3. Team building exercises- motor skills and hand eye coordination exercises
4. Fitness – agility, speed and endurance
5. Game play- keep players involved and use this time to ensure you teach players about positioning. See next section for more info on game play

### Game Play

- Communication skills- teach players to talk to each other
- Leading- individual and team- teach players about receiving ball into space. This will help with players understanding leading...into space
- Defensive pressure- get your team to understand that every second they can delay an opponent, that gives your team mate an extra second to get back to help
- Teach players to pre-scan before making their pass to teammate.
- In any game simulation in training, introduce the two touch or three touch rule when in possession. Meaning players can not run with ball. They must only touch the ball two to three times before they pass it on

# COACHING A TEAM

## BALL CONTROL

- Important skills to teach at the beginner level correctly. Based on this matrix, we encourage coaches to teach dribbling and eliminations before moving to 3D skill areas. When player shows competency move to 3D skills
- Combine skills to make up repetitive exercises to maintain athletes' engagement
- Emphasis on HOW/WHY/WHEN to use each skill



### Coach Tips

1. Always encourage technique first before speed. Speed comes once confidence is gained
2. Repetition, repetition, repetition
3. Once competent, add time challenges to add pressure

## PASSING

- There are several passing competencies required to be a complete player
- Follow order of passes in the matrix chart to continually develop passing options for each player
- As players gain confidence, increase drill intensity to match their abilities. For example- increase passing distance or add targets to aim at
- Develop players ability to make 'stick to stick' passes and 'stick to space' passes
- Technique of forehand and reverse sticks differ - ensure these hand positions are explained correctly before allowing players to perform the skill



### Coach Tips

1. Ball position is crucial to successful passing accuracy
2. **Push:** player should aim to have good transfer of weight from back foot to front foot when passing
3. **Hit:** encourage controlled hit rather than a smash hit

*Leadership opportunity: If you as a coach cannot perform any skill, empower a team member. Give them confidence by showing their team mates how to do the skill*

# COACHING DELIVERY NOTES

## RECEIVING - MOST IMPORTANT SKILL IN HOCKEY

- Focus on first touch. Soft hands when receiving the ball. Top hand about 8 out of 10 and bottom hand around 3 or 4 out of 10 in terms of firmness of grip
- Practice receiving across the body on both sides to enable better vision of surroundings and seeing next pass
- Body and feet set up not too upright to allow for continual movement in any direction
- Introduce pre-scan ( look somewhere before you pass) to know your next pass
- Advanced skill: to move ball in a different direction when receiving to a better position of advantage. (you could eliminate an opponent with a trap or movement of ball into a different area)



### Coach Tips

1. Soft Hands depending on speed of ball
2. Teach receiving going forward
3. Stay mobile in receive to allow next movement

## TACKLING

- Body and footwork crucial to success of these defensive skills
- Ensure correct hand and stick position when delivering skill criteria
- Encourage simple tackling exercises- ensuring body position is lower than ball carrier
- Tackle to win back position



### Coach Tips

1. Be proactive rather than reactive as a defender
2. Presence vs Tackling Sometimes you don't have to tackle. Just provide pressure with presence
3. Delay the Play- slow your opponent down to allow team mates to get behind you

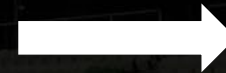
# COACHING DELIVERY NOTES

## GOAL SCORING

- **Preparation** is key to goal scoring- repetitive shots of essential shots produce simple goal scoring qualities.
- **Opportunity** presents in games where players need to select the correct shot to play in any situation.
- **Execution** is how you play your shot. Body needs to be balanced, target should be set by feet and ball position.

## SCORING SHOT TYPES

- Essential shots are the main key to developing sound goal scoring skills. Before moving to advanced shots, ensure players master these essential shots
- Repeat shots by fed balls into area and train mind, body to determine the correct shot
- Low body base provides strength over ball and produces good ball position when taking a shot
- Advanced shots for the upper age level to build shot choices and opportunity to score more



### Coach Tips

1. Body Position low, shoot low
2. Ball position crucial to decision making in shot selection
3. Stay composed in circle area. Pressure is on the GK, not the striker



# POSITION ANALYSIS

## ATTRIBUTES OF STRIKERS: AGGRESSIVE/FEARLESS/COMPOSURE

### Physical

- Change of speed
- Communication skills
- Aggressive
- Fearless
- Composure
- Patience
- Identifying 2<sup>nd</sup> and 3<sup>rd</sup> phase team plays

### With the Ball

- Goal scoring, shot selection
- Receiving skills (3D) - (Open vs closed)
- Composure on the ball
- Elimination skills
- Both sides shot types
- Decision making in circle
- Connections with other strikers
- Midfield connection

### Without the Ball

- Communication skills
- Leading - individual and team
- Defensive pressure
- Spatial awareness and vision
- Identifying the danger areas
- Identifying weaknesses in opposition teams

# POSITION ANALYSIS

## ATTRIBUTES OF A MIDFIELDER: GOOD BASIC SKILLS AND KNOWLEDGE OF THE GAME

### Physical

- Endurance and speed (5-10m)
- Strong core (passing range)
- Balance/bilateral dominance
- Mobility and agility

### Skills

- Breaking lines
- Elimination skills (use of 3D)
- Receiving skills on both sides
- Passing range on both sides
  - Weighted pass
  - L/R foot
  - Stick vs space passing
- Vision (360)
- Call carry position
- Tackling/channeling
- Rubbernecking/ pre scan
- Composure
- Connections between the lines
- Setting up the press

### Game Knowledge

- Communication
- Danger recognition
- Game speed identification
- Press organisation
- Opposition structure analysis
- 360° awareness

# POSITION ANALYSIS

## ATTRIBUTES OF A DEFENDER: PHYSICAL AND BRAVE

### Physical

- Endurance
- Closing speeds busts
- PCD skills/PCA skills
- Defensing mindset
- High communication level
- Identifying opposition player dangers
- Footwork and body positioning
- Discipline

### With the Ball

- Outletting with speed (passing skills)
- Receiving skills (3D)- (Open vs closed)
- Structural awareness
- Composure on the ball
- Elimination skills

### Without the Ball

- Communication skills
- Defensive organization/ game reading
- Marking/defensive principles
- Tackling skills: management of contest
  - Slow play vs breakdown
- Preparing for the turnover

# POSITION ANALYSIS

## ATTRIBUTES OF A GOALKEEPER

### Physical

- Mobility and speed
- Closing speeds
- PCD skills and defending mindset
- High communication level
- Identifying opposition player dangers
- Footwork and body positioning

Always ask yourself this question when coaching a team. "How many GKs do I have?" and plan your session around them.

### Game Skills and Knowledge

- Clearance work
- Structural awareness
- Composure on the save
- Communication skills
- Defensive organization/ game reading
- Marking/defensive principles
- Managing the contest

# SAMPLE CLUB TRIALS SHEET FOR GRADING

HWA Sample Trial Sheets			ASSESSMENT SKILLS :Scoring Range( 1 2 3 4 5) 1= Poor, 3 = Average, 5 = Good)									
Number	First name	Last name	Ball Control	Elimination Skill	Tackle	Passing	Receiving	Positioning	Game Play	Goal Scoring	TOTAL/40	Notes
			Stick on ball and hand positions	Control, speed, consistency	Mobility and hand position	On the move/ accuracy/	On the move, first touch, to advantage	Body placement in pass and receive	Positional understanding	Shot selection		
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												

# CLUB TRIAL ADVICE

## HAVE THE RIGHT PROCESS IN PLACE WHEN IDENTIFYING PLAYERS FOR TEAMS

### General Rules

Use the skills in this booklet as skills assessments. It will help to place athletes in the right teams and providing feedback to parents about their child's development.

Ensure players get the opportunity to show off their skills and fitness

Do NOT play large games that allows players to lose their focus, especially when they are moving into the full-field game format.

*For example:*

*For Year 5/6 or 7/8s, do not play full-field games at the beginning of trials until you sort out who the A-grade players are. Play smaller games, so players get to touch the ball more. Games such as 5 vs 5 or 6 v 6. There is no place to hide in this environment. With many kids being of similar standard, using smaller games will give you a better look at each player in a smaller games.*

Look for involvement, positioning of players, decision making on the ball and general skill ability.

Provide as much technique feedback as possible. Such as:

- Hand position on stick when pushing or hitting. Hands apart vs hands together
- Promote good body position - down and alert = dangerous
- Push with your legs and arms, not just arms. Players will be too upright with no power behind the pass
- Always look before you pass "make a connection with your eyes"
- Tell players to "not get bored of doing the basic skills". These fundamentals will make them a good player for life

### Game Skills and Knowledge

- Ball control skills
- Passing and receiving skills, on the move
- Tackling (body positioning)
- Goal scoring, shot selections under pressure
  - Teach more shot types
- Defensive organization/game reading
- Marking/defensive principles
- Game positioning "on and off the ball"
- Positive Communications between teammates
- Fitness and capabilities - endurance vs speed
- Develop the PC Skills - focus on push outs and traps before drag flicking

# TECHNICAL: CORE SKILLS

## BALL CONTROL

Dribbling

Eliminations

3D

## TACKLING

Flat Stick Tackle

Reverse Tackle

Jab Tackle

Shave Tackle

## CORE SKILLS

## PASSING

Flat Stick

Reverse

On the Move

Aerial

## GOAL SCORING

In close shooting

Mid Range Shooting

Top of the Circle

## TRAPPING

Flat Stick

Reverse

On the Move

Aerial

## BODY MOVEMENT

Hand Eye Skills

Footwork

Agility

Speed Changes

Aerobic Fitness

## ESSENTIAL GAME SKILLS

## PENALTY CORNER- ATT

Push Out

Stick Trap

Hit/Flick/  
Deflect

## PENALTY CORNER-DEF

Number 1 Run

Number 2 Run

Post Players

# TECHNICAL: CORE SKILLS

## BALL CONTROL

Dribbling

Eliminations

3D

## TACKLING

Flat Stick Tackle

Reverse Tackle

Jab Tackle

Shave Tackle

## CORE SKILLS

## PASSING

Flat Stick

Reverse

On the Move

Aerial

## GOAL SCORING

In close shooting

Mid Range Shooting

Top of the Circle

## TRAPPING

Flat Stick

Reverse

On the Move

Aerial

## BODY MOVEMENT

Hand Eye Skills

Footwork

Agility

Speed Changes

Aerobic Fitness

## ESSENTIAL GAME SKILLS

## PENALTY CORNER- ATT

Push Out

Stick Trap

Hit/Flick/  
Deflect

## PENALTY CORNER-DEF

Number 1 Run

Number 2 Run

Post Players



# TEAM DEVELOPMENT

## BACK HALF

- Teams to educate on back 4 strategy
- Skill development - ball speed through passing skills quality
- Education and understanding of the D30/40 Strategy vs half court vs full press
- Defensive principles - control the area, delay the play
- Identify strengths and weaknesses of opposition team
- Problem solving in high pressure areas (defensive circle)
- Defending rules and lines (defend the 25, defending the circle, defend the goal scoring area)
- Structure: man on man vs zone

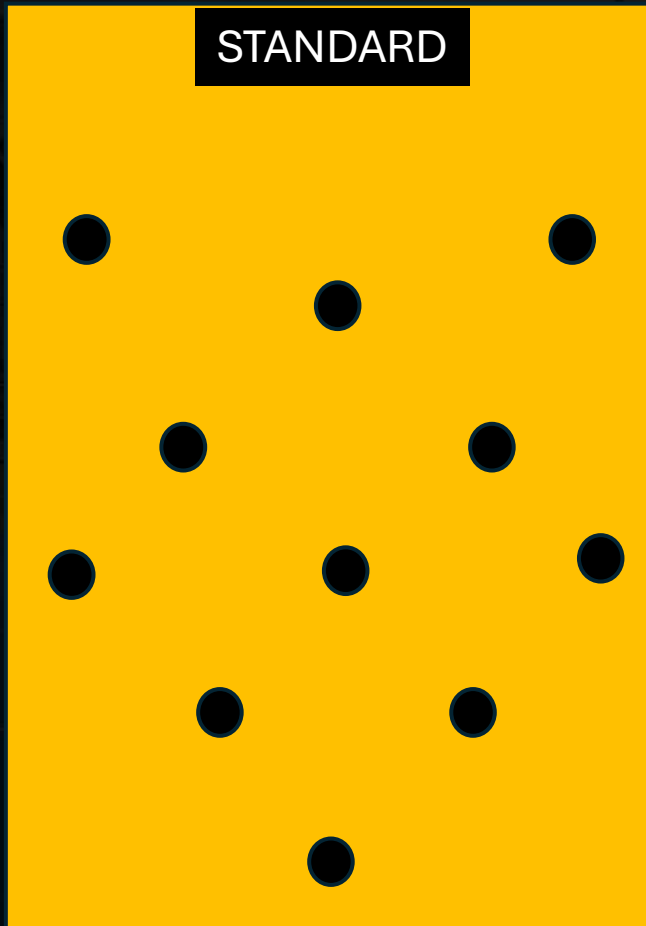
# TEAM DEVELOPMENT

## FRONT HALF

- Connection between midfield and strikers
- Leading patterns depending on back half ball transition: identify play earlier
- Using the width and depth of the pitch with strikers
- Patience with strikers in help side positions
- Circle work - movement by strikers to manipulate defensive team marking
- Spatial awareness - isolation in 1 v 1 contests
- Front 3
- Circle entry areas and balance
- Hierarchy for decisions in circle. shot vs pass vs PC

# TEAM DEVELOPMENT

## IDEAL TEAM STRUCTURE FOR WA



Front 3

Middle 3

Back 5

Coach Expectation:

Don't get bored of teaching the basic skills

- Focus on teaching basic skills and positional structure better. Priority of receiving on the ground or in the air, either stick to stick or on the move.
- Understand the age brackets and learning for each specific playing group - Under 14/16/18s
- Teach problem solving skills while under pressure
- PCD development
- PCA development - push out, traps are NOT to be ignored
- Use of video analysis - high importance with juniors

# MENTAL MAINTENANCE

## MANAGING PLAYERS

- **First rule: every player is different**
- **Second rule: always communicate and be open to all ideas. Give players a chance to speak, individually, or as a collective**

## MANAGING TEAM

- **Be open and honest with your coaching philosophy**
- **Encourage team discussions on mental preparation**
- **Discuss success and failures - with team results, player performances and injury management**

***HOCKEY AUSTRALIA  
HIGH PERFORMANCE***



# HOCKEY AUSTRALIA 2024

## 2024 Overview

1. Goal Keeping / Drag Flicking camp in Canberra - Feb 23-25:
2. NAPP Seminar - U21 Nationals in Newcastle – 13-20 March:
3. Australia A: Men's/Women's International Tournament - Perth April
4. Futures Mini-Camp in Brisbane – 1-3 May
  - QLD, NT, NSW, ACT athletes (M&F)
5. Futures Mini-Camp in Melbourne – 15-17 May
  - VIC, SA, TAS, WA athletes (M&F)
6. Burras & Jillias European Tour – May/June
7. VAA: Kookaburras/HRoos Olympic Preparation - Perth July:
8. Sultan of Johor Cup, Malaysia – 14-27 October
9. Female Futures/JWC-Q camp/comp – October
10. JWC Qualifier Oceania Cup (New Zealand) – Dates TBC, early /mid December



# HOCKEY AUSTRALIA 2024

## 2024 Key Development themes

1. **Tackling** - specifically defensive circle and midfield)
2. **Attacking Circle** - jumping in front, craft, leading, goal scoring variety, awareness of teammates positioning
3. **Set play skills**
  - PCD - knowledge of roles and responsibilities
  - PCA – injections, trapping, flick/hit, variations – knowledge and training
  - Shootouts – routine, practiced skill, GK development
4. **Passing skills** - aerials, slapping, passing deception, ball speed
5. **Receiving** - tight 1v1 contests and in zones/space
6. **Mental skills in competition** - ability to deal with pressure, lack of big game players, winning/losing scenarios, playing poorly/mistakes, bench time
7. **Physical** - yo-yo vs repeated speed / agility and power
8. **Tactical knowledge** - WB / WOB Awareness & Decision Making



# HOCKEY AUSTRALIA 2024

## IMPORTANT NOTES

- Hockey Australia supplies HWA with the up-to-date information that will be passed down to Clubs for added resources to your program.
- Video's will follow the identified development areas to assist with the delivery of these focus points.



# ***ATHLETE DEVELOPMENT***



# INDIVIDUAL DEVELOPMENT PROGRAM (IDP)

ATHLETE:

Superpower 1:  
Superpower 2:  
Superpower 3:



TEAM CULTURE. MINDSET &  
LEADERSHIP

.



WELLBEING &  
ENGAGEMENT

.



TECHNICAL / TACTICAL

WITH BALL

WITHOUT BALL

.

.



ACTION PLAN

.



PHYSICAL CAPACITY

.

# IDP DESCRIPTION



## SUPERPOWERS

- What are the three main Superpowers that make you a hockey player?
  - Are you a good passing player?
  - Do I have a good work ethic?
  - Am I mentally well prepared for games?



## TECHNICAL/TACTICAL

- What you do well (examples)?
  - I consistently complete skills under pressure
  - Understanding my role within the press
  - I have two specialist PC skills. Push out and trap skills



## PHYSICAL CAPACITY

- Where are you now?
  - My speed is my weapon
  - My endurance enables me to run out games



## TEAM CULTURE/MINDSET/LEADERSHIP

- What do you do well
  - I participate in group discussions (team culture)
  - I prepare hours before by doing what? (Mindset)
  - I encourage my teammates on and off field (leadership)



## WELLBEING & ENGAGEMENT

- What do you enjoy doing?
  - I enjoy going to the movies with my friends
  - I volunteer at my local club to give back to hockey



## ACTION PLAN

- In the next phase of training, pick three (3) things that require improvement. *Examples below:*
  - I want to improve my tackling in 1 v 1 situations
  - I want to make better decisions in the circle which include shot selection.
  - I need to improve how I prepare for matches.



Tristram Woodhouse  
Performance and Pathways Manager - Hockey WA  
[Tristram.Woodhouse@hockeywa.org.au](mailto:Tristram.Woodhouse@hockeywa.org.au)

[hockeywa.org.au](http://hockeywa.org.au)