



Coaching Themes 2020-21

We are pleased to share with you the coaching content and themes for all age groups below:

Under 6, 7 and 8

Overall aim: learning and developing fundamental movement and motor skills in hockey and having fun!

What will players be able to do?

I can...

- Hold the stick in the correct position and remain safe when doing so
- Keep my stick on the floor at all times
- Keep my head up when moving with and without the ball
- Keep my stick and ball touching when dribbling slowly in isolation
- Take part in small-sided games co-operatively with peers
- Demonstrate the toilet seat position with and without a ball
- Demonstrate the correct stick carry position, at 2 o'clock, with and without the ball
- Perform the v-drag and left to right skills in isolation with some success and I try to apply these in game play
- Follow the feedback from coach and respond to direction or instruction effectively
- Try my newly acquired skills in small sided game play and continue to do so regardless of outcomes
- Demonstrate some special awareness in game play but my coach often reminds me of my position.

Under 10

Overall aim: Develop fundamental hockey skills and learn the fundamental rules of the game

What will players be able to do?

I can...

- Keep my stick in the correct carry position when moving with and without the ball in isolation and have some success applying this in game play.
- Show the ball carrier where I want to receive a pass with my stick on the floor in isolation and have some success applying this in game play.
- Keep my head up and stick and ball in contact when moving with and without the ball at speed and in different directions.
- Execute a push pass with accuracy and power in isolation and game play and explain the correct technique to do so
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- Explain the benefits of pre and post scanning and can demonstrate these in isolation, when passing, and receiving
- Take part in small-sided games and 7-side games effectively and have a growing awareness of rules, basic tactics and position requirements to be an effective player
- Apply sound decision making when in possession of the ball in isolation and have some success in game play
- Demonstrate the correct body position when block tackling and channeling an attacker in isolation and have some success when applying this in game play
- Perform the v-drag, left to right and reverse stick dodge in isolation to a good standard and I try to apply these in game play. I have also been challenged to try 3-D skills, such as chuck and run
- Follow the feedback from coach and respond to direction or instruction effectively
- Try my newly acquired skills in small sided game play and matches and continue to do so regardless of outcome

U12

Overall aim: Develop core and advanced hockey skills and learn core tactics in hockey.

What will players be able to do?

I can...

- Move with the ball in a low position at speed and in different directions, whilst keeping my head up and stick and ball in contact
- Move with the ball in a low position at speed and in different directions, whilst keeping my head up and stick and ball in contact
- Lead dynamically with my stick on the floor to show the ball carrier where I want to receive the ball in isolation and game play
- Move with the ball on an angle in isolation and demonstrate a basic understanding of how to initiate base pattern
- Move on the opposite angle to the ball carrier when leading for the ball in isolation and understand the benefits of doing so
- Pre and post scan when receiving and passing the ball in isolation and have good success applying this in game situations.
- Take part in small-sided games and 7-aside games effectively and have a growing awareness of rules, basic tactics and position requirements to be an effective player
- Apply sound decision making when in possession of the ball in isolation and have good success applying this in game play.
- Push pass the ball with accuracy and power in game play and isolation
- Demonstrate the correct body position when block tackling and channeling an attacker in isolation and good success when applying this in game play
- Perform the v-drag, left to right, reverse stick dodge and chuck and run in isolation and attempt these with good success in game play
- Apply basic pressing formation and simple tactics in training and game play
- Clip hit the ball with accuracy when shooting at goal and understand when to apply this.
- Trap the ball on the reverse stick.

U14

Overall aim: Develop advanced skills, techniques and game awareness; whilst retaining a life-long passion for the game

What will players be able to do?

I can...

- Continue to show good and consistent technique when passing and receiving the ball in isolation and game play
- Execute the correct base pattern movements without the ball and lead dynamically into space at the correct time
- Move with the ball on an angle in isolation and game play and demonstrate a secured understanding of how to initiate base pattern effectively
- Move with the ball on an angle in isolation and game play and demonstrate a secured understanding of how to initiate base pattern effectively
- Move on the opposite angle to the ball carrier when leading for the ball in isolation and understand the benefits of doing so
- Pre and post scan when receiving and passing the ball in isolation and apply this successfully in game scenarios
- Take part in small-sided games and 11-aside games effectively and have an awareness of rules, tactics and position requirements to be an effective player
- Apply sound decision making when in both circles and execute circle pattern movements effectively in isolation and have some success in games
- Demonstrate the correct body position when channeling and block tackling in games and I can execute the shave tackle in isolation
- Perform all elimination skills successfully in isolation and game scenarios and know when to apply these
- Perform all elimination skills successfully in isolation and game scenarios and know when to apply these
- Apply 2 types of press in isolation and game play
- Clip hit and slap the ball at the correct time and apply the correct technique to do so.
- Trap the ball on the reverse stick and can use the reverse stick sweep or hit to shoot at goal in isolation and have some success apply this in games.

U16 & U18

Overall aim: continue to advancement of core and advances skills, techniques and game awareness and prepare for the demands of senior hockey.

What will players be able to do?

I can...

- Continue to demonstrate good levels of basic skills when passing and receiving the ball in isolation and game play
- Execute the correct base pattern movements without the ball and lead dynamically into space at the correct time
- Independently respond to different types of opposition plays to outwit my opponent
- Move with the ball on an angle in isolation and game play and demonstrate a secured understanding of how to initiate base pattern effectively
- Move on the opposite angle to the ball carrier when leading for the ball in isolation and understand the benefits of doing so
- Execute multiple patterns of play and set pieces in order to be an effective player
- Take part in small-sided games and 11-a-side games effectively and have a good awareness of rules, tactics and position requirements to be an effective player
- Consistently pre-scan and post-scan effectively in games to increase the speed of my decision making.
- Apply the correct decision making when in both circles and execute circle pattern effectively.
- Demonstrate the technique when block tackling, shove tackling and channelling in isolation and game situations
- Perform all elimination and skills successfully in games and isolation
- Apply 3 types of press in isolation and game play
- Clip hit the ball, slap the ball, reverse stick hit the ball and aerial the ball with sound technique and apply these with decision making in games.