

# Hockey Australia



## Training Drills for Coaches



## **Forward**

The following hockey drills were designed by Level 3 hockey coach, Beth Shea and her NSW colleague Jenny Baxter. They were developed for use when coaching a NSW Under 21 women's team, and were designed to suit a specific purpose or training need relevant to the team.

Hockey drills should always be designed with a specific purpose in mind e.g. to sharpen a forward's shot on goal, to develop better passing accuracy under pressure, to increase the reaction time of a goal-keeper. Use the drills on the following pages, or create your own to work on the specific requirements of your team in the lead up to finals.

Good luck and happy training!

# Drills Legend



Goalkeepers



Balls needed here!



Players of various types



Individual ball needed here



Player passes the ball



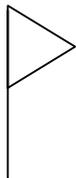
Player moves or leads without the ball



Player dribbles the ball

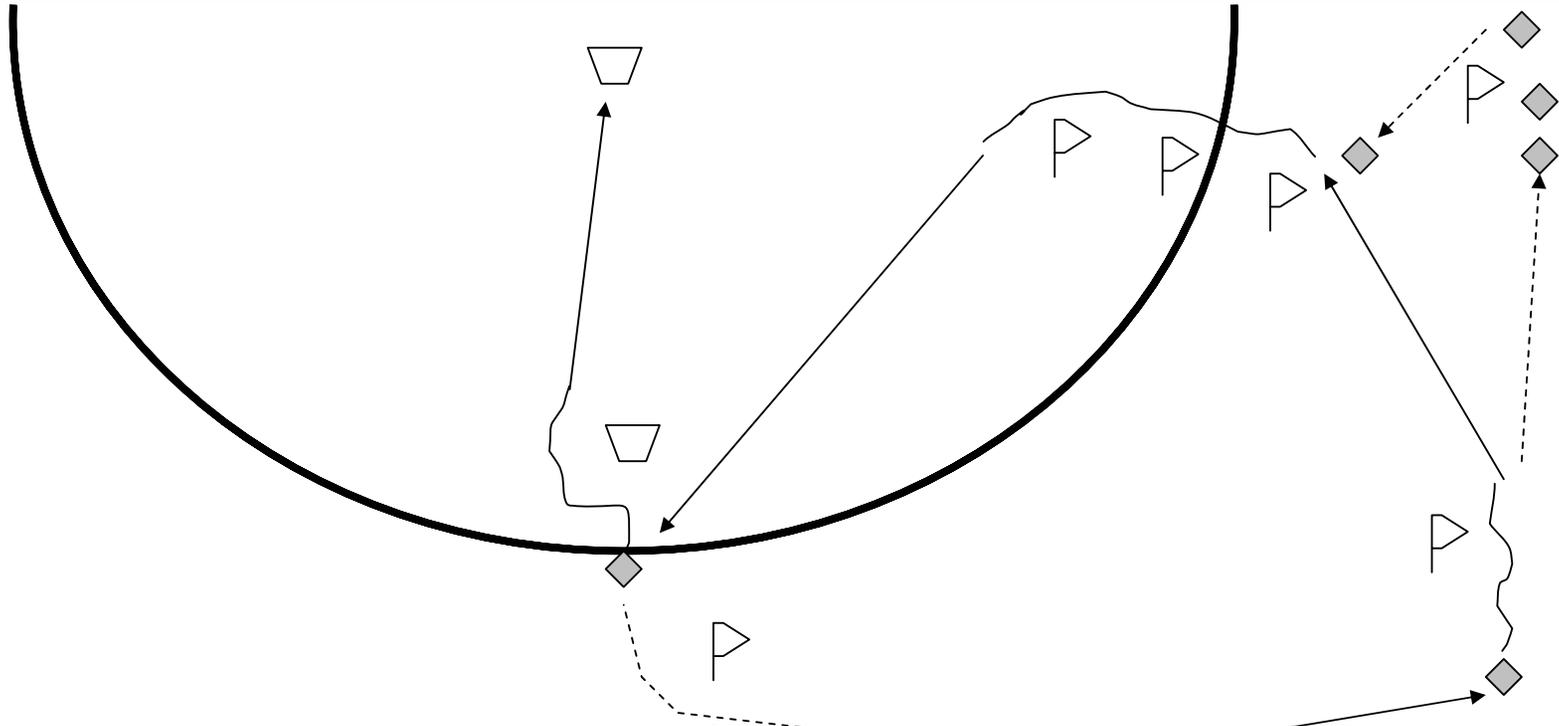


Player moves without the ball



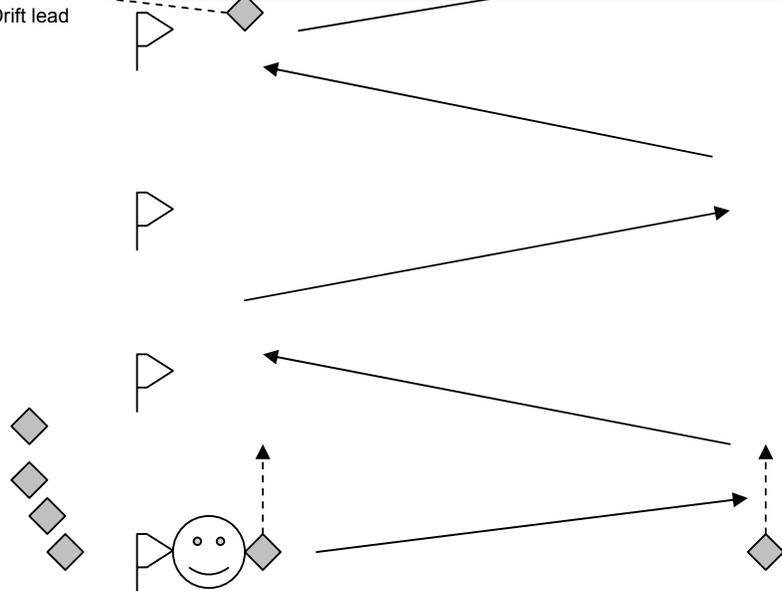
Marker or cone

**DRILL 1**

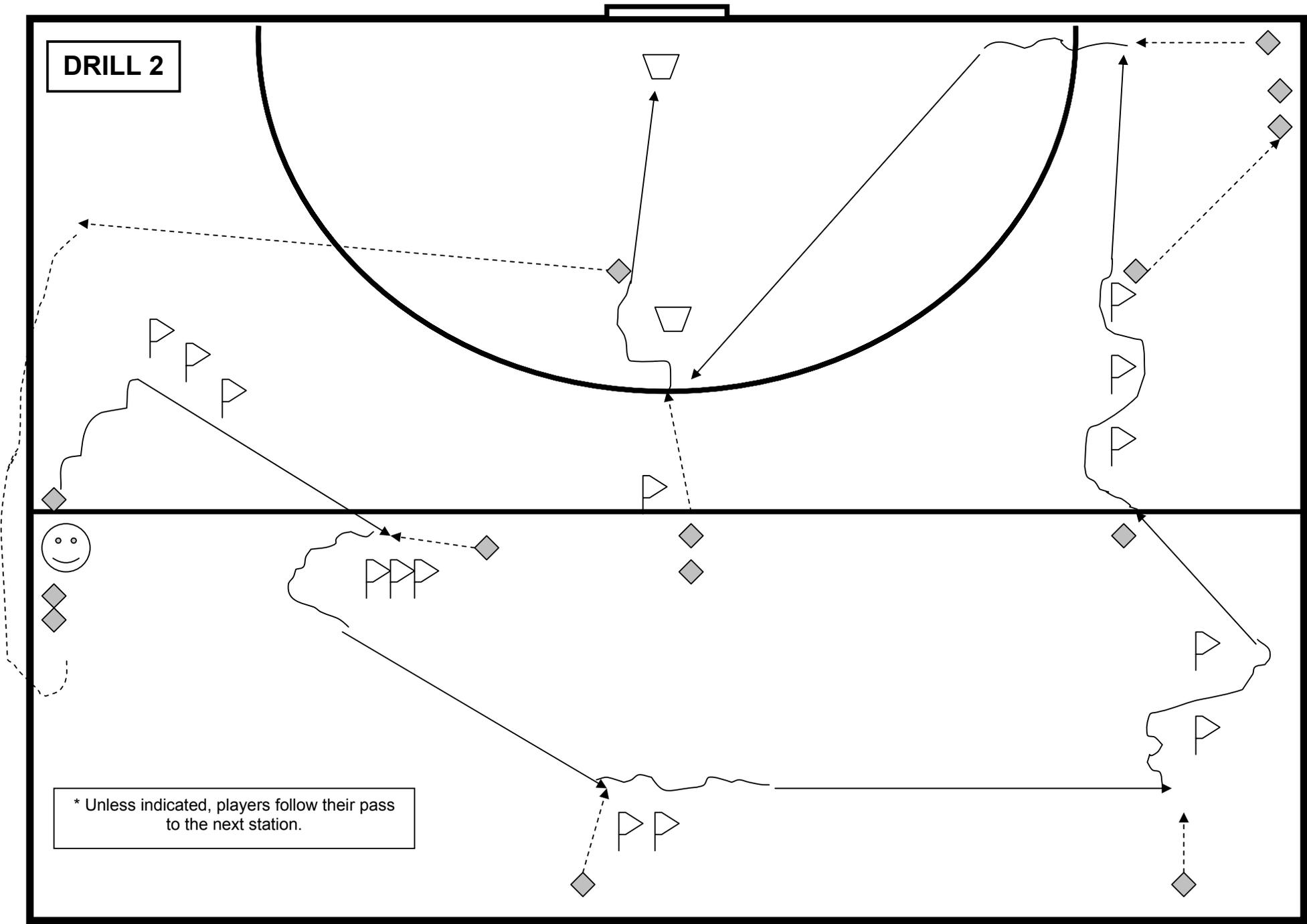


Drift lead

This drill can be duplicated on both sides of the field



**DRILL 2**

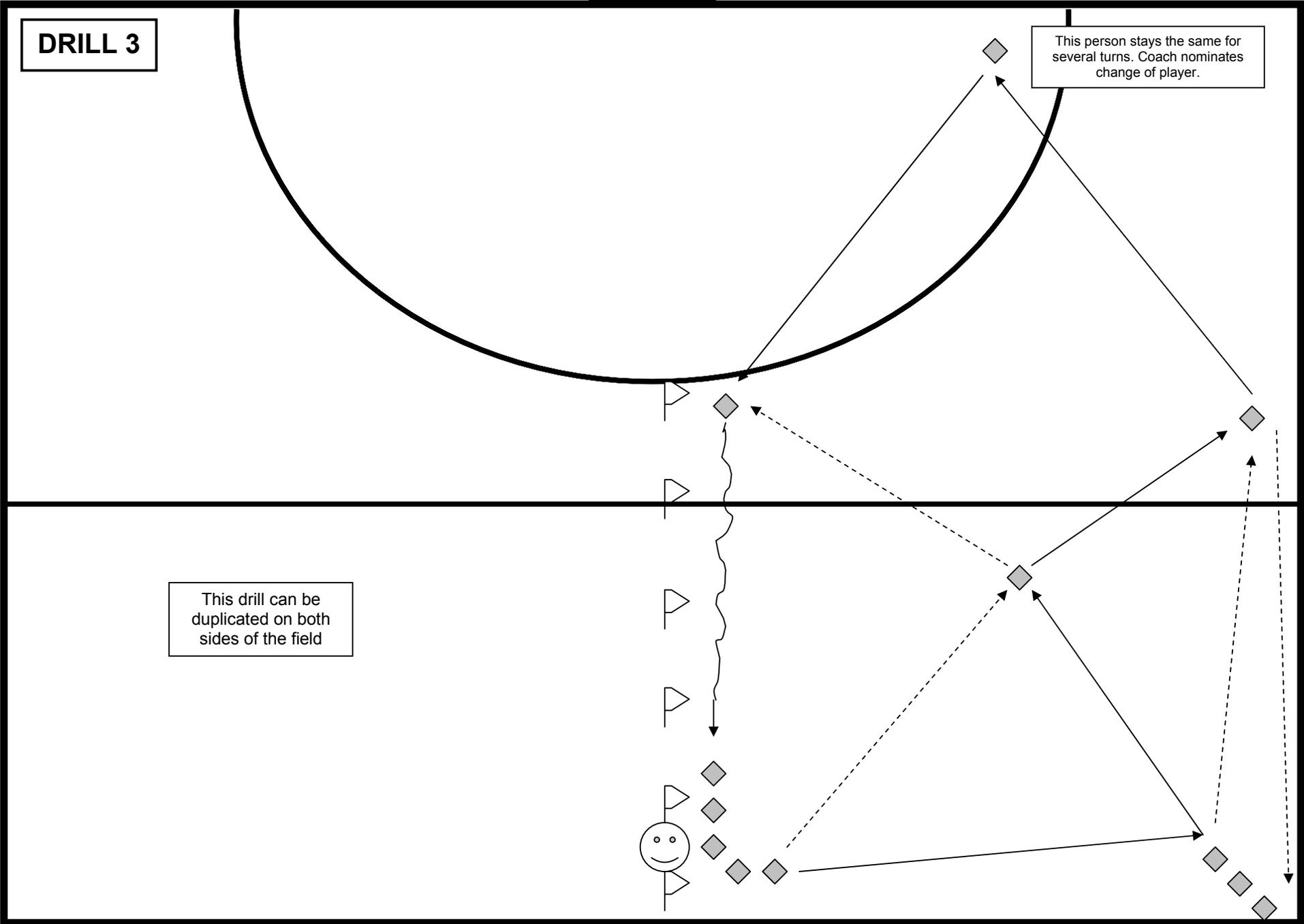


\* Unless indicated, players follow their pass to the next station.

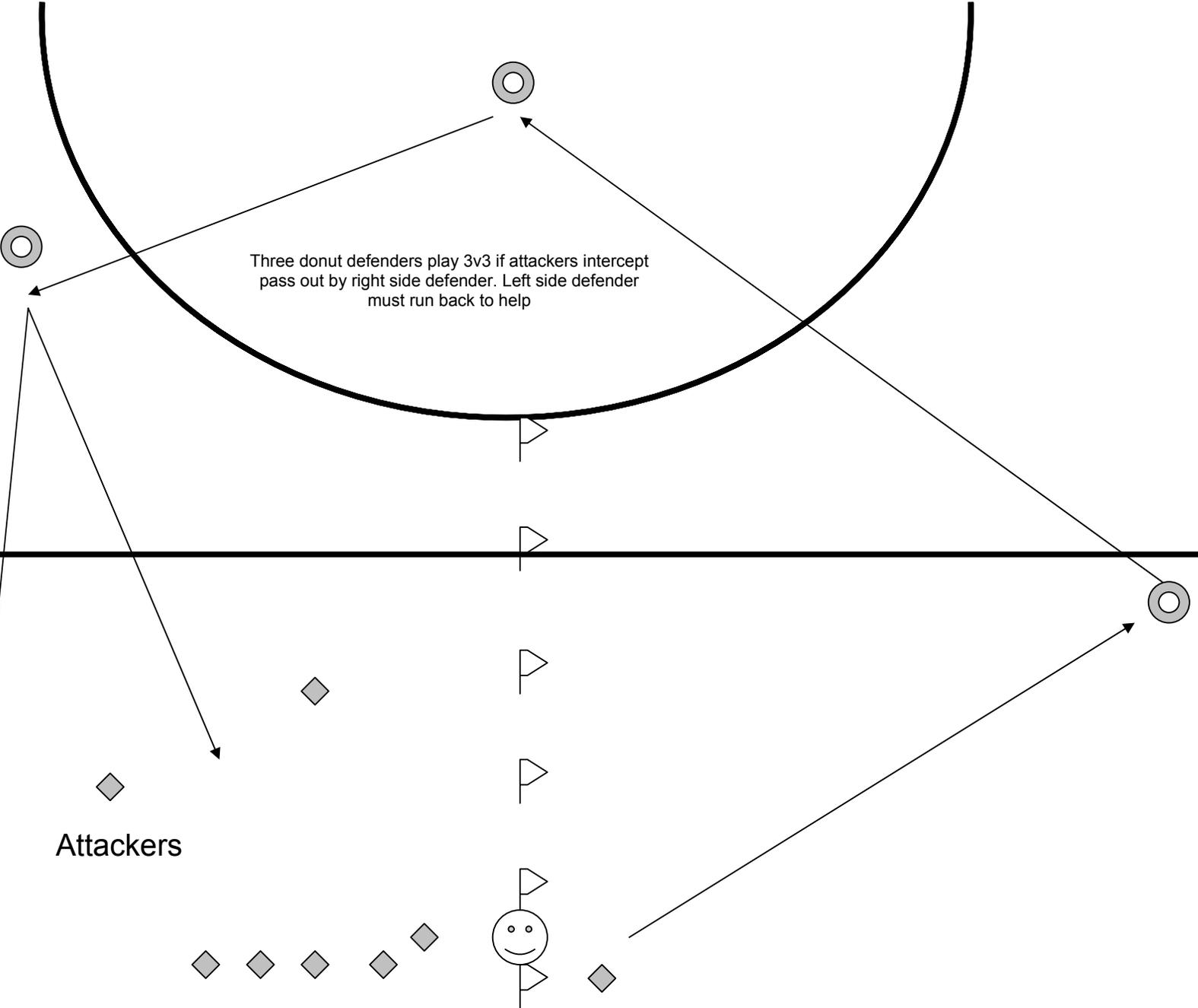
**DRILL 3**

This person stays the same for several turns. Coach nominates change of player.

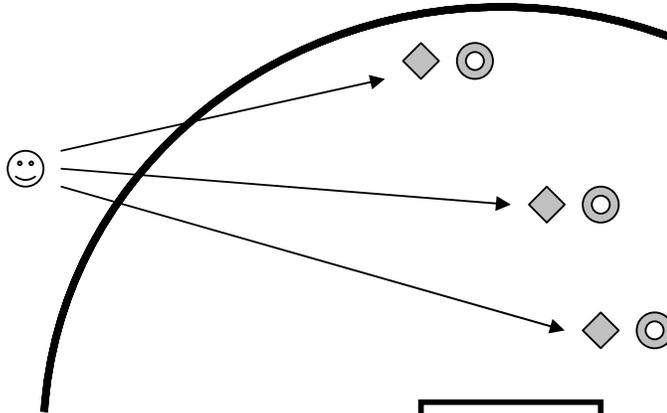
This drill can be duplicated on both sides of the field



**DRILL 4**



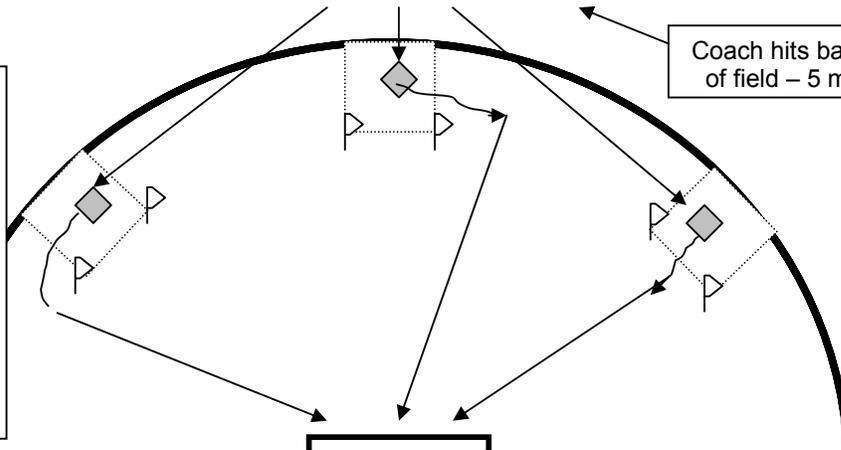
**DRILL 5**



Coach hits ball towards pairs of players. Front player can trap and shoot or can dummy over ball in which case second player must stay low and watch each ball and trap and shoot any that the first players misses.

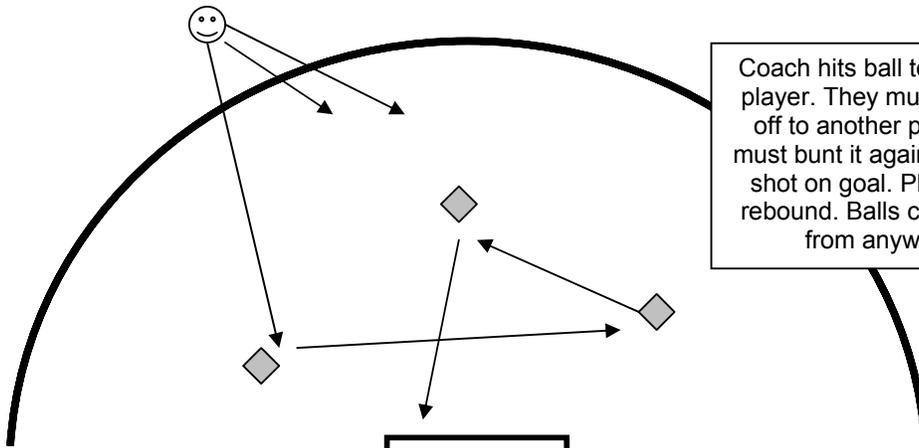
**DRILL 6**

Coach hits ball towards players target area. Player must touch ball only once and move it out of the area and then with second touch have the shot – emphasis is on moving feet. Play rebound if appropriate.



Coach hits balls from middle of field – 5 metres outside

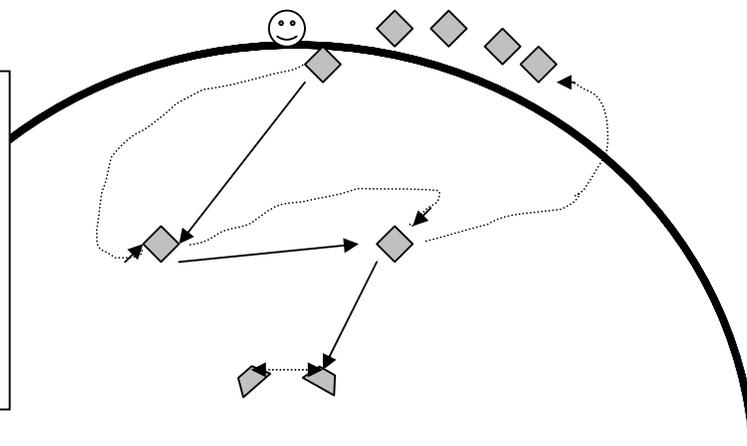
**DRILL 7**



Coach hits ball towards any player. They must bunt ball off to another player who must bunt it again before the shot on goal. Play out the rebound. Balls can be hit in from anywhere.

**DRILL 8**

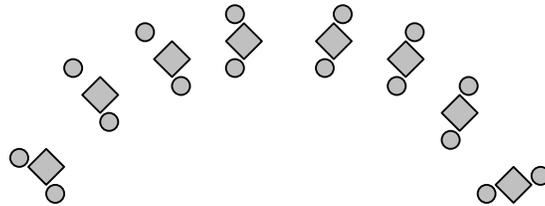
Players must follow pass immediately – and turn to face the next pass asap. Each player has three turns finishing with the shot on goal. Goalies should move from side to side and not just wait for the final shot. Coach can extend the drill with an extra pass at the front of the drill



### Drill 9

Players have two or three balls each. Starting at one end they go through one by one pushing the ball at the GK's feet. A variation is to flick the ball towards GK. Balls should go towards the keeper so they get lots of practice.

Another variation is the same as above however players should attempt to stop any rebound and have another shot. GK tries to get the ball behind the players or over the backline. When rebounding is over next player shoots next ball.

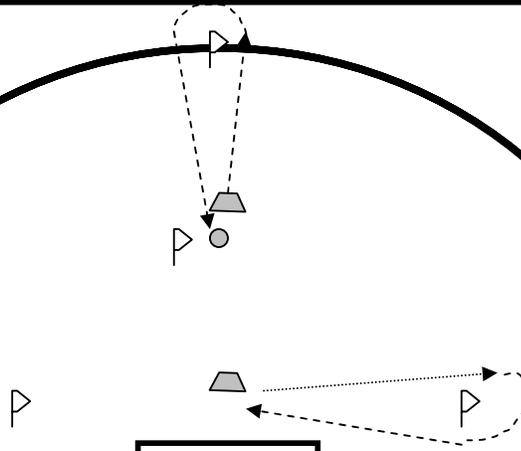


This base formation can be used for many GK drills, and players can be given many tasks to make them focus on the task at hand. Penalties for players can increase their focus

Variations for players to concentrate on are shots to opposite side of goalie to the shot before, or alternating hit and flick shots. Also coach can give players a number and can call out numbers at random for the player to shoot (no rebound).

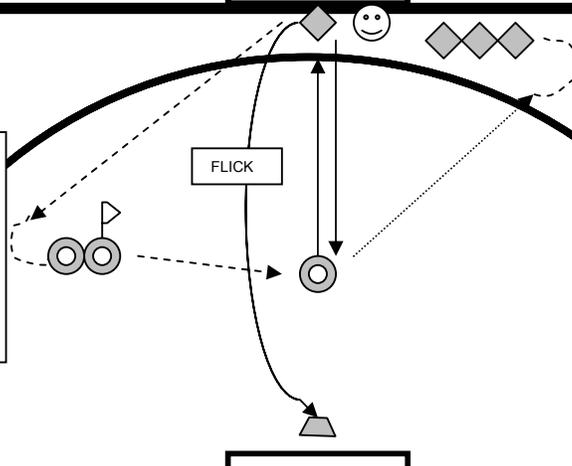
### Drill 10

This is a drill for two goalies or a player and a GK. On the signal both run around the marker and back. The GK at the top of the circle kicks the ball at the GK in the goal who tries to defend it. Coach should even the drill up by increasing the distance one or the other has to run to both arrive at approx the same time. GK in goal alternates sides.



### Drill 11

Diamond player at top hits ball to donut player on 7 yard spot who returns it. Diamond player flicks ball at goal. If flick is good donut will turn and watch rebound, if bad donut will trap ball and turn and have a quick shot at goalie.

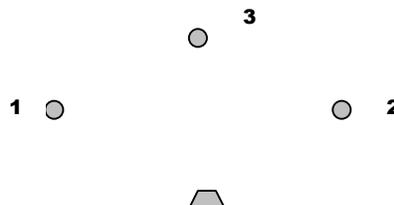


### Drill 12

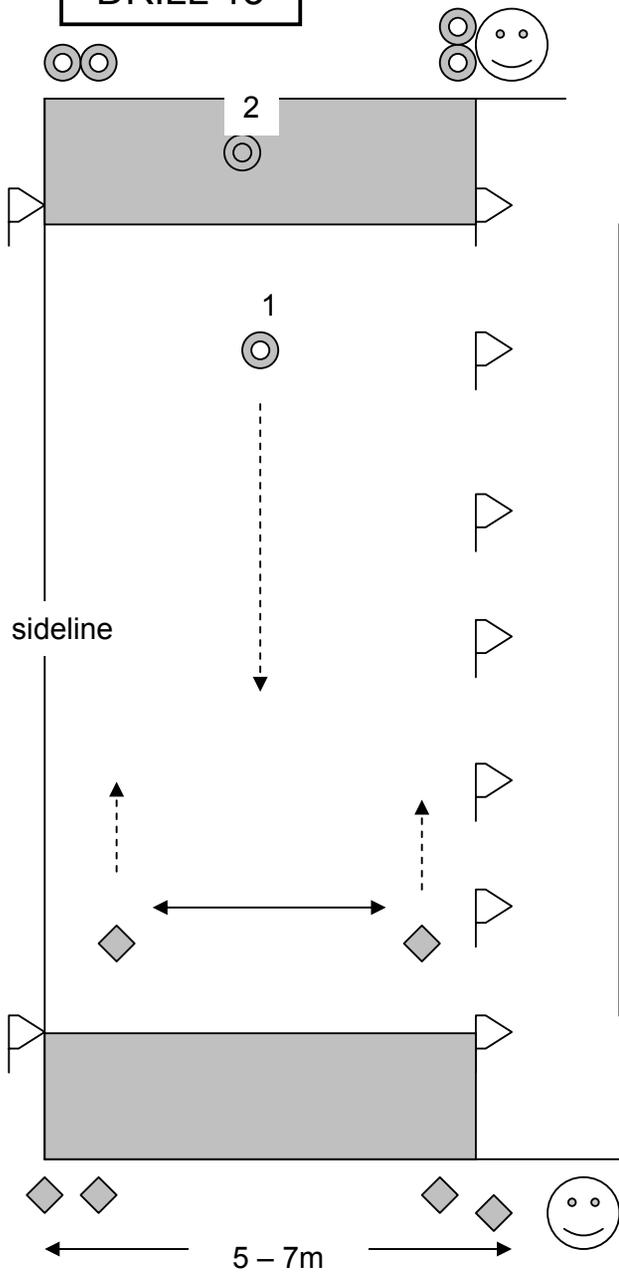
This is the base for several GK movement drills that they can do on their own, ie when the players are collecting the balls.

Variation one: GK starts in center and slides steps to left post, then runs out to ball 1 and kicks, then shuffles back to the left post and slide steps to right post and runs out and kicks ball 2, then shuffles back and into the center and runs out to finish with kicking ball three. Concentrate on movement technique.

Variation two: GK starts in center of goal and dives to left side then gets up and runs out to kick ball one. GK shuffles back to center and dives to right side and gets up to run out and kick ball two. GK shuffles back to center and then runs towards ball three and dives towards it and clears it with their stick.



### DRILL 13

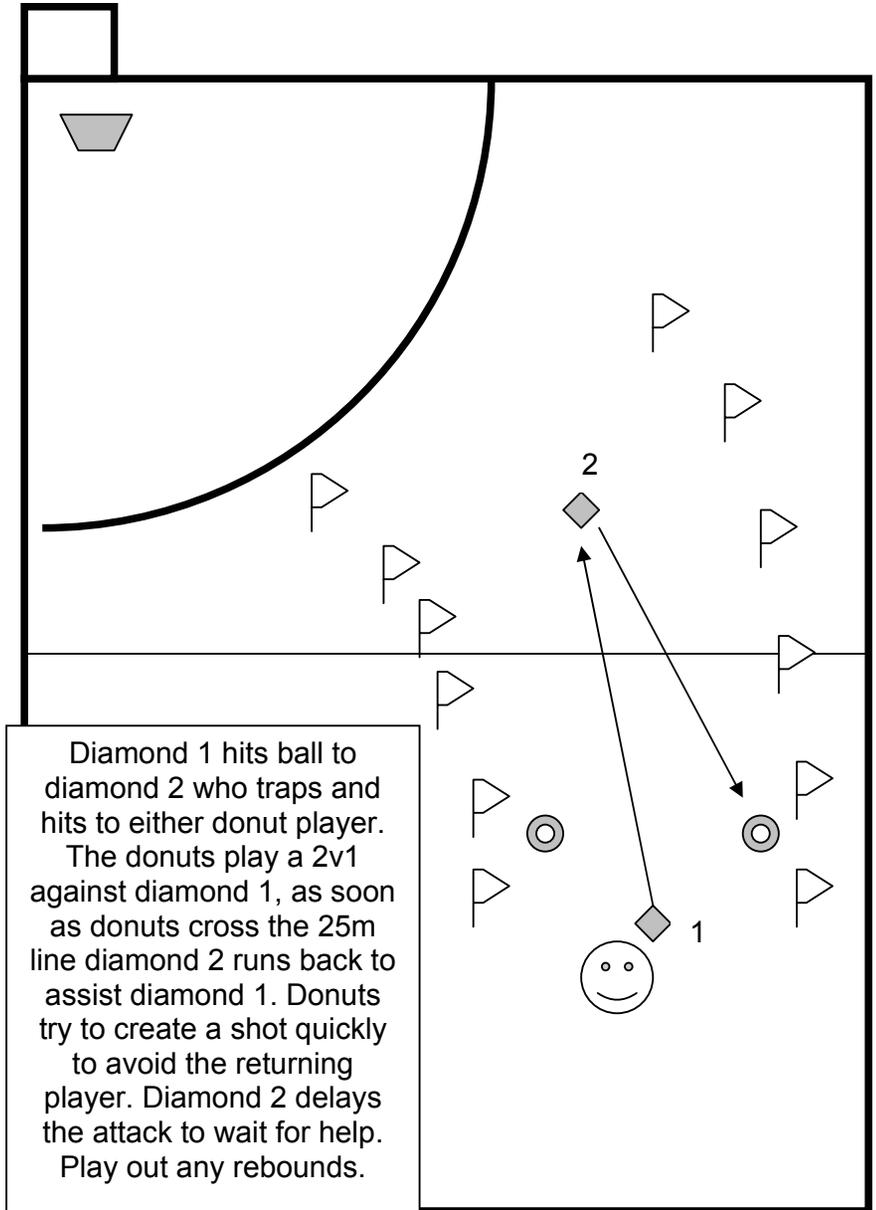


25 metre line

Diamonds play a 2 v 1 against donut 1 and donut 2 stays in shaded zone. If diamonds get past first donut they keep going and try to get past second donut and over the line. If or when donuts win the ball they counter attack quickly against the second diamond pair – one up and one in the shaded zone, playing a 2v1 the other way. The first diamonds continue to other end and line up there. Play this drill with two spare pairs at each end and it is very hard work!

Half way line

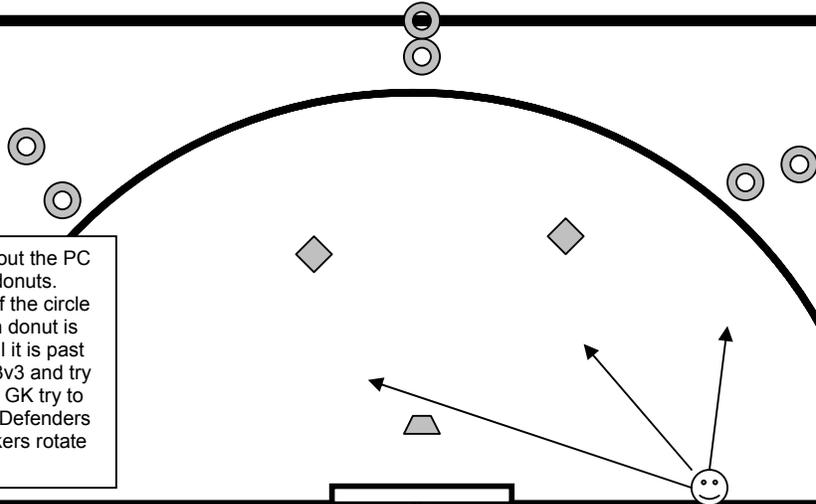
### DRILL 14



Diamond 1 hits ball to diamond 2 who traps and hits to either donut player. The donuts play a 2v1 against diamond 1, as soon as donuts cross the 25m line diamond 2 runs back to assist diamond 1. Donuts try to create a shot quickly to avoid the returning player. Diamond 2 delays the attack to wait for help. Play out any rebounds.

### Drill 15

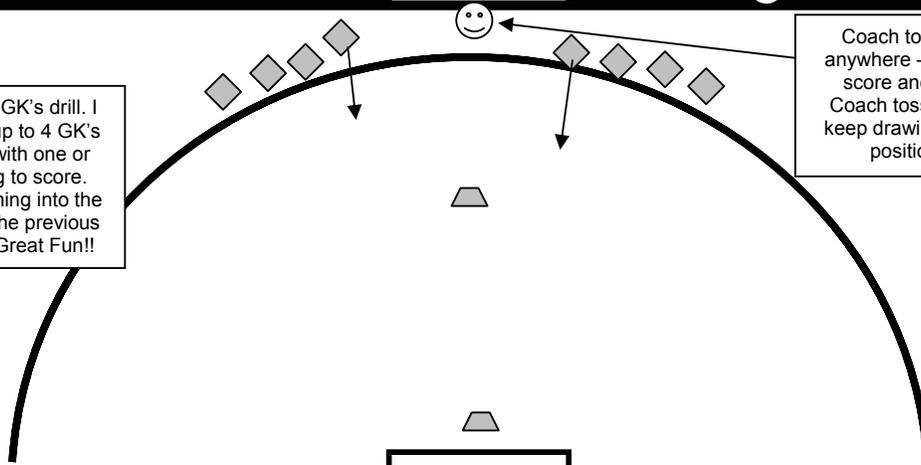
Coach hits balls from about the PC spot to either of the donuts. Diamonds face the top of the circle so they don't see which donut is going to get the ball until it is past them. Donuts then play 3v3 and try to score, defenders and GK try to get ball out of the circle. Defenders stay for 4-5 turns. Attackers rotate positions.



### Drill 16

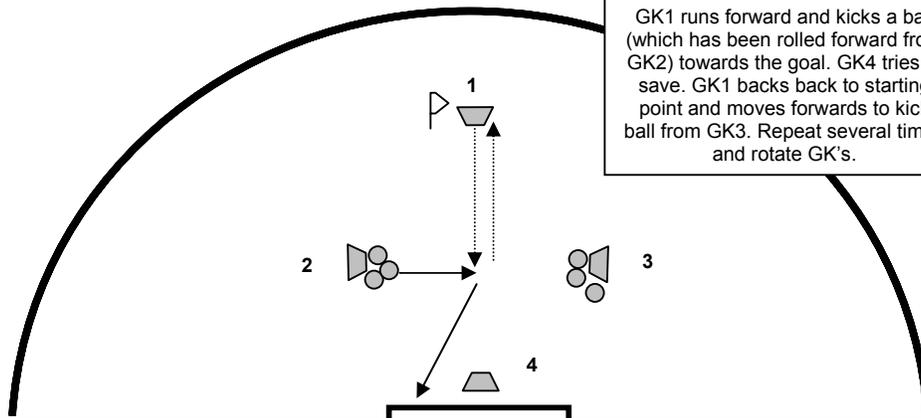
I call this the Mad GK's drill. I have used it with up to 4 GK's in the circle and with one or two players trying to score. Keep the balls coming into the circle as soon as the previous one is complete! Great Fun!!

Coach tosses ball into circle anywhere – players scramble to score and GK's keep it out!! Coach tosses next ball early to keep drawing GK's into different positions in the circle.



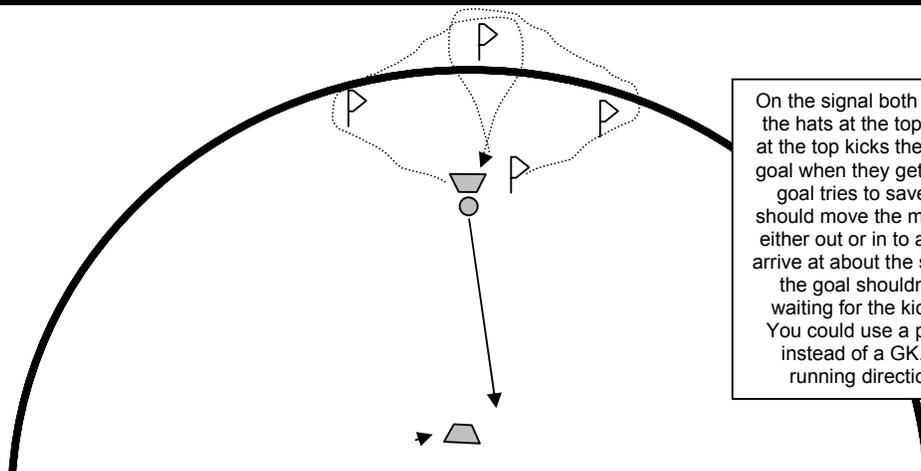
### Drill 17

GK1 runs forward and kicks a ball (which has been rolled forward from GK2) towards the goal. GK4 tries to save. GK1 backs back to starting point and moves forwards to kick ball from GK3. Repeat several times and rotate GK's.



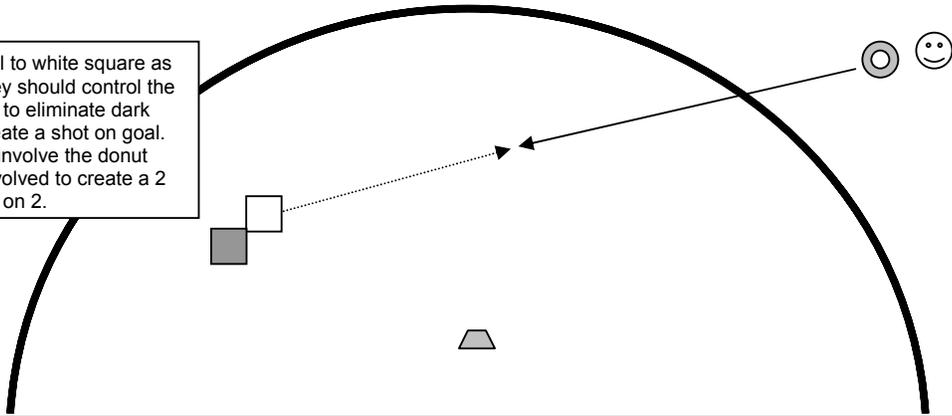
### Drill 18

On the signal both GK's run around the hats at the top or the goal. GK at the top kicks the ball towards the goal when they get there and GK in goal tries to save it. The coach should move the markers at the top either out or in to allow the GK's to arrive at about the same time. GK in the goal shouldn't be standing waiting for the kick from the top. You could use a player at the top instead of a GK. Alternate the running direction each time.



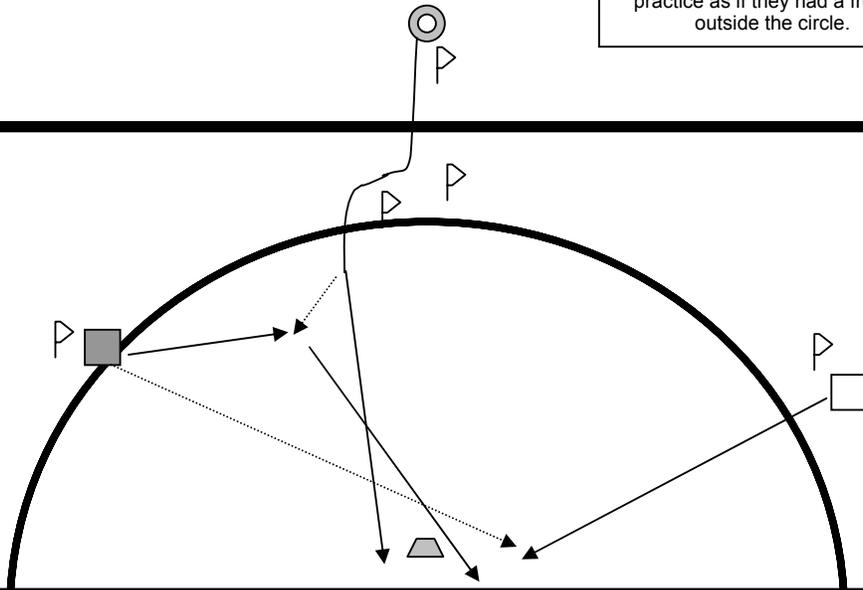
### Drill 19

Donut hits ball to white square as they lead. They should control the ball and try to eliminate dark square to create a shot on goal. Variations involve the donut becoming involved to create a 2 on 2.



### Drill 20

Donut dribbles and drags at the top of the circle and has an initial shot. They then move to receive a pass from dark square and have a second shot at goal. As soon as dark square passes they should start to move and then lead strongly to deflect a pass from white square at the goal. Donuts and dark squares should rotate, the white square should stay and practice as if they had a free hit outside the circle.



### Drill 21

Half way line

We used this as a warm up drill to help break up the 'top of the circle' stuff. The drill does finish with a shot but that is not shown here. Players start by hitting the ball back towards the half way to 3 players who take it in turns to move forward to the ball, control and pass to the player out wide. This player controls the ball and passes back into the player who started the drill and who leads to pick up, take the ball into the circle and has a shot. The drill alternates sides, although that is not shown here.

25 metre line

