

1 Being an assistant coach

Assistant coach role details

- Motivator: keep it fun, keep everyone moving
- Organiser: keep it safe.
- Trainer: teach - particularly remedial.
- You are a salesman for the club.

Try to:

- know your kids
- be firm but fun. Do not scream at the kids
- learn to umpire
- speak clear and loud. Coach!
- help newcomers to fit in (introduce them!)
- turn up!
- speak up!
- arrive early

2 Games

Try to do as much as possible with games rather than drills.

No queuing if possible. If you must have queues, have short queues.

If you have to do drill (teaching new skills), try to quickly make them into races

Make it look as much like a game of hockey as possible. Modify the rules to suit your coaching aim.

Eg practice passing by:

- three-touch game
- must have passed five (six? seven? times, in own half? before scoring)
- Score by passing to team mate through one of six (7, 8?) cone goals

Eg. Practice using the width by using a short, wide pitch.

Skills under pressure

The game is the teacher

Add progressions – 3 touch goes to 2 touch, etc.

3 Key principles

Ready position and the hot spot

Ready position for vision. Ball in front, just outside the right foot, knees bent, elbow up. Dribble with ball here, control it here.

Australian X

Stick on ball

Keep repeating SoB. Tackle the kids if they don't do it.

4 Key skills

- push pass
- control
- tackle
- ball carry
- Indian dribble

And with progressions...

- First stationary, then on the move, to side
- First stationary, then on the move, from the side
- Block (jab?)
- First straight, then on curves

Everything with low body position (knees bent, not feet apart) and with vision and awareness

5 Stick and grip

How to pick stick up and hold it Left hand at top/right hand supporting at middle of stick

6 Pass and receive

Pass

- Start from ready position
- Look first!
- A push, not a hit
- Take a step - get in front of the ball (ball near rear foot)
- Stick head along line to target
- Low body, low follow through
- Transfer of body weight

Progress to:

- Pass under the shoulder
- Pass off the right foot (advanced!)

Troubleshooting

- Sound of ball on stick (hit not push)
- Hands together
- Head down
- Face on, not side to side
- From front of stance

Receive

Whichever direction it comes from...

- Low, flat stick (but not too low)
- Angled forward to trap the ball

- Square to direction of incoming ball
- Soft hands, cushion the ball

Aim to stop the stick dead (stick on ball)

Progress to:

- Receive then pass
- Receive and pass from the side (open – important!)
- Pass and receive on the move, from the side etc. (open again!)

Troubleshooting

- Hands together
- Head down
- Stick not angled or not square
- Stick too low, stick too high

Games

Races (with gate?)

Positional rondos (precise control of pressure)

- 3v1
- 4v2
- 5v2
- 6v2 etc

Self organising rondos.

7 Ball carrying

Straight

- Moving off from ready position
- 1 o'clock
- Stick on ball, stick on turf
- Knees remain bent
- Head remains up

Troubleshooting

- Hands coming together
- 3 o'clock carry (head down)
- 12 o'clock carry (head down)
- Losing low body position (knees straight, head down)
- Stick off ball, off turf

Exaggerate lowness

Walk, trot, run

Turning corners

Turning left: feet move slower than ball

Turning right: feet move faster than ball

Walk, trot, run

Dribbling round the D

Games and activities

Snake

Traffic light game

What's the time Mr Wolf?

Maze game

8 Tackling

Safety first!

Tackle face to face. No swinging sticks.

Tackling position

- Panhandle grip
- Left foot forward
- Footwork - allows movement in all directions
- Take up tackling position before you might have to make a tackle

Discourage stick tackles – the ball must be there to be tackled.

Block tackle

- Two handed if possible
- Stick flat on ground
- On reverse, knuckles on ground
- Forestick or reverse
 - Push hard
- Close gap quickly

Jab tackle

- Footwork vital
- Stick head on ground
- Hands apart, extend from left
- Snake's tongue
- Discourage stick tackles – the ball must be there to be tackled.

Games and activities

King of the ring

See later for block tackles in 1v1

Nudge tackle, shave tackle (advanced)

9 Indian dribble

Stopping the ball as a preliminary

- Practice release and regrip with right with stick across body (no ball)

- Dribble at speed. Come off ball while it's rolling. Rotate stick in right hand. Stop next to body (not in front).

Teaching the Indian dribble

- Teach adjustment to LH grip
- Repractice release and regrip with right with stick across body (no ball)
- Then again, moving stick L to R (no ball)
- Then with ball.
- Insist on squareness at both ends of drag
- Low body position. Give yourself room.
- Weight transfer

Tips

- Use of toilet roll for those struggling
- Indian dribble is important. Do remedial work with the ones who aren't getting it.
- One good drag is much better than lots of poor ones.

Practice drags. A lot!

Invent your own Indian dribble game

Avoid collisions

Progress to:

Eliminations.

- Low, head up
- Aim for defender's right shoulder
- Move when just out of reach

Think about when to dribble

- When there is no pass on
- To get out of trouble
- Entering the D

1v1 ladder

10 Games for multiskills

Rondos and self-organising rondos cover passing, receive, plus close control, vision and some dribbling.

Elimination games (2v1s, 3v2s etc) are excellent for ball carrying, pass and receive on the move, elimination skills, vision.

11 Slap and hit

Slap

Not for groups B,C,D (who play on small pitches)

- Across opposite corners of a square.
- Motion in pairs:

- Hands together, rotate right wrist (important!)
- Step forward, stick back on floor (shoulders, arms, wrists)
- Sweep through flat and light (important) (shoulders, arms, wrists)
- Hands low (important)
- Toe of stick points up at all times (important)
- Follow right through

Tips

- Practice on knees first
- Use boards at first
- Put left foot at correct distance to ball

Troubleshooting

- Lifted ball probably = grip
- Front foot not level
- Off right foot or not side on

Hit

Not for groups B,C,D (who play on small pitches)

- Teach short handled
- Grip as for slap, but shortened
- Small backlift at first. Add shoulder turn and cock wrists
- Release shoulders, then arm, then wrists
- Big follow through

Safety!

- Practice on knees first
- Head still (touch head to reinforce if required)
- Use boards at first
- Put left foot at correct distance to ball

12 Games

Keep them spread out

- Four goals
- Dribble across end line
- Use of zones to encourage skills and spacing out

Link to rondo

Coaching and games

- Don't constantly tell them what to do
- They are children wanting to have fun
- The game is the coach, you are the facilitator

Umpiring and games

- Go easy on feet rule
- Discourage wild tackles
- Blow whistle loud and clear

- Blow when it gets too crowded