



Introduction

This booklet – which should be used in conjunction with the accompanying DVD and Coaching Cards – has been designed to assist coaches at all levels of delivery to plan their sessions.

The core skill activities are those that have been developed to equip players to progress through the single system. It is important for the coach to understand that these activities should form part of all sessions at all levels. The repetitive nature of delivery is important for the players' individual development and ability to progress through the pathway.

The booklet is accompanied by a series of coaching cards that can be used on the pitch. In addition, there are two whiteboard cards showing a full-pitch and a half-pitch to help with your coaching and a DVD which is intended to show the core skills as they are performed on the training ground.

As a coach, we hope that you will use this resource to assist with the planning of your Junior Development Centre (JDC), Junior Academy Centre (JAC) and Junior Regional Performance Centre (JRPC) sessions. It is the first of several resources to be developed and is meant to be used in conjunction with the syllabus outline at the back of this booklet.

It is recommended that JDC, JAC and JRPC coaches discuss session planning with the Centrally Contracted Coach from their JRPC who will assist with the planning of a structured programme. More information about the Centrally Contracted Coaches can be provided by your Regional Manager. Contact details for each regional office can be found on the back cover.

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Core Skills – Unopposed Ball Carrying

Exercise 1 Footwork

Description

The player carries the ball through the central channel whilst the feet move around the cones in a 'slalom style'.

Coaching Points

This exercise allows the coach to demonstrate and the players to perform a quality ball carrying position with the following coaching points:

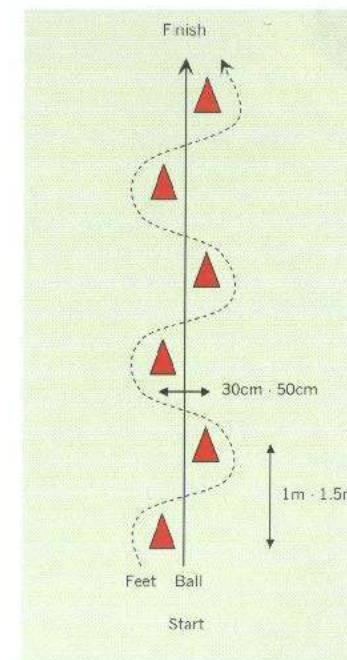
- ★ Keep a high left elbow to allow a more upright stick.
- ★ Grip – to enable quick movement of the ball, the back of the hand faces forward. This also helps with the position of the elbow.
- ★ Arms away from the body, keeping the ball away from the feet.
- ★ Keep a balanced position with slightly bent knees.
- ★ Try to keep the back straight enabling the player to look ahead (5–10 metres) from time to time.
- ★ Quick and light footwork avoiding crossing-over of the feet.

Notes

- ★ The ball may move offline if the left elbow comes into the body.
- ★ If the ball is too close to the feet, this will affect the footwork and vision.
- ★ Having the right hand too low on the stick can cause poor posture or a bent-over back.

Progressions

- ★ As players become competent in the skill the slalom may be widened making the footwork more challenging.
- ★ The distance between cones may be shortened also making the skill more difficult.
- ★ Throughout any progression, the players must maintain the high left elbow position and their balance.





Core Skills – Unopposed Ball Carrying

Exercise 2

Footwork with Left to Right Drag

Description

The player carries the ball on the open stick side through the cones; the feet then pass through cones 'left to right' followed by a wide 'left to right' drag of the ball. The player then repeats the skill twice during the exercise.

Coaching Points

This exercise looks at footwork, ball carrying position and the need for a wide drag moving the ball from outside the left foot across the body to outside of the right foot.

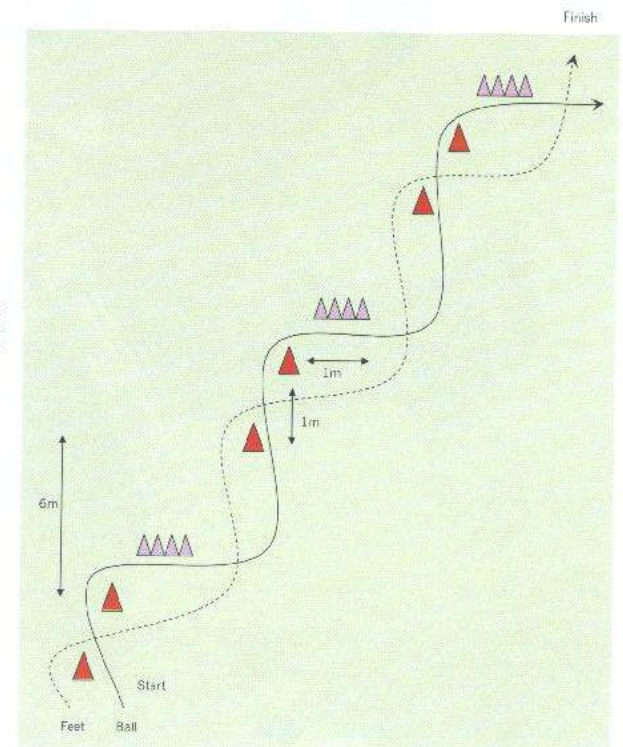
- * Keep a high left elbow to allow a more upright stick.
- * Arms away from the body, keeping the ball away from the feet.
- * As the ball passes through the cones keep the left elbow high.
- * The stick should stay in contact with the ball to allow smooth movement across the body.
- * As the player finishes the skill through the first section – they should return to a good ball carrying position before repeating the skill again.

Notes

- * The player may find the footwork more difficult if the ball is too close to the feet.
- * To get further distance on the drag, players will need to keep their arms well away from the body and will need quicker footwork.
- * If the stick is too far from the ball, players may lose control of the ball whilst performing the drag.

Progression

- * Rather than progressing from this exercise, it is more important that players perform the skill smoothly and that they increase the distance of the drag.





Core Skills – Unopposed Ball Carrying

Exercise 4 V drag

Description

The player performs V shape drags whilst moving left and right diagonally through the exercise.

Coaching Points

This exercise demonstrates the need for smooth stick work and a good ball carrying position whilst changing direction.

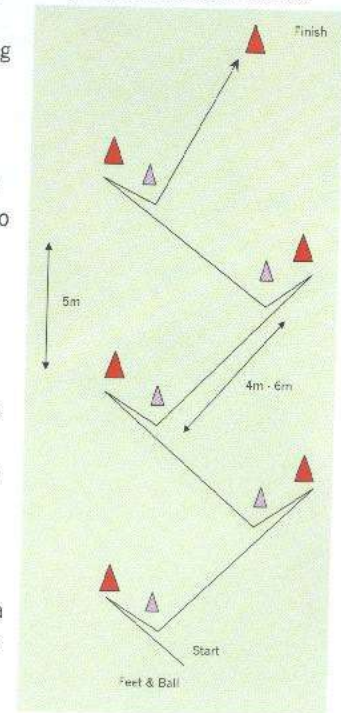
- * Keep a high left elbow to allow a more upright stick.
- * Arms away from the body, keeping the ball away from the feet.
- * When changing direction from 'left to right' or 'right to left' ask the players to exaggerate their left elbow position.
- * On the V-drag, players should move the ball smoothly and over 2 or 3 metres.
- * Players should return to a good ball carrying position before repeating the skill again.
- * The deceleration stride is crucial to an effective change of direction. On the left to right v drag it is the right foot stride, the penultimate stride, that produces deceleration and the last stride prepares for the change of movement. This will see a foot position going towards the intended new direction with the last stride.
- * Players should keep the ball in contact with the stick allowing smooth movement throughout the exercise.

Notes

- * The 'left to right' drag is easier to perform with a strong ball carrying position rather than having the left elbow tucked into the body.
- * The exercise can produce good results if the players try to drag the ball over greater distances. The ball should travel from well outside one foot across the body to as far as possible outside the other.
- * The player may find the footwork more difficult and may lose control of the ball if the left elbow comes into the body.
- * If the ball is too close to the feet, this will affect the footwork and the ability to accelerate out of the skill.

Progressions

- * Those players, who can perform the skill smoothly and over a good distance, might try and use a shadowing defender. This defender runs with the player and provides a wide barrier at each V-drag skill, which must be cleared.
- * Further progressions could include 3D skills with small lifts. As the player gets to the bottom of the V-drag, they prepare to make a small lift in order to clear a flat stick.





Core Skills – Unopposed Ball Carrying

Exercise 5 Pullback

Description

Using the same exercise set up as drill no.4, the player performs a deeper drag, pulling the ball back across the body.

Coaching Points

As with exercise 4, this drill demonstrates the need for smooth stick work and a good ball carrying position whilst changing direction and accelerating away with the ball.

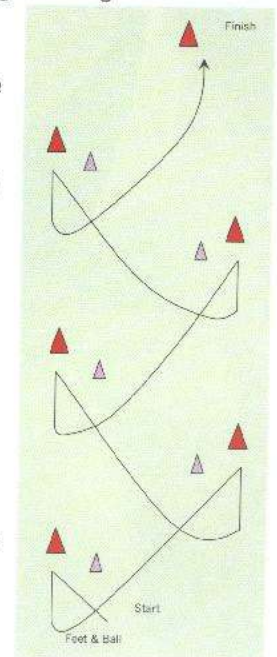
- * Keep a high left elbow to allow a more upright stick.
- * Arms away from the body, keeping the ball away from the feet.
- * When pulling the ball back across the body from outside the left foot, the player must move the right foot clear to allow a big drag to well outside the right foot.
- * Similarly when pulling the ball across the body from outside the right foot, the player must move the left foot clear to allow a big drag to well outside the left foot.
- * Once through the pullback skill, players should keep moving and accelerate towards the next section.
- * As often as possible, ask the players to exaggerate their left elbow position.
- * Players should return to a good ball carrying position before repeating the skill again.
- * The deceleration stride is crucial to an effective change of direction. On the left to right v drag it is the right foot stride, the penultimate stride, that produces deceleration and the last stride prepares for the change of movement. This will see a foot position going towards the intended new direction with the last stride.
- * Players should keep the ball in contact with the stick allowing smooth movement throughout the exercise.

Notes

- * The pullbacks on both sides are easier to perform with a strong ball carrying position rather than having the left elbow tucked into the body.
- * The ball should travel from well outside one foot across the body to as far as possible outside the other.
- * The player may find the footwork more difficult and may lose control of the ball if the left elbow comes into the body.
- * If the ball is too close to the feet, this will also affect the footwork and the ability to accelerate out of the skill.

Progression

- * As in Exercise 4, a shadowing defender may be used. This defender runs with the player and provides a wide barrier at each pullback skill, which must be cleared.





Core Skills – Unopposed Ball Carrying

Exercise 6 Roll out

Description

Using a similar exercise set up as drill no.4 & 5, the player performs a 180-degree turn at each cone whilst moving left and right diagonally through the exercise.

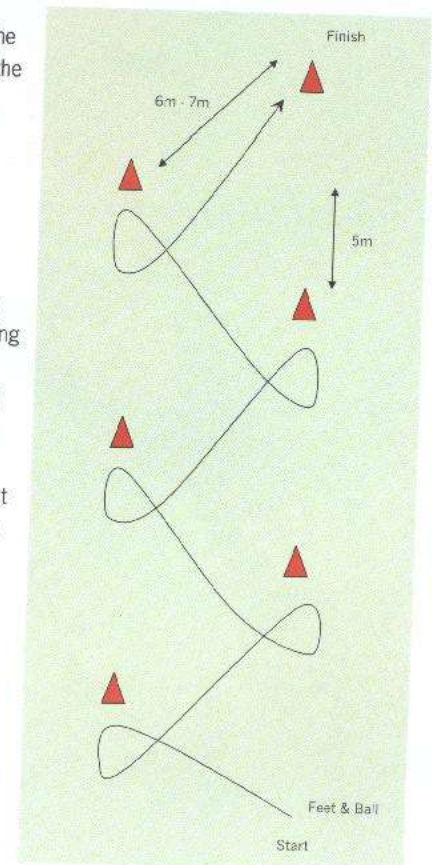
Coaching Points

As with exercises 4 & 5, this drill demonstrates the need for smooth stick work and a good ball carrying position whilst changing direction and accelerating away with the ball.

- * Keep a high left elbow to allow a more upright stick.
- * Arms away from the body, keeping the ball away from the feet.
- * As the player moves towards a left-side cone, they should be looking to turn their back to the cone in an anti-clockwise direction. The players should turn in a clockwise motion on the right side makers.
- * Players should attempt to keep the ball close to the stick allowing one smooth movement throughout the rollout exercise.
- * Encourage players to move into and out from the cone smoothly, not stopping or backing into the cone.

Notes

- * The roll out skill on either side is easier to perform with a strong ball carrying position rather than having the left elbow tucked into the body.
- * The player may find the footwork more difficult and may lose control of the ball if the left elbow comes into the body.
- * If the ball is too close to the feet, this will also affect the footwork and the ability to accelerate out of the skill.



Exercise Receiving the Ball on the Move

Description

Players can work in a relay exercises in groups of 4–6. One player feeds a ball and then receives a pass from the next player in line.

Coaching Points

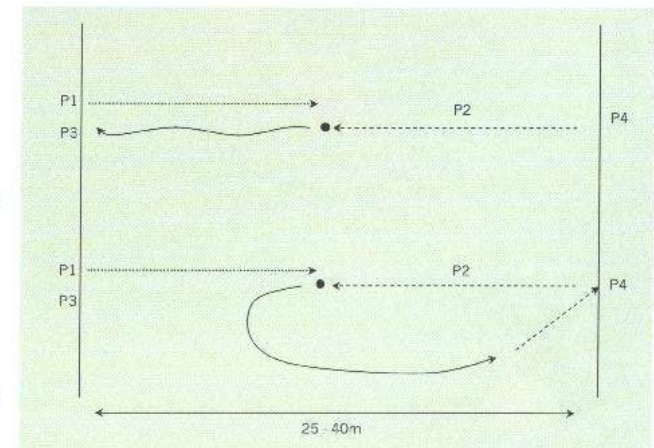
- ★ The player receiving must run towards the ball and attempt to keep accelerating whilst receiving the pass.
- ★ Keep a high left elbow to allow a more upright stick and keep the arms away from and in front of the body.
- ★ Players should keep the stick in contact with ball as much as possible after receiving the pass.
- ★ Grip – to enable quick movement of the ball after receiving, the back of the hand faces forward. This also helps with the position of the elbow.
- ★ Keep a balanced position with slightly bent knees.
- ★ Try to keep the back straight enabling the player to look ahead (5–10 metres) from time to time after receiving.
- ★ Players should also pay attention to the quality of the passing.

Notes

- ★ The players may 'miss-trap' the ball if the left elbow or their arms get too close into the body.
- ★ If the ball gets too close to the feet whilst receiving, the player is forced to look down.
- ★ Having the right hand too low on the stick can cause poor posture or a bent-over back.

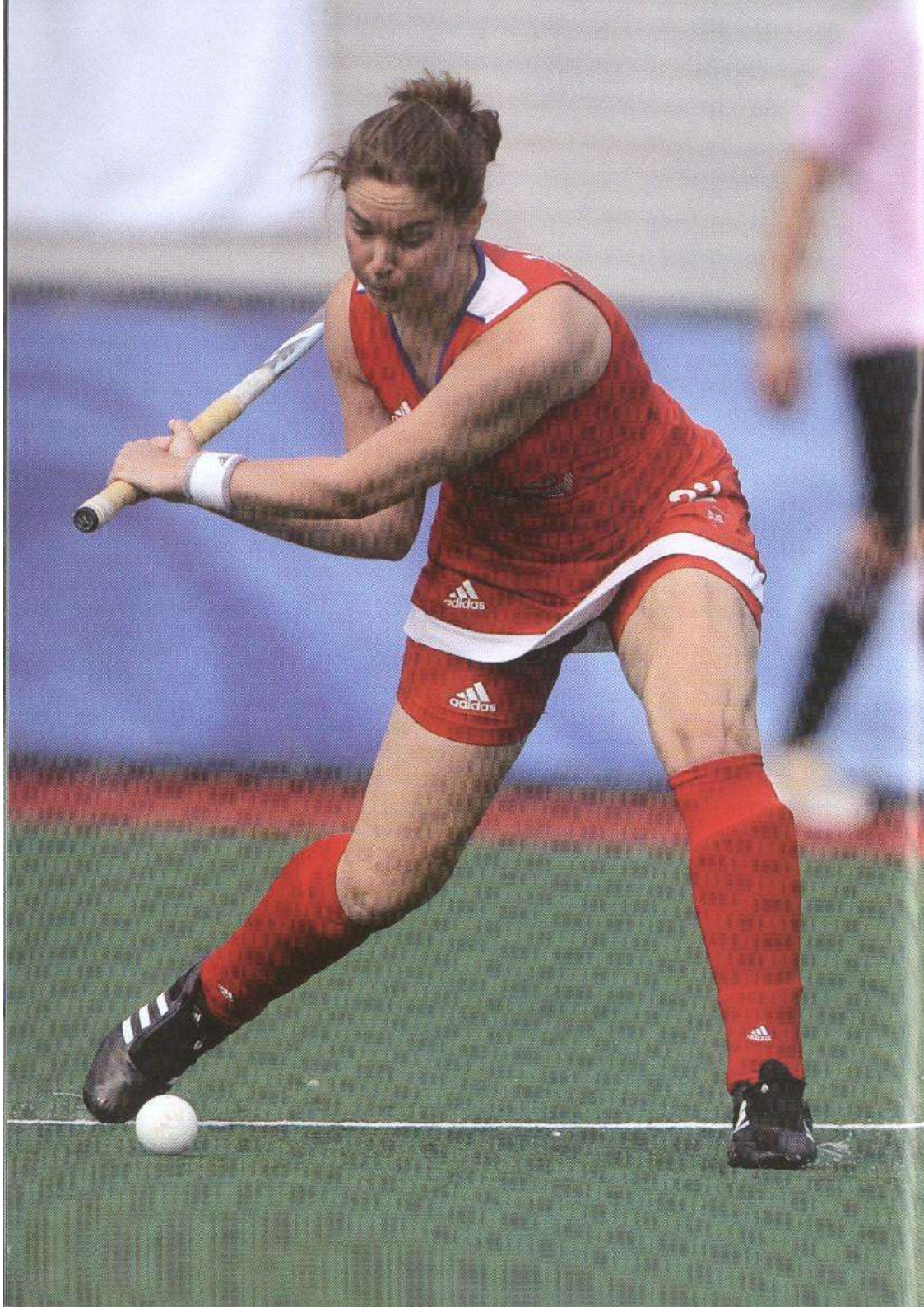
Progression

- ★ As players become more competent in the skill they can 'roll out' to the left or right on a wide arc keeping the open stick in contact with the ball. Players must maintain the high left elbow position and their balance, trying not to turn or 'roll out' too quickly after receiving the pass.



→ Pass
~ Running with ball
← Accelerating towards pass

P1, P2, P3, P4 : players



Core Skills – Passing

Exercise Hitting on the Move

Coaching Points

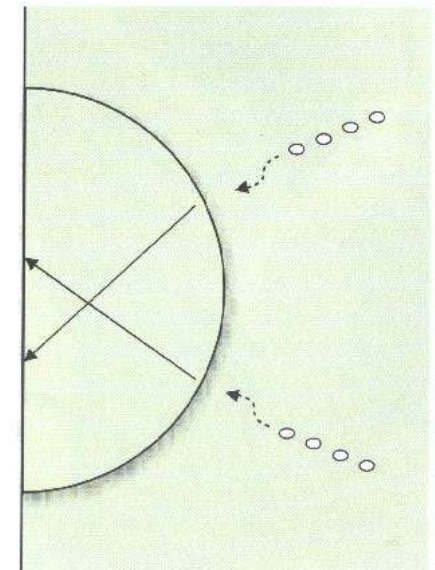
- ★ Grip – ‘double V grip’ hands together with no gap between the hands. Players should try hitting with different hand positions up or down the grip.
- ★ Head – the head should be positioned over the left foot throughout the swing. Players should try and keep their head still when practising.
- ★ Ball – almost a full stick length away, level with or in front of the left foot.
- ★ Swing – Around the body and flat, rather than a steep or shoulder/head height backswing. The hands should be almost level or in front of the left knee on contact with the ball.
- ★ On the move – players should use the ‘cross-over’ step where the penultimate step is the right foot crossing behind the left foot. This motion allows the player to stay in a low position throughout the hit.
- ★ Keeping both feet on the ground when making contact with the ball will help the players’ balance through the hitting action.
- ★ To get a low hitting position, the player must bend the left knee to almost 90 degrees.

Notes

- ★ Of the three main passing skills the ability of developing hockey players to be able to hit the ball consistently hard, flat and accurately is paramount.
- ★ Common faults:
 - ★ Too upright
 - ★ Long, high, backswing
 - ★ No crossover step

Progressions

- ★ Hitting in pairs; in straight lines (encourage hard, flat hit). Count how many complete passes are made (make sure the players don’t hit ‘soft’ passes to achieve success).
- ★ Players move at an angle before hitting the ball to partner.
- ★ Walk ball into circle from IR/IL channel. Hit flat and hard to hit sideboard.





Core Skills – Passing

Exercise Pushing on the Move

Coaching Points

- * Grip – hands apart but similar 'double V grip' to the hitting technique.
- * Head – the head should be positioned over the right foot as the player starts to push the ball. The head will finish well over the left foot once the follow through has been completed.
- * Ball – almost a full stick length away from the body. The ball should start in front of the right foot and will be released when it has passed the left foot.
- * Keep the stick in contact with the ball for as long as possible. A good follow through technique will see the head of the stick pointing at the intended target.
- * On the move – players should use the 'cross-over' step where the penultimate step is the right foot crossing behind the left foot. This motion allows the player to stay in a low position throughout the push.
- * Keeping both feet on the ground when in contact with the ball will help the player stay balanced throughout the pushing technique, and will help the transfer of weight from right foot to left.

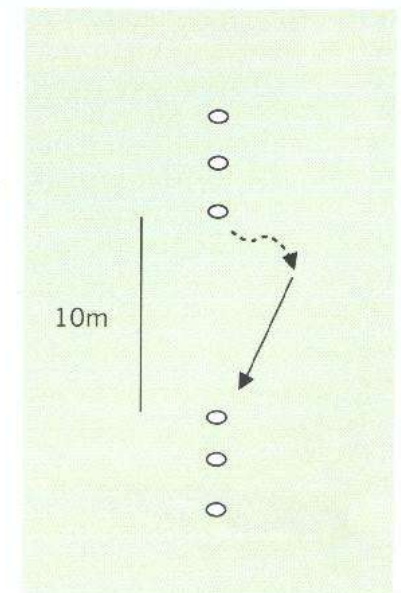
Notes

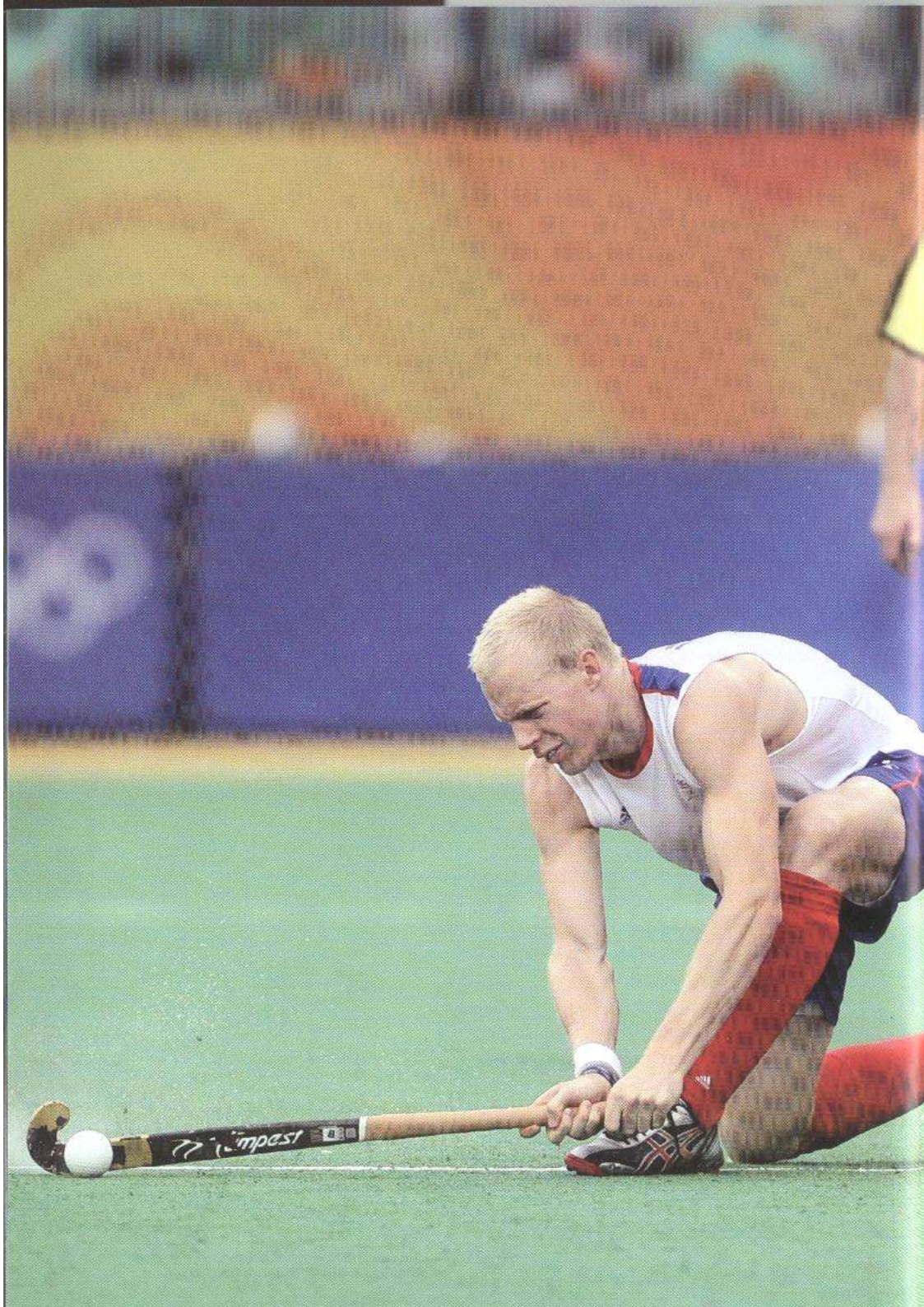
- * As basic technique is achieved, encourage players to push on the move off either foot; from left to right and right to left.

Progressions

- * Simple relays, two players, 20m apart from one/two more players, carry ball about 10m, push to partner and follow pass.
- * Same set up, run diagonally to the right, push to partner, follow pass.
- * Same set up, run diagonally left, push pass to partner (use crossover step), follow pass.
- * Same set up but at right angles from 10m halfway point on the left. Carry ball 10m and push left to partner (keep left elbow high), follow pass.
- * Receiver carry ball to 10m push right to partner (crossover step).

NB. Can explore reverse-stick pass from left to right.





Core Skills – Passing

Exercise Slapping on the Move



Coaching Points

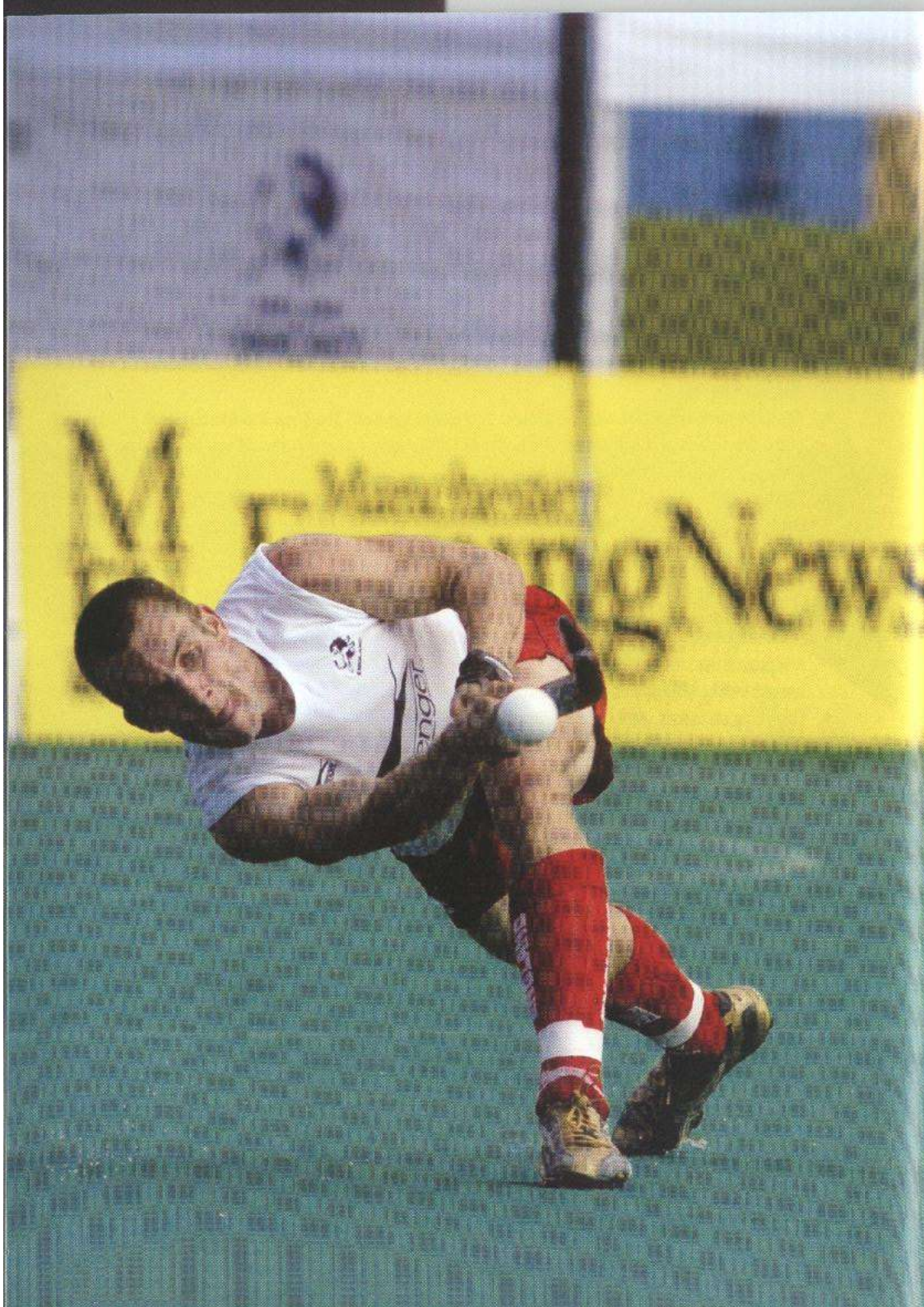
- * Grip – ‘double V grip’ hands together with no gap between the hands. The hands are usually as high as possible on the grip.
- * The whole body position is much lower than with the hit or push. The head and chest should almost be at the same level as the left knee on contact with the ball.
- * Ball – more than a full stick length away from the left foot. The ball will change position with disguised passes.
- * Keep the stick in contact with the ground throughout the slap. The stick should start from in front of the player and go back around the body, whilst the forward motion should see the stick go through almost 360 degrees around the player.
- * On the move – players should use the ‘cross-over’ step where the penultimate step is the right foot crossing behind the left foot. This motion allows the player to stay in a low position throughout the slap.

Notes

- * While slapping/sweeping the ball is an important skill, developing players tend to use it inappropriately: eg. Over short distances when it takes too long to pass the ball – the push or upright indoor slap is more useful here.
- * Over long distances where opponents can intercept the ball – the hit is more useful here.
- * There can be exceptions to this – see GB’s Richard Mantell’s slapping technique.
- * Slapping is most appropriate in the outlet situation when the ball is being passed around the back.

Progressions

- * As with pushing but increase the distance between the players.
- * Set up as back four – start ball at RH. RH passes to LB, LB to LH, LH to RB, RB to RH.
- * Further Progression – introduce another ball.

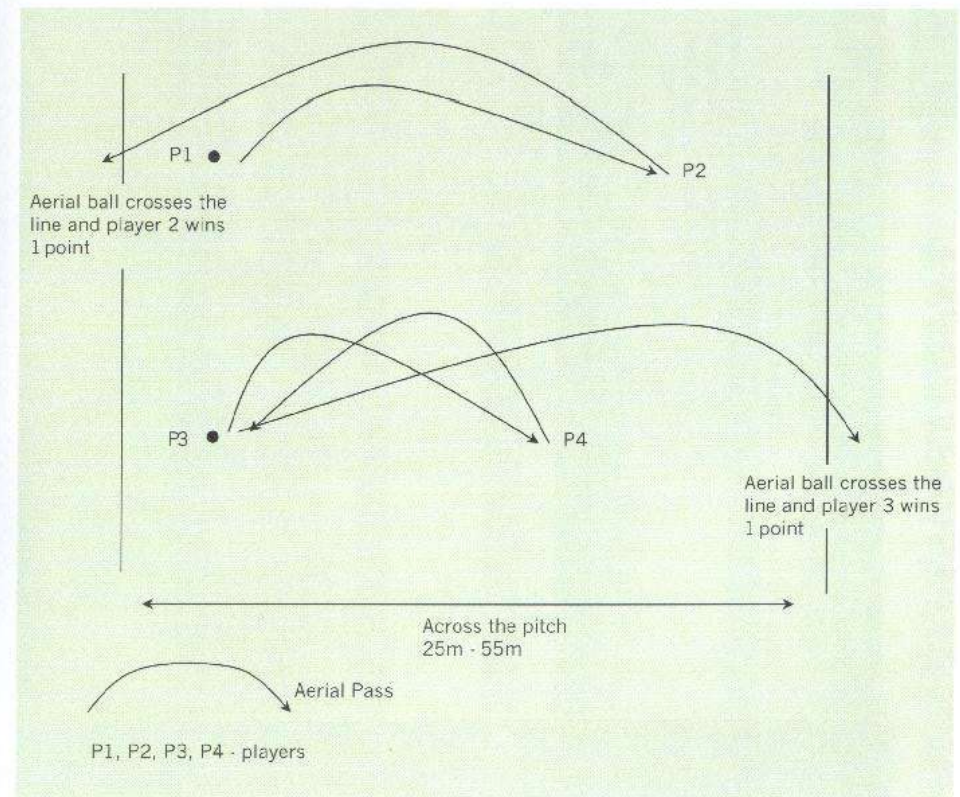


Core Skills – Passing

Exercise Aerial

Coaching Points

- * Grip – hands apart but similar 'double V grip' to the hitting technique.
- * The body position starts low but then becomes more upright as the player completes the pass.
- * Ball – a comfortable distance in front of the left foot.
- * The head should stay fairly low and still during the aerial pass.
- * Keep the stick in contact with the ball even after the ball has just left the ground.
- * On the move – players should use the 'cross-over' step where the penultimate step is the right foot crossing behind the left foot. This motion allows the player to stay in a low position and helps to get a good contact with the ball. This also enables efficient transfer of power through the legs.



Single System Syllabus

It is ESSENTIAL that skills in this colour are covered

Skills in this colour are possible progressions

Skills in this colour are for elite performers only

Age	5-6 years	7-9 years	Male: 9-12 Female 8-11	Male 12-16 Female 11-15	Male 16-18 Female 15-17	Male 18+ Female 17+
Where to Access the SS LTAD Phase	Club, School FUNdamentals 5-6	Club, School FUNdamentals 7-9	Club, School, JDC Learning to Train	Club, School, JDC, JAC, JRPC, HIPAC, National Squads Train to Train	School/college, senior club, JRPC, SRPC, National Squads Train to Compete	College/University, Senior club, SRPC, NPC, National Squads Train to Win
Age at which hockey is taken up:			If hockey is picked up in this age range, go back to fundamentals 7-9. Achieve Learning to Train by 11 female, 12 male	If hockey is picked up in this stage, go back to Learning to Train. Learning to train, Train to Train and Train to compete should be covered by 17 female, 18 male.		
Key Stage	KS1	KS2	KS2/3	KS3/4	Further Education	Higher Education
Type of Game	Generic	Quicksticks	Quicksticks/Mini Hockey	Mini/Full	Full	Full
Percentage of time which should be allocated to the relevant LTAD Phases						
Core Skills	60%	60%	50%	40%	35%	25%
Movement Skills	20%	20%	10%	5%	5%	5%
Small Unit Play	0%	0%	20%	30%	25%	30%
Game Play	20%	20%	15%	20%	25%	30%
Set Plays	0%	0%	5%	5%	10%	10%
Tactics	0%	0%	As part of set plays, small unit play and game principles	As part of set plays, small unit play and game principles	As part of set plays, small unit play and game principles	As part of set plays, small unit play and game principles
Resources available for each unit	<ul style="list-style-type: none"> * Hockey Clubs * Multi Skills Festivals * Quicksticks delivery * Multiskills clubs * Existing material – e.g. Core Skills DVD, GK DVD * Horst Wein CD 	<ul style="list-style-type: none"> * Hockey Clubs * Multi Skills Festivals * Quicksticks delivery * Multiskills clubs * Existing material – e.g. Core Skills DVD, GK DVD * Horst Wein CD 	<ul style="list-style-type: none"> * Hockey Clubs * Multiskills clubs * Quicksticks delivery – e.g. Core Skills DVD, GK DVD * Horst Wein CD 	<ul style="list-style-type: none"> * Existing material, plus materials to be produced by EH PCG 	<ul style="list-style-type: none"> * To be produced by EH PCG 	<ul style="list-style-type: none"> * To be produced by EH PCG
LTAD Phases	Core Skills for Outfield Players					
	Unopposed ball carrying	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills
	Static pushing	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	
	Static hitting	Reverse stick receiving	Split grip reverse pass	Reverse stick hitting		
	Static Open Stick Receiving	Receiving open stick on the move	Defensive intercept	Aerials		
	Open stick block tackle	Moving Slap	Lifted push	3D skills		
	Static stopping	Pushing, hitting & slapping to goal	Receiving reverse stick on the move	Wider goal-scoring skills		
	Moving push	Job tackling	Reverse stick push on the move	Other tackling techniques		
	Moving hit	Split grip reverse pass	Receiving lifted ball			
		Defensive intercept	Reverse stick tackling			
		Reverse stick push on the move	Reverse stick hitting			
			Aerials			
LTAD Phases	Core Skills for Goalkeepers					
	Saving and Clearing	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills PLUS	All previous essential skills
	Kicking with both feet	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	Previous age group possible progressions	
	Hand Saves	Saving with right hand and stick	Smothering an attacker	Ability to smother on both sides of body		
	Positioning	Diving to save in open play	Positioning and Narrowing the angle	Diving technique left and right		
	Communication Skills	Smothering an attacker	Save/Clear straight shots	Decision Making in "5 yard box"		
	Closing Down An Attacker	Positioning and Narrowing the angle	Save/Clear wide shots	Going Down to defend a PC hit shot		
	Accurate Kicking With Both Feet		Using right hand and stick to save	PC Drag Flick Saving, diving technique		
	Hand Saving and Clearing in air and on turf		Ability to smother on both sides of body	PC Saving Decision Making		
LTAD Phases	Movement for Outfield Players					
	In partnership with the English Institute of Sport, further information on this area will be available from January 2009 (the time you spend on warm-ups should be included in the percentage of time which should be spent on this area for each age group)					
	Running, turning, stopping	All previous essential skills				
	Movement for Goalkeepers					
	Running, turning, stopping	All previous essential skills	All previous essential skills PLUS	All previous essential skills	All previous essential skills PLUS	All previous essential skills
			Footwork, speed and agility	Specific GK athletic exercises	Previous age group possible progressions	
	Small Unit Play for Outfield Players					
	Opposed ball carrying 1v1	All previous essential skills	All previous essential skills	All previous essential skills PLUS	All previous essential skills PLUS	
	Defending in 1v1		2v2 (attack and defence)	Previous age group possible progressions	Previous age group possible progressions	
	2v1 small unit play (attack and defence)			Circle entry	Small units linking to other units	
	Small Unit Play for Goalkeepers					
	"Game Reading" & Decision Making	All previous essential skills PLUS	All previous essential skills	All previous essential skills	All previous essential skills	
		Working with Defenders 1v1, 2v1, 2v2				
LTAD Phases	Game Play for Outfield Players					
	Small-sided games	All previous essential skills	All previous essential skills PLUS	Small-sided games	Small-sided games	Small-sided games
	Small areas games for fun		Mini hockey	Fullpitch 11v11	Fullpitch 11v11	Fullpitch 11v11
				Pressing	Previous age group possible progressions	Previous age group possible progressions
				Outletting	Playing for & against 10	
				Attacking & Defending in Final Third		
	Set Plays for Outfield Players					
		Individual PCA attack skills	PCA & PCD skills	PCA & PCD skills	PCA & PCD skills	PCA & PCD skills
		Penalty Stroke	Penalty stroke	Penalty stroke	Penalty stroke	Penalty stroke
	Set Plays for Goalkeepers					
		PCD GK Skills	Previous age group possible progressions	All previous essential skills	All previous essential skills	
		Penalty Stroke Saving				