

KJHC 6 aside coaching guide



KJHC Coaching Philosophy

The vision of the Karori Junior Hockey Club is to develop highly skilled hockey players who love playing hockey, and continue playing hockey long after they “graduate” from our Junior Club.

Most players in the 2014 Y3/4 competition will have come through the WHA Funsticks programme, so they will come to 6 aside hockey with a good basic skill level that we will aim to build on.

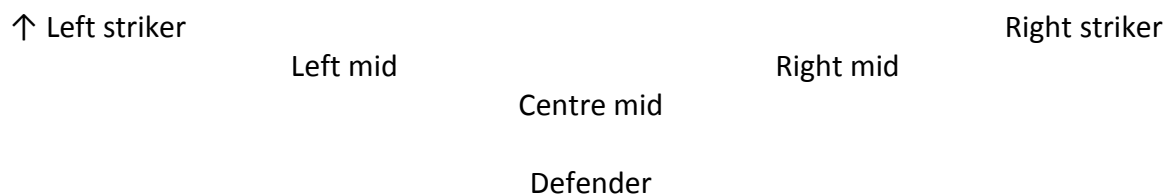
We will deliver the message to our children that winning is a by-product of playing great hockey, with the emphasis being on developing good skills, not on winning by big margins.

If a KJHC 6 aside team is playing against a weaker team, then we would expect that, following a 2 or 3 goal advantage, players will be set extension goals, for example:

- completing an advanced elimination skill like a right to left drag or v drag before having a shot
- completing an elimination skill and then completing 2 passes before having a shot
- doing a “back and around” to change the point of attack before approaching the circle.

Formation

This is the formation, and the position names, that we would like all coaches to use for KJHC 6 aside teams, so that there is consistency as players move up through the grades.



- Think of the formation as being like a funnel
- Despite the diagram, players should never be square
- If the ball is on the right, the left striker becomes a centre striker, and tries to get ahead of the ball carrier
- If the ball is on the left the right striker comes across into the centre
- The three midfielders should always be in a triangle

- Like the strikers, despite the diagram, the left and right midfielders should never be square, but should have one up and one back depending on which side the ball is on
- The defender is NOT a goalie (unless padded up) and should NOT stand on the goal line!

Learning objectives/outcomes

To develop young hockey players who, by the time they get to 11 aside, have:

(a) sound basic skills, in that they can:

- receive - forehand and reverse, stationary and on the move
- execute a left to right drag, a right to left drag, and a 'v' drag
- dribble (open, closed, indian)
- understand the basic elements of a penalty corner, both attacking and defensive
- be starting to develop some aerial skills (jinking on the forehand and reverse)

(b) spatial awareness

- be able to determine the "best" pass
- be able to look forward and back

(c) basic tactical knowledge

- know how and when to use an "umbrella" screen
- pass through the left foot of a defender
- the concept of cover defence
- use width, height, and depth

Players should be rotated through all positions, emphasising the concept of "total hockey" – today's hockey players are learning skills that are transferrable to all positions on the field.

Training

There are 16 weeks in a hockey season, and therefore 16 one hour opportunities to develop the necessary skills.

We suggest that you break your practice into the following segments:

5 minutes - warm up and stretching

10 minutes - basics 1 eg passing and receiving - preferably on the move

10 minutes – basics 2 eg tackling / elimination skills

20 minutes – the major session focus eg outletting

10 minutes - conditioned game

5 minutes - warm down, stretch, ball collection

We suggest that the first few practices are devoted to drills and games that focus on passing and receiving, on the move, with vision. There are a variety of resources out there that you can use, but often a good way is to convert a well known playground game like stuck in the mud, bullrush, what's the time mr wolf, or line tag into a hockey game - that way the children know the rules, and can then more easily adapt the hockey lesson to the game.

By about the 5th or 6th practice, you can move into drills and games that challenge the basic skills, and start developing ball carrying skills. Relays and competitions are good here.

Moving on to practice 7 or 8, the aim should be to have the children thinking about how they can apply those skills in a game situation, to gain an advantage over the other team. This is a good stage to start talking about passing past the left foot of a defender, working in pairs or threes against one defender ("3 on 1s", "2 on 1s"). A good game here is the crossing the moat game.

By session 10, the focus can shift to on "cooler" skills like jinking, dragging etc, all in the context of "when would we use this and why?"

Try and finish each session with a conditioned game that reinforces the learning from the last 50 minutes. At the start of the season that might be a straight 6 v 6, with a lot of stopping and starting to (a) stop bunching, and (b) talk about where players should be relative to the ball at any

Later in the season you might move to a game that involves multiple goals, to encourage children to switch the ball quickly from one side to another, or a game that blocks off one section of the playing field with cones, where the ball cannot go or there will be a turn over (for younger children call it something like "the swamp of certain death"), or have a "free area" in which a player cannot be tackled, or "hockey netball" - you cannot dribble at all, or be tackled, and you can only take one step with the ball.

Many coaches will have years of drills and practice plans behind them, and may have something for every occasion. However, if you do get stuck for an idea or a drill, then there are plenty of resources out there that you can use to get ideas. Sportplan (www.sportplan.net) is free for a basic subscription, that will give you access to a library of drills for every occasion. Subscribers also get access to a weekly session plan. These will occasionally be posted on our "coaching resources" page, along with links to other sites that you might find helpful.