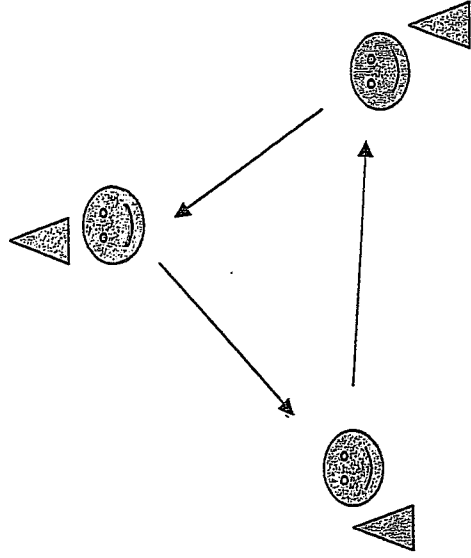


Twenty Junior Drills

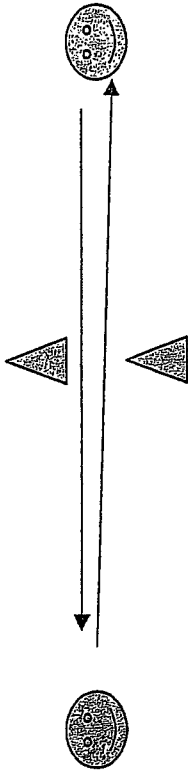
Drill #2 - triangle passing - two touches only



Players pass clockwise or anticlockwise vs. other teams or the clock.

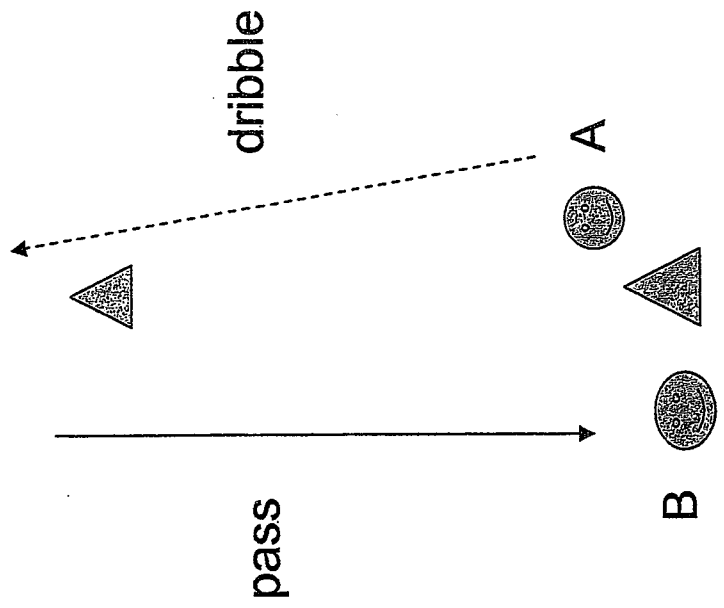
Maximum touches per person is two - aim on making sure speed of footwork.

Drill #1 - hit / push and trap



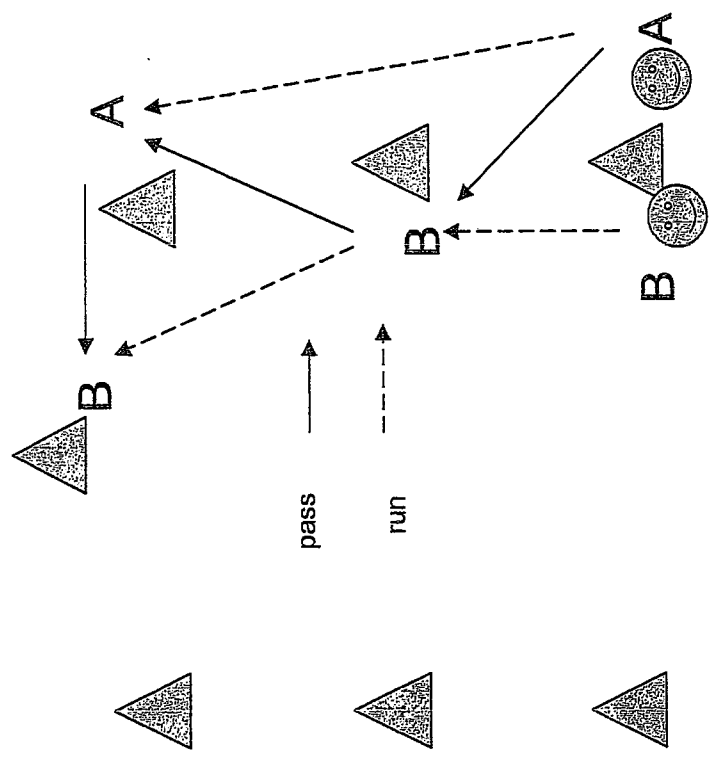
Pairs hit /push or trap between cones to the playing partner, ensuring strong low body position. Count number of passes in 60 seconds.

Drill #3 - Looking up to pass



Player A dribbles up to second cones, **looks up and passes** to Player B – player B repeats, Player A runs back to the first cone.

Drill #4 - Leap frog drill



finish

start

Coaching Points

- Passer – hold and look before passing, aim at the target
- Receiver – move quickly, signal
- Other – low body position, calling, speed of pass.

Index

Skill	Drill #	Name of drill
Receiving and hitting	1	hit / push and trap triangle
	2	passing - two touches
	3	Looking up to pass
Passing	4	Leap frog drill
	5	Cross Over drill
	6	passing into box and shot
	7	Leader of the pack
Passing games	8	game simulations
	9	3 gate game
	10	3 v 2 two touch passing
Jinks	11	circle feeds 3 x 3 x 3
	12	in/out of rope shapes
Tackling & shadowing	13	backyard hockey
	14	1 v 1 - from backline
Ball Control	15	rob the nest
	16	yardstick and starman
	17	Drag drills
	18	shark attack
	19	close footwork cones
	20	follow the leader

Junior Coaching Tips

Hints and Tips at practise

Warm up games – cones down and up, tiggy.

Avoid queues or at least limit them – two lines

Break up groups

Ensure there are plenty of races and relays

Make sure you include competition or race against the clock

Have a mid point – drink break.

No more than child's age in time for any one drill

Demonstrate, Go away/observe, coach points, practise, extend the drill.

Finish with a game (backyard hockey, 3v3)

Discipline rules (3 strikes – warning, time out, no game)

Be organised

Coaches code of conduct

Skills development comes first

Encourage, encourage and encourage

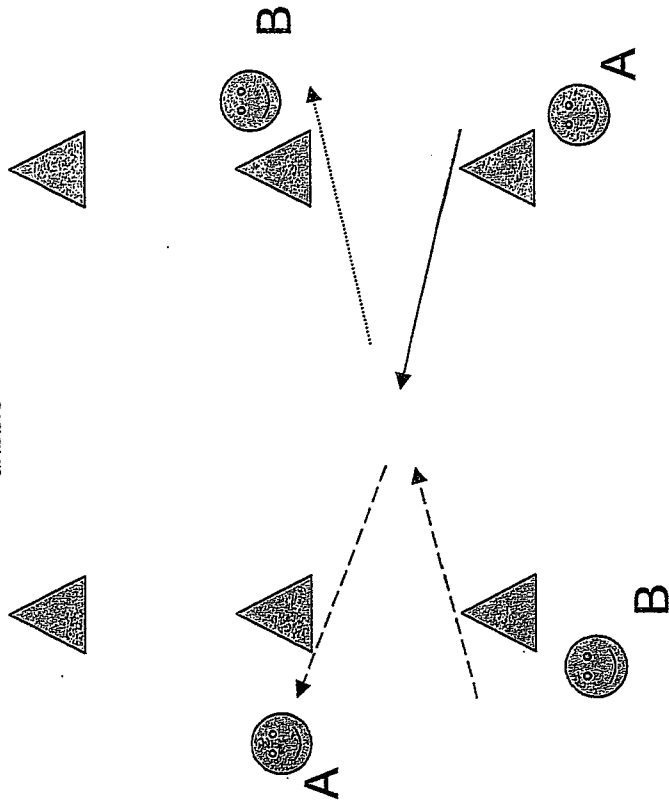
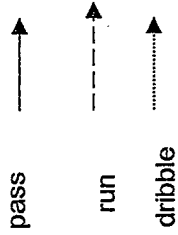
Be a positive role model

Treat children as children

Reinforce children's responsibility to the team.

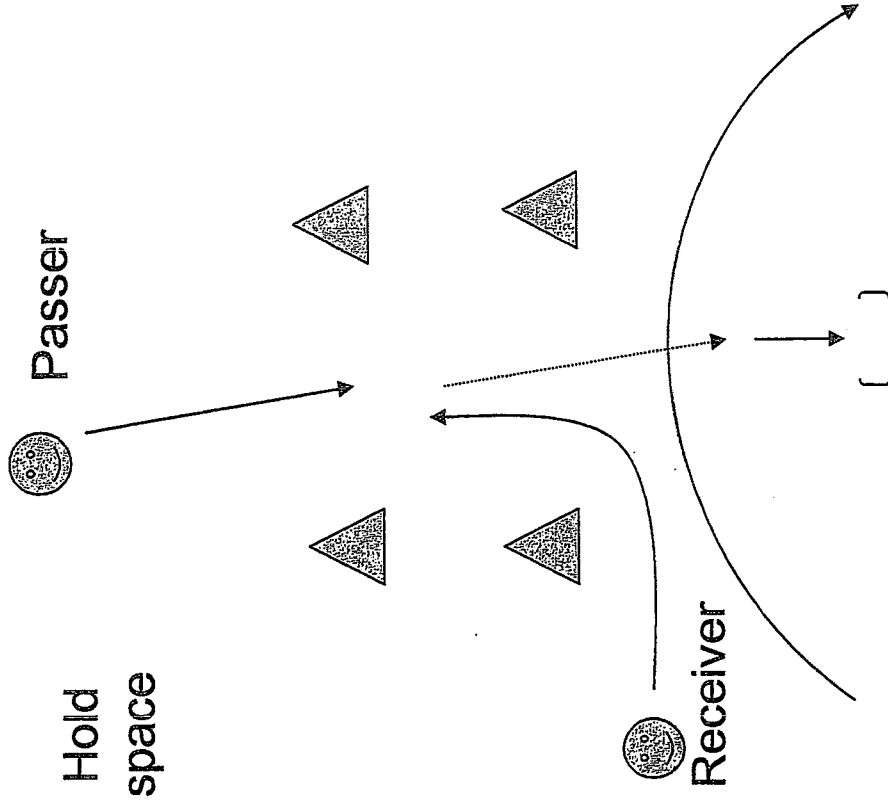
Have fun.

Drill #5 – Cross over passing



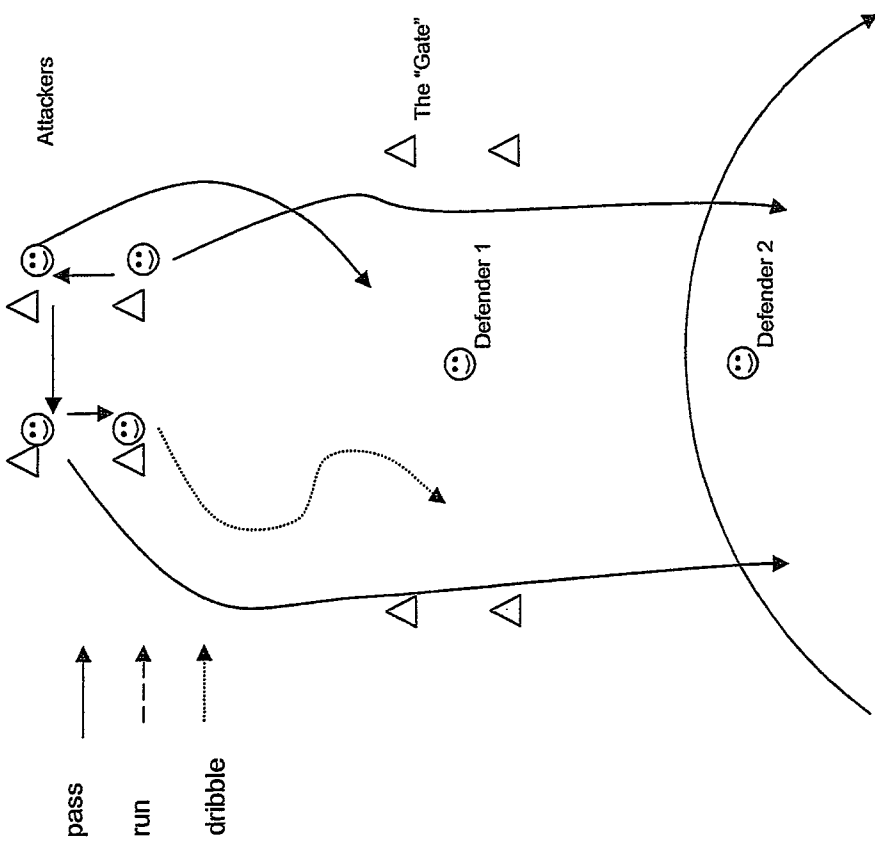
Dribble right pass left - Player A dribbles up to 1st cone and passes to player B who dribbles to rt hand cone and passes left to player A. Drill can be reversed – i.e. “dribble left pass right”.

Drill #6 – passing into box with shot



Receiver runs into box from and signals for ball – passer delivers – receiver turn toward circle and takes shot at earliest chance. Option to have defenders, receivers rotate – keep passer same for one full rotation.

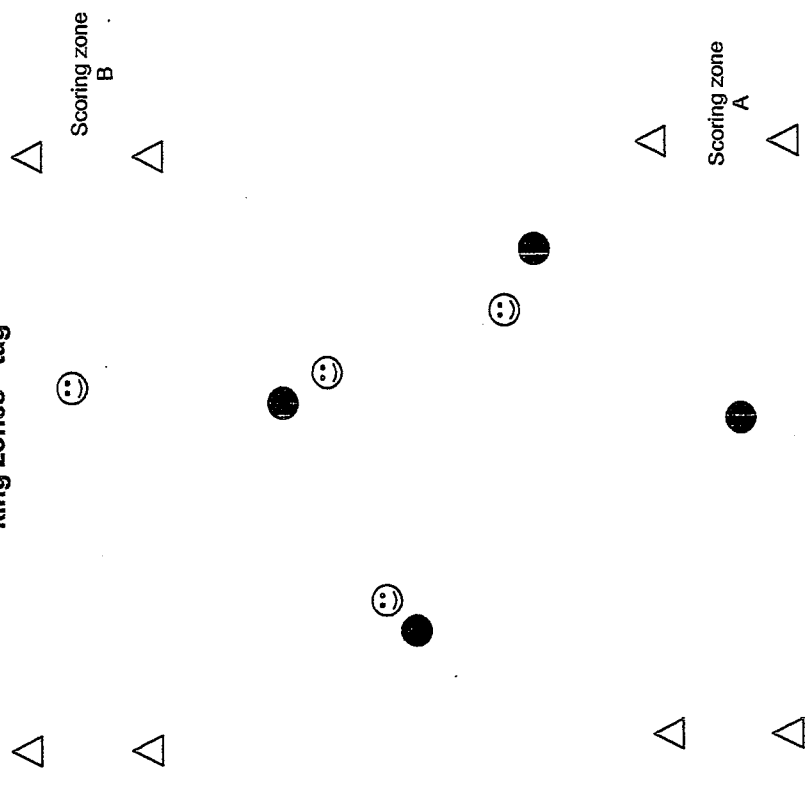
Drill #7 - Leader of the pack 3v1 or 4v2



Attackers start with short passes in set up box, they then must turn and beat 2 other at the circle by passing and dribbling, emphasis on teamwork, vision and leading. Finish with goal

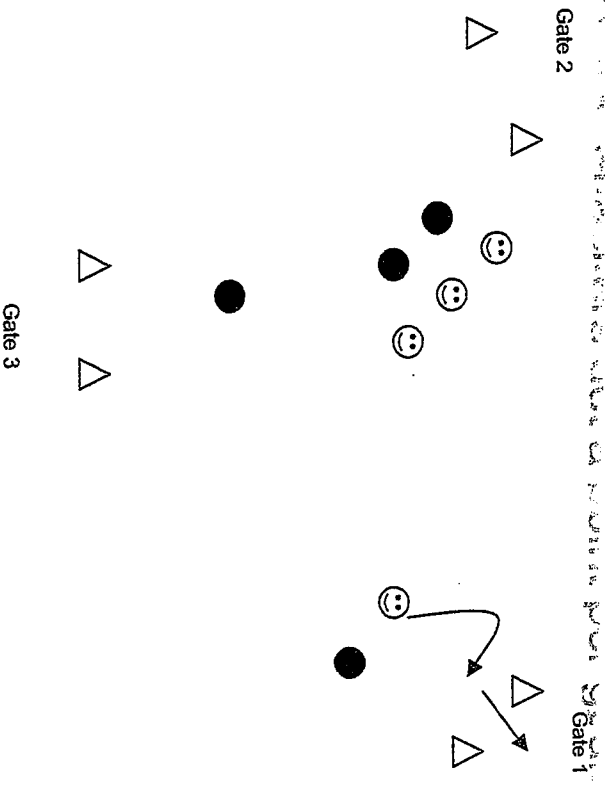
Drill #8 - game simulations

Note can be played with Velcro catcher also extend to king zones - tag



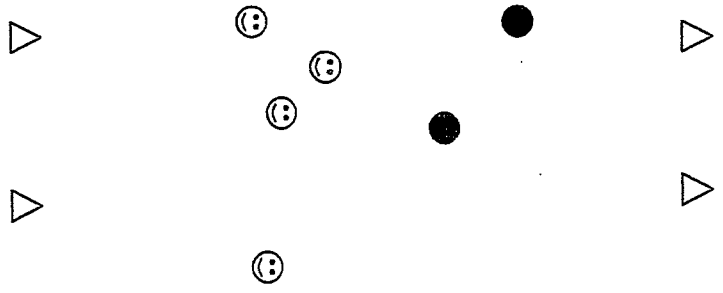
Players simulate getting the ball into the scoring zone. Each time the ball gets to the scoring zone the last passer changes with the "trapped" player in the zone. Highest points wins - 5 minutes per game. Play without calling to improve use of scanning.

Drill #9- Three gate game



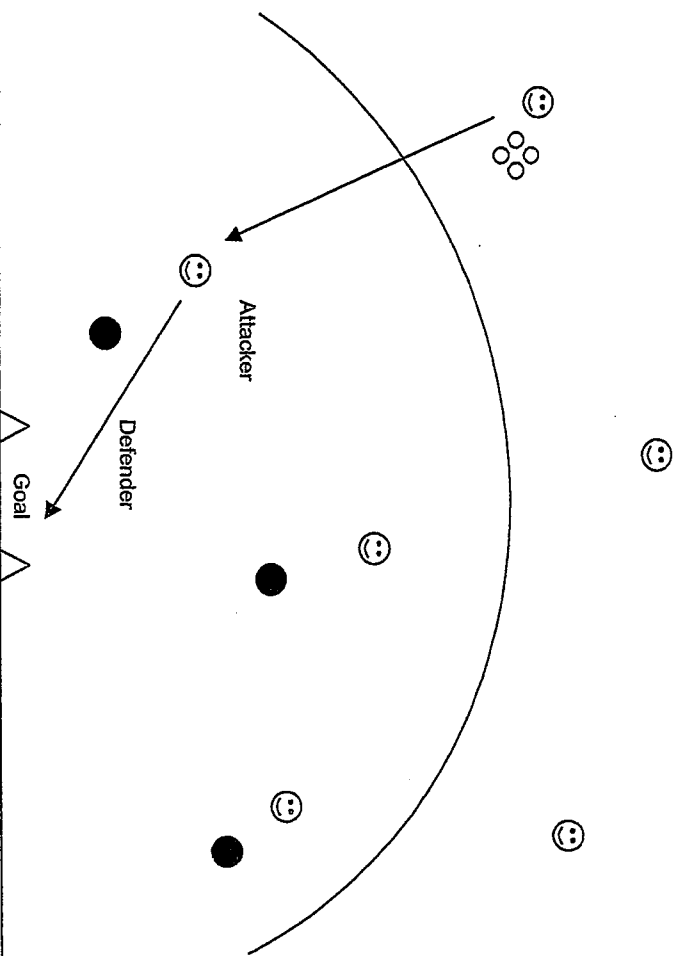
Two teams of players attempt retain the ball and score through the gates – teams can not score through the same gate consecutively.

Drill #10 - 4 v 2, 3 v 2 two touch passing



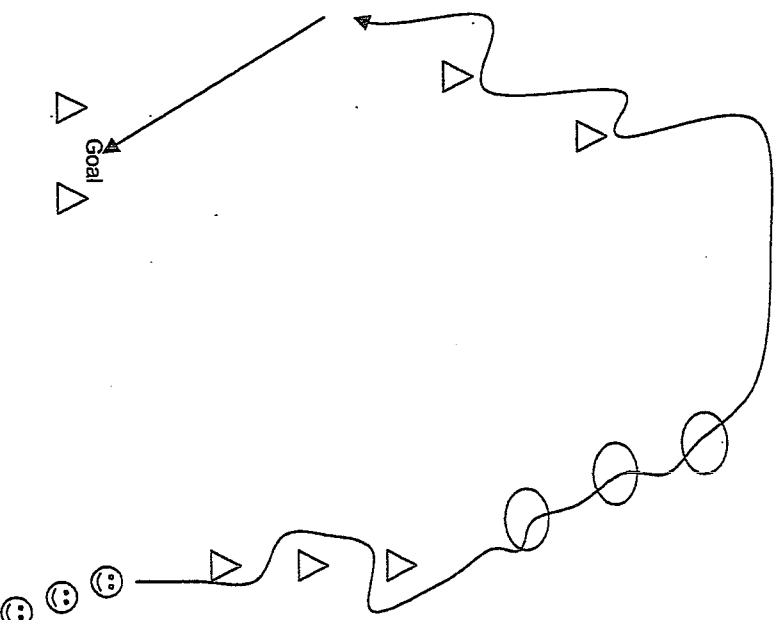
Teams attempt retain the ball and score through the goals – initially no tackling is permitted and players can only make two touches before moving the ball on to a team mate.

Drill #11 - circle feeds 3 x 3 x 3



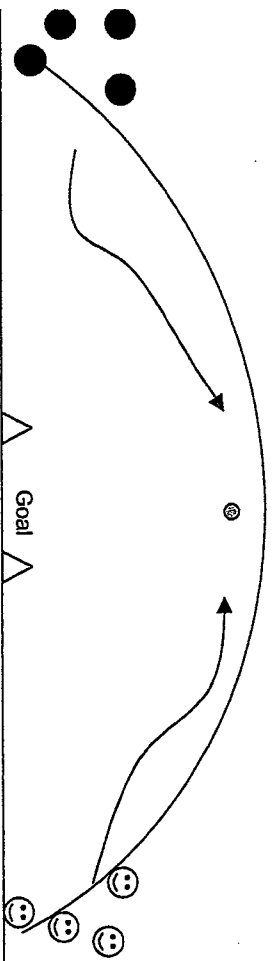
Three players act as feeders into the circle for three attacker who are man to man marked by three defenders. Defenders win points for stopping the attack, attackers get a point per goal. Two minute time limit.

Drill #12 - Jinxin/out of hoops & shapes



Players complete a continuous dribble flipping the ball in and out of hoops - complete the circuit with drags and shot a goal. Add other obstacles as skills level allows.

Drill# 13 - Backward hockey - circle edge

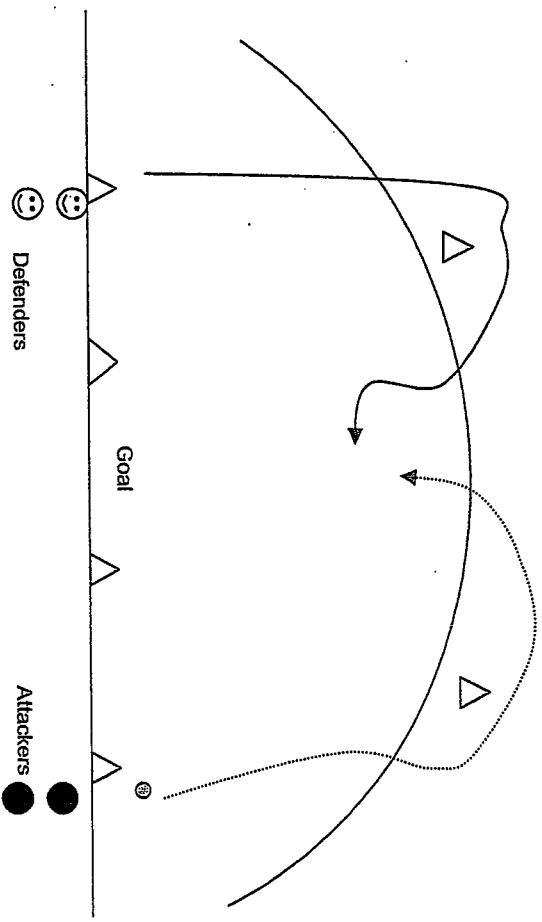


He coach "numbers off" players on two team 1, 2,3 etc.

Coach calls our the number e.g. 1 and 3 – players 1 and 3 compete until a goal is scored.

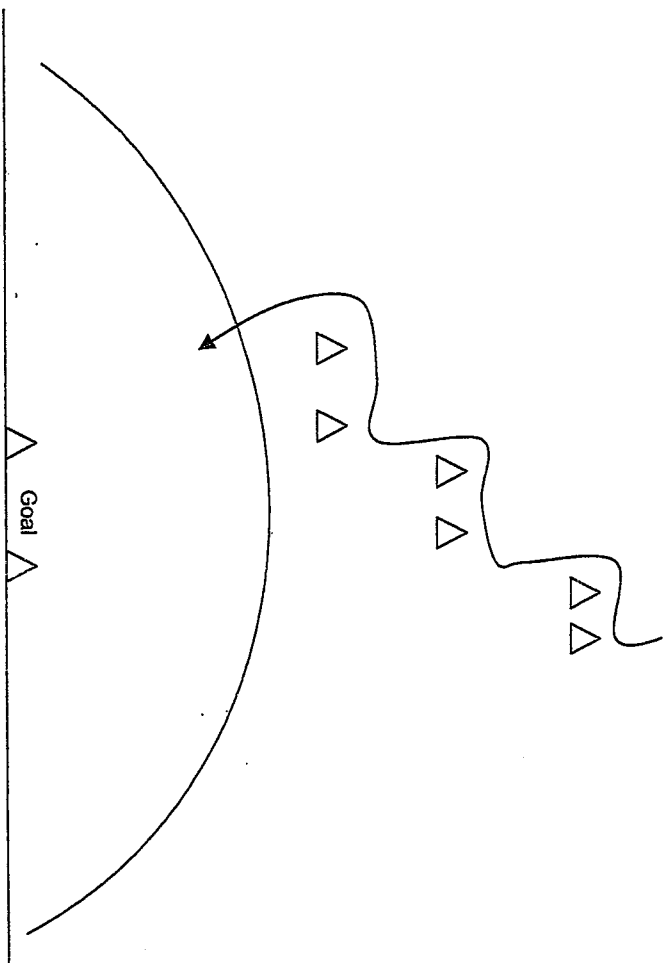
Teams must start from the edge of the circle where in meet the base line – balls are placed in the centre or top of the circle by the coach.

Drill #14 - 1 v 1 - from backline



Attacker dribble up and around the nearest cone, defenders leave the backline at the same time and try to stop the attacker from scoring. Can be extended by having 2 attackers or two defenders.

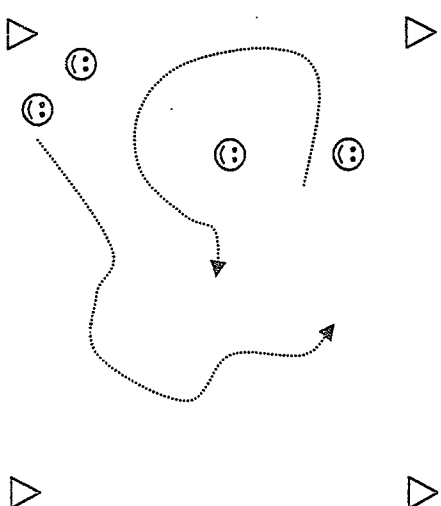
Drill #17 - Drag drills - singles and doubles



Simple drag drill and shot at goal.
Vary the cone width apart and also
add an extra cone to make a double
drag.

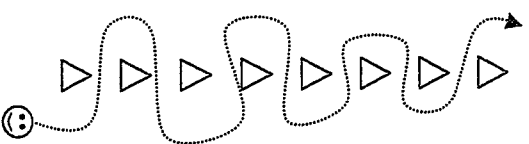
Defender can be added as last
obstacle.

Drill #18 - Shark attack



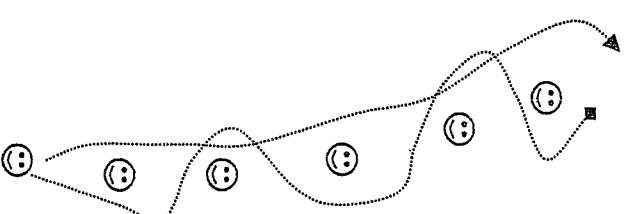
Players dribble around a designated
area (large square). Upon coaches
call players are allowed to
dispossess other players – if
dispossessed you are out of the
game until completion of one lap of
the outside of the square

Drill #19 – Close footwork cones



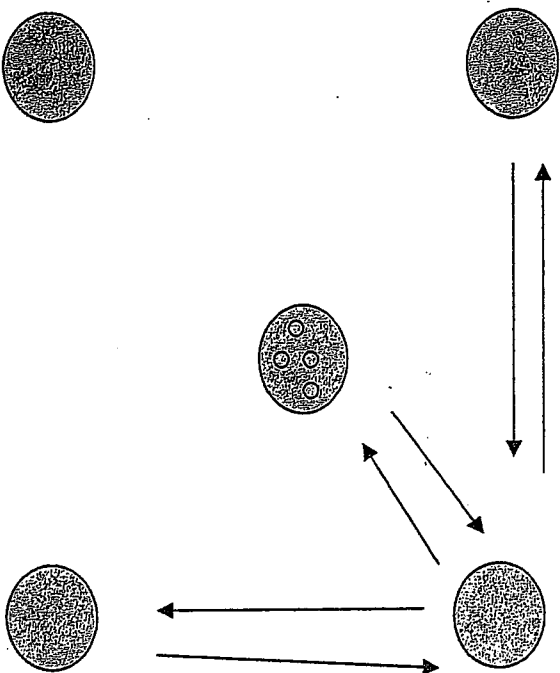
Aim of the drill is to speed up foot and stick movement. Cones should therefore be no more than 1-1.5 metres apart. Twenty cones is a good number for the drill. Players side step left then right. Timing players or adding a goal at the end of the drill adds variety.

Drill #20 – follow the leader



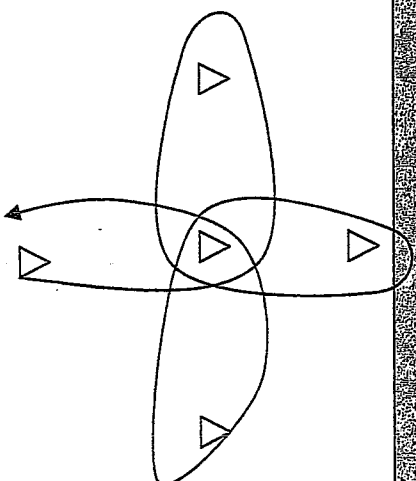
Indian or open dribble players form a long line and dribble in succession from the back of the line to the front. Extension of the drill in to dribble in and out of the players as they stand.

Drill #15 – rob the nest



Create 4 teams – one per outer hoop.
Place 10-20 balls in the centre hoop.
Teams must dribble balls the centre hoop and then by robbing other hoops and fill the team outer hoop!
Allow 60 - 90 seconds a game. The team with most balls in their nest at the end of the time wins.

Drill #16- yardstick and star man



Player completes a star shaped dribble – turn left at centre cone. Aim to reduce time per drill.

Yardstick

1 metre



Player moves the ball backwards and forwards over 1 metre as many times as they can in 60 seconds.