



PRACTICE PLANNING

“failing to prepare is preparing to fail”

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Keep the athlete in mind

- Is this fun?
- Why am I doing this?
- When do I get to play a game?



Keep the goal in mind

- Know the end product and work towards it
- Reproduce game situations (small or big game concepts) to develop drills
- The need for basic skills necessary to execute a tactic or strategy will flow from these engineered game situations
- LTAD



Why Practice?

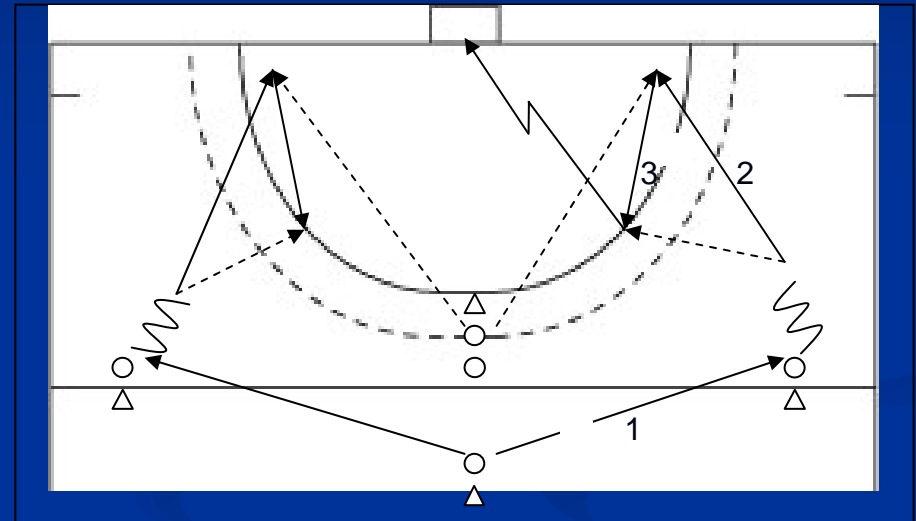
Two types of coaches:

- Ones who develop better practice players
- Ones who develop better game players
- What distinguishes one from the other?
“The degree to which they can reproduce **CONTEXT** within practices”

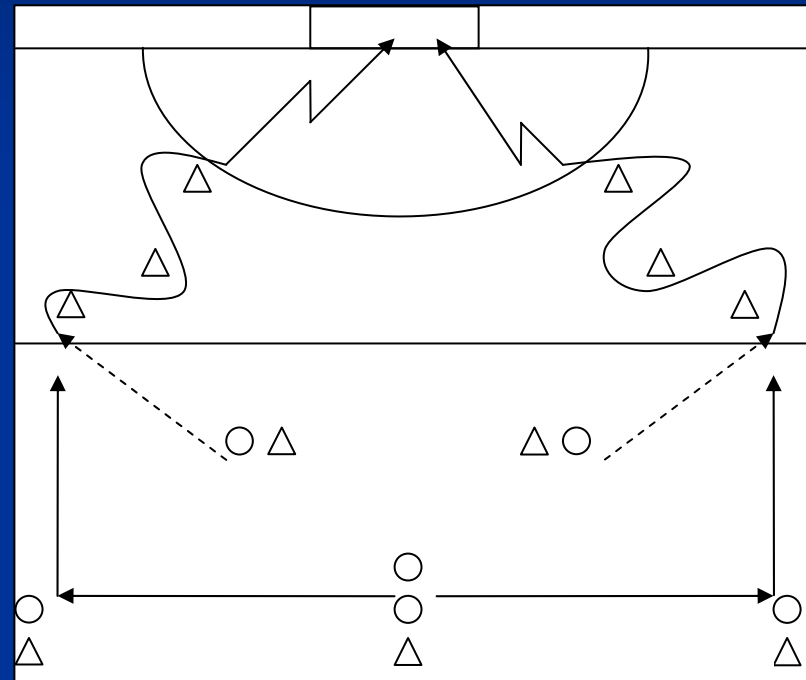
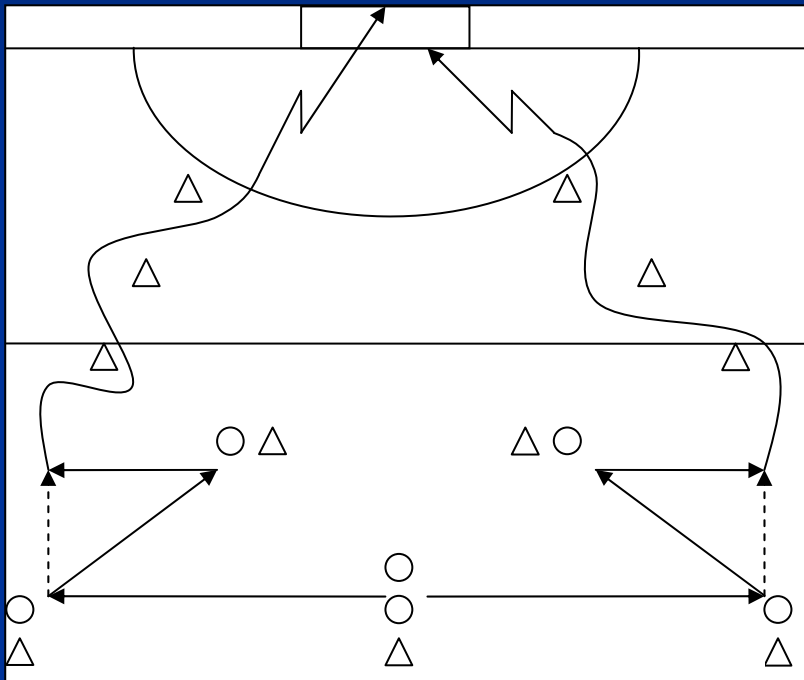


Context based learning

- Isolate basics only when introducing a new skill
- Change of focus depending on ability and experience



Context based learning



“Engineer” the environment

Know the variables

- Space
- Time
- # of athletes
- Ability level
- Range of ability
- # of nets
- Help (Asst. Coach etc.)
- Etc. etc.



“Engineer” the environment

How much can you realistically pass on given the variables?

Factors to consider:

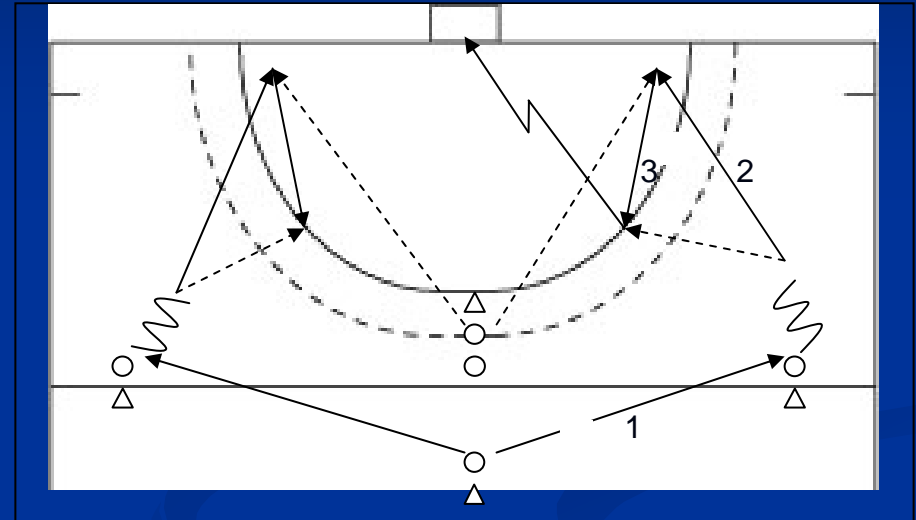
- Age / Maturity
- Experience
- Ability
- Attention span
- How many components to practice?
- How much time per component?



“Engineer” the environment

Creating Optimal Challenge

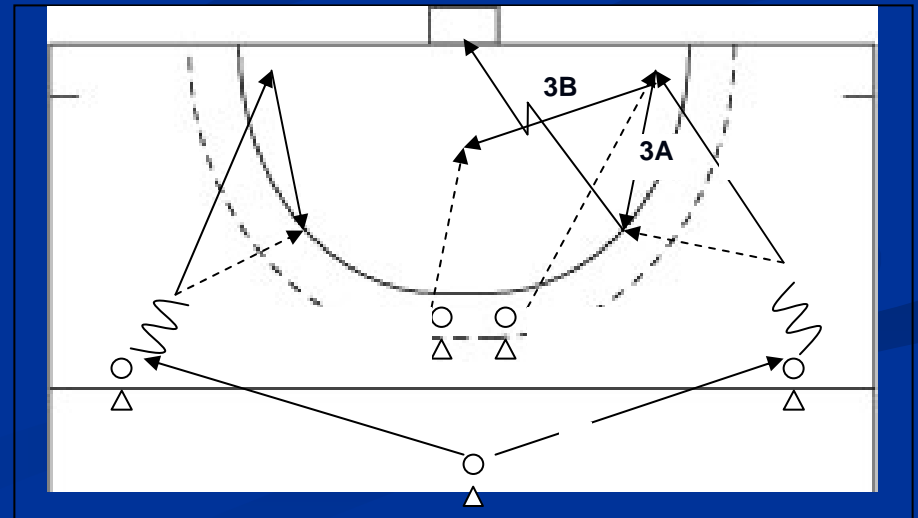
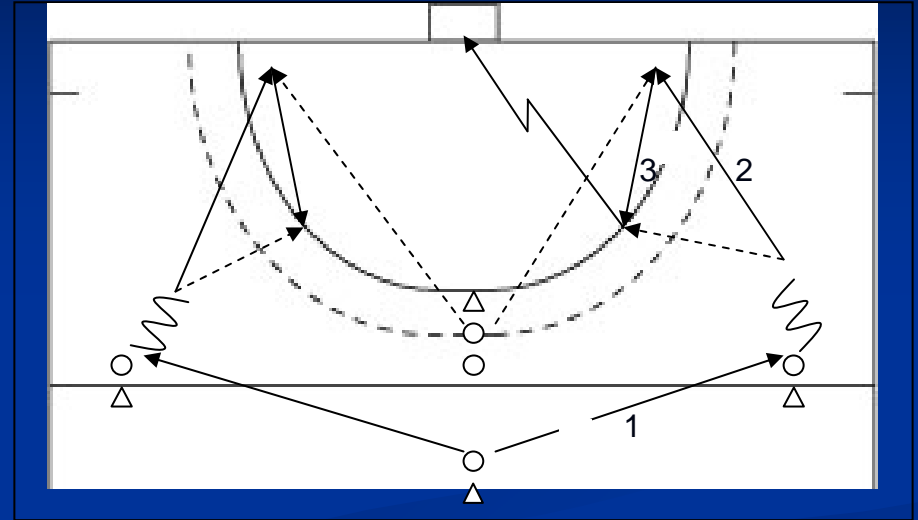
- Individual modifications
- Including:
 - Extra move
 - Different reception
 - Different dribble
 - Different shot
 - Specific target



“Engineer” the environment

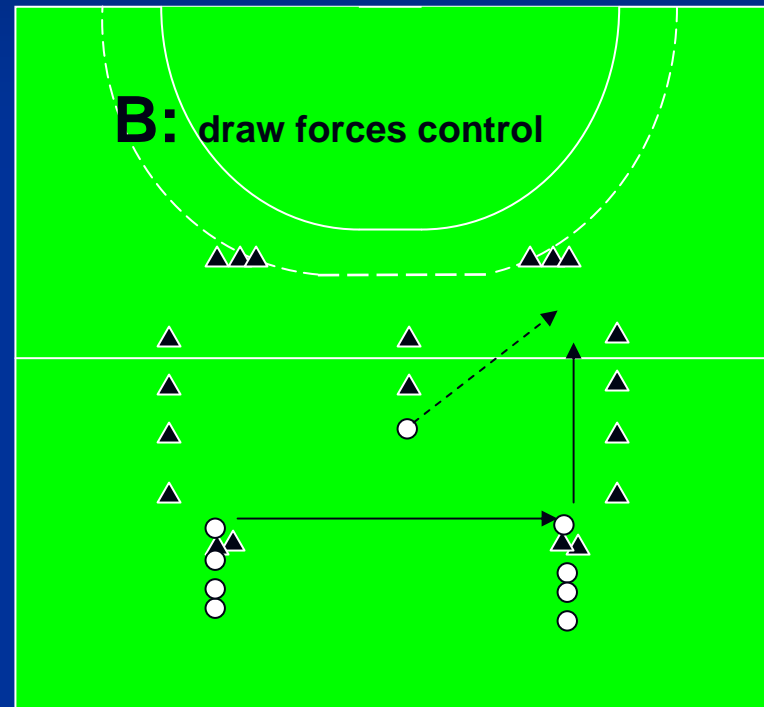
Progressions:

- Space
- Time
- Decisions
- Competition



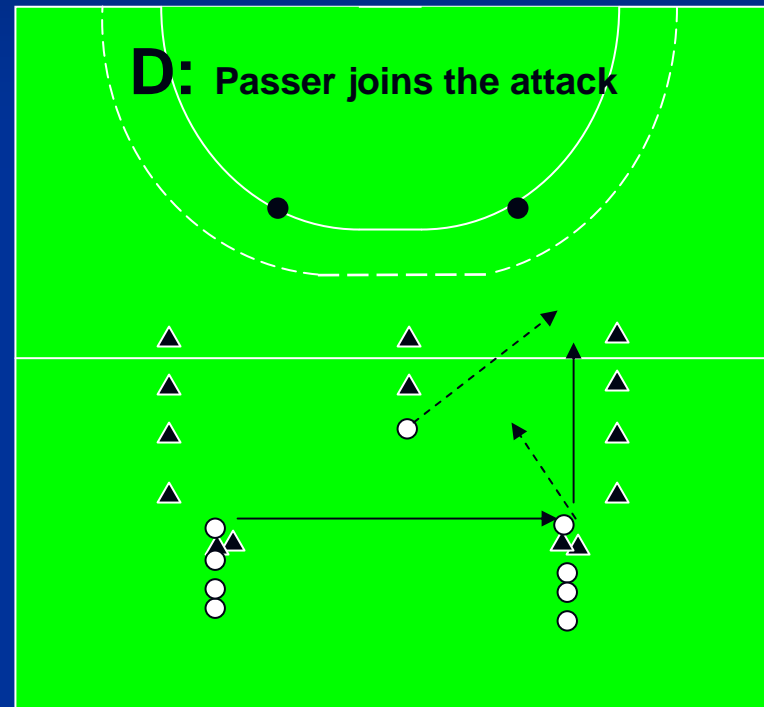
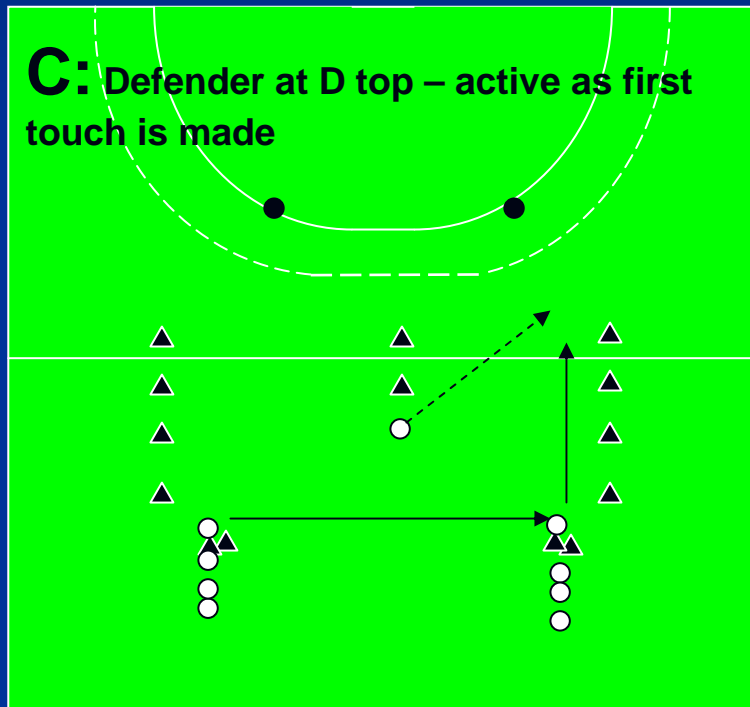
“Engineer” the environment

Progression / Modifications – “Quality of First touch”



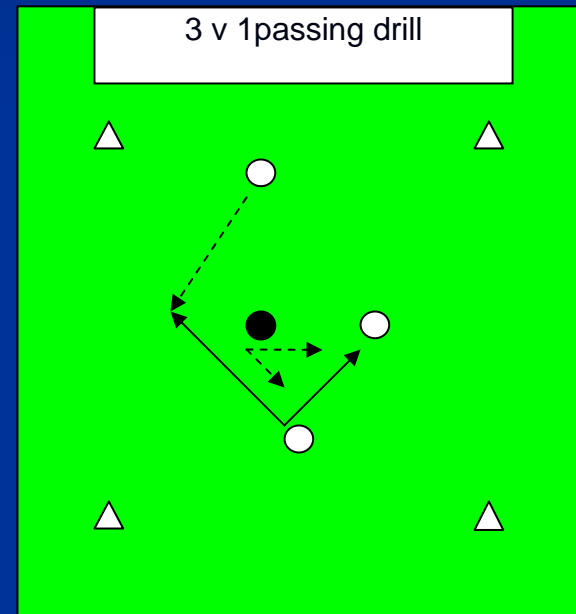
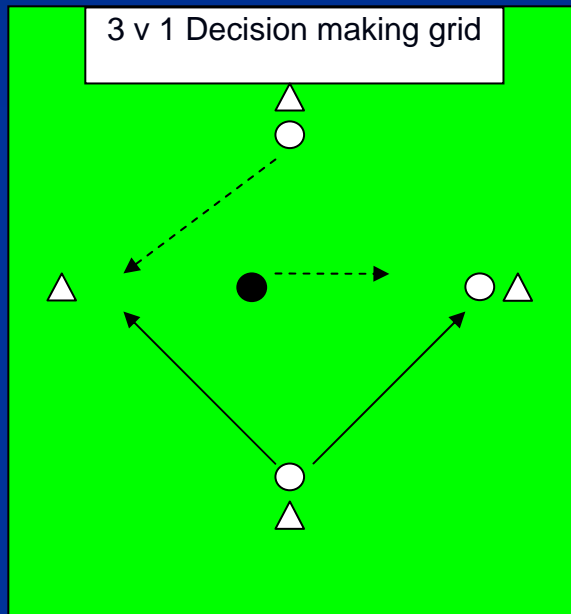
“Engineer” the environment

Progression / Modifications – “First touch”



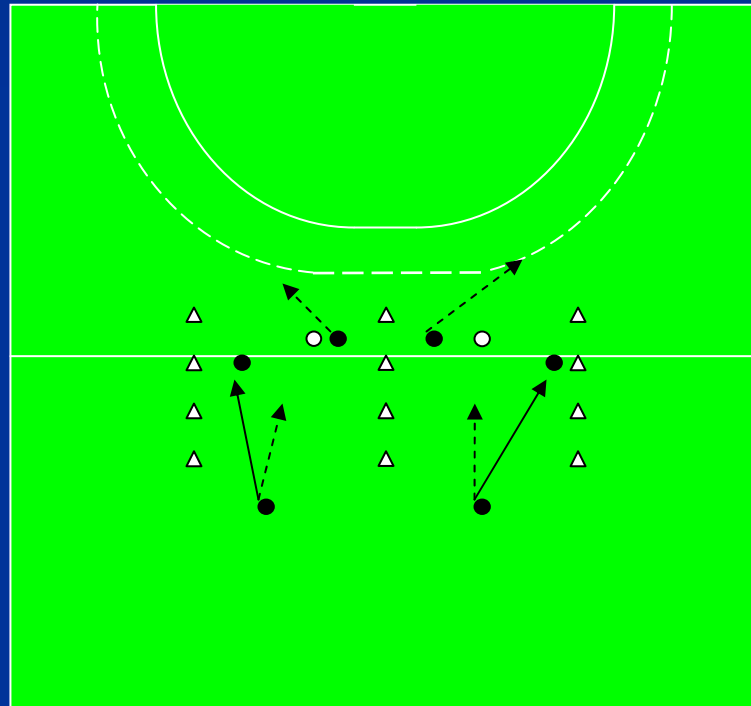
“Engineer” the environment

Progression / Modifications – 3v1



“Engineer” the environment

Progression / Modifications – 3v1



Practice Structure

- A. Functional value added warm-ups
 - LTAD priorities –
 - B. Basic skills in context
 - C. Context drills with decision making components
 - D. Engineered small games
-
- Be flexible with the structure
 - Maximize the number of touches
 - Limit numbers in small games (ideally 3v3/5v5)
 - Modify to accommodate ability – space, time, competition, decisions



Coaches Input

- Suggestions?
- Appropriate feedback throughout all components
- Be patient and positive – evaluate decisions not outcomes
- Make the athletes think – do not think for them
 - No “yes” or “No” questions – rather “why”, “what”, “when”, “how much”, and “how many”
- Keep it simple - let the activity teach – don’t talk too much
 - Increasing knowledge means increasing the quality not quantity of input/feedback!
- Create opportunities for peer feedback
- Keep track of what is being “heard” not just what you are “saying”

Delivery

- Positioning - sightlines
- Eye contact
- Confidence
- Learning styles
 - Auditory Learners
 - Visual Learners
 - Kinesthetic -Tactile Learners



Delivery

- Auditory Learners:
 - Enjoy oral discussion
 - Remember by talking out loud
 - Need to have things explained orally
 - Have trouble with written explanations
 - Talk to themselves when learning something new
 - Repeat things in order to remember



Delivery

- Visual Learners
 - Remember visual details
 - Prefer to see what they are learning (e.g. demonstrations)
 - Doodle while listening
 - Have trouble following verbal instructions



Delivery

- Kinesthetic-Tactile Learners
 - Prefer activities
 - Want to 'do' rather than 'listen'
 - Often talk with their hands
 - Like to touch things in order to learn about them
 - Remember things that they have done



Examples

- U10 practice #6
- Elite Practice

U10 Development: Practice 6

FOCUS: reverse stick receptions, passing, small games

Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

15-35 Reverse stick receiving technique

- Introduce technique
- Players practice technique in pairs over 10 yards

Focus on:

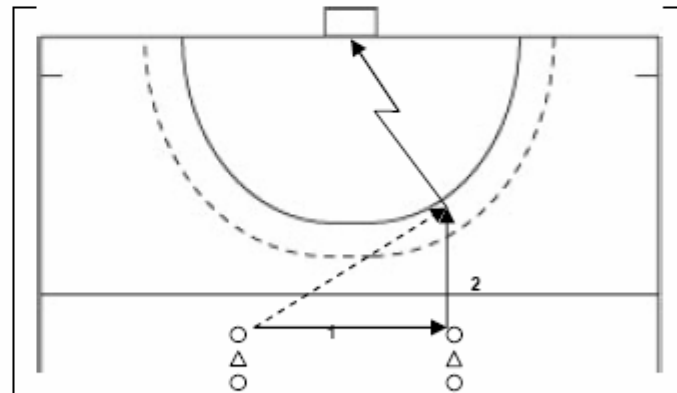
- ☐ Getting the hips turned around
- ☐ Receiving with the correct stick angle – in front of the lead foot

35-55 Square and Through (over the shoulder receptions)

- First pass (1) is square
- Passer leads diagonally to create danger in front of the ball and unbalance the defense – lead is not for depth i.e. forward is looking to get behind a defender to force the defender to make a decision (to drop with the forward or engage the ball carrier)
- Repeat on other side

Progression:

- move the starting points 5 yards back and after passer makes pass 2 they support the ball carrier by leading square to the top of the D for a return pass and shot
- have the forward draw L/R before taking a shot



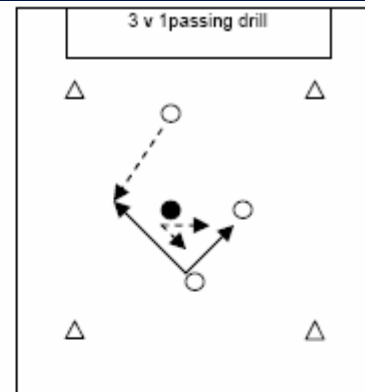
Focus on:

- ☐ Passing and receiving technique
- ☐ Strong leading with good timing
- ☐ Good contact for the shot at net

55-75 Passing 3v1

15x15 square

- 4 players per square
- One defender and three forwards
- Free play for possession
- Ball carrier should always have 2 options
- Defender tries to dispossess the ball carrier or intercept the pass
- Forwards have to keep possession by passing between themselves
- Once the pass is made the free forwards have to reposition to create two passing options for the ball carrier
- Defender is switched out if:
 - A tackle or interception is made – person who lost possession will now be the defender
 - A forward causes a foul
 - The forwards complete 5 consecutive passes
- **Progression:** make the square smaller e.g. 12x12 or 10x10



NOTE: all the receptions are "open" to accommodate quick transition into the next pass

Focus on:

- ☐ Good technique for passing and receiving – all receptions are "open"
- ☐ Good vision to aid good decision making
- ☐ Using the full space to create options – depth and width
- ☐ Early off ball running to create options

75-90 Small Games

3 vs. 3 with goals scored by dribbling over the end line

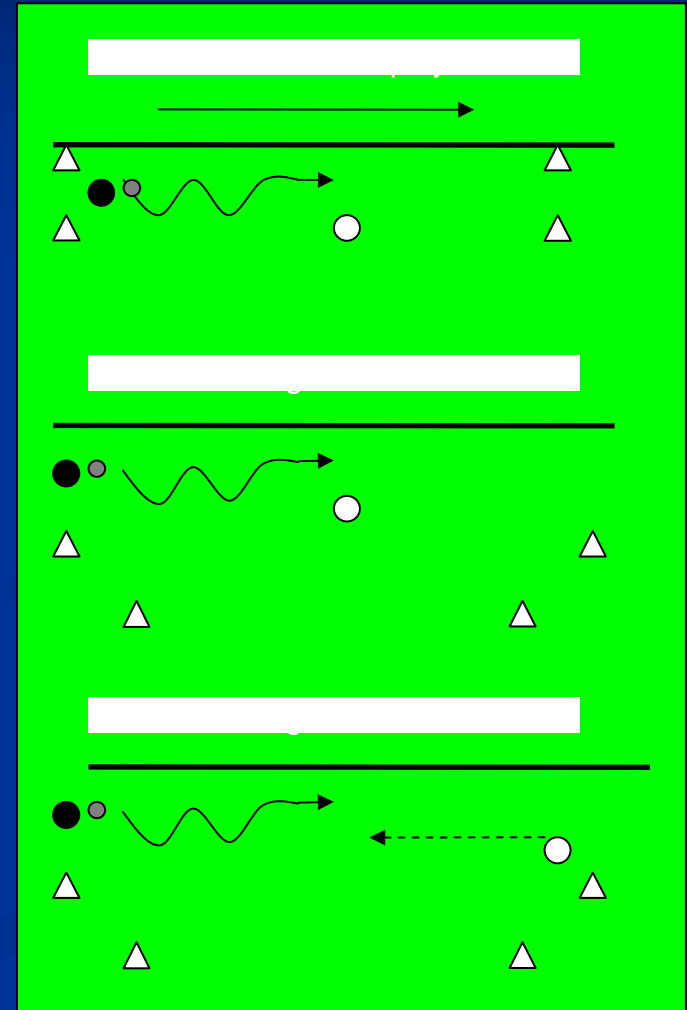
- Field size 25x25

Elite Practice

Focus: defending the circle

Same theme reinforced throughout the practice

A: Review basic tackling technique on the baseline



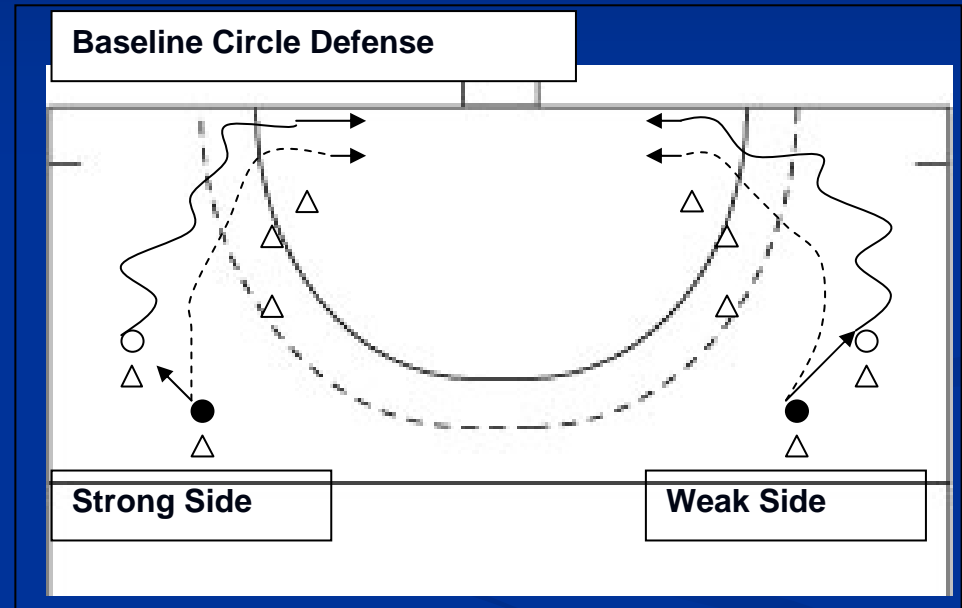
Elite Practice

Focus – defending the circle

B: L/R Circle Entries –
trailing defender

Progressions:

- Eliminate cones
- Additional forward 2v1
- Additional defender 2v2

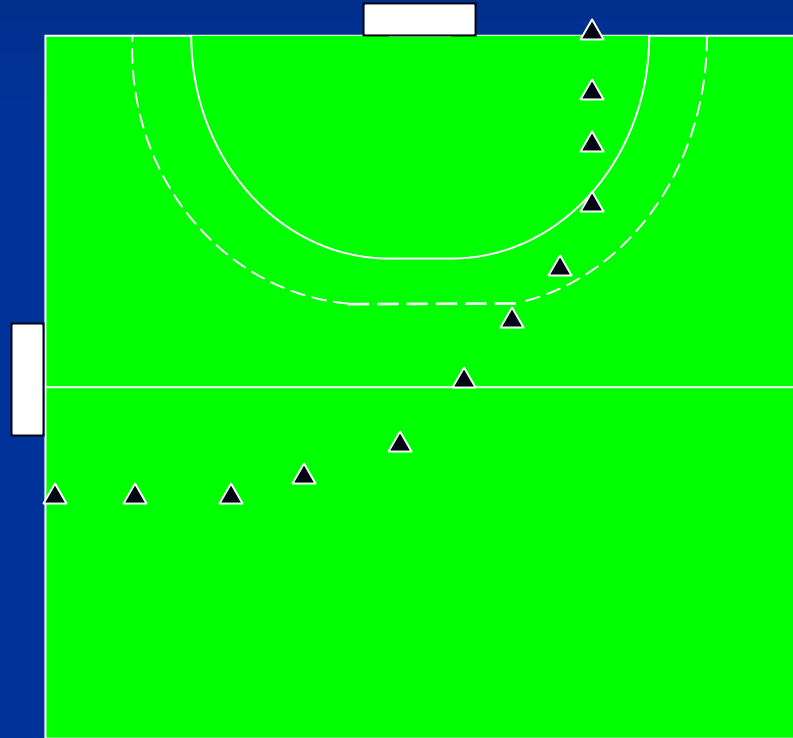


Elite Practice

Focus – defending the circle

C: Engineered mini game

- Keep the ball wide



Acknowledgements

- Gene Muller – Former Men's National Team Coach
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 - Kimo Linders
 - Lesley Magnus – Regional Head Coach - Interior
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 - Nick Sandhu
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Questions?

