



Hockey SA Returning to Hockey (Covid-19) Training Drill Portfolio

15/05/2019



Return to Hockey (Covid-19) Training Drill Portfolio

- Hockey SA has created a Drill Portfolio to support the Community Hockey Coaches in designing a safe training environment
- The Drills are designed to align with the Hockey SA “Return to Hockey Guidelines Covid-19”- Version B.2 Document
- Furthermore, the drills adhere to the AIS Framework for community sport (Level B attached):



Level B

As per Level A plus:

Indoor/outdoor activity that can be conducted in small groups (not more than 10 athletes and/or other personnel in total) and with adequate spacing (not more than 1 person per 4m²).

Some sharing of sporting equipment permitted such as kicking a football, hitting a tennis ball, use of a skipping rope, weights, mats.

Non-contact skills training. Accidental contact may occur but no deliberate body contact drills. No wrestling, holding, tackling or binding.

Commercial gyms, bootcamps, yoga, Pilates, dance classes (e.g. barre, ballet, hip hop, not partnered), cycling 'spin'

classes permitted if other measures taken to ensure

RETURN TO SPORT

Latest Restrictions

As at May 11



Be outdoors



1 coach/instructor +
10 participants in a group
permitted



Be non-contact



Minimise use of shared
equipment and facilities



Do not use changerooms
and showers



1 caregiver per
participant



Government of South Australia
Office for Recreation, Sport and Racing

orsr.sa.gov.au

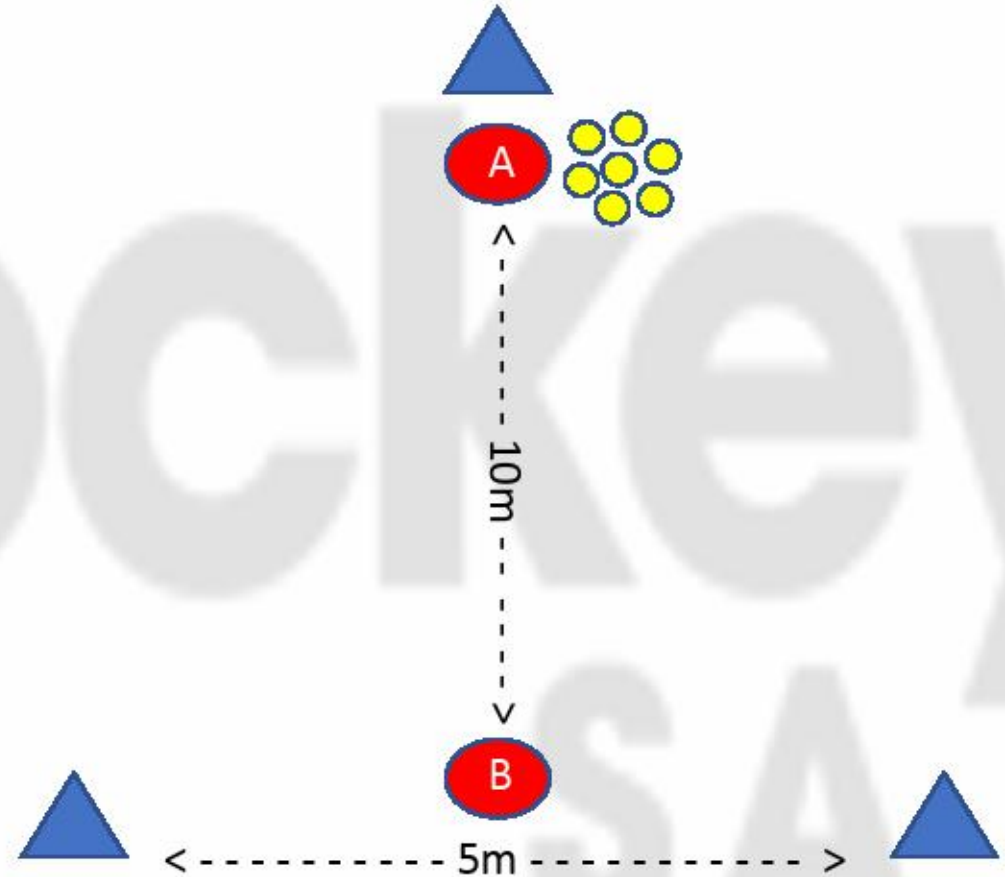
Things to consider in session plan:

- Space of training area, considering other groups
- Entrance and Exit Plans
- Space at Drink/ Break Stations
- Distance between drills and players
- Using additional cones to guide players
- Game based/ Competitive drills could increase the chances of contact
- Rule Limitations could potentially decrease the chances of contact i.e. creating zones for players or no tackling rules

Basic Skills

Receiving on the move:

- Player A constantly hits balls to player B who runs continuously between the cones.
- When player B traps the ball, they must feed pass the ball back to player A and repeat the sequence.
- Expectation is that player B must trap everything. 1 push up per miss trap and/or pass
- 1 minute per set (4 sets each)



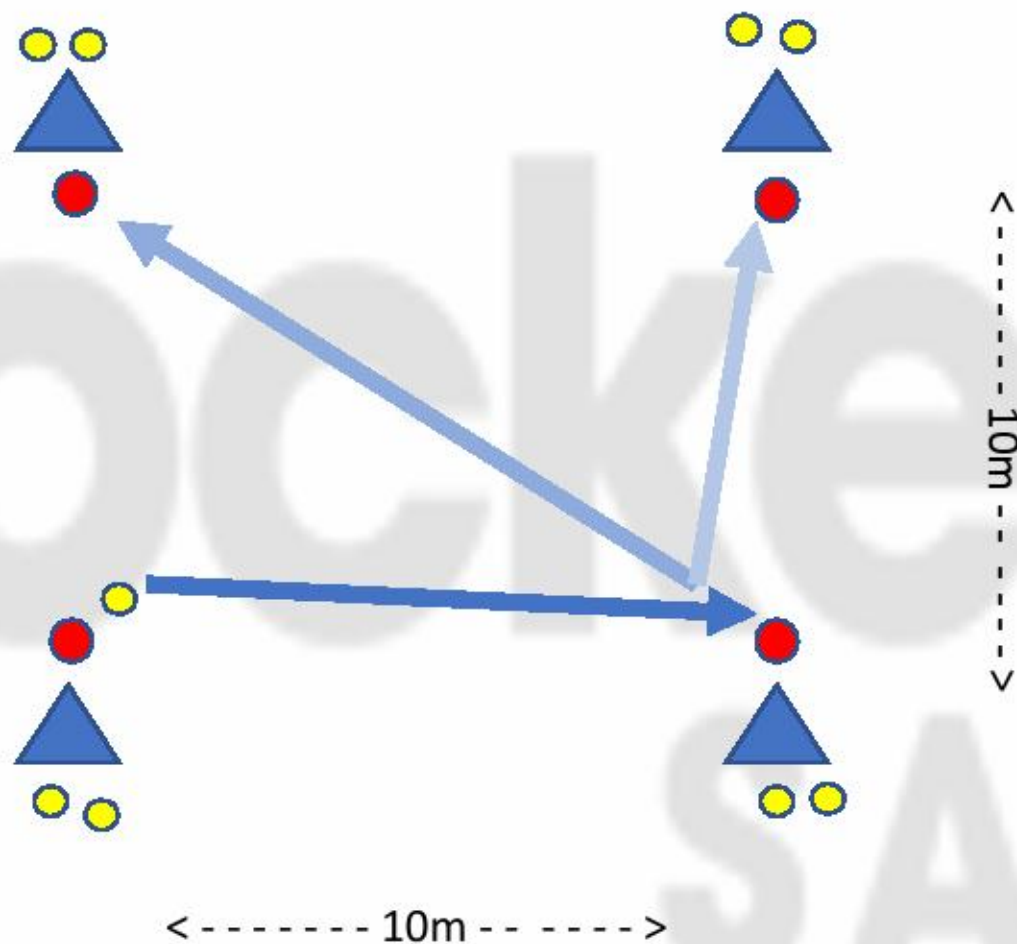
Basic Skills

Basic Fundamentals:

- In groups of 4
- Every second pass must go square to the receiver
- Pass sequence example:
 - Square -> Downline/Diagonal -> Square -> Downline/Diagonal -> Square -> Downline/Diagonal continuous

Key Points:

- Low body position
- Good preparation for receive with proactive footwork
- Open receive to next passing option
- Cleanliness of pass
- First touch in direction of next pass



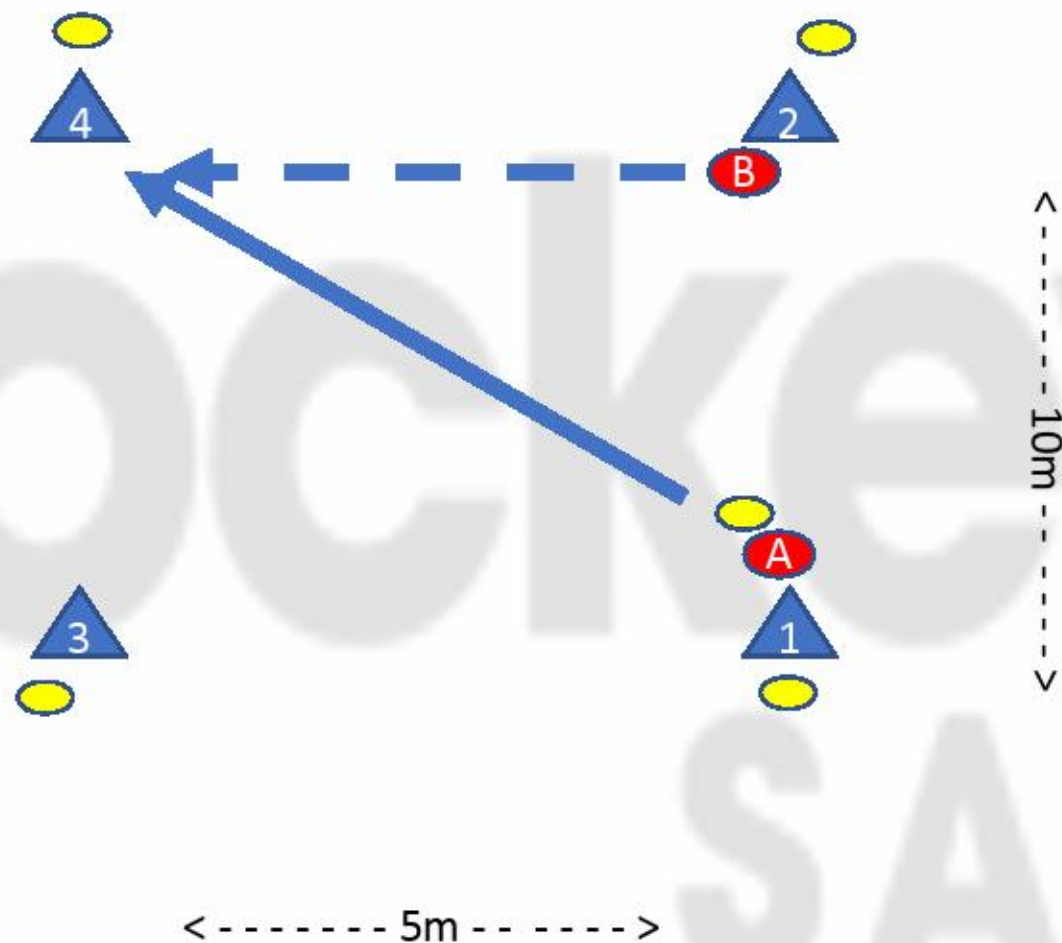
Basic Skills

Basic Fundamentals:

- 4 x 60 Seconds w/ 30 second break
- Each player will either pass straight or diagonal. Rotate ends after each set.
- Once player has passed, they must immediately move to their respective cone (Player A: 1&3, Player B: 2&4)
- Process repeats

Key Points:

- Low body position
- Footwork under fatigue
- Cleanliness of basic skills
- 60 seconds of repeat & intense efforts



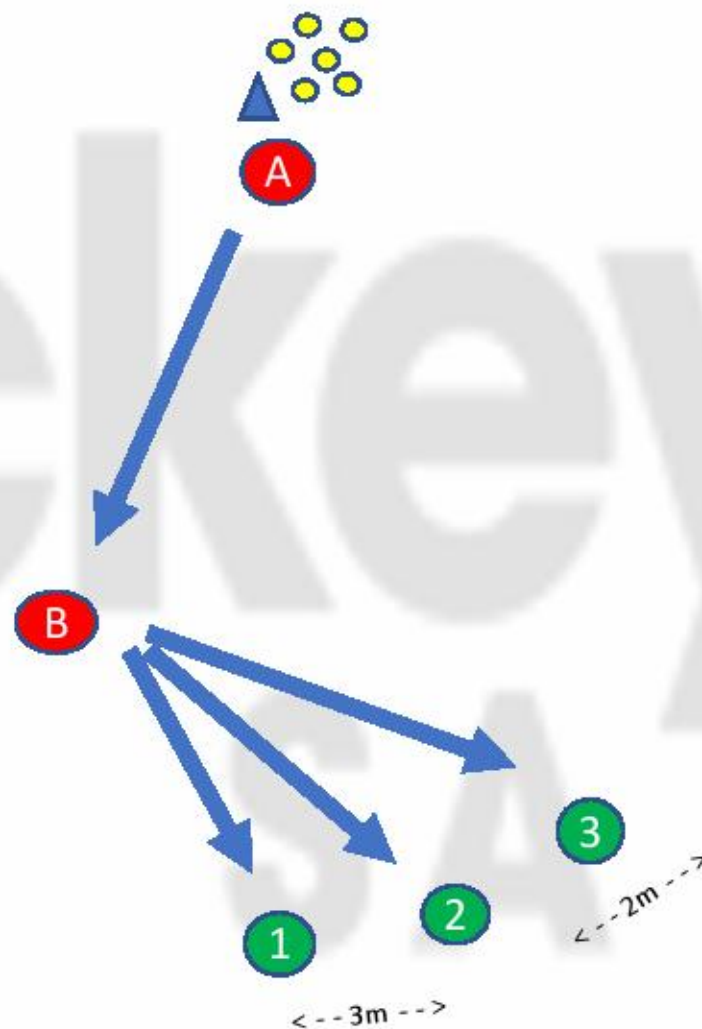
Basic Skills

Contested Receiving:

- Player A on the balls passes to player B with good ball speed. Aim is to deflect each ball to either player 1, 2 or 3. Expectation is that every ball is trapped whether it's high or low. Once trapped, two touches to feed back to player A.
- 6-10 balls and rotate.

Key Points:

- Cleanliness of pass
- Quality ball speed
- Wide base, receiving inside frame (under eyeline)
- Two touches



Basic Skills

Contested Receiving:

- Player A = Feeder
 - Player B = Receiver
 - Player B uses quick feet to maneuver through cones. Once Player B is near the end, Player A will feed the ball.
- Aim is to receive inside frame with wide base. Repeat sequence 10 times and swap.

Key Points:

- Cleanliness of pass
- Quality ball speed
- Wide base, inside frame -> Strong receive
- Two touches



Basic Skills

Passing & Receiving -> GS:

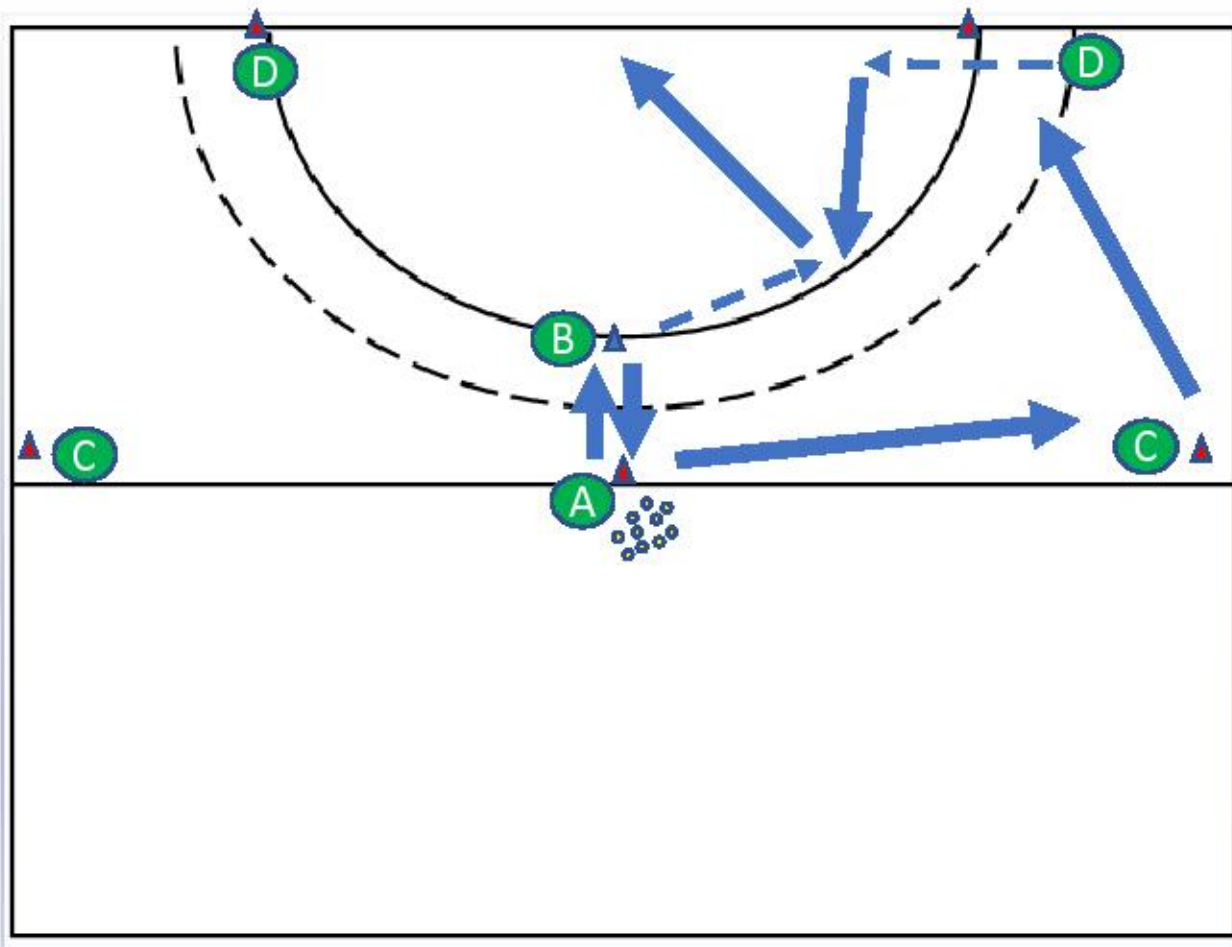
- Pass sequence A -> B -> A -> C -> D -> B
- Player A initiates a 1-2 pass with B.
- Player A fires a pass to C
- Player C finds player D at the T spot
- Player B times lead for a 90 ball
- Player C flows forward for deflection/rebound.
- Follow your pass -> B is first cone

Key Points:

- Ball speed
- Cleanliness of trap
- Timing of lead
- Effective shot on goal

Progression:

- Allow players to receive on the move by creating short sharp leads



Basic Skills

Mobile Receiving:

- Player A passes to Player B who starts at the back of square. Player B must receive mobile with first touch going in their desired direction
- Player B is NOT allowed to receive stationary

Progression:

- Player A can include bouncy passes or vary the speed
- Player B can include an elimination skill after first touch

Key Points:

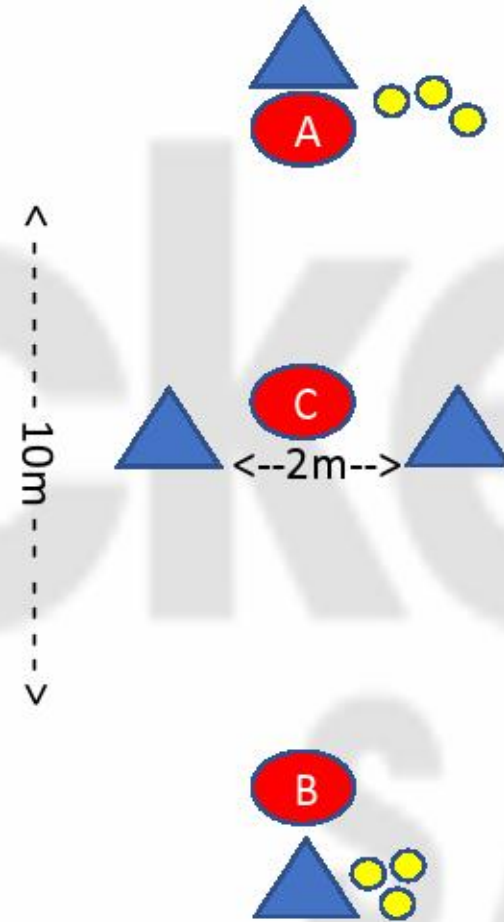
- Cleanliness of first touch
- Correct footwork & body position to allow mobile receive
- Left hand forward on receive
- First touch/ receive out in-front away from feet



Basic Skills

Open Receiving:

- Player A + B constantly feeds balls to player C who moves to an open position (facing both the passer and next option) continuously around the cones.
- When player C traps the ball, they must feed the ball back to player A or B and repeat the sequence.
- After one round forehand receives, change to backhand receives
- Progress to longer distance or challenging receives (i.e. bouncy)
- 1 minute per set (3 sets each)



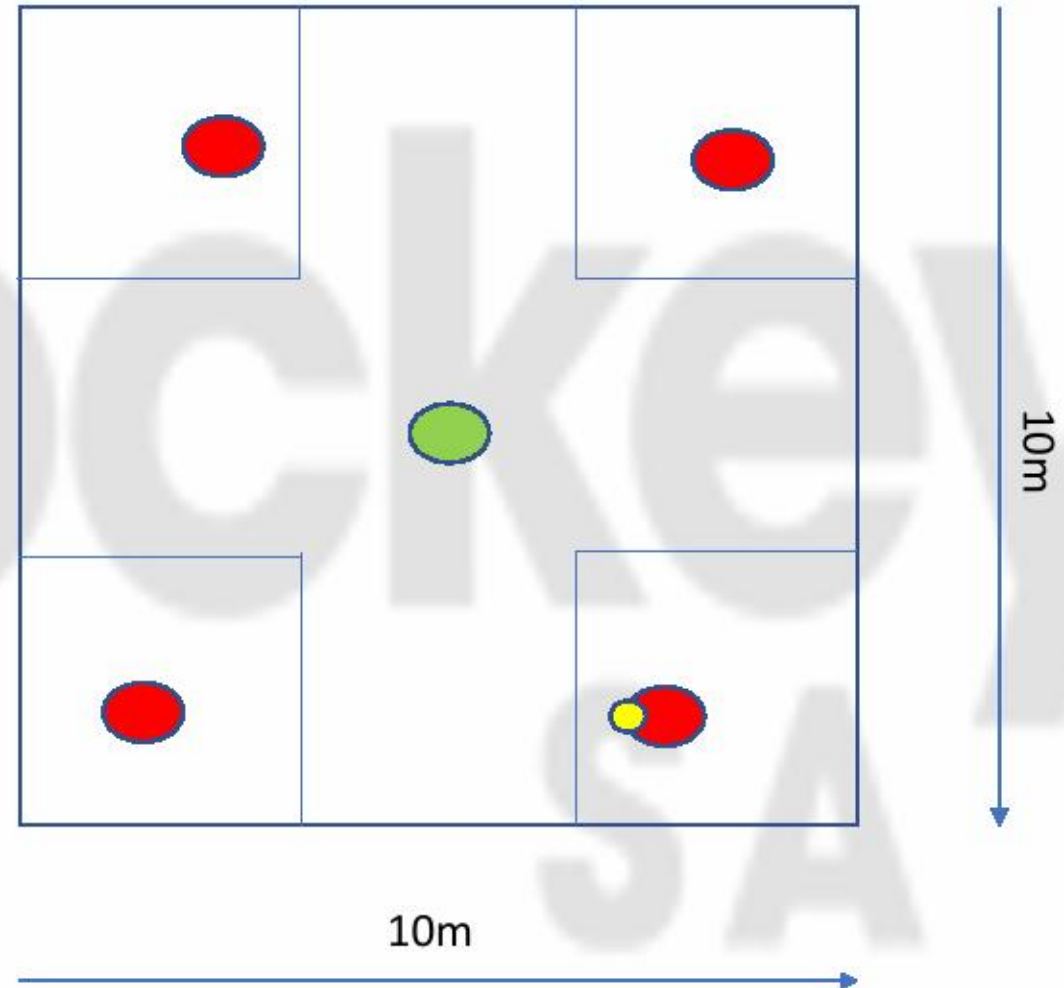
Ball Retention

Retention / Transition

- 4v1 inside square.
- Team red aim is to maintain possession whilst staying in their zones. Green's aim is to intercept and win possession within their zone
- Once green has won the ball, they count their tally and give the ball back -> defender rotates each time and drill restarts
- 2 minute blocks
- Players MUST maintain 1.5m separation from each other

Key Points:

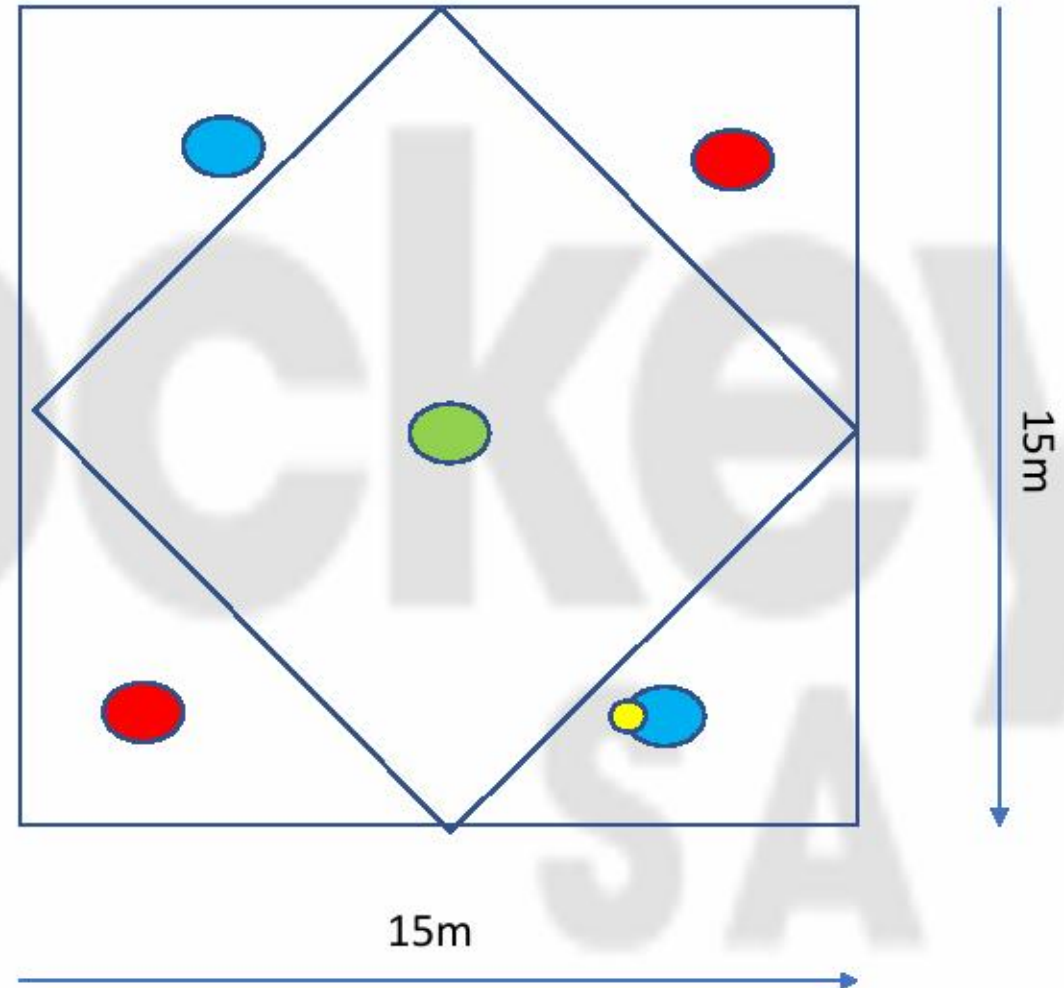
- Strength over ball (use of body)
- Maintain possession
- Cleanliness of basic skills
- Off ball movement to support ball carrier
- Minimize time over ball



Ball Retention

Retention / Transition

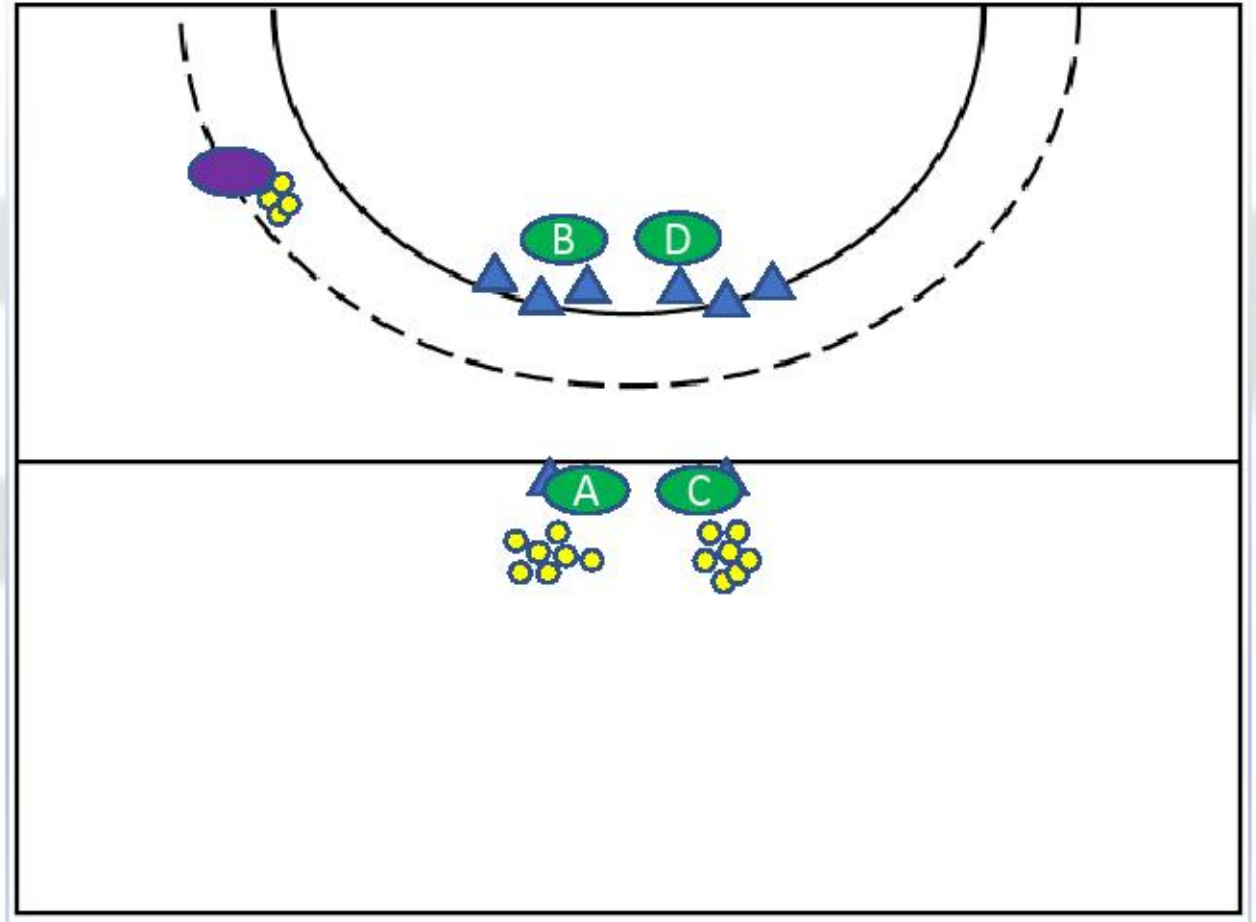
- 4v1 inside square.
- Team red and blue aim is to maintain possession whilst staying in their zones. Green's aim is to intercept and win possession within their zone
- To score: same color (blue to blue, or red to red) pass is 2 points. Different color pass (blue to red or red to blue) is 1 point. Intercept by defender is 1 point.
- Once green has won the ball, they count their tally and give the ball back -> defender rotates each time and drill restarts
- 2 minute blocks
- Players MUST maintain 1.5m separation from each other



Goal Shooting

Goal Shooting – 3 Ball Shooting

- Player B will make a posting lead (starting from the inside) around the cones and receive a ball from player A - > Goal shot. Once a goal has been scored or ball is out of the circle. Process starts with C&D.
- After both balls have been played, coach will roll a ball into the hotspot which will create a 2v1 against the Goalkeeper.
- Whilst this is happening, players have refilled spots and are ready to go once finished.
- Players B&D MUST play every single ball out until it leaves the circle.



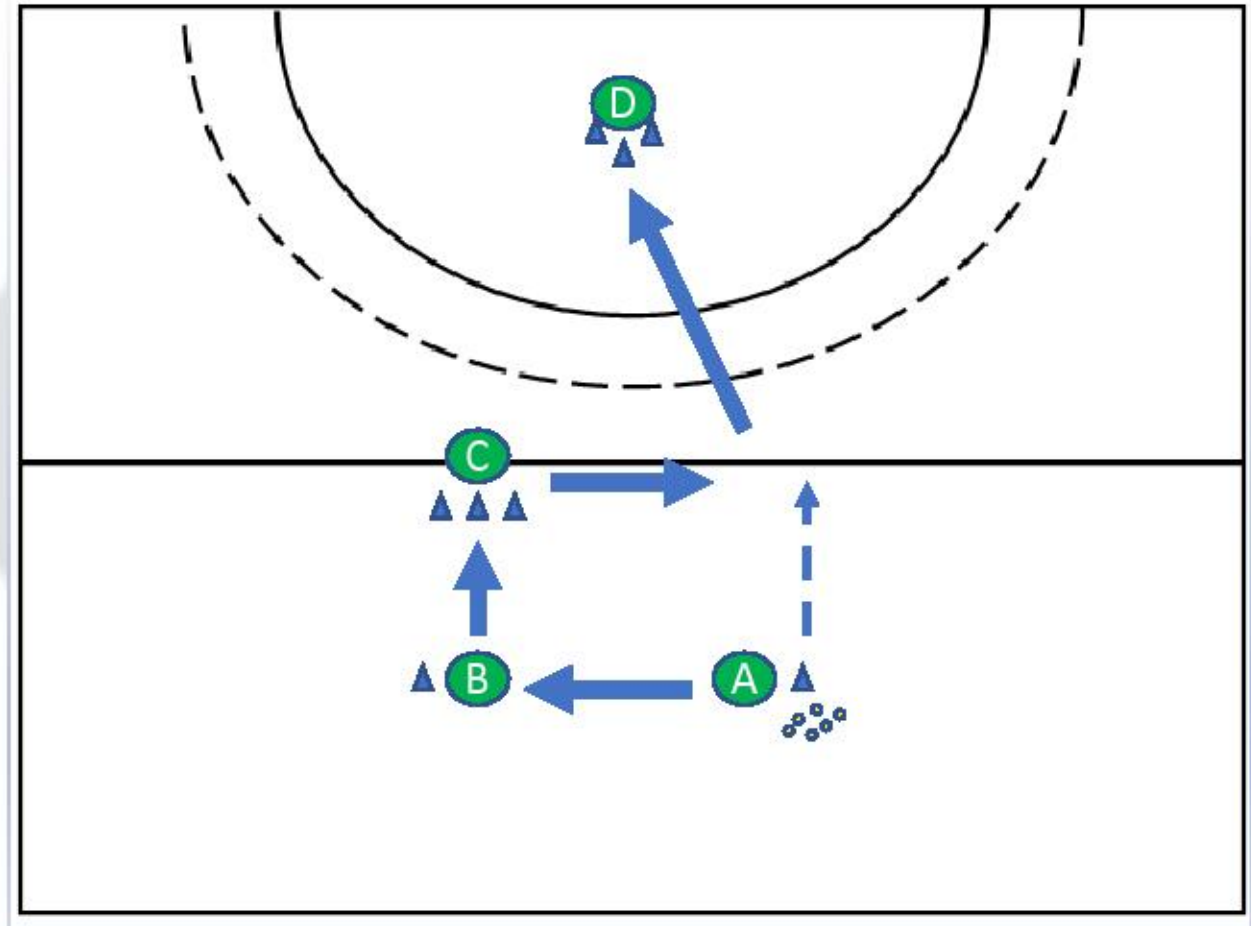
Goal Shooting

Goal Shooting:

- Pass sequence A -> B -> C -> A -> D
- All receives must be jump in front (J.I.F)
- Player C & D must time lead and jump in front of obstacle (defender) once connection is made.
- All 4 players flow forward to create numbers inside circle.
- Once player D receives, 2 touch shooting -
 - > All 4 players play ball out inside circle.

Key Points:

- Ball speed
- Cleanliness of trap
- Timing of lead
- Effective shot on goal



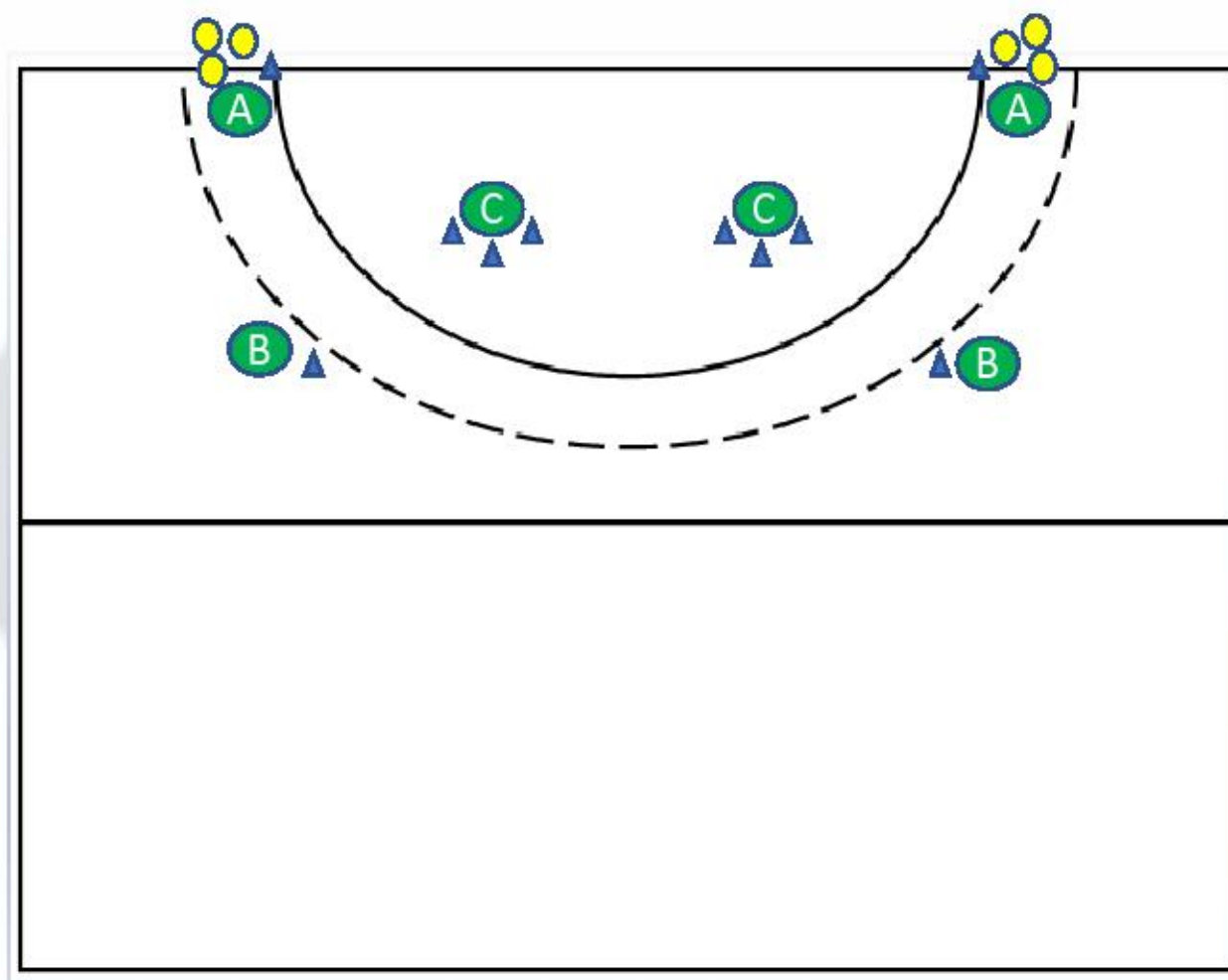
Goal shooting

Goal Shooting:

- Pass sequence A -> B -> C
- When player B receives, they must use a variety of skills to eliminate obstacle.
- Player C must time lead and jump in front of obstacle (defender) once connection is made.
- Player C to stay on ball before shooting
- Follow your pass + groups stay same side – swap after 5 minutes

Key Points:

- Ball speed
- Cleanliness of trap
- Timing of lead
- Effective shot on goal



Goal Shooting

Goal Shooting:

- Pass sequence A -> B -> C -> A -> B -> D
- All receives must be jump in front (J.I.F)
- Player C & D must time lead and jump in front of obstacle (defender) once connection is made.
- All 4 players flow forward to create numbers inside circle.
- Once player D receives, 2 touch shooting -> All 4 players play ball out inside circle.

Key Points:

- Ball speed
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- Timing of lead
- Effective shot on goal

