



RETURN TO TRAINING COACHING RESOURCE



TRAINING GROUPS OF NO MORE THAN 20

The club can undertake training in team groups no larger than 20 people. This includes both players and coaches.



STRICTLY NO CONTACT

The club has advised its participants, coaches, volunteers, and parents that all training must be strictly NON-CONTACT



SOCIAL DISTANCING

The club has advised its participants, coaches, volunteers, and parents that all training must strictly observe social distancing requirements of 1.5m, and adhere to the requirement of no more than 1 participant per 4sqm



FACILITY RESTRICTIONS

The club is aware that all club rooms, change rooms at wet areas are NOT to be used



LIMITED EQUIPMENT

While hockey equipment such as hockey sticks, masks, bibs, and goalkeeper gear must not be shared, hockey balls and cones/markers can be used if cleaned and disinfected following use and prior to being used again.



CLUBS & TEAMS UNDERSTAND THE RETURN TO NON-CONTACT TRAINING PROTOCOLS

The club and all teams have read, understood, and agree to adhere to the guidelines as provided by Hockey WA.



HYGIENE PROTOCOLS ARE IN PLACE

The club has implemented appropriate hygiene protocols.



A REGISTER OF PARTICIPANTS

Clubs MUST maintain an attendance register for all training, including venue entry and exit times, and available upon request by either Hockey WA or Health Authorities. A single person is to have ownership of this process for each training session.



ONLINE EDUCATION COMPLETED

Online education is completed by key or nominated club personnel 'COVID-19 infection control' training prior to commencing club training.



LOCAL GOVERNMENT AUTHORITY APPROVAL

The club has received approval from the landowner and/or LGA to access the venue for training and understand that they must always follow all direction and advice.]

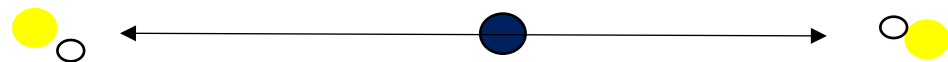
- This resource aims to support clubs, coaches, teams and schools to train whilst complying to social distancing
- The resource offers 4-weeks of programs to lead up to the 11th June proposed 'Stage 3'. Each activity offers progressions so that it can be used for grassroots through to senior hockey
- Due to the 4m² per athlete rule it is important that we maintain social distancing which means no tackling / contests (see return to training checklist above).
 - When setting up sessions please ensure that exercises and cones and queues are always giving participants a minimum of 4m²
- The current rules and guidelines mean a focus on technical development and 'flow drills' in some circumstances but the goal of this resource is to make it engaging, fun and maximise touches of the ball whilst still trying to relate to the game of hockey in its full form. We specifically encourage GK's to engage in non-goal exercises as they can develop their skills in these situations in addition to goal-based exercises
- The program suggests '5 v 5' or '3 teams of 3' in certain situations. Please use these as a guide which is adaptable based on your numbers
 - With uneven teams / numbers having an advantage / disadvantage is a challenge / scenario for players to manage and adapt to.
- We encourage you to add 'timed challenges' and additional rules to games which can increase engagement, training intensity and quality of outcomes. Examples including
 - 'How many can you do in a minute'
 - 'How many goals can you team score in the next 10?'
 - 'A goal is worth 2 if Jimmy is involved in the set up (Jimmy is a first-time players and is then empowered)

KEY FOCUSES: MAXIMUM TOUCHES, SOB PASSING AND RECEIVING, HITTING, ENGAGING GOALKEEPERS

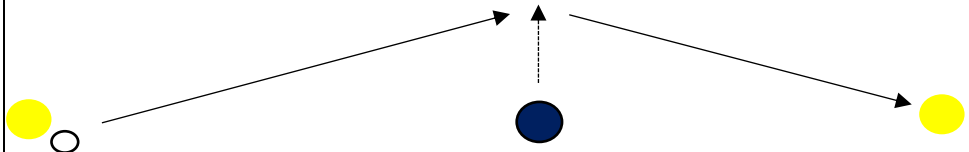
1. WARM UP (5-10 MINUTES): WE ADVISE A TRADITIONAL WARMUP FOLLOWED BY STATIC AND DYNAMIC STRETCHES THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WITH 4M²

2. STICK ON BALL / FITNESS EXERCISE CIRCUIT (GKS JOIN IN)

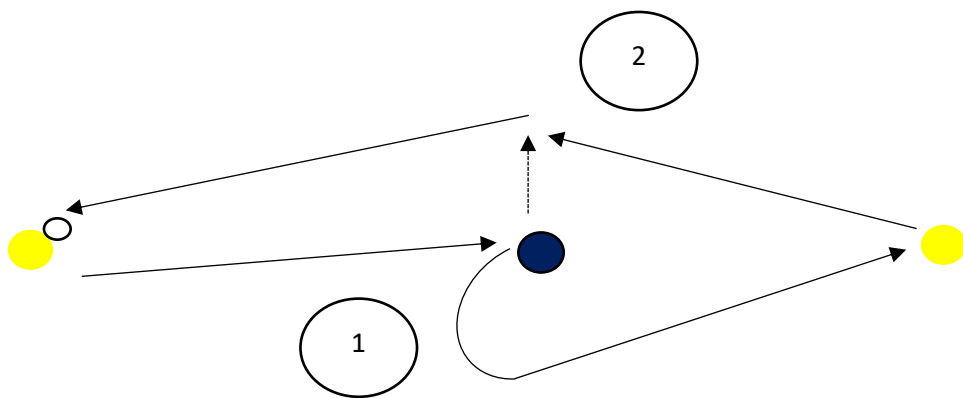
2-3 SETS, 10 – 15 MINUTES



A. Post Up & Receive and Pass back (Both Yellows have a ball each)
1 minute continuous, Present at speed, stick trap away from body



B. Open lateral receiving both forehand / backhand (Uses the same ball)
1 minute continuous, key in
'See the player, see the ball', receive forestick or reverse to develop technique



C. Post and roll & reverse receive (Uses the same ball) 1 minute continuous.
1. Central person 'posts up', arcs to the right then passes to the other player
2. The ball is then passed into space for a

3. FLOW EXERCISE - BALL MOVEMENT & ATT POSITIONING

10 – 15 MINUTES

Pass, Move and Deliver Goalscoring

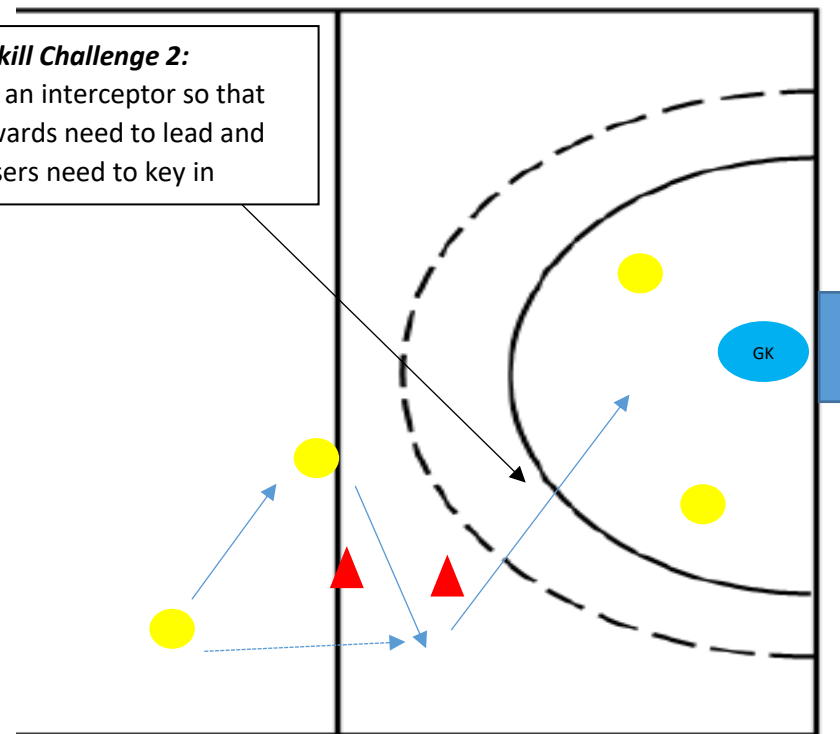
(Both Sides Alternate)

*3 on each passing area, 2 forwards in the circle, 10/12 then rotate stations

- Key focus to pass and receive forehand to forehand without having to stop running momentum
- Key focus to roll the ball to the target when hitting / passing the ball into the circle
- Play rebounds

UPSKILL CHALLENGE 1 – 1 or 2 touch only scoring
UPSKILL CHALLENGE 2 – Add an interceptor to play around
UPSKILL CHALLENGE 3 – Double score for a deflection goal

Upskill Challenge 2:
Add an interceptor so that forwards need to lead and passers need to key in



4. SMALL SIDED GAMES WITH SOCIAL DISTANCING

15 - 20 MINUTES

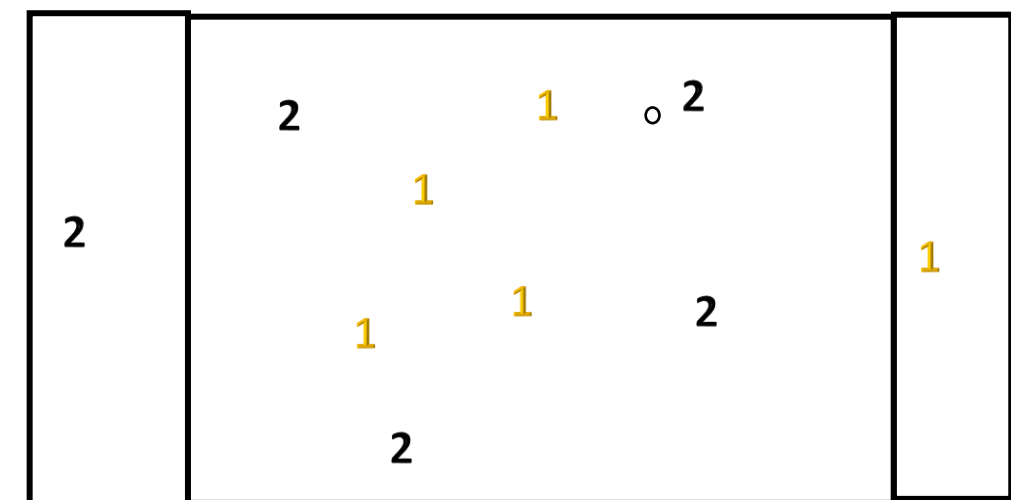
5 v 5 Netball Hockey – Maintain 1.5m social distancing at all times
**This exercise specifically uses 'zones' rather than goals for engagement and social distancing*

- No running with the ball
- No tackling (**1.5 metre social distancing rule**)
- SOB – No hitting
- Only 1 player allowed in the 'end zone' (no opposition)
- 3 / 5 / 8 seconds in possession of the ball before having to pass (depending on skill level)
- Play sideline passes and feet as you would in a normal game

Attacking Objective: Get the ball to the end zone receiver
Attacking Focuses: Encourage SOB, receiving open and leading / passing into space in attack

Defensive Objective: Intercept the ball and transition to attacking objectives
Defensive Focuses: Encourage marking IFIT whilst maintaining 1.5m SD

UPSKILL CHALLENGE 1 – Reverse stick receives only
UPSKILL CHALLENGE 2 – Lifted passed only



GK Involvement Incentives

Attacking - Double points if you score in a move that involved the GK

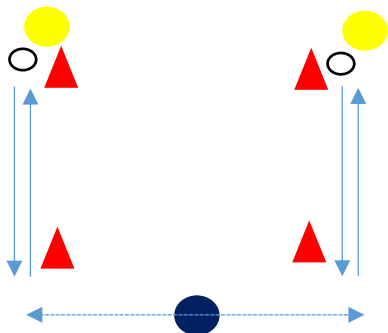
5. COOL DOWN (5-10 MINUTES): WE ADVISE A TRADITIONAL COOL DOWN THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WHILST MAINTAINING SOCIAL DISTANCING

KEY FOCUSES: MAXIMUM TOUCHES, SOB PASSING AND RECEIVING, HITTING, ENGAGING GOALKEEPERS

1. WARM UP (5-10 MINUTES): WE ADVISE A TRADITIONAL WARMUP FOLLOWED BY STATIC AND DYNAMIC STRETCHES THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WITH 4M²

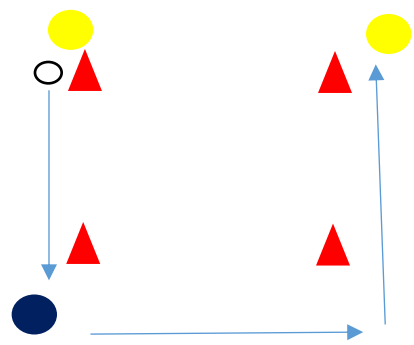
2. STICK ON BALL / FITNESS EXERCISE CIRCUIT (GKS JOIN IN)

2-3 SETS, 10 – 15 MINUTES

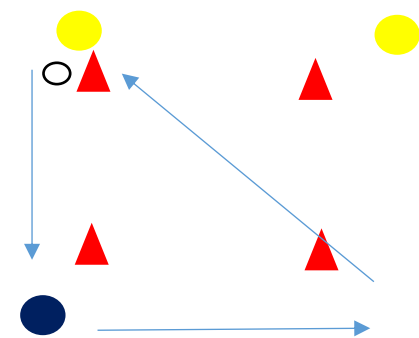


A. Lateral movement, receive and pass outside cones. 1 minute each and rotate

B. Receive, carry, pass & repeat
1 minute continuous
Open body receive, don't just trap the ball, manipulate the ball where you want it to go



C. Receive, carry, diagonal pass (Then repeat the opposite side)
1 minute continuous
Open body receive, don't just trap the ball, manipulate the ball where you want it to go



3. FLOW EXERCISE - BALL MOVEMENT & ATT POSITIONING

10 – 15 MINUTES

Pass, Run Deflection / Goal exercise – Incorporates sprints after passing

In bigger groups you could make 2 exercises on goal or have half of the group doing exercise 2 (left) and half doing this exercise then swap (needs 2 coaches)

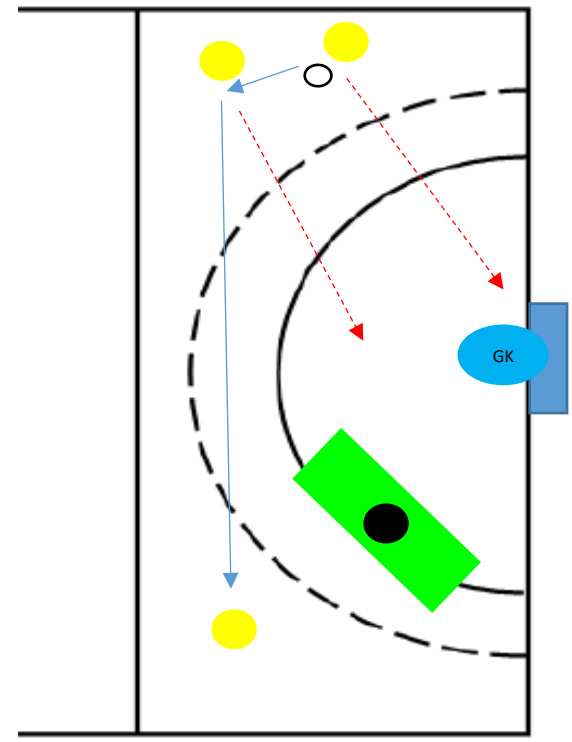
(Both Sides)

- Ball is moved as per the blue arrows then the 2 initial passers lead into the circle to receive to score / deflect
- Follow in and play rebounds

Progression (Green)

- Add an interceptor in the 'green zone' (Please don't kill the person in the green zone!)

UPSKILL CHALLENGE 1 – What different techniques are there score?
UPSKILL CHALLENGE 2 – Where do attackers need to go if an interceptor covers the direct line to goal?



4. SMALL SIDED GAMES WITH SOCIAL DISTANCING

Hockey Tennis

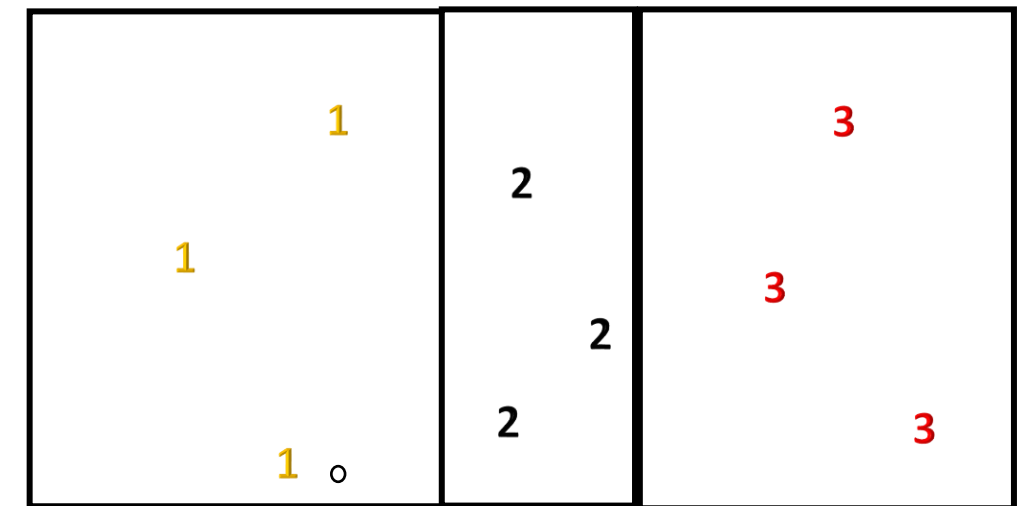
15 - 20 MINUTES

- 3 x teams of 3 (or adapt based on numbers)
- 1 team is the net
- 2 court teams need to move the ball to get the ball to the other team over the net
- If the team are intercepted by the net team, they become the net and swap over
- 1.5m Social Distancing at all times

Game 1: Smaller area and pushing only

Game 2: Larger area and allow hitting and slapping (emphasis on controlled hitting)

UPSKILL CHALLENGE 1 – 2 touch only / 3 seconds on the ball only
UPSKILL CHALLENGE 2 – Double score for a reverse receipt
UPSKILL CHALLENGE 2 – Double score for executing a successful pass on the move (as opposed to stationary)



GK Involvement Incentives

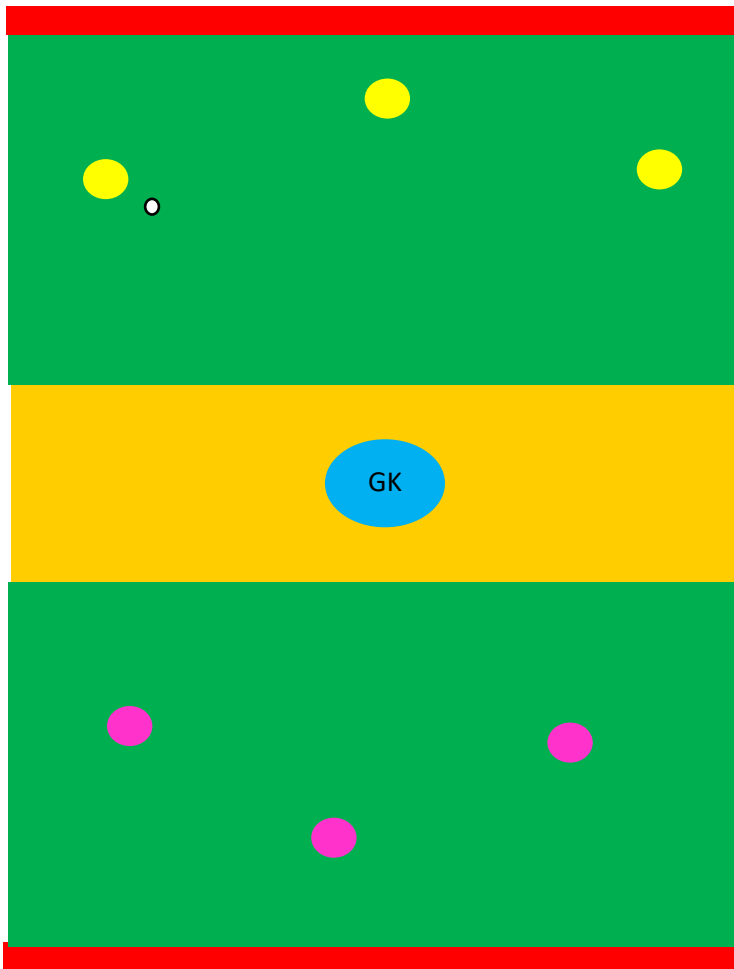
10 squats for the opposition if a GK touches the ball as a defender or alternately beats the net and kicks it to the other team

5. COOL DOWN (5-10 MINUTES): WE ADVISE A TRADITIONAL COOL DOWN THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WHILST MAINTAINING SOCIAL DISTANCING

KEY FOCUSES: MAXIMUM TOUCHES, PATTERNS OF PLAY, FUN FOR GOALKEEPERS

1. WARM UP (5-10 MINUTES): WE ADVISE A TRADITIONAL WARMUP FOLLOWED BY STATIC AND DYNAMIC STRETCHES THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WITH 4M²

2. PASSING / RECEIVING / BREAKING LINES GAME



1. Goal is to hit / push / flick the ball behind the score zone cones. It must be considered safe / not dangerous
2. Receiving team must trap and receive the ball and then send the ball back

Mistraps outside or feet = 1 pt to opposition
 Score zone = 2pt
 GK touches it = 5 push ups and 5 squats to all players

Gold – GK Zone
 Green – Trap Zone
 Red – Score Line

10 – 15 MINUTES

UPSILL CHALLENGE 1 – Reverse stick receives only
UPSILL CHALLENGE 2 – Lifted passed only
UPSILL CHALLENGE 3 – Hitting / Tomahawks / Overheads only

3. FLOW EXERCISE - BALL MOVEMENT & ATT POSITIONING – CAN BE USED HALF AND FULL FIELD

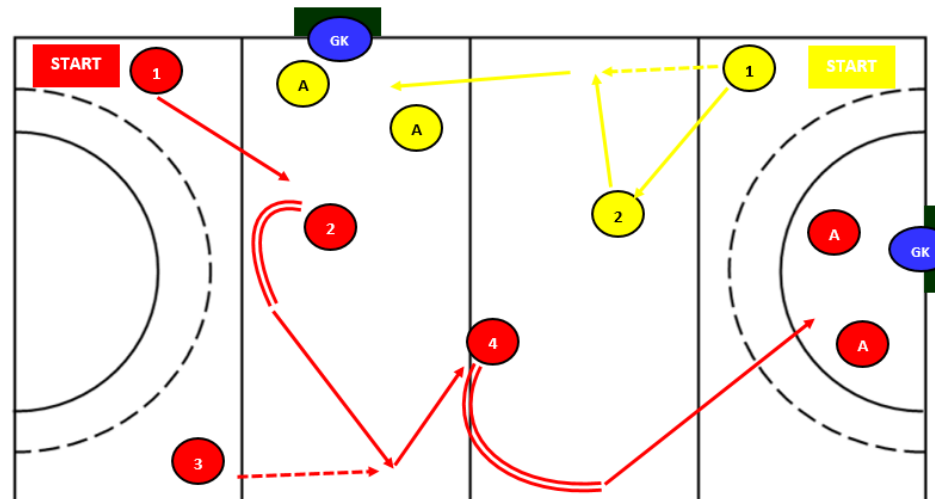
Key Goals

- Flat and fast ball speed
- Good receiving and first touch
- Good leads and receiving in motion
- Stick on ball and scanning when passing
- Mistakes are ok, work hard to recover / fix the mistake

10 – 15 MINUTES

Exercises

- 2 x Pass and follow exercises
- Balls at 2 x 'START' Positions
- Red 1 -> Red 2 -> Red 3 -> Red 4 -> 3 v 1 vs Defender
- Yellow 1 -> Yellow 2 -> Yellow 1 -> 3 v 1 vs Defender
- Change attackers / defenders every 5 minutes



4. SMALL SIDED GAMES WITH SOCIAL DISTANCING

4 v 4 Netball Hockey: Box Trap – Maintain 1.5m social distancing at all times
**This exercise specifically uses 'zones' rather than goals for engagement and social distancing*

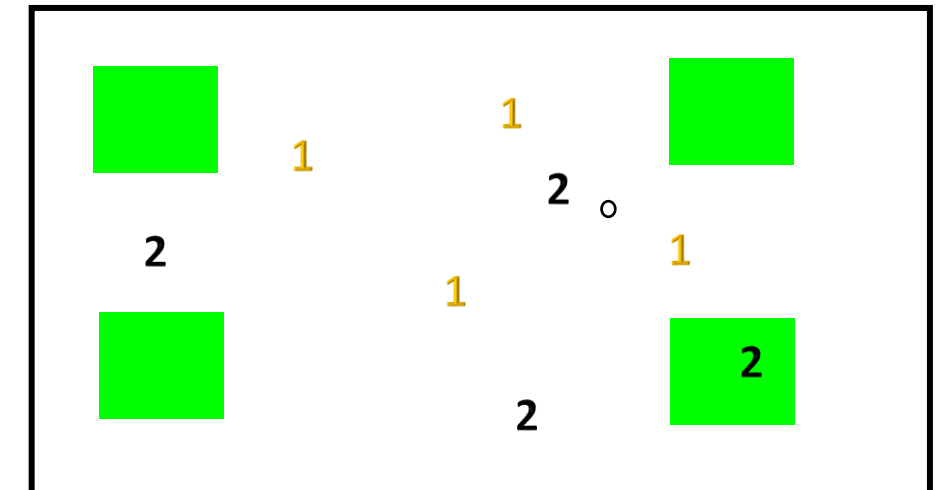
15 - 20 MINUTES

- No running with the ball
- No tackling (**1.5 metre social distancing rule**)
- SOB – No hitting
- The boxes are 'lava' and you can only stand in one for up to 3 seconds
- 3 / 5 / 8 seconds in possession of the ball before having to pass (depending on skill level)
- Play sideline passes and feet as you would in a normal game

Attacking Objective: Get the ball a receiver in one of the boxes.
Attacking Focuses: Encourage SOB, receiving open and leading / passing into space in attack

Defensive Objective: Intercept the ball and transition to attacking objectives
Defensive Focuses: Encourage marking IFIT whilst maintaining 1.5m SD

UPSILL CHALLENGE 1 – Reverse stick receives only
UPSILL CHALLENGE 2 – Lifted passed only



GK Involvement Incentives

Attacking - Double points if you score in a move that involved the GK

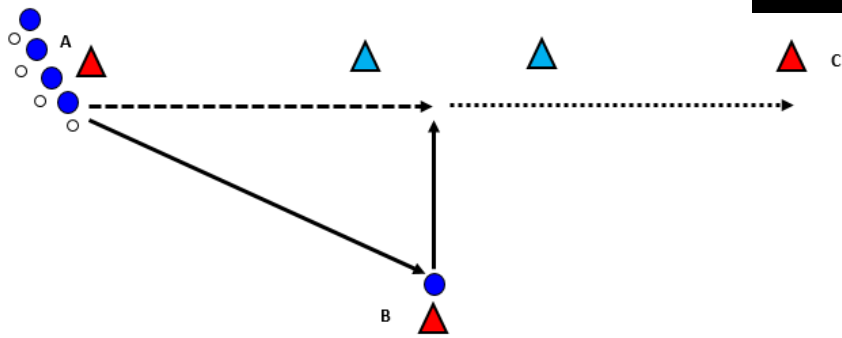
5. COOL DOWN (5-10 MINUTES): WE ADVISE A TRADITIONAL COOL DOWN THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WHILST MAINTAINING SOCIAL DISTANCING

KEY FOCUSES: MAXIMUM TOUCHES, PASSING AND RECEIVING IN MOTION,

1. WARM UP (5-10 MINUTES): WE ADVISE A TRADITIONAL WARMUP FOLLOWED BY STATIC AND DYNAMIC STRETCHES THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WITH 4M²

2. PASSING / RECEIVING IN MOTION EXERCISE

10 – 15 MINUTES



- Ball is passed from A to B with SOB focusing on the technique of passing and no sound
- B must receive the ball with open body position and ball receipt across the body then with SOB try to score in the target, the push must be flat. The player from A must run to the middle and try to stop the ball going in the goal and RIM then dribbling to C (older groups encourage a change of pace)
- Once the group of 4/5/6 are at point C, change direction
- Everyone gets a go at 'position B' to see how many goals they can score
- Discuss the technical differences and similarities on both directions and what the key points are for
 - Passing
 - Receiving

Discussions

- When 'A' RIM's...
 - What body position do they require?
 - Where should the stick be positioned?
 - Which way should their feet be pointing?
 - Does it differ when receiving from the opposite direction?

Progressions

- Medium: Once SOB in the pass is successful you can move on to the 'clip hit' and repeat the drill
- Advanced: Can the players keep SOB when receiving and make every pass lifted?
 - What do you change to get a lifted pass?
 - What do you need change when RIM on lifted passes?

Set Up:

- Ensure everyone is 1.5m apart at stations A and C
- Maximum of 4/5 in each group to ensure there is engagement

UPSKILL CHALLENGE 1 – Station B can hit and try to score

UPSKILL CHALLENGE 2 – Station C could be a goal vs a GK

3. FLOW EXERCISE - BALL MOVEMENT & ATT POSITIONING > PLAYER CHALLENGE

PLAYER / COACH CHALLENGE – Left Sided Patterns of Play

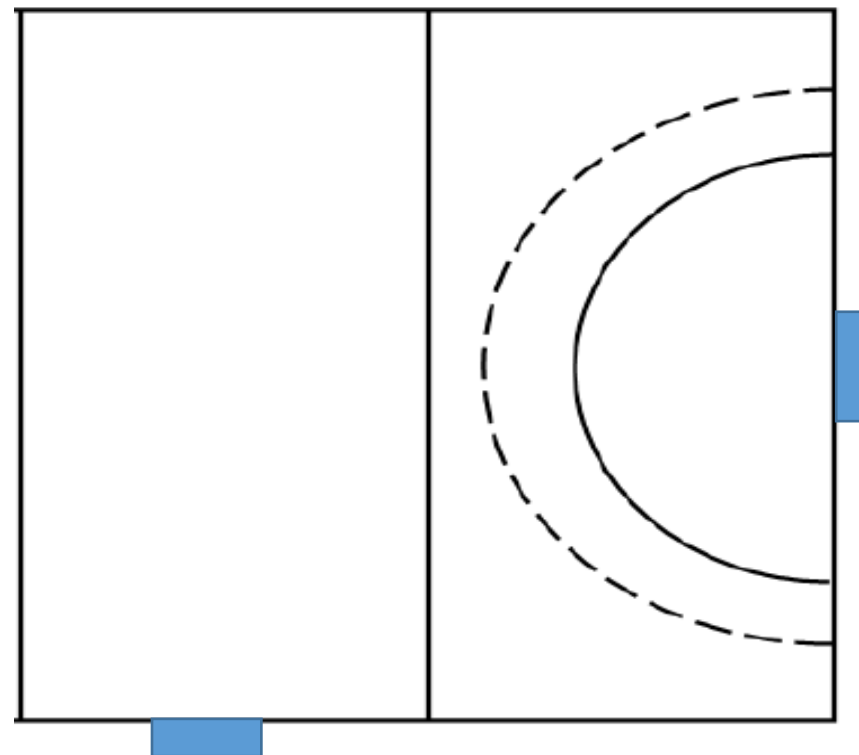
Delegate 2 – 3 players to work together and design your own exercise

The exercise must include:

10 – 15 MINUTES

- 2 Start and finish points
- A minimum of 4 stations on each exercise
- 2 open forestick receives
- 1 reverse stick receive
- 1 elimination zone (cones with an elimination skill e.g Drag-Jink)

Both exercises must finish with a shot on goal. Template below!



4. SMALL SIDED GAMES WITH SOCIAL DISTANCING

5 v 5 Netball Hockey – Maintain 1.5m social distancing at all times
**This exercise specifically uses 'zones' rather than goals for engagement and social distancing*

15 - 20 MINUTES

- No running with the ball
- No tackling (**1.5 metre social distancing rule**)
- Only 1 player allowed in the 'end zone' (no opposition)
- 3 / 5 / 8 seconds in possession of the ball before having to pass (depending on skill level)
- Play sideline passes and feet as you would in a normal game

Attacking Objective: Get the ball to the end zone receiver

Attacking Focuses: Encourage SOB, receiving open and leading / passing into space in attack

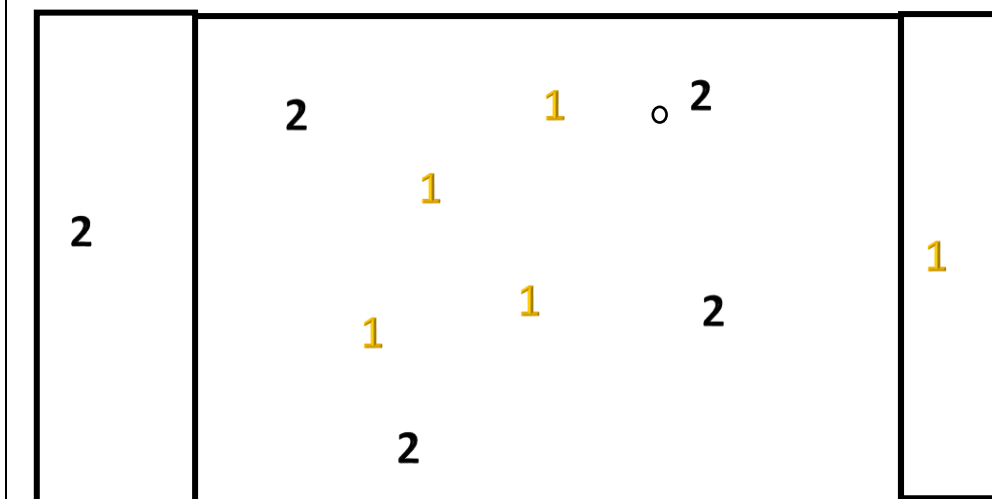
If you receive ball in motion you are allowed to carry the ball 2 metres

Defensive Objective: Intercept the ball and transition to attacking objectives

Defensive Focuses: Encourage marking IFIT whilst maintaining 1.5m SD

UPSKILL CHALLENGE 1 – Passes to space are an extra point

UPSKILL CHALLENGE 2 – Open receiving only



GK Involvement Incentives

Attacking - Double points if you score in a move that involved the GK

5. COOL DOWN (5-10 MINUTES): WE ADVISE A TRADITIONAL COOL DOWN THAT SUITS THE DEMOGRAPHIC OF PARTICIPANTS WHILST MAINTAINING SOCIAL DISTANCING