

# 2021 DRILL BOOKLET

Brought to you by the National Field Hockey Coaches Association  
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## Thank You!

Thank you for being a member of the National Field Hockey Coaches Association!

Our organization and our sport thrive when coaches are engaged and committed — your membership this year shows that you believe in the mission of the NFHCA and the power of field hockey.

Thank you for everything you do to make a positive impact on the lives of young field hockey players.

## How to Use This Booklet

The 2021 NFHCA Drill Booklet provides 16 drills covering a variety of topics that you can implement with your team.

The coaches who have supplied these drills have provided you with a starting point in regards to dimensions, rules, and numbers, but feel empowered to make the drills your own and make them work for your team!

A theme of this year's drill booklet is transition — helping your team go from defense to attack and attack to defense as quickly and efficiently as possible. These transitions happen constantly in a game of field hockey, so your players need to be comfortable executing both offensive and defensive skills AND have to be ready to change their mindset instantaneously. Many of the drills in this year's booklet will help reinforce a good transition game.

We're excited to add three sample practice plans to this year's booklet. Each plan gives you a blueprint for a different kind of practice — we've set the structure, just insert the drills you want to use!

Please enjoy this year's NFHCA Drill Booklet!

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## More Thanks

The coaches who supplied the drills for the 2021 NFHCA Drill Booklet have our gratitude.



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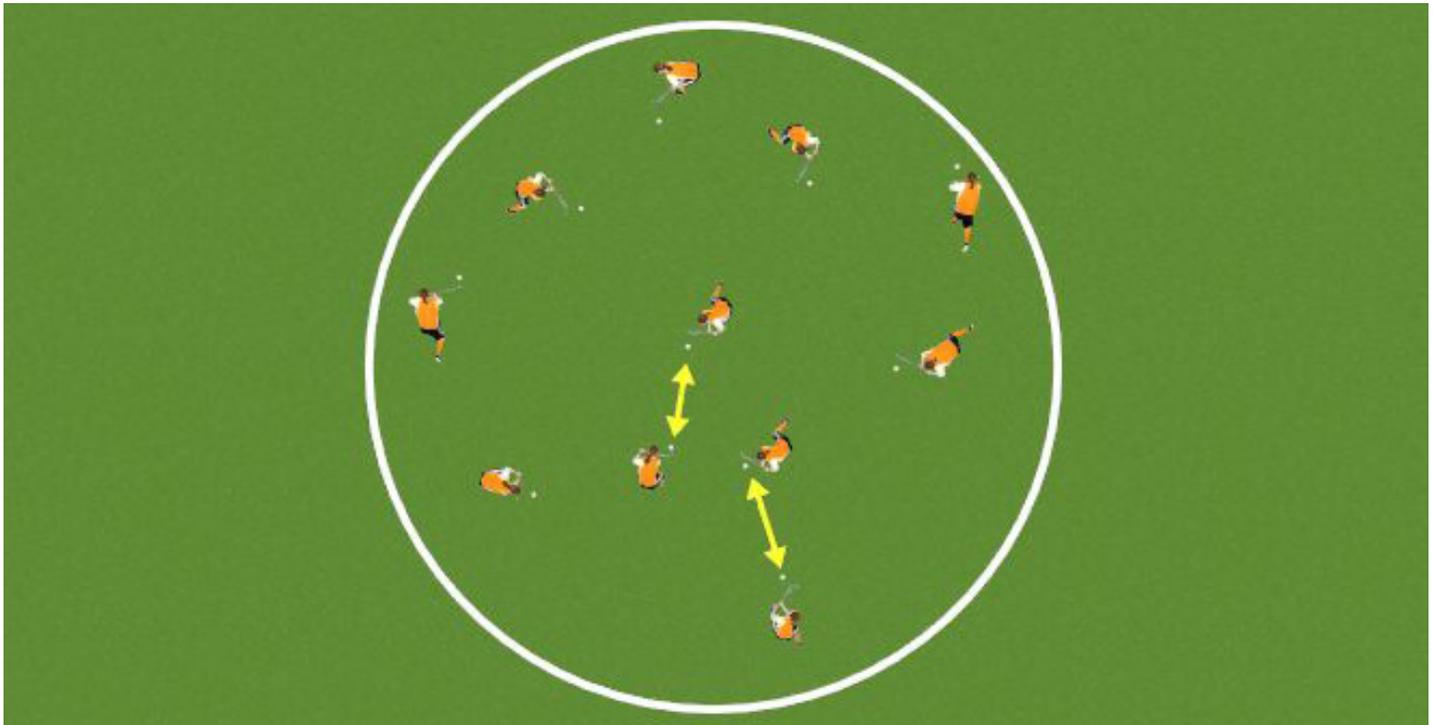
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# Stick & Ball Warm Up

Submitted by Julie Munson, Southern New Hampshire University

Attack, Technical | Beginner — Advanced

Objective: Warm up your players' stick skills and emphasize using good vision with this quick and effective ball-carrying drill.



## Prep Work

Numbers Your whole team!  
Dimensions Create a grid based on your team's size anywhere on the field, they should have space to move, but it should be a bit crowded  
Time About 5-10 minutes, coach's discretion

## The Drill

1. To start, make sure everyone has their own ball, set up inside the grid you created
2. Start the drill by having everyone dribble around within the grid, they should use good vision to avoid running into their teammates and stay within the boundary
3. After a minute of dribbling, call out a new skill (pull right, pull left, lift, spin, inside-outside pull, v-drag, air dribbling...anything!) for them to execute continuously
4. Call out a new skill every 30 seconds
5. After they've run through several skills, add in the condition that every time they lock eyes with one of their teammates, they must pass and switch balls
6. Continue to add conditions to challenge their skills, emphasizing vision and change-of-direction until they've been moving for 5-10 minutes
7. Feel free to offer rest throughout to demonstrate a skill or offer feedback

## Julie's Notes

- This is a fun way to break the ice at camp or with a new team, have them call out each other's names or make a funny face when they lock eyes if they're trying to get to know each other.
- If you worked on a skill earlier in the week, this is a good place to keep practicing it. Say you introduced the lift the day before, call it out during this warm up so they can experiment.
- This is a great way for players to work on their ball-carrying skills but the REAL emphasis of this drill is vision. Make sure player's eyes are up and the ball is out in front of them.
- Get creative with this drill, it offers a good starting place that can become more and more challenging.

## Take it to the next level!

Let your goalkeepers join in!

Make a condition that every time you blow your whistle, players need to change direction or have a burst of speed.

Turn the drill into a competition, where they can knock each other's balls out of the grid to eliminate each other — eliminate players who stand still for more than two seconds.

Add obstacles to lift the ball over or gates to go through.

## Key

- = Pass
- = Run without the ball
- = Dribble
- = Shot

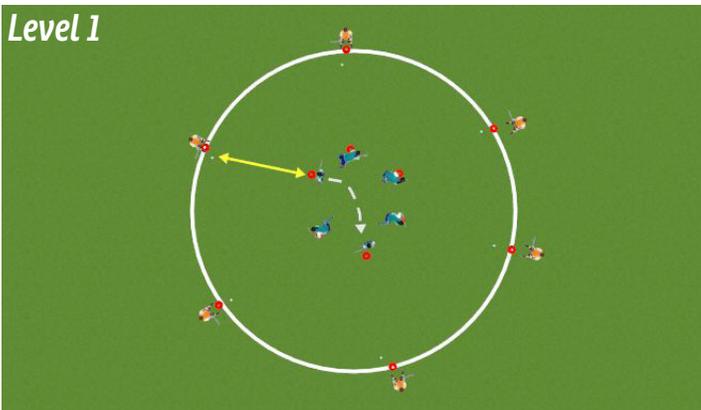
# Vision Circles

Submitted by Lauren Cornthwaite, Aim Field Hockey

Attack, Technical, Warm Up | Beginner — Intermediate

Objective: Incorporate the all-important element of vision into your team's passing warm up.

## Level 1



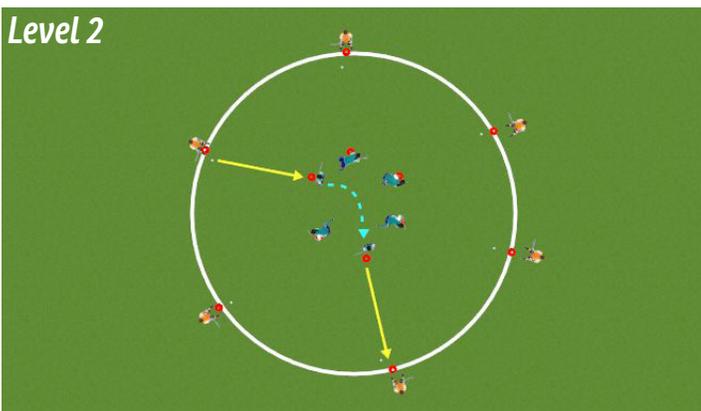
### Prep Work

Numbers	8 to 12 players
Dimensions	Two concentric circles Inner circle with 7–10-yard diameter Outer circle with 25–30-yard diameter
Time	Coach's discretion

### The Drill — Level 1

1. Split the group in half and position them on cones in the inner circle and the outer circle
2. Each player on the outer circle starts with a ball
3. A pass is made to the player stationed on the inner circle
4. The player on the inner circle passes the ball back to the player on the outer circle
5. The player on the inner circle finds an open position in the inner circle to find another ball from a player on the outer circle
6. Drill continues
7. Switch roles (inner circle/outer circle) after one minute, repeat drill

## Level 2



### The Drill — Level 2

1. Balls start on the outer circle
2. A pass is made to the inner circle players
3. Inner circle players receive on the move and carry through the middle to find an open player on the outside and complete a pass to them
4. Drill continues
5. Switch roles (inner circle/outer circle) after one minute, repeat drill

## Level 3



### The Drill — Level 3

1. Balls start on the inner circle, a pass is made to the outer circle players
2. Outer circle players receive on the move and carry to the inside, inner circle players move to replace the open space on the outside of the circle
3. Players with the ball look for a pass on the outside of the circle
4. Drill continues for two to three minutes

### Lauren's Notes

- Focus on push passes for this drill
- Emphasize carrying and receiving the ball out in front, well away from the center of the body, this will make it easier for players to lift their eyes up and use their vision
- Encourage off-ball communication from players on the outside of the circle

### Key

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# Three-Gate Goalie Soccer

Submitted by Nina Klein, Quinnipiac University

Goalkeeping, Technical | Beginner — Advanced

Objective: Warm your goalkeepers up with a fun game that allows them to put their technical skills into practice. This drill is great for goalkeepers at any level.



## Prep Work

Numbers Two to three goalkeepers  
Dimensions Set up two gates in addition to main goal cage, two–five yards inside the circle edge

## The Drill

1. The coach begins the drill at the top of the circle with a pile of balls
2. The coach feeds the ball to GK1
3. GK1 has to make an accurate pass to either GK2 or GK3, the ball does not have to go in any particular order, but once GK1 is able to successfully complete a pass to another goalkeeper, the ball is “live”
4. When the ball is “live” each goalkeeper attempts to score on either of the other goalkeepers
5. Goalkeepers can rotate between each new ball, or stay in the same position (up to you!)
6. Beginners play until one goalkeeper scores three goals, intermediate to advanced goalkeepers play until someone scores five goals

## Nina's Notes

- When you feed the ball to GK1 pace the ball according to your goalkeeper's level. For a beginner, send a firm push pass just outside their shoulder so they can pass the ball with control to another goalkeeper. For intermediate goalkeepers, pick up the pace with hard push pass or a sweep, and place the ball a little wider. For advanced goalkeepers, challenge them to make a controlled clear from a hard hit or sweep that is placed in the corner of the cage. You can keep them guessing with a few bouncy balls too.
- Have your goalkeepers keep their own score.

## Take it to the next level!

For advanced goalkeepers, begin to deduct a point if they kick the ball out of bounds.

## Key

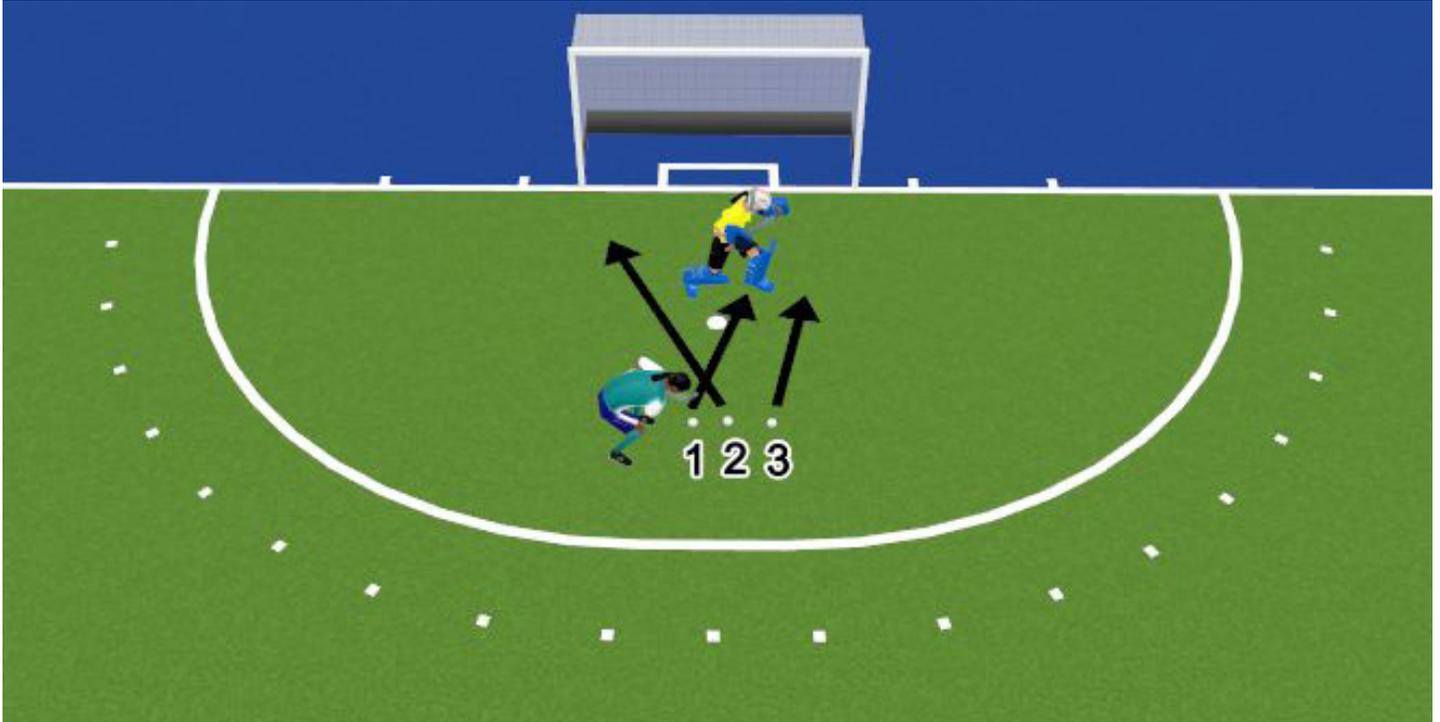
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# Tri-Technical Saving Drill

Submitted by Ayla Halus, William & Mary

Goalkeeping, Technical | Beginner — Advanced

Objective: Get your goalkeepers to execute multiple technical saves while moving and changing direction. This drill will help strengthen left-side play, the independent use of hands and leg guards, and the ability to clear the ball effectively and with purpose.



## Prep Work

Numbers One — four goalkeepers  
Dimensions Within the attacking circle  
Time Coach's discretion

## The Drill

- Ball 1, coach executes a push pass for a left-foot clear
- Ball 2, coach executes a flick for a right-blocker hand save
- Ball 3, coach executes a low flick for a half-high save (goalkeeper lifts their knee up to make the save, then pushes their knee out, away from their body — avoid kicking their toe out) then clears the ball strongly out of the circle
- After a brief rest, repeat

## Ayla's Notes

- This is a drill that is focusing on your goalkeeper's technique, so take some time between repetitions to talk about their form.
- A good place to start with goalkeepers is to have them focus on resetting between shots with their hips, shoulders, and hands square to the ball.
- Anytime that goalkeepers are saving the ball with their feet or leg guards, their head should be over their knee

and their knee should be over their foot.

- Step through all of the saves to increase power and control.
- Focus on purposeful clears, the ball should not return to the shooter, but rather should be played into a less dangerous space (you can use cone gates to make the space more obvious to younger goalkeepers).

## Take it to the next level!

Switch sides.

Increase the speed of the shot and shorten the amount of time between shots — make them adjust more quickly.

Increase the lateral distance goalkeepers must cover between shots — place your shots wider.

Allow them to use a variety of techniques to make saves.

For advanced goalkeepers, this is a great drill to use as a quick warm up if you're tight for time.

## Key

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-  = Shot

# How To: Defending Penalty Strokes

Submitted by Cheri Schulz, University of Connecticut

Goalkeeping, Technical | Beginner — Advanced

Objective: Prepare your goalkeepers to be comfortable defending penalty strokes.



## The Approach to Penalty Strokes

Defending penalty strokes is an area where the goalkeeper must develop their own stance and approach (based on strength of skill, comfort, and being able to attain maximum amount of explosion into a save). Their stance should be comfortable and allow for explosion from their legs. It is usually best to dive for everything, so there is no conflict in thought as to whether to use arms, legs, or a combination based on placement of the ball. The best way to improve this skill is to practice.

### Do's

- Feet should be shoulder-width apart.
- Heels should hover just above the endline of the goal.
- Glove and stick should go everywhere together.
- Goalkeeper should dive for everything.
- Stance is slightly lower than normal, to allow for better explosion.
- Eyes on the ball, not the stroker.
- Explode into every save, slightly forward of the goalpost.
- RELAX.
- Be big and confident.
- Watch the player the whole way up to the ball, often they cannot help but look at where they want to play the ball.

### Don't's

- Bouncing — it is not great for balance, the goalkeeper can get caught in their movement and not be able to react to the shot.
- Watching stroker for cues — this method is good as a guessing method, but the goalkeeper should rely on cues gathered from before the stroke is taken, eyes on the ball!
- Hitting their pads or goal cage with their stick.

## Tips for Preparing for Penalty Strokes

- Practice — Practice brings comfort. Make practicing strokes FUN and challenging, so there is a positive feeling about doing them.
- Relax and Set — Have your goalkeepers fill their lungs with fresh air and then exhale slowly, relax their shoulders and clear their head of thoughts. Help them find the most comfortable set position that allows them to react in any direction.
- Mental Rehearsal — Visualize saving a stroke and include variety: left, right, high, low, middle.
- Focus — Key on the ball and not the player or their stick.
- Save the Ball — Technique and form do not matter at this point and the field player only gets one shot (no rebounds). So, just focus on keeping the ball out of the cage, because no second shot will follow.

## Cheri's Drills

1. Line balls in groups of 10. Get a coach or teammate to continuously flick balls, not giving enough time to see the action of the shooter but only the movement of the balls. Tennis balls are great for this.
2. Start your goalkeeper on their knees, then throw balls left/right/high/low. Goalkeeper should only use their stick and gloves to make saves. Use 15-20 balls, and then have them do the same from a low squat and build up to their full stance. (Example 1)
3. Add strokes to small games randomly at practice. It will take away the anxiety of doing a lot of them at the beginning or end of a practice for both the goalkeeper and the stroker, making it more game like! (Example 2)

## Key

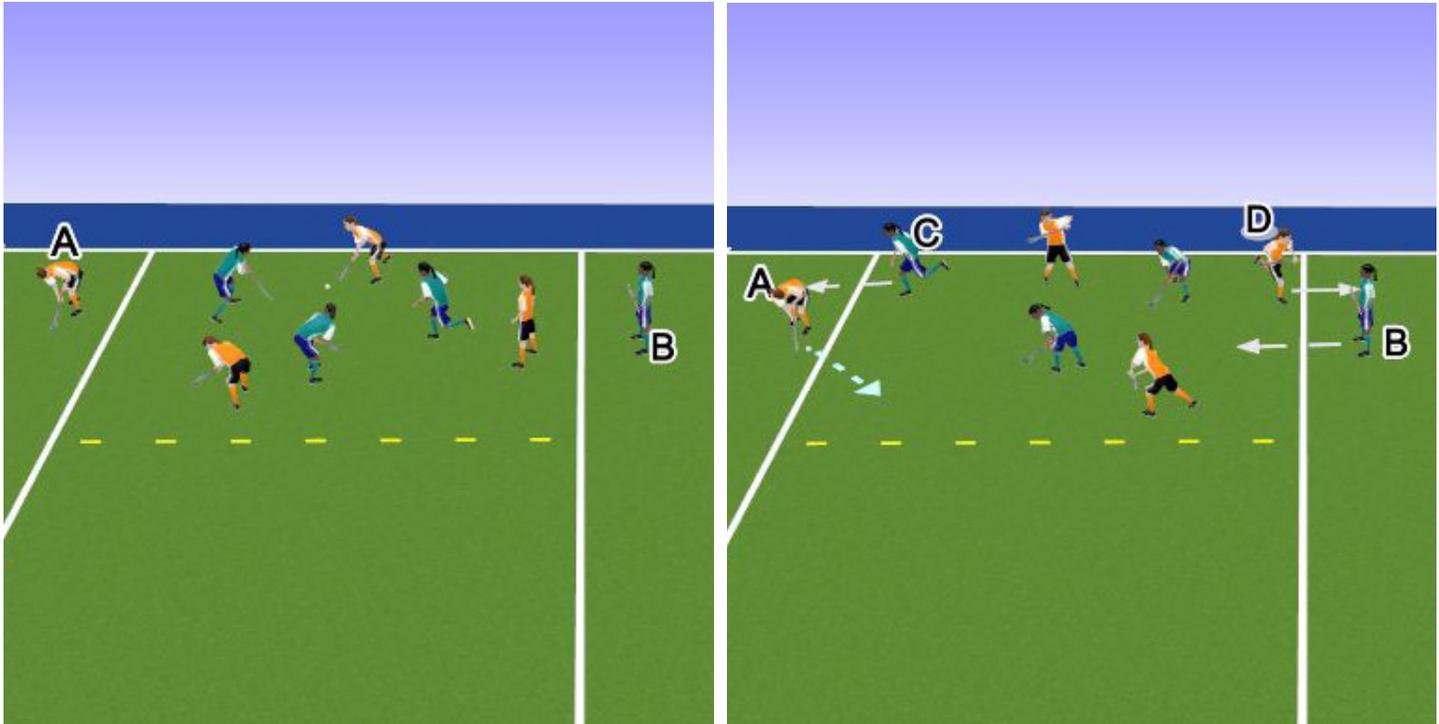
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# 4v4 Small Field Continuous

Submitted by Laura-Ann Lane, Nichols College

Attack, Defense, Tactical | Beginner — Advanced

Objective: Play the ball from the middle playing area to the player on the outside and maintain possession. This drill will help your team improve their transition game, communication, quick-passing skills, and off-ball movement.



## Prep Work

Numbers Two teams of four  
Dimensions 25-yard by 10–15 yard grid  
Time Three minutes or coaches' discretion

## The Drill

1. The objective of the game is to play the ball through the middle playing area to a teammate waiting outside the grid
2. There is a 3v3 inside the middle playing area, with one player from each team waiting outside the grid (Player A and Player B)
3. This drill is make-it/take-it and directional
4. One team (orange) starts with the ball and works to keep possession while trying to pass the ball to their teammate (Player A) outside the grid, the other team (blue) is trying to dispossess them and then play it to their teammate outside the grid (Player B)
5. Once the team successfully plays the ball to Player A, Player A enters the grid with the ball and another teammate (Player D) exits the grid on the opposite side, simultaneously, Player B also enters the grid, and another teammate (Player C) exits on the opposite end
6. The drill continues for a preestablished period of time

## Key

- = Pass
- - - - - = Run without the ball
- - - - - = Dribble
- = Shot

## LA's Notes

- The transition takes a bit to get used to, sometimes it is easier to have the players continue to play through and not stop until they get the flow.
- Remember, two of the most important rules are that it's a 3v3 in the playing grid and directional, understanding that will help the players get used to the transition when they "score."
- Change the grid size depending on your team's level — bigger for beginner to emphasize passing and spreading out, smaller for more advanced teams, emphasizing quick decision-making.
- Spread lots of balls around the sidelines to keep the play moving smoothly.
- Have two (or more) grids going simultaneously so you get lots of players actively involved.
- Keep score to keep it competitive.

## Take it to the next level!

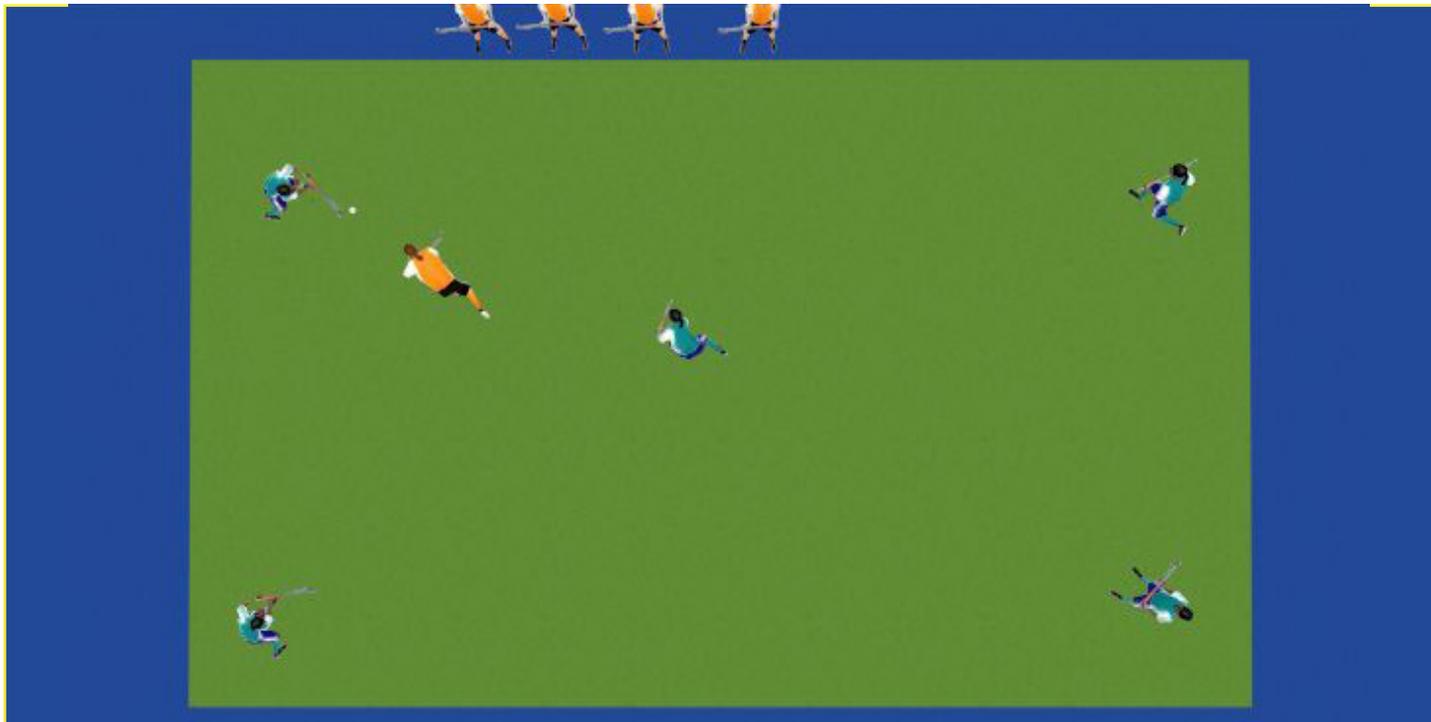
Add or subtract numbers, increase or decrease the field size.  
Add parameters — two-touch passing, no dribbling.

# Add/Subtract a Defender

Submitted by Heidi Lewis, *Beyond Sticks*

Attack, Defense, Tactical | Beginner — Advanced

Objective: This drill is designed to work on maintaining possession under pressure, with increasing or decreasing numerical advantage.



## Prep Work

Numbers Two teams of five, adjust as necessary  
 Dimensions At least a 15x15-yard grid, adjust to numbers and level  
 Time Coaches' discretion

## The Drill

1. Blue team starts on attack, with all five players in the grid versus one orange defender
2. Every 10 seconds an additional defender (orange) is added
3. Teams in possession earn one point by making it to 5v5
4. If a turnover occurs, the team that lost the ball (blue) immediately leaves the grid, leaving one defender, and the team that has the ball (orange) immediately joins the grid, making a 5v1
5. Reverse the rules by starting with a 5v5 possession grid, every 10 seconds, the other team loses one player, at a turnover, teams reset to 5v5, teams earn one point if they eliminate all of their opponents

## Heidi's Notes

- Have your players consider the question "how do we adjust to increasing or decreasing pressure?" when discussing their offensive strategy.
- Have your players consider the question "how do we need to adjust our strategy as the numbers shift?" when discussing their defensive strategy.
- Make sure the sidelines are clear of obstacles for safety.
- Have a whistle to call fouls and plenty of balls to play into the game.
- Break the game up into three, five-minute segments to give players time to discuss their strategy between segments.

## Take it to the next level!

Instead of adding a defender every 10 seconds, add (or subtract) a defender every three passes.

Make the grid the full width of the field and increase the numbers.

## Key

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 = Dribble  
 = Shot

# Safety Zone Game

Submitted by Laurel Martin, Stevenson University

Attack, Defense, Tactical | Intermediate — Advanced

Objective: This drill forces players to think creatively about how to keep possession of the ball while the direction they are attacking changes. The Safety Zone Game encourages players to think tactically about their field positions and the spaces they must occupy. Players will also work on their transition game as they will have to quickly change from defenders to attackers throughout the drill.



## Prep Work

Numbers 11v11, goalkeepers play on the field  
Dimensions Full width of the field with a 50-yard playing area and two clearly marked 10-yard-deep safety zones  
Time 3-8 minutes per round

## The Drill

1. The game is make-it/take-it (the team that scores, keeps the ball and attacks the other direction)
2. The team with possession of the ball is trying to get the ball into a safety zone to "score"
3. Once the ball enters the safety zone, the team in possession has five seconds in the zone to transfer the ball or observe their options
4. No opponent can be inside the safety zone
5. If there is an interception or dispossession in the field of play, the other team then attacks the safety zone that their opponent most recently scored in
6. Standard field hockey rules apply on the field of play

## Laurel's Notes

- My team loves this game!
- When you first start the drill, you can start with a bully and let the team that wins decide which direction they want to start attacking or you can just tell them which direction they should start attacking at the beginning
- Coaches should count five seconds out loud — if the team does not leave the zone within five seconds, blow your whistle and give the ball to the other team
- Talk to your team about keeping balance on the field, stop the game if they're struggling to transfer and point out their positions...are they too crowded on one side or swarming the ball? Spreading out will likely solve their problems! If the problem is persistent or you are working with a younger group, create zones of the field with cones to help them visualize how to balance the field
- Have lots of extra balls scattered around the outside of the field to keep the drill going smoothly

## Key

-  = Pass
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-  = Dribble
-  = Shot

# 6v5 Transition to 3v2

Submitted by Charlene Morett-Curtiss, Penn State University

Attack, Defense, Tactical | Intermediate — Advanced

Objective: The objective of the attacking team (blue) is to score in the main goal and the objective of the defensive team (orange) is to recover the ball and start a counter-attack so their teammates can score on one of the goal cages at the 50-yard line. This is a continuous, game-like drill that condenses the field for more touches and quicker decision-making.



## Prep Work

Numbers	Full team, divided
Dimensions	50-yard line to endline
Time	Coach's discretion

## The Drill

1. The ball is played in from the center mid (blue) to the 6v5 at the main circle
2. The six attackers (blue) work to score or win a corner
3. The five defenders (orange) work to dispossess the attackers
4. If the defenders come up with the ball, they can either 1) dribble into a 3v2 zone, 2) pass it directly to the waiting attackers in a 3v2 zone or 3) play the ball to the side mids waiting on the sidelines
5. Two defenders (orange) need to join their high forward and one attacker (blue) needs to join their deep defender to create a 3v2
6. In the 3v2, if the defenders come up with the ball, they can play it back into the 6v5 to keep play continuous
7. Whenever there is a goal, start another ball from the center mid
8. After a predetermined amount of time (Char suggests eight minutes), switch teams and play another round

## Key

	= Pass
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	= Dribble
	= Shot

## Char's Notes

- Emphasize good upfield leads from your forwards waiting for an outlet pass. They should work to create space for themselves to run into with inside-outside leads, and quick changes of direction.
- Encourage your defenders to get upfield to join the attack, this is essential in a game and it should be reinforced in this drill.
- Really motivate your attackers who get dispossessed to keep pressure on the ball — no giving up, work to get it back (without fouling)!
- Regular field hockey rules apply — make calls as strictly as you feel is appropriate, sometimes it's better to let the drill play out.
- Keep score!

# Advantage Attacker to Goal

Submitted by Kayla Bashore, Indiana University

Tactical, Defense, Attack, Goalkeeping | Intermediate — Advanced

Objective: Attack to the middle of the field to create a numbers-up advantage.

## Set Up



## Cross Line A



## Cross Line B



## Prep Work

Numbers Full team, divided by position with subs  
 Dimensions 35-yard line to endline  
 Time Coach's discretion

## The Drill — Set Up

1. Create a 2v1 grid and a 3v2 grid within the 35-yard line
2. Play begins with the top attacker (blue) in the 2v1 grid checking the ball to the defender (orange)
3. The two attackers have two options to exit their grid, line A to the middle of the field or line B toward the endline
4. If they cross line A, the attackers should transfer the ball across the field for a 3v2 to goal
5. If they cross line B, the defender waiting in the circle joins to create a 2v2 to goal
6. After a predetermined amount of time has passed, switch the drill so the 2v1 grid begins on the opposite side of the field

## Kayla's Notes

- Adapt the drill to create any numbers situation — have all join if the ball transfers to create a 5v3 or allow all defenders to pressure if attackers cross line B to create a 2v3.
- Award points to the attackers for winning a penalty corner or scoring a goal, and to the defenders for outletting the ball to a waiting player or playing the ball safely over the sideline.
- Have one to two substitutes waiting for each position to keep the drill running smoothly.
- For your attackers, emphasize stretching the field, finding open space, and passing early.
- For your defenders, emphasize forcing the ball to the outside of the field and applying pressure in the line of the available pass.

## Key

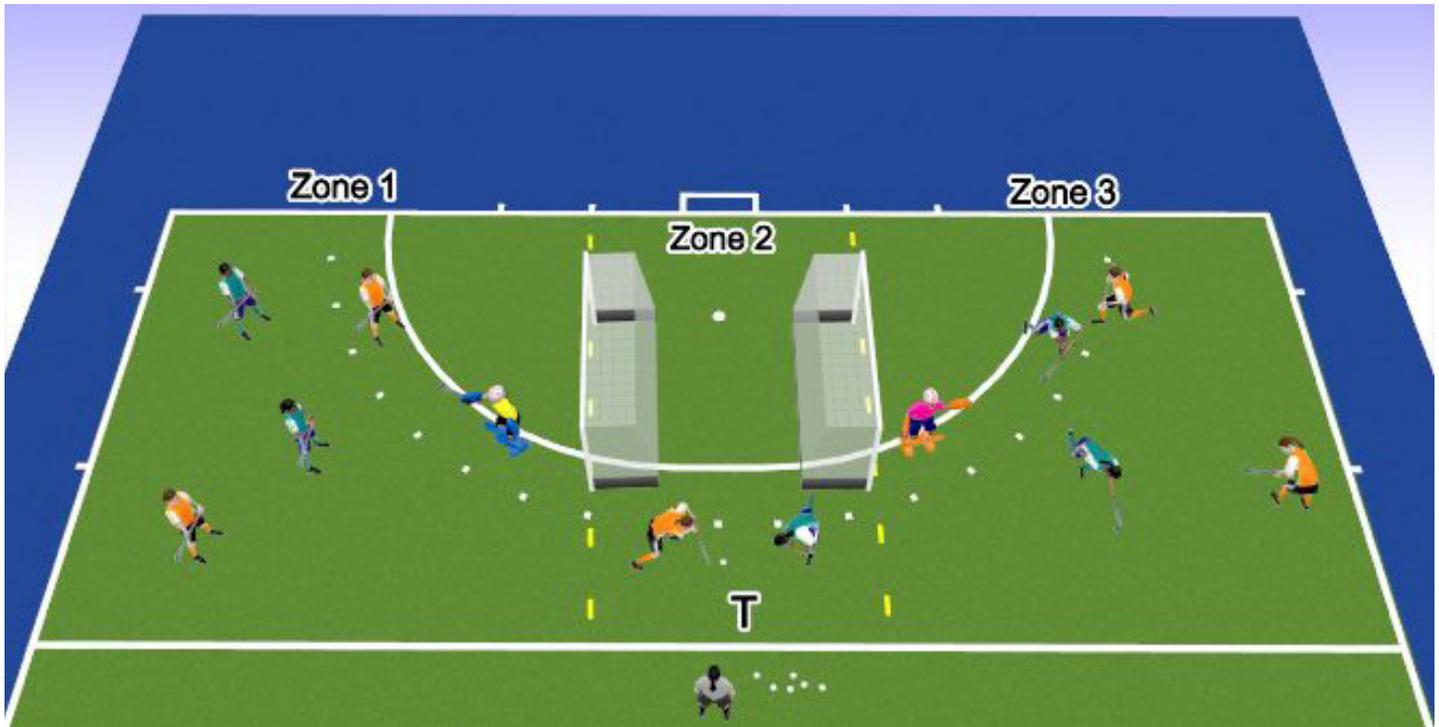
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# Belgium Hockey

Submitted by Becca Main, Quinnipiac University

Attack, Defense, Goalkeeping, Tactical | Advanced

Objective: This is an advanced game that was adapted from a drill used by the Belgian national team — it requires quick decision making and creativity to transition to attack and score.



## Prep Work

Numbers Two teams of five and two goalkeepers — plus subs  
Dimensions Split the area between the 25-yard line and the endline into three zones, with two goal cages in the middle facing outward  
Time Coach's discretion

## The Drill

1. To start, there is a 2v2 and one goalkeeper in Zone 1 and Zone 3. There are two transitional players (T) positioned in Zone 2
2. The coach feeds a ball into Zone 2 where the two transitional players go 1v1 against each other
3. Whoever wins, takes the ball into either Zone 1 or Zone 3 and joins their two teammates in that zone for a 3v2 to goal
4. If the defense comes up with the ball in Zone 1 or Zone 3, they can pass to their transition player who is waiting in Zone 2 or straight to their teammates waiting in the opposite zone
5. The drill is continuous and the repetition only ends when someone scores or at the coach's discretion
6. The drill resets and a new repetition begins with a 1v1 in Zone 2

## Becca's Notes

- Regular field hockey rules apply — scatter lots of balls around the sidelines so that players can take free hits quickly if the ball goes out of bounds.
- If players win a free hit in the field of play, make them move the ball five yards before they can shoot.
- For more advanced players, aerials from one zone to the other give this game a great dimension — aerial reception rules still apply!

## Take it to the next level!

Have two drills going at once for more touches and activity. Encourage your players to use the sideboards and backboards of the goal cage for self-passes or use them like indoor boards for passing.

## Key

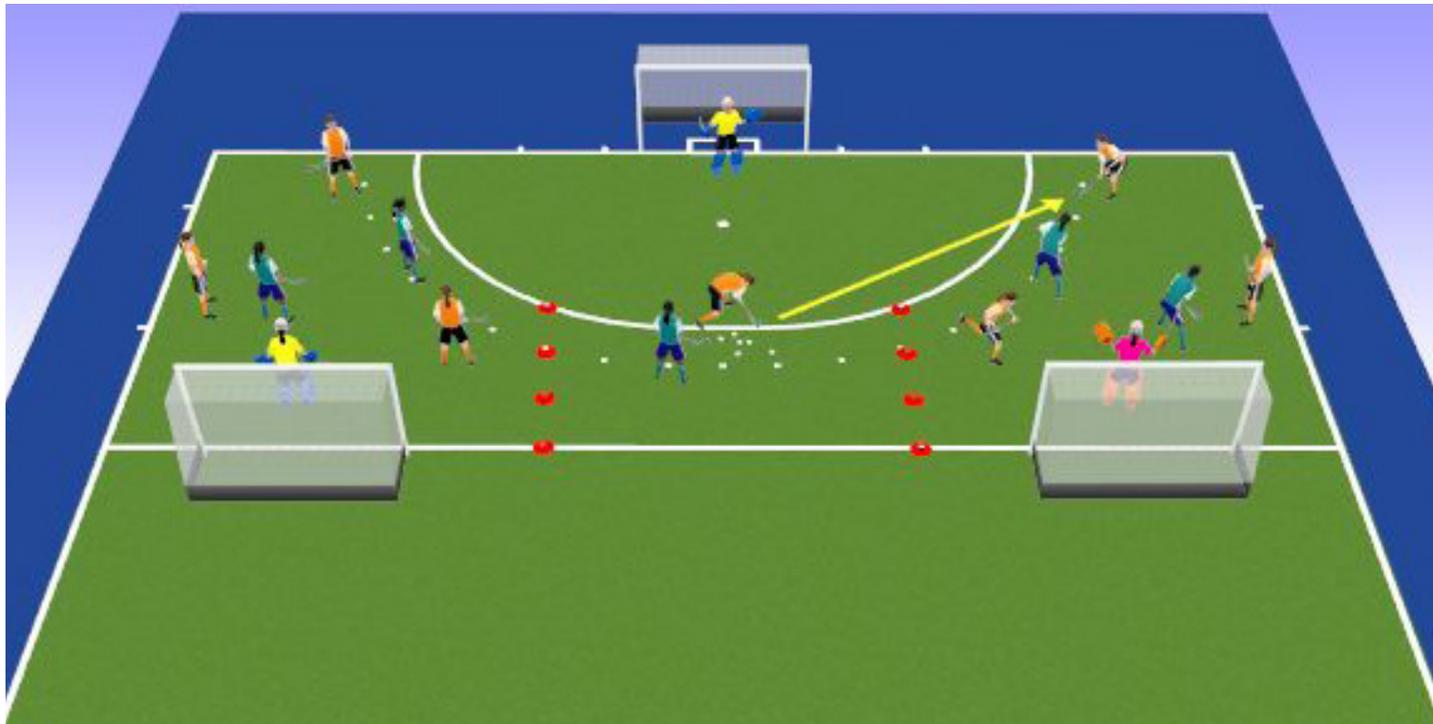
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# Side-to-Side 3v2

Submitted by Devanny Boisvert, Bellarmine University

Attack, Defense, Tactical | Intermediate — Advanced

Objective: This small-sided game reinforces 3v2 tactics in a condensed space. It also allows for fast transitions and encourages quick shots and decision-making.



## Prep Work

Numbers Two teams of seven, defense will have two subs  
Dimensions Endline to 25-yard line, split in thirds with two goal cages on the 25-yard line  
Time Coaches' discretion

## The Drill

1. The drill alternates from left-to-right with the player in the middle (the center back) passing to the outside
2. The pass to the outside initiates a 3v2 to the cage on the 25-yard line
3. If the defense comes up with the ball they can immediately attack the cage on the endline, the center back (orange) and one extra attacker (blue) will join to make it a 3v2
4. After the initial pass, the attacking team can choose to transfer the ball to the other side through the center back
5. Alternate for a set number of rounds or a set amount of time — teams can then switch

## Devanny's Notes

- The attacking team's goal should be to keep possession, focus on off-ball movement, and to take advantage of the numbers-up situation.
- The defensive team's goal should be to be patient, keep the ball to one side, and to be able to quickly transition into the circle to create a 3v1.
- If you don't have three goalkeepers, require players to score in the net or put a cone two feet inside each goal post and force them to score in the corner of the cage.

## Take it to the next level!

Allow the blue player in the middle to apply pressure to the center back.

Make it a competition — goals on the 25-yard line cages are worth one point and a goal on the endline cage is worth two points.

## Key

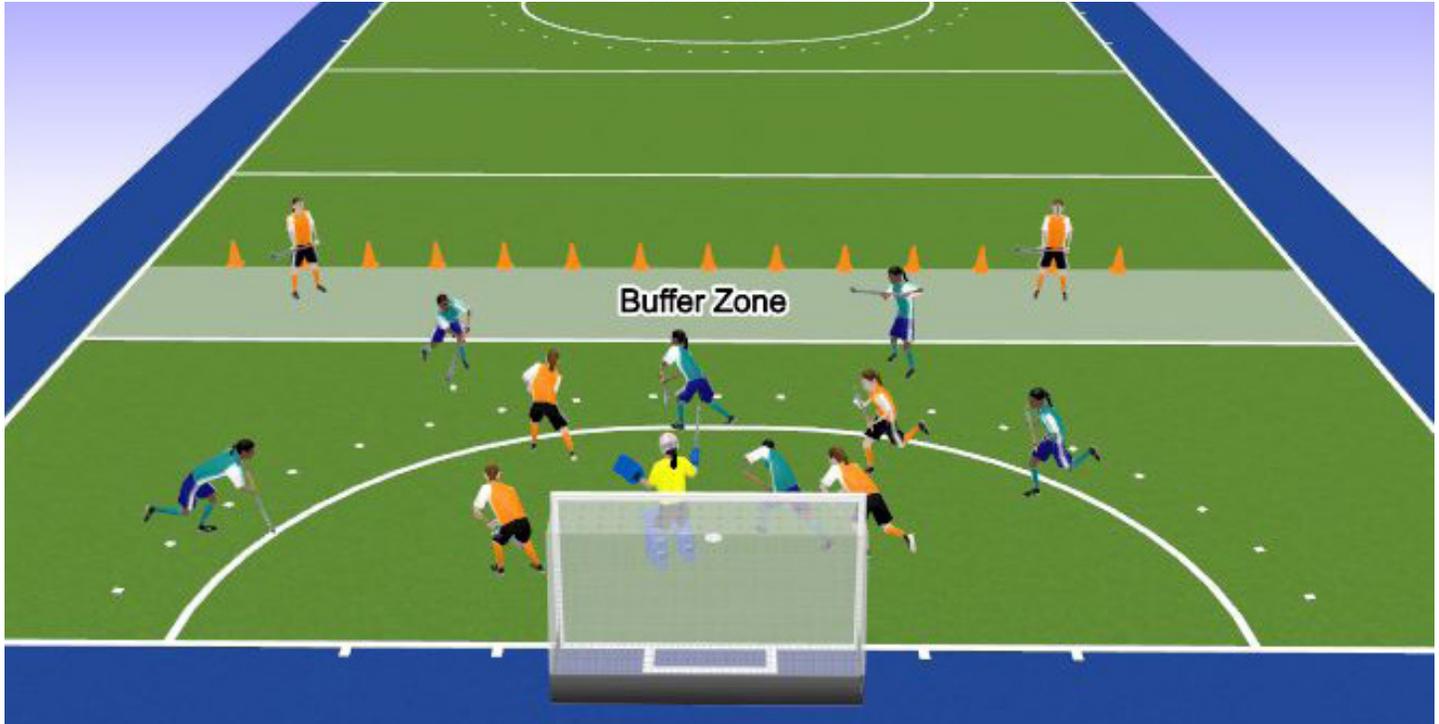
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# Transitional Half-Field Game

Submitted by Jill DiSanti, Surf & Sand Field Hockey

Attack, Defense, Goalkeeping, Tactical | Intermediate — Advanced

Objective: Good defense and good goal scoring are equally emphasized in this transition drill. The objective for each team — depending on what side they find themselves at any given moment — is to score or to effectively clear the ball to start a counter attack.



## Prep Work

Numbers Two teams of six field players, plus subs  
Dimensions Set up a 10-yard "buffer zone" between the 25-yard line and the 35-yard line  
Time Coach's discretion

## The Drill

1. Inside the 25-yard line, normal field hockey rules apply
2. The team starting on attack has six players inside the 25-yard line, the team starting on defense has four players inside the 25-yard line and two players in the buffer zone
3. The buffer zone is a safe zone, no opposing players can enter the zone to tackle or pressure the ball
4. The drill begins with a long corner for the attack
5. The attacking team (blue) is trying to score, if the defensive team (orange) comes up with the ball, they are trying to pass it to their players in the buffer zone
6. Once the ball is played into the buffer zone, the two players in the buffer zone (orange) join their four teammates to now attack the main goal
7. The dispossessed team (formerly attackers, blue) must drop two players into the buffer zone and defend with four
8. If a goal is scored by the attacking team, they are awarded a long corner (make-it/take-it)

## Jill's Notes

- Encourage your players to use the buffer zone to change the point of attack and transfer the ball.
- Have your team focus on tackling outside of the circle.
- During breaks, talk to your team about the different strategies in numbers-up and numbers-down situations.
- Break the drill up into three segments so your team has time to regroup between segments.
- The defense is at a numerical disadvantage, so talk to your goalkeepers about how they can position themselves to be an additional defender by stepping up, talking more, and marking off-side attackers.
- You can compete just by keeping track of who scores, but you can also tailor the point system to emphasize tactics that you are working on with your team: points for a circle entry, extra points for a baseline circle entry, points for winning a penalty corner, points for successfully clearing the ball, points for applying pressure within two seconds of a transition...make the drill work for you!

## Key

- = Pass
- = Run without the ball
- = Dribble
- = Shot

# Power/Finesse

Submitted by Anne Parmenter, Trinity College

Attack, Goalkeeping, Technical | Beginner — Advanced

Objective: Have fun while scoring (and saving) goals! This drill is a great way to end practice on a high note.



## Prep Work

Numbers Split your team in two  
Dimensions Within the attacking circle  
Time Until you have a winner

## The Drill

1. To start, you can decide if you want your team to challenge one another or just line up and go randomly head-to-head — it can be fun to challenge each other, but it will depend on your team's culture
2. Player 1 gets to take two shots, a "power" shot from the top of the circle and a "finesse" shot going one-on-one against the goalkeeper, both balls should be fed in by the coach
3. If Player 1 scores both shots, then Player 2 must also score both their "power" and "finesse" shots to stay in the game
4. If Player 1 only scores one shot, Player 2 must also score one shot to stay in the game, if Player 2 scores both shots, then Player 1 is eliminated
5. If Player 1 does not score any shots, Player 2 must only score once to eliminate Player 1
6. If neither score any shots, coach's discretion to eliminate both or allow them both to stay in the game (decide this at the beginning of the game so the rules are clear!)
7. The game continues with the next two players in line going against each other until one team is fully eliminated, alternate who shoots first

## Anne's Notes

- Our team loves this drill as a fun way to end practice!
- You can make the shots more challenging by playing them deep into the circle so they have to chase after them or making shooting rules, like only reverse shots on the "power" shot or only one-touch shots.
- Keep your goalkeepers in mind — this game goes fast and is very physical for them, make sure they're rotating after four shots so they have a break.

## Take it to the next level!

Give your players a time limit on the finesse shot...count three seconds out loud to add pressure.

If you goalkeepers make four saves in a row, let them eliminate a shooter from the game (their choice, just call out a name!). If only one shooter remains, allow them to play two shots against the goalkeepers, if the goalkeepers save both then the GKs win!

## Key

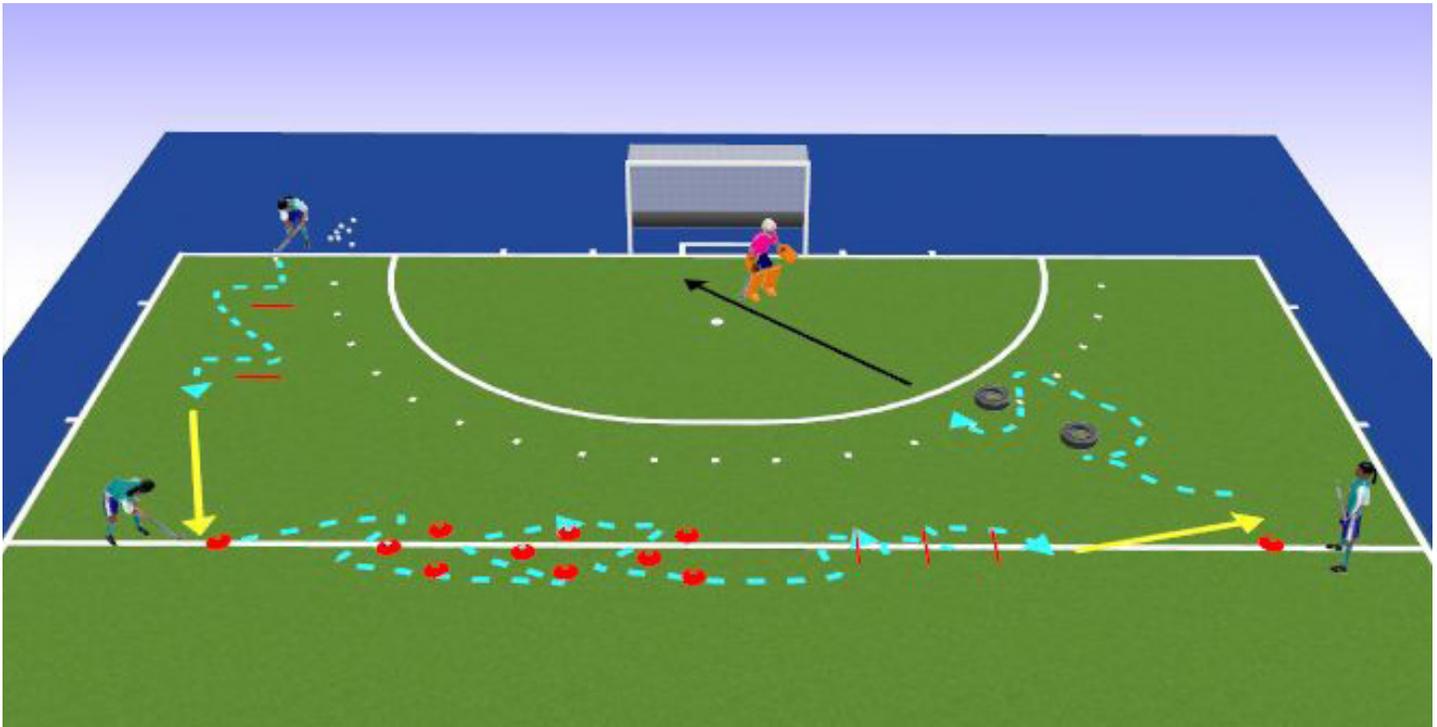
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# Dodge City

Submitted by Enza Steele, University of Lynchburg

Attack, Goalkeeping, Technical | Beginner — Intermediate

Objective: Incorporate several players and a variety of technical offensive skills into a structured shooting drill.



## Prep Work

Numbers	Six – 10 field players One – two goalkeepers
Dimensions	25-yard line to endline
Time	5 – 15 minutes

## The Drill

1. Start with the ball in the lower left corner of the field
2. Player at the beginning of the drill starts by executing two pull rights, followed by a pass to the player at the 25-yard line
3. That player executes three v-drags and lifts the ball over three obstacles, then completes a pass to the player waiting at the next cone
4. That player picks up the ball, does two v-drags and shoots on goal
5. The next ball should start when the second pass is made to the shooter to keep the drill running smoothly
6. After several minutes of this, switch sides

## Enza's Notes

- Set up the drill to include dodges with which your team is comfortable and ones they find challenging — encourage them to do the easier dodges with speed and vision.
- Depending on your numbers, set up a mirror image of the drill on the other end of the field to keep the lines short.
- Get creative with your obstacles, use tires, trash cans, or whatever you have on hand...variety is the spice of life!
- If you're working with beginners, add a restraining line about two yards inside of the circle to encourage them to shoot from the top.

## Take it to the next level!

Have your players lead for the passes and receive them on the move. To encourage this, add a cone about five yards away from their starting position that they have to cut to before they can receive the pass.

## Key

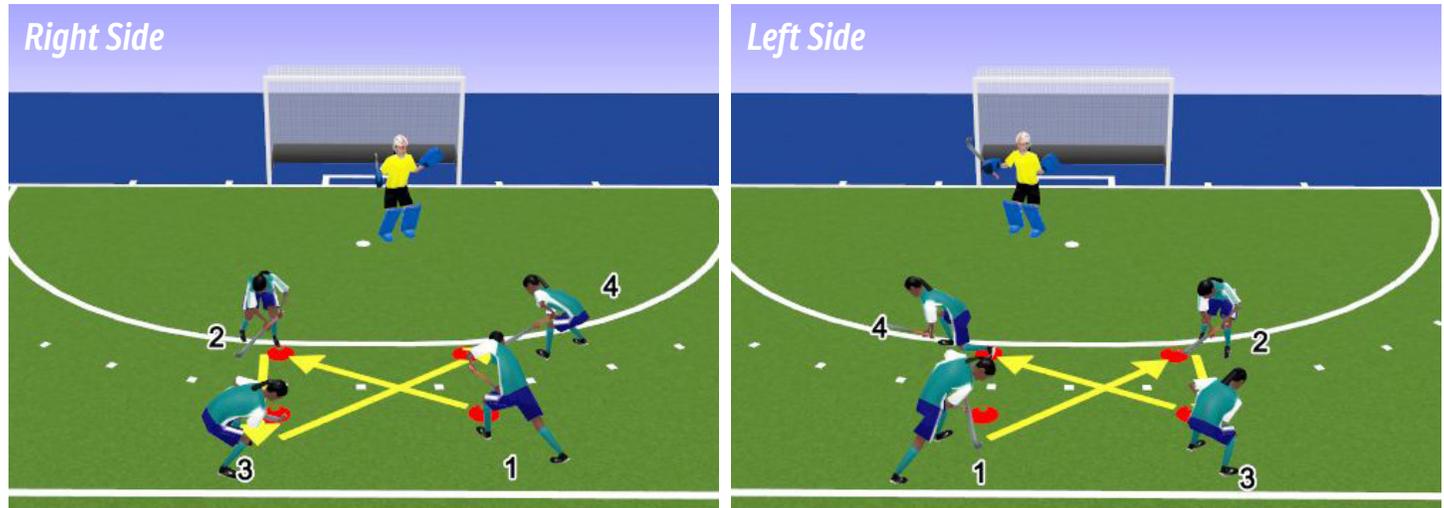
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# It's a Little Crowded Shooting Drill

Submitted by Jamie Montgomery, University of Richmond

Attack, Goalkeeping, Technical | Intermediate — Advanced

Objective: This fast and intentionally chaotic drill forces players to perform their technical skills under pressure while remaining aware of their surroundings.



## Prep Work

Numbers Coach's discretion  
 Dimensions Within the attacking circle, use multiple circles if you have the space so your players can get more touches  
 Time 5 — 10 minutes

## The Drill

1. Player 1 passes to Player 2
2. Player 2 passes to Player 3
3. Player 3 passes to Player 4
4. Player 4 receives the ball outside the circle and takes one touch to shoot
5. All players follow their passes, Player 4 goes to the back of the line
6. After several repetitions or a set amount of time, switch directions

## Jamie's Notes

- Keep this drill fast paced and sharp.
- If you are working with beginners or intermediate players, you can make the grid bigger so their passes are longer.
- Encourage your players to receive the ball outside of the circle and with one touch place the ball in the direction of the far post to set up their shot.
- If there is a mistrap, the players should still rotate.
- Be mindful of your goalkeepers, make sure they are rotating after four shots.

## Take it to the next level!

Place a dummy defender at the top of the circle to force the shooter to use their one touch to create more space for themselves.

Make the drill a competition between the goalkeepers and the field players — have the field players set the number of goals they must score in an allotted amount of time. If they score their set number of goals (or more) they win, if they don't meet their goal the goalkeepers win!

## Key

- = Pass
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- = Dribble
- = Shot

# Sample Practice Plan

**Session Length: Two Hours**

**Session Type: Regular Practice**

The goal of this practice plan is to fit a lot into a short period of time and ensure that all of your players are getting as many touches as possible. To keep things running smoothly, decide who is on what team for each drill *before* practice begins so the players can organize themselves (and switch their pinnies) during their water breaks — to make it even easier, make the drill rosters available to them.

TIME	TOPIC	DRILL/NOTES	
00:00 — 00:10 (10 minutes)	<b>Physical Warm-Up</b> <i>Coach Tip: While the team is warming up, get the next two drills set up.</i>		
00:10 — 00:25 (15 minutes)	<b>Technical Warm-Up Drill</b> For field players, try: Vision Circle For goalkeepers, try: Tri-Technical Saving Drill		
00:25 — 00:30 (5 minutes)	<b>Break</b> Players: Water. Coaches: Set up next drill.		
00:30 — 00:50 (20 minutes)	<b>Activation Drill</b> For field players, try: Add/Subtract a Defender For goalkeepers, try: Three Gate Goalie Soccer, finish with three strokes per goalkeeper		
00:50 — 00:55 (5 minutes)	<b>Break</b> Players: Water. Coaches: Set up next drill.		
00:55 — 01:15 (20 minutes)	<b>Small-Sided Drill to Goal</b> Try: Transitional Half-Field Game <i>Coach Tip: Stop the drill randomly twice for an impromptu penalty stroke.</i>	Team 1	Team 2
01:20 — 01:45 (25 minutes)	<b>Half-Field Drill or Scrimmage</b> <i>Coach Tip: Split the game into halves (two 10-minute halves with a 5-minute halftime) and give your team different scenarios, for example, the score is 0-1 and Team 1 needs to score to force overtime (if they do, play a 3-minute 7v7), or Team 2 has a yellow card. This is a great way to get your team thinking about game management and introduce game-like pressure in a practice environment.</i>	Team 1	Team 2
01:45 — 02:00 (15 minutes)	<b>Penalty Corner Practice</b> <i>Coach Tip: For players not involved in penalty corners, have them lead a technical drill or a shooting drill on the other end of the field.</i>		
02:00	<b>Clean Up and Recap</b>		

# Sample Practice Plan

**Session Length: Three Hours**

**Session Type: Regular Practice**

With a longer practice, you can build more time into your plan for instruction and technical skill work, while still setting aside time for important components of an in-season practice session like penalty corners, shootouts, and strokes.

TIME	TOPIC	DRILL/NOTES	
00:00 — 00:10 (10 minutes)	<b>Physical Warm-Up</b> <i>Coach Tip: While the team is warming up, get the next two drills set up.</i>		
00:10 — 00:25 (15 minutes)	<b>Technical Warm-Up Drill</b> For field players, try: Stick & Ball Warm Up For goalkeepers, try: Defending a Stroke		
00:25 — 00:30 (5 minutes)	<b>Break</b> Players: Water. Coaches: Set up next drill.		
00:30 — 00:55 (25 minutes)	<b>Activation Drill</b> For field players, try: Safety Zone Game For goalkeepers, try: Three Gate Goalie Soccer, finish with three strokes per goalkeeper		
00:55 — 01:00 (5 minutes)	<b>Break</b> Players: Water. Coaches: Set up next drill.		
01:00 — 01:20 (20 minutes)	<b>Shooting Drill</b> Try: It's a Little Crowded Shooting Drill		
01:25 — 01:55 (30 minutes)	<b>Small-Sided Drill to Goal</b> Try: Belgium Hockey <i>Coach Tip: Stop the drill randomly twice for an impromptu penalty stroke.</i>	Team 1	Team 2
01:55 — 02:00 (5 minutes)	<b>Break</b> Players: Water. Coaches: Set up next drill.		
02:00 — 02:30 (30 minutes)	<b>Half-Field Drill or Scrimmage</b>	Team 1	Team 2
02:30 — 02:45 (15 minutes)	<b>Penalty Corner Practice</b> <i>Coach Tip: Make sure you work on defensive penalty corners as well.</i>		
02:45 — 03:00 (15 minutes)	<b>Shootout and Stroke Practice</b>		
03:00	<b>Clean Up and Recap</b>		

# Sample Practice Plan

**Session Length: Two Hours**

**Session Type: Pre-Game Practice**

In practice the day before a game you may want to keep spirits high and work on the tactical aspects of your game plan. A good mantra for pre-game practices is "short (well-planned) and sweet!"

TIME	TOPIC	DRILL/NOTES	
00:00 — 00:10 (10 minutes)	<b>Physical Warm-Up</b> <i>Coach Tip: While the team is warming up, get the next two drills set up.</i>		
00:10 — 00:20 (10 minutes)	<b>Technical Warm-Up Drill</b> For field players, try: Stick & Ball Warm Up For goalkeepers, try: Tri-Technical Shooting Drill		
00:20 — 00:25 (5 minutes)	<b>Break</b> Players: Water. Coaches: Set up next drill.		
00:25 — 00:40 (15 minutes)	<b>Shooting Drill</b> Try: It's a Little Crowded Shooting Drill <i>Coach Tip: End with a mini stroke competition to spread set-piece practice throughout the session.</i>		
00:45 — 01:05 (20 minutes)	<b>Small-Sided Drill to Goal</b> Try: Transitional Half-Field Game or Advantage Attacker to Goal		
01:05 — 01:10 (5 minutes)	<b>Break</b> Players: Water. Coaches: Set up next drill.		
01:10 — 01:25 (15 minutes)	<b>Half-Field Drill or Scrimmage</b> <i>Coach Tip: Keep this scrimmage short and address tactics that you want to focus on in tomorrow's game.</i>	Team 1	Team 2
01:25 — 01:50 (25 minutes)	<b>Penalty Corner Practice</b> <i>Coach Tip: Make sure you work on defensive penalty corners as well.</i>		
01:50 — 02:00 (15 minutes)	<b>Shootout Practice</b>		
02:00	<b>Clean Up and Visualize Tomorrow's Win!</b>		