



# 2020 DRILL BOOKLET

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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 2020 NFHCA Drill Booklet sponsored by FieldTurf® provides 15 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!

Consider the things your team is great at and tailor these drills to emphasize those strengths. Alternatively, think about the things your team needs to improve upon the most, and use these drills to address those weaknesses through thoughtful conditions, with individualized rules, points, timing, and dimensions.

Please enjoy this year's NFHCA Drill Booklet!

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### Key

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



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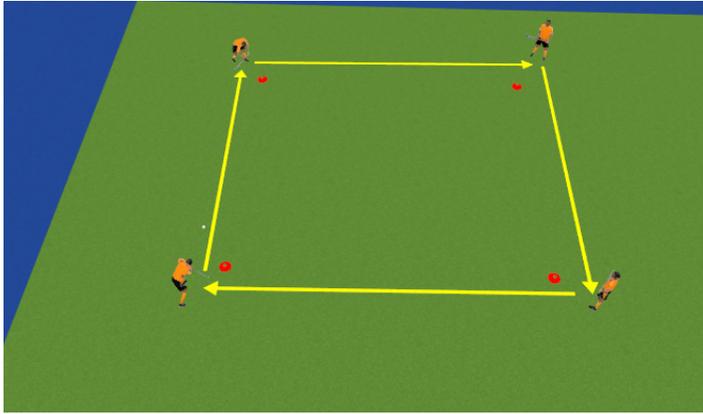
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# Warm-Up Drill

Submitted by Margaret McConnell, SUNY Geneseo

## Technical, Warm Up | Beginner — Intermediate

Objective: Warm up with passing and communication — players have time to get touches on the ball before practice and work on passing accuracy.



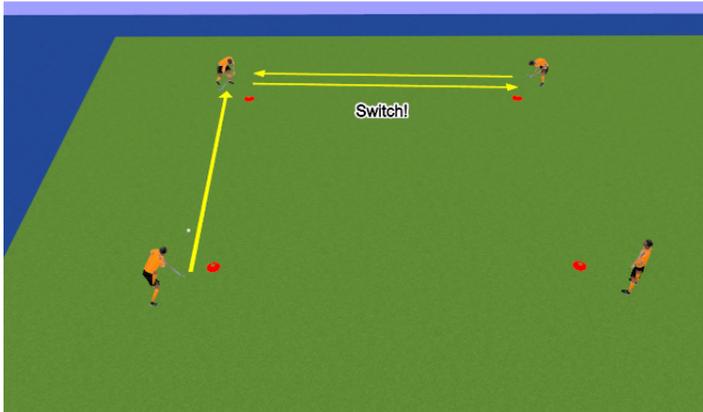
### Prep Work

Numbers 4 to 6 players per box  
Dimensions 15-yard square  
Time 5 to 7 minutes, total

### The Drill

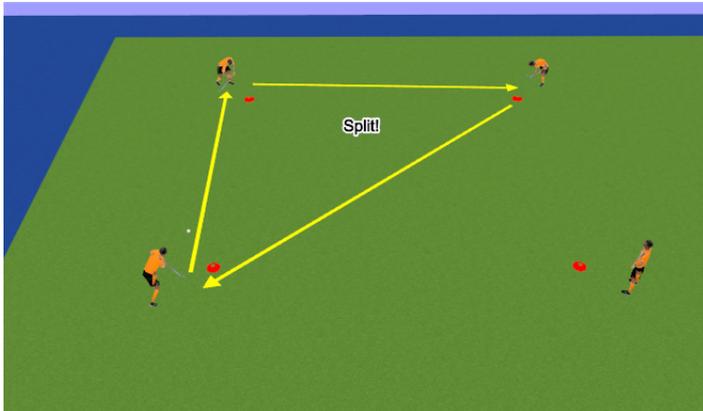
1. Players pass the ball clockwise around the outside of the cones.
2. Players may only have two touches on the ball when receiving and passing.
3. Switch directions after allotted time has passed.
4. In the next phase, allow any player to call "Switch!" — triggering the player with the ball to pass it in the opposite direction.
5. In the next phase, allow any player to call "Split!" — triggering the player with the ball to pass it diagonally across the square.

Between yelling a command, players should continue to pass the ball around the square.



### Margaret's Notes

- Position players 2-3 yards outside of the cones to have space to receive outside of their bodies and pass immediately.
- You can use a variety of different passes and receptions in your variations of the drill.
- Change the dimensions of the box to accommodate different passes or level-of-play (smaller for beginners).



### Take it to the next level!

For an extra level of conditioning and to encourage more vision and awareness, add an extra player or two to each box and have players follow their pass.

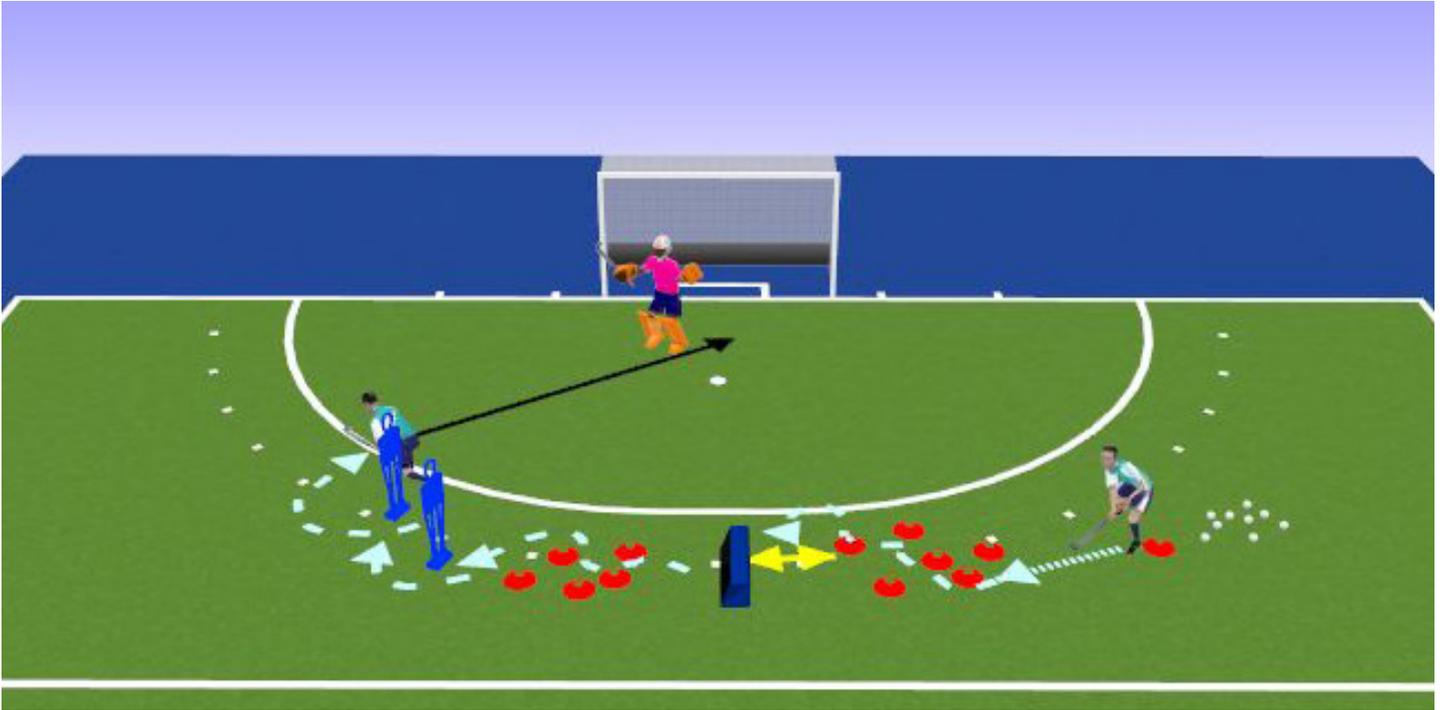
Players will need to be aware of which cones are occupied by another player before making a pass or calling "Switch!" or "Split!"

# Dribbling Circuit Drill

Submitted by Mimi Smith, Reach Field Hockey

## Attack, Technical | Beginner — Advanced

Objective: This drill incorporates a lot of touches to allow players to work on specific ball-carrying skills or get creative with the obstacles strategically laid out for them.



### Prep Work

Numbers	Coach's discretion (good for small or large groups)
Dimensions	Attacking circle
Equipment	Cones, rebounding board, upright obstacles
Time	Coach's discretion

### The Drill

1. Player enters the minefield with the ball working to dribble through without touching any of the cones.
2. At the end of the minefield, player self-passes off the rebound board, receives the rebound and lifts the ball over the obstacle.
3. Player traverses another minefield after the rebound board.
4. After the minefield, player dynamically pulls or spins around the first upright barrier, then tracks at the second upright barrier and dynamically pulls or spins around it.
5. Player ends with a shot on goal as soon as they enter the circle.
6. After several rounds, flip the drill so that players are shooting from the right side.

### Mimi's Notes

- Encourage creativity in this obstacle course, it is already set up to elicit a variety of skills (lifts, spins, self-passes), but modification and inventiveness within the obstacles is a good thing.
- For beginners who are working on foundational skills, allow them to pick their way through the drill more methodically, take time to demonstrate lifts and spins.
- For more advanced players, encourage speed and imagination.
- For shorter lines, set this drill up at both circles — one circle shooting from the left, one from the right — and have the players switch halfway through.
- Create your own obstacles to integrate a technique you've been teaching your team.

### Take it to the next level!

Have two circles going at once and make a competition to see which side scores more goals.

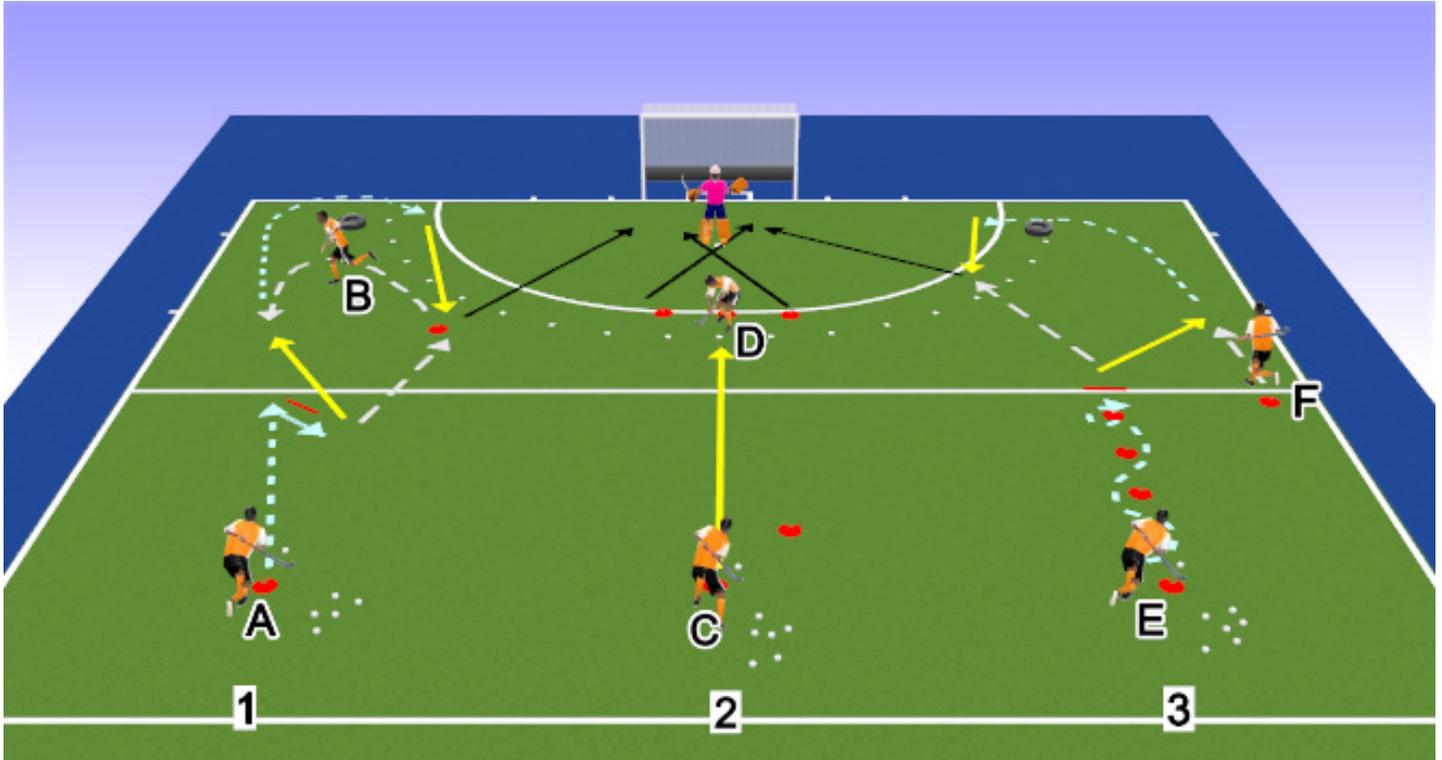
Add a coach on the baseline feeding a ball to the shooter for a second quick shot.

# Three-Station Shooting

Submitted by Roxy Coetzee-Turner, Amherst College

## Technical, Attack | Intermediate

Objective: Develop different shooting techniques unique to their position at the top of the circle, while also emphasizing tactical awareness when attacking in the right or left channels or on the baseline.



### Prep Work

Numbers	6 players (spend 5 minutes in one position before rotating) or 9 players (spend 10 minutes at each station with players following their passes for rotations)
Dimensions	Attacking 40 yards of the field
Time	Approximately 35 minutes

### The Drill

1. Station 1 – player A carries the ball to the obstacle, does a right pull, then passes to player B who is leading wide. Player B receives the ball and carries to the baseline around a tire, executes a back pass to player A who led to the top of the circle. Player A shoots.
2. Station 2 – player C makes a hard pass to player D's right or left foot. Player D leads towards the ball and executes a reception that puts the ball over or immediately around the cones ("defender's stick") for a quick shot.
3. Station 3 – player E weaves through the cones and lifts the ball over the obstacle, immediately passing to player F who is leading forward. Player F picks up the ball and carries to the baseline, around an obstacle, then passes to the top of the circle where player E has led. Player E takes a shot.

### Roxy's Notes

- All passes should be received dynamically and with the exception of the middle station, should be made on the move and going forward.
- Encourage quick shots and demonstrate receptions that will put the ball in a position for a quickly executed and accurate shot.
- Coaches can take away restraints based on their team's skill level or the objective of the practice.
- Mind the goalkeeper! Time the rotations so that the goalkeeper is only getting one shot at a time.

### Take it to the next level!

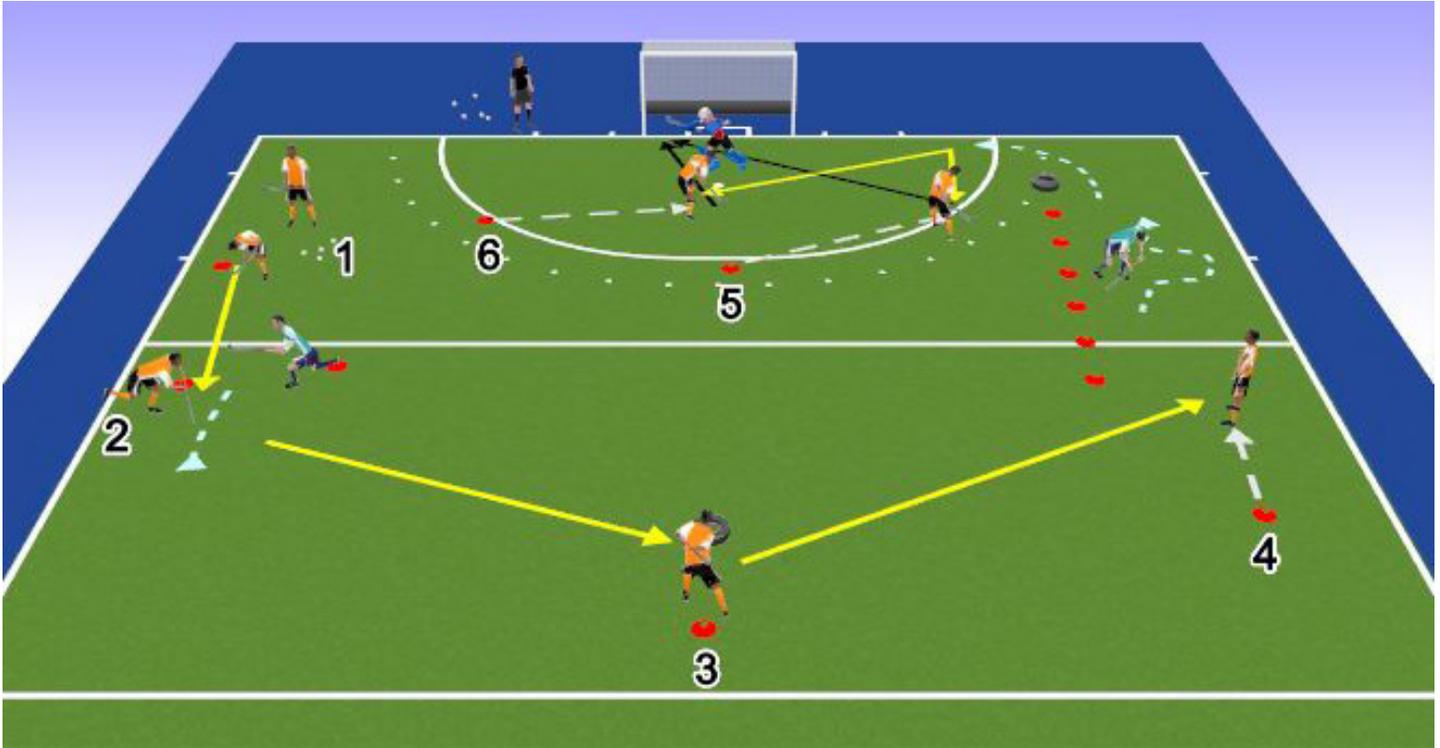
Add a defender at stations one or three to encourage quicker decision making and faster shots under pressure.  
Make it a competition!

# Changing Fields with Pressure

Submitted by Gail Anderson, Hanover Public High School (PA)

## Technical, Attack | Beginner

Objective: To change the point of attack while working on position-specific techniques in a controlled environment.



### Prep Work

Numbers 12 – 15 players  
Dimensions Attacking third of the field  
Time Coach's discretion

### The Drill

1. The drill begins with a quick dodge from the player at cone 1 followed by a pass to cone 2.
2. At cone 2, an attacker receives the ball and does a dodge around a dummy defender, then completes a long, flat pass to the player at cone 3.
3. The player at cone 3 receives the ball with their feet and vision upfield, allows the ball to track across their body, and sends a hard, flat pass to the player at cone 4.
4. The player at cone 4 times their lead so that they receive the pass on the run — they carry the ball into a 1v1 lane where a dummy defender uses jabs and channeling to slow them down.
5. Once through the lane, the attacker carries the ball around a tire.
6. While the attacker carries the ball, players at cones 5 and 6 lead to receive a pass, either at the stroke spot or in a dogleg position.

7. Whoever receives the ball takes a shot, the other attacker in the circle helps play out the rebound.
8. A coach on the end line, sends in another ball for the two attackers in the circle to play out.
9. Everyone rotates to the next cone, defenders can stay for several reps, then switch with an attacker.
10. After several reps, flip the drill to attack on the left side.

### Gail's Notes

- Even if players have the ball for a short amount of time, encourage them to go at game speed!
- Emphasize the timing of leads and communication (verbal and non-verbal) between attackers.

### Take it to the next level!

Make your defenders challenge the attackers more actively. Make the second ball from the coach on the end line just out of reach or bouncy to make attackers shoot quickly with challenging passes.

Challenge your players to get a certain number of completed circuits in an allotted amount of time.

# Defensive Positioning Progression

Submitted by Lauren Scorza, University of Rochester

## Technical, Defense | Beginner

Objective: Use this drill to introduce proper defensive positioning and foundational tackles to players who may be new to field hockey. It is also a great way to reinforce important defensive concepts with intermediate players.

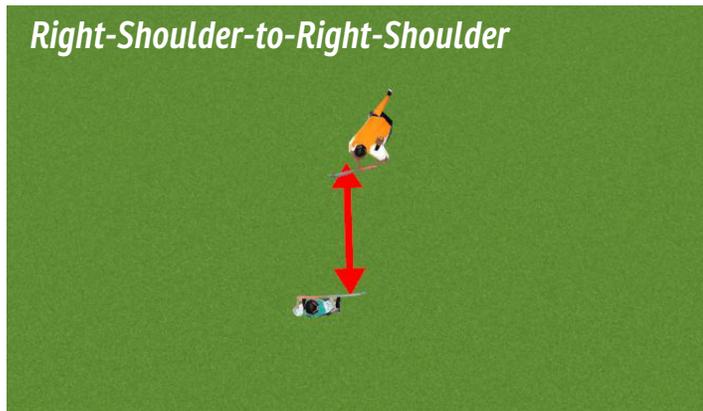


### Prep Work

Numbers	4 – 8 players
Dimensions	15-yard cone line with cones spaced 3 – 5 yards apart
Time	Approximately 5 minutes per phase, with time built in for demonstrating concepts and tackles

### Lauren's Notes

- Start by introducing the group to proper defensive positioning by explaining "engaging distance" and "right-shoulder-to-right-shoulder."
- Engaging distance is the distance between the attacker and defender, an easy way to describe it is "a step and a stick length away from the ball." Players should aim to maintain this distance while the attacker moves with the ball.
- Discuss when you should make your engaging distance smaller (when the attacker bobbles the ball or is dribbling slowly, for example) and when you should make the distance bigger (when the attacker has a LOT of speed, vision, and control).
- Encourage your players to utilize a drop step (keeping their left foot forward) instead of simply backpedaling, this allows them to keep a right-shoulder-to-right-shoulder relationship with their attacker and be more agile in responding to an attacker's change of direction.
- When introducing the jab, or "poke tackle," allow the players to practice without a ball, getting used to extending their stick away from their body and gliding it along the turf instead of swinging at the ball. Remind them to start by jabbing with only their left hand at the top of the stick and low to the ground.



### The Drill

1. An attacker begins by weaving slowly through the cone line — no ball! — a defender shadows them, focusing on maintaining their engaging distance and right-shoulder-to-right-shoulder relationship, each player rotates through both the attack and defensive lines.
2. After several rounds of that and at the coach's discretion, add a ball and allow the attacker to dribble through at about 50 percent speed.
3. After several rounds of that and at the coach's discretion, introduce the jab tackle to the players and then allow them to utilize it in the drill, allow the attackers to take the ball with more speed.
4. Once you feel that the players have grasped the foundational concepts of defensive positioning, morph the cone line into a 1v1 grid and allow them to play freely.

# Goalkeeper Clearing Progression

Submitted by Jess Galatioto, Wells College

## Technical, Goalkeeping | Beginner — Intermediate

Objective: Use this drill to introduce proper clearing technique with your goalkeepers.



### Prep Work

Numbers	1 – 2 goalkeepers
Time	Approximately 10 minutes per phase, with time built in for demonstrating concepts
Equipment	Soccer ball, mini-soccer ball, golf ball, field hockey balls

### Jess' Notes

- I use this drill with beginners as well as high school or college athletes who have been out of their pads for an extended period of time and need to reinforce their basic skills.
- Coaches can take individual phases out of this progression to work on specific skill development.
- It is important in all phases of this drill to have your goalkeepers “follow through” — the clear should be more than just a kick, they should be kicking through the ball and finish facing their target in ready position.



### The Drill

1. Start with no gear and a soccer ball. The first basic, fundamental technique to teach in this step is to clear with the inside part of the foot. Explain that the front part of the kicker is round — using that part of the kicker makes it especially hard to control clears. Using the flat, inside part of their kicker makes for more consistent clears. Partners, or a triangle of three goalkeepers, should pass the soccer ball using the side of their feet and following through.
2. Then, progress to using a mini-soccer ball. This is where accuracy will come into play — still with no gear and arranged in a triangle (incorporating a coach if you only have two goalkeepers), have the goalkeepers pass the mini-soccer ball, but now, emphasize redirecting the ball on an angle. Again, make sure they are following through the ball and using the inside of their foot.
3. Now, have the goalkeepers put on their gear and repeat step two.
4. Once they have gotten comfortable with the mini-soccer ball, progress to using a golf ball. Since a golf ball is smaller than a field hockey ball, this will help goalkeepers who tend to “top” the ball. Goalkeeper should be skimming their kicker against the turf — not hovering it above the turf — to connect with the ball.
5. Finally, change the ball to a field hockey ball and have them put all of the elements together: using the side of their foot, accuracy, gauging power, following through, and skimming their kicker on the turf.



### Take it to the next level!

Add two gates on the circle edge and pass the ball to the goalkeeper ready in the cage. Their goal should be to redirect the ball through the gates focusing on all of the fundamental techniques you taught in the progression.

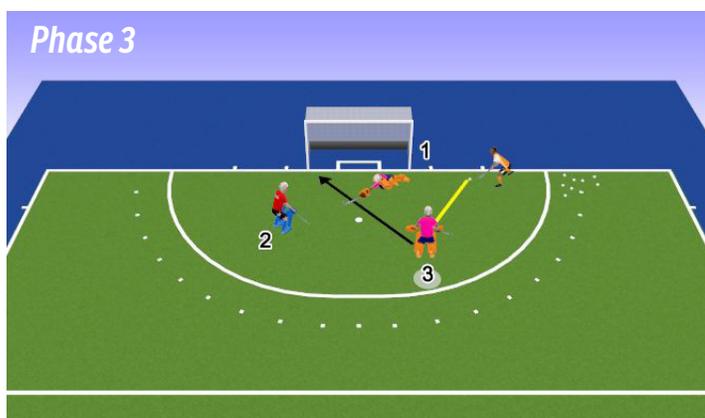
Keep score and make it a competition between your goalkeepers.

# Goalkeeper Baseline Progression

Submitted by Maureen Ordnung, Ithaca College

## Goalkeepers, Technical | Intermediate — Advanced

Objective: This is a baseline scenario progression, with five phases, for goalkeepers — focus on possible baseline scenarios and the decision making and skill execution required for each. (continued on next page.)



### Prep Work

Numbers	1 – 3 goalkeepers
Dimensions	Within circle
Time	Coach's discretion

### The Drill

1. Phase 1: Baseline Run
  - Coach carries the ball down the baseline
  - Goalkeeper 1 (GK1) uses a stack to win the ball
  - Coach can choose to shoot, carry, or try to eliminate GK1
2. Phase 2: Shallow Pass
  - Be sure to position GK2 in a way that the pass is within diving distance of GK1
  - Coach carries the ball down the baseline and passes to GK2 at the far post
  - GK1 reads the pass and determines if it is close enough to intercept
  - GK1 executes a dive to intercept — if the pass is close enough, GK1 can also intercept with their feet
3. Phase 3: Deep Pass
  - Be sure to position GK3 in a way that the pass to them is not within diving distance of GK1
  - Coach carries the ball down the baseline and passes to GK3
  - GK1 reads the pass and executes proper footwork to reposition for the shot from GK3
  - GK3 uses their left foot to shoot

### Mo's Notes

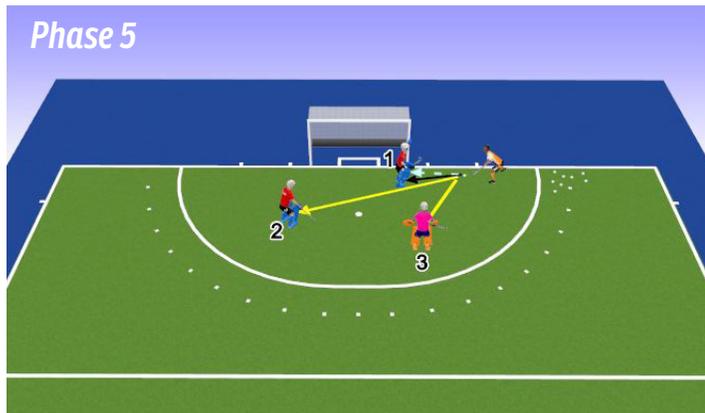
- Phase 1 – encourage your goalkeepers to read the ball carrier, especially their body position, ball position, speed, and vision. Once the goalkeeper makes an assessment of the ball carrier, have them work on their timing and technique. Good vision, speed, and ball control means the goalkeeper should think about staying on their feet in front of the ball; vision down, slow speed, and loose ball control means the goalkeeper may be able to stack or slide. Make sure you provide a variety of these scenarios for your goalkeeper.
- Phase 2 – work on reading the pass, timing, and dive execution; coaches should hold the ball longer and shoot if the goalkeeper is diving too early.
- Phase 3 – work on reading the pass, footwork, decision making, and quick reactions; if GK3 bobbles the ball or the pass is slow, encourage GK1 to work on using good footwork to get on angle, if it is especially slow, get GK1 to step out and cut down the angle even more.

# Goalkeeper Baseline Progression

Submitted by Maureen Ordnung, Ithaca College

## Goalkeepers, Technical | Intermediate — Advanced

(continued from page 10.)



### The Drill

- Phase 4: Deep Pass to Back Post
  - Coach carries the ball down the baseline and passes to GK3 who passes to GK2
  - GK2 shoots
  - GK1 uses proper footwork to quickly adjust to the new angle and steps out to use a cross-cage slide
- Phase 5: Any Option
  - Coach carries the ball along the baseline and can execute a pass to either goalkeeper, carry the ball, or shoot
  - Play out rebounds

### Mo's Notes

- Phase 4 – work on reading the passes, footwork, timing, and different tackling techniques.
- Phase 5 – encourage your goalkeepers to rely on the work they did in prior phases to make good, informed decisions
- These phases can be spread out over one goalkeeping session or over several practices, work with the level of your goalkeepers and build on each phase.
- Be sure to build in enough time to replicate whichever phases you cover on the opposite baseline within the same practice.

### Take it to the next level!

If you want to make this a more game-like drill for more advanced goalkeepers, allow them to play out rebounds.

In discussions throughout the drill, encourage your goalkeepers to talk about angles, which skills to use when, and cues from the ball carrier that can help in decision making.

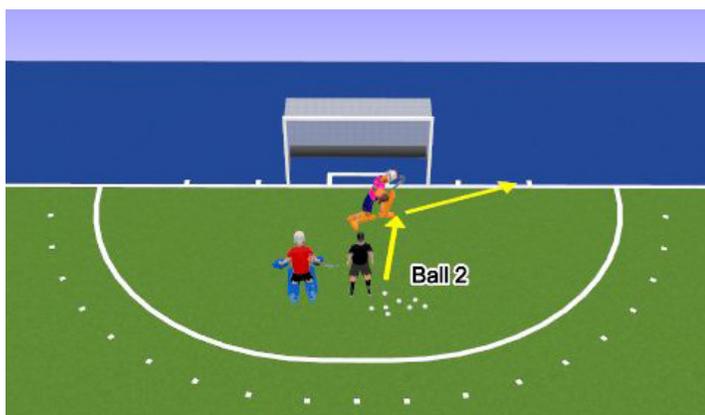
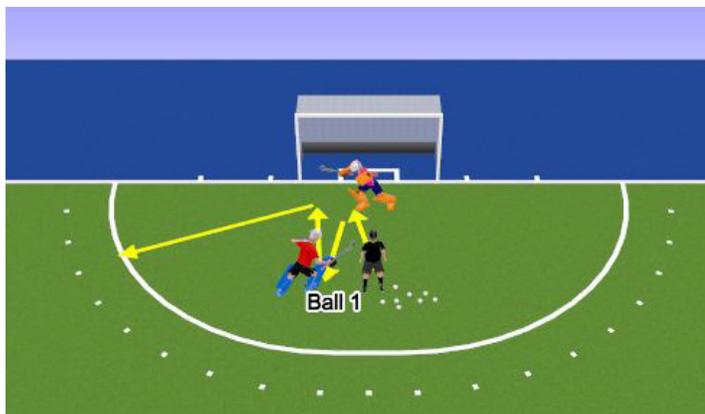
If their levels are similar, keep points and make a competition between goalkeepers!

# Alternating Sides Warm-Up

Submitted by Kristin Matula, American University

## Technical, Goalkeeping | Intermediate — Advanced

Objective: This drill warms up your goalkeepers with a combination of fast-paced foundational skills and quick changes of direction.



### Prep Work

Numbers	2 goalkeepers
Dimensions	Attacking circle, coach and second goalkeeper 7 – 10 yards away from baseline
Time	5 – 15 minutes, coach's discretion

### The Drill

1. Coach rolls ball one to the right foot of the goalkeeper in the cage (GK1).
2. GK1 kicks ball to the right foot of the goalkeeper standing to the left of the coach (GK2).
3. GK2 kicks ball to GK1's left foot.
4. GK1 clears the ball low, out of the circle.
5. Coach rolls ball two to GK1's left side, this ball is rolled harder and may be bouncy.
6. GK1 clears ball.
7. Begin again.
8. After three rounds, goalkeepers switch.
9. After two to three repetitions for each goalkeeper, switch sides (GK2 moves to right side of coach).

### Take it to the next level!

Add a third ball, feeding it to GK1's right side. Allow GK2 to play ball one anywhere, forcing GK1 to make a dynamic save.

### Kristin's Notes

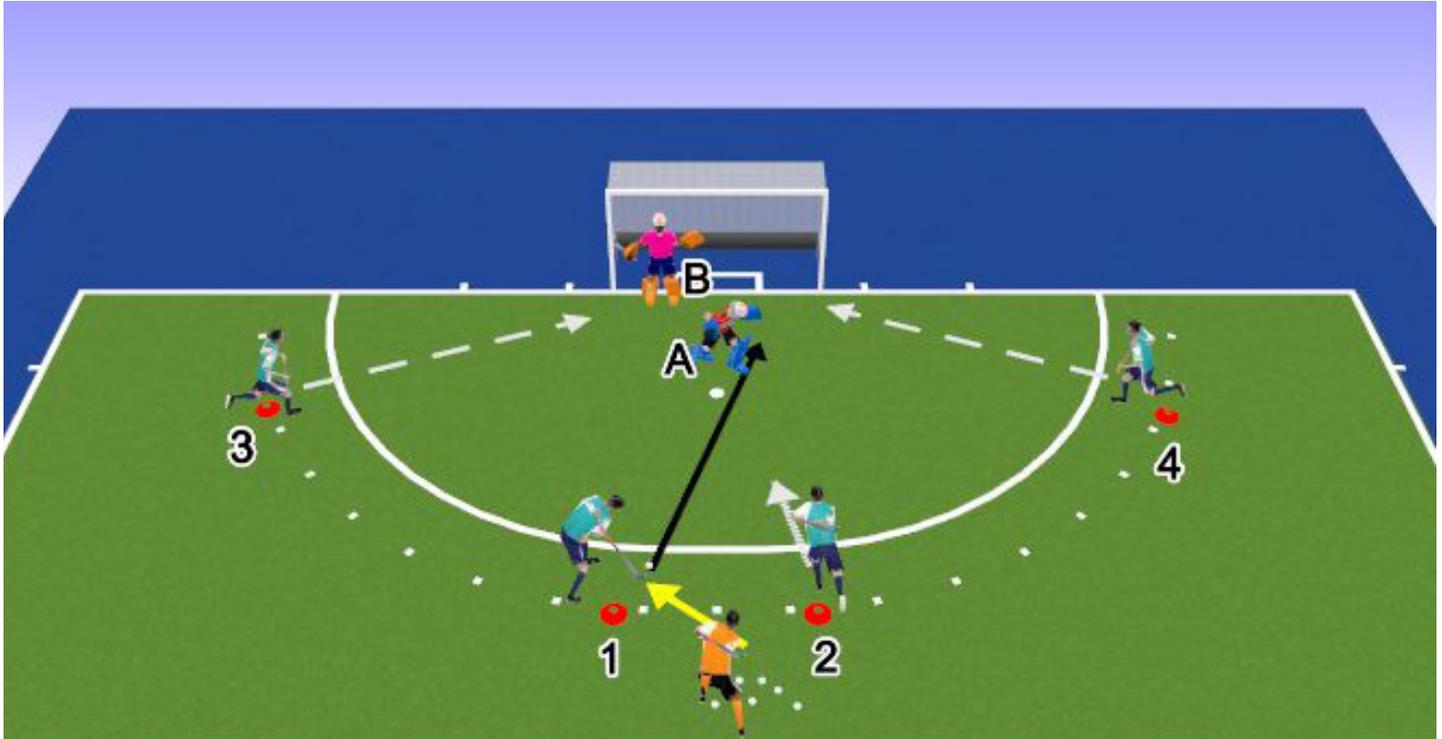
- This is a great warm-up drill for goalkeepers.
- Remember, it's all about alternating, every time the ball is played back to GK1 – whether as a new ball or from GK2 – it should make GK1 alternate sides.
- The pace of the ball from the coach and between the goalkeepers should be high and controlled.
- Challenge GK1 to make a dynamic save for the second (or third) ball.
- Really encourage your goalkeeper in the GK1 position to clear the ball hard and low on the circle – add targets or gates if they need assistance with this.

# Two-Goalie Game

Submitted by Catherine Ostoich, Central Michigan University

## Attack, Goalkeeper | Advanced

Objective: This drill emphasizes goal-scoring positions with your attackers while also focusing on good shooting technique, footwork, first-touch, and quickness. For goalkeepers, this drill, reinforces the need for strong redirections and reactions.



### Prep Work

Numbers 2 goalkeepers; 4 – 8 field players  
Dimensions Attacking circle with cones on the broken line  
Time Coach's discretion

### Rules

- Attackers get one point for a goal
- Goalkeepers get one point if they clear the ball outside of the circle without any attacker touching the ball
- Points are awarded for fouls — for example: high clear = one point for attack, attack foot = one point for GKs
- Rotation ends once a team gets to 11 points, team must win by at least two points

### The Drill

1. Coach passes the ball to player 1.
2. Player 1 takes one touch into the circle and shoots.
3. On the shot, player 2, 3, and 4 rush into the circle and position themselves to play rebounds.
4. Goalkeeper A takes the initial shot.
5. Once one touch is made by GK A, GK B switches to the front to play any rebound, GK A stands off to the side, but in the goal cage.
6. A second ball begins when a goal is scored, the ball is

played outside of the circle, or the attackers take too long to take the next shot (coach's discretion).

7. Coach passes the second ball to player 2, player 2 takes one touch into the circle and shoots, other players (1, 3, 4) occupy spaces to play a rebound.
8. GK B takes the initial shot, then switches with GK A for GK A to play the rebound.

### Catherine's Notes

- Communication is key between goalkeepers and between field players.
- The goal for the goalkeepers should be to clear the first shot strongly out of the circle, help them assess the best place to clear the ball depending on the shot and the position of the rebounders.
- If your players' first touches are going too deep into the circle, add a restraining line that they must shoot within.

### Take it to the next level!

Challenge your attackers by modifying the scoring so goalkeepers get a point if the initial shot goes wide of the cage. For more work on angles, allow players 3 and 4 to also take a shot from the edge of the circle off of a pass from the coach.

# Pregame Progression

Submitted by Shelly Morris, Northeastern University

## Technical, Tactical, Attack, Defense | Intermediate — Advanced

Objective: This three-in-one drill requires just one set-up for a progression through a shooting drill, a 2v1 drill, and a 3v2 drill — a great pregame drill for when you have a lot to cover in a short period of time!



### Prep Work

Numbers	Full team
Dimensions	25-yard line to end line
Time	5 minutes for each phase, 15 minutes total

### The Drill

1. Shooting Phase: player B passes to player A, player B leads to the top of the circle where player A passes them the ball to take a shot. Player A replaces player B to become the next shooter. The mirror image happens on the opposite side — player D passes to player C, player D leads to the top of the circle where player C passes the ball for a shot, player C becomes the next shooter.
2. After five minutes of shooting, drill morphs into 2v1.
3. 2v1 Phase: player A passes to player B, as soon as the pass is made, the defender enters and the 2v1 begins. The goal of the two attackers is to score, the defender's goal is to walk or pass the ball out safely. Alternate sides.
4. After five minutes, the drill morphs into a 3v2.
5. 3v2 Phase: add an attacker and defender to each side, begin drill the same way, with a pass back to the attacker on the 25-yard line.

### Shelly's Notes

- Use the outside boundaries in all of the phases to keep the play tight and to avoid drifting in the shooting phase.
- Shooting Phase: emphasize quick passes, arcing leads, and a variety of shots.
- 2v1 Phase: encourage your players to embrace the challenge of receiving in tight space and taking shots under pressure.
- 3v2 Phase: emphasize leading upfield and finding 2v1's to isolate defenders.
- Encourage your defenders to use good footwork to force the ball outside for low-angle shots.
- Get your goalkeepers in a game-time mindset, emphasize communication to defenders and clearing the ball to the least-dangerous space.

# 1v2, 2v2, 3v2 Progression

Submitted by Jenny Tafro, Ramapo College

## Tactical, Attack, Defense | Intermediate — Advanced

Objective: Working on player-up, player-even, and player-down situations on both attack and defense.



### Prep Work

Numbers	Full team, split in half
Dimensions	25 x 36 yards (circle edges)
Time	Approximately 5 minutes per round, coach's discretion

### Rules

- Standard field hockey rules apply
- This drill is continuous, once a ball goes in the cage, out of bounds, or a foul occurs, the next ball starts
- Attack earns one point for a corner, two points for a goal
- Defense earns one point for a foul, three points for a goal

### The Drill

1. Defense starts with two players on the pitch
2. Attack begin the play with one player entering with the ball, simulating a player-down situation
3. After the ball is dead, attack enters with two players against two defenders, simulating a player-even situation
4. After that ball is dead, attack comes out with three players against two new defenders, simulating a player-up situation
5. After allotted time has expired, teams switch roles

### Jenny's Notes

- This is a great drill to keep your athletes on their toes by mixing up their defensive and attacking strategy depending on the numbers situation. It can be super competitive which makes practice fun while simultaneously working on a lot of tactical principles.
- Vary the point system to fit your team's objectives and goals — for example, if you want defense to do a better job of protecting their feet, make corners worth more points
- Vary the dimensions of the field — smaller means easier for the defense, larger makes it easier for the attack.

### Take it to the next level!

To add a conditioning element, have the same two defenders stay in for the entire round (1v2, 2v2, 3v2) as well as having attack simply add a new attacker with each number addition — instead of a whole new suite of players — that way, the attacker who starts the round is still in for the 3v2.

Have your athletes play out fouls and free hits when the ball goes out of bounds.

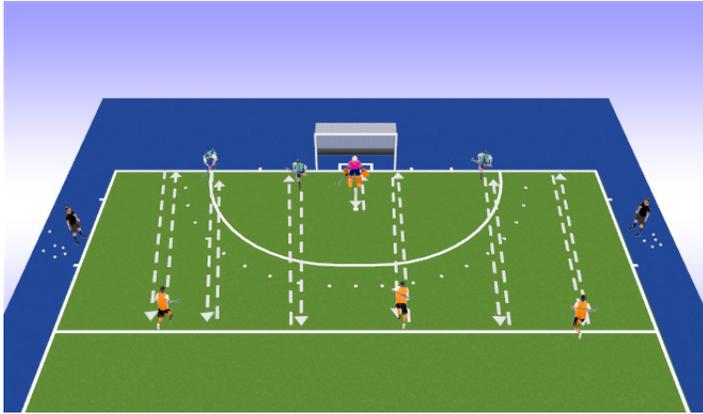


# 3v3 on the Run

Submitted by Anne Parmenter, Trinity College, NFHCA President

## Tactical, Attack, Defense | Intermediate — Advanced

Objective: Incorporate conditioning into a competitive drill to prepare your players to perform under fatigue. Both attackers and defenders will be able to work on their craft in a game-like environment.



### Prep Work

Numbers	6 players and goalkeeper active, plus substitutions
Dimensions	End line to 25-yard line
Time	Coach's discretion

### The Drill

1. Three attackers start on the 25-yard line, three defenders and a goalkeeper start on the end line.
2. On the whistle, attackers must sprint to touch the end line and turn to sprint back to the 25-yard line, defenders must sprint to touch the 25-yard line and turn to sprint back to touch the end line. Goalkeepers must sprint to the stroke spot and turn to return to the end line.
3. Coaches, who are on the sidelines with a pile of balls, feed one ball to the fastest player — on attack or defense — for them to receive on the move after they've completed their run.
4. Immediately, the drill turns into a 3v3.
5. Attackers goal is to score, defenders goal is to carry the ball with control over the 25-yard line. Coaches can call fouls.
6. Drill resets for the next repetition with a new group.

### Anne's Notes

- We like to use this drill at the end of practice for an extra level of conditioning and for the players to finish the day with a chance to compete.
- We modify this drill a lot to fit our needs — if we need to incorporate conditioning into our practice, we can have the players go up and back multiple times instead of just once. We also adapt the goalkeepers running requirements, having them shuffle from post-to-post, or go farther than the stroke spot.
- Alternate which coach inserts the ball to keep the players on their toes!

### Take it to the next level!

Modify this drill to reflect numbers-up or numbers-down situations — 4v3 or 3v4.

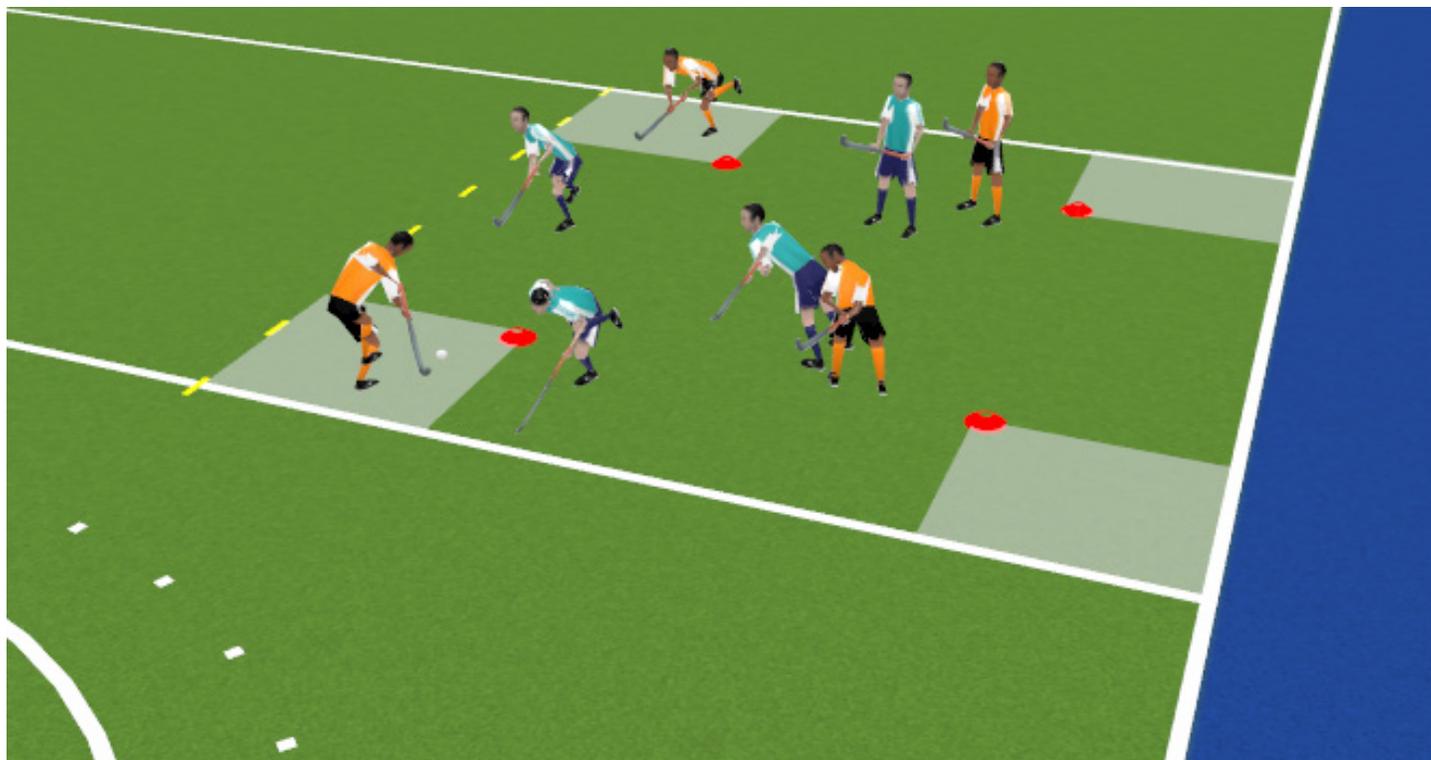
Add a gate on the 25-yard line for defenders to pass through. Keep score, make it extra competitive!

# Four-Box Game

Submitted by Mark Egner, Dartmouth College

## Tactical, Attack, Defense | Intermediate

Objective: The point of the game is to score points by retaining possession, but the purpose is to emphasize passing and receiving with purpose while thinking tactically about where the ball should go next.



### Prep Work

Numbers 8 players, 4 on each team  
 Dimensions 25-yard square with boxes in each corner  
 Time 2 – 4 minutes per repetition, coach's discretion

### The Drill

1. Two teams compete on the 25 x 25 yard square.
2. Initially the boxes are empty.
3. Team's score by passing to a teammate inside of the box.

### Mark's Notes

- Here a few key questions for your athletes: Where can we score now?, How can I provide another scoring opportunity?, Where are our opponents likely to attack?, How can I slow them down?
- Draw your athlete's attention to the execution of accurate passing.
- Encourage creative use of different receptions to attack a new space.
- Use interceptions as a way to win the ball and attack somewhere else.

### Take it to the next level!

Adapt how your team can score – pass in, carry out. Carry in, pass out. Flat passes only. Get creative to keep your team thinking!

Enlarge the field size and change the numbers. Ask your team, "What does this change?"

# 3v3 Possession Game

Submitted by Laura Gebhart, Bryant University

## Tactical, Defense, Attack | Beginner — Advanced

Objective: Score as many points as possible by entering the "endzone."



### Prep Work

Numbers	6 players; 2 teams of 3
Dimensions	25-yard square with 2, 5-yard endzones
Time	3 sets of 3 minute reps, coach's discretion

### Rules

- Standard field hockey rules apply — restart the ball if it goes out of bounds or if a foul occurs
- Teams score by taking the ball into one of the endzones, possession must be maintained for the point to count (i.e. the ball must be cleanly received in the endzone)
- Make-it, take-it — the team that scores maintains possession and tries to score in the opposite endzone
- If the defensive team intercepts the ball, they attempt to score in the opposite endzone from which they were defending
- Attackers can enter the endzone at any time, but it is considered a "safe zone," defenders cannot tackle in the endzone and must try to intercept outside of the endzone
- Play is continuous

### Laura's Notes

- Have balls scattered around the outside of the playing area to enable quick restarts.
- Allow your teams to meet and strategize between repetitions.
- This should be a fast-paced game — encourage your players to push the intensity of play.
- The emphasis is on attack, so focus on one or two key points depending on your squad's needs — off-ball attackers creating width and depth, evaluating pass or skill selection based on the situation, vision, communication, or quick transition.

### Take it to the next level!

Change the size of the pitch encourage different skills or tactics. Limit the number of touches allowed by the attack.

Add or eliminate players — make it a 4v4 or 5v5. You can also create numbers up or numbers down situations to challenge your group to adapt.

Make a round-robin tournament with your whole team involved!

# New Pressure/Cover: 4v4v4

Submitted by Lucas Piccioli, University of Louisville

## Tactical, Defense, Attack | Advanced

Objective: For the team in possession to keep the ball as long as possible and for the team on defense to apply pressure/cover principles in their effort to recover the ball.



### Prep Work

Numbers 12 players; 3 teams of 4  
Dimensions 2 adjoining 10 – 15-yard squares with a 5-yard strip in the middle  
Time 6 sets of 3 minute reps, coach's discretion

### The Drill

1. Orange and blue teams work together to ensure that the black team does not recover the ball.
2. Black team (or team starting on defense and in middle section) can only allow two players in the square with the ball. Their other two players must remain in the middle section.
3. If the team on defense recovers the ball, then the team who lost it becomes the defensive team (same rules apply, only two defenders in the grid with the ball).

### Rules

- Standard field hockey rules apply
- Four-consecutive passes equal one point, teams should aim to be a part of the group that racks up the most points in a repetition — adjust the point system to fit your needs.

### Lucas' Notes

- Have substitutions to guarantee intensity.
- Change the dimensions of the drill to fit your team's needs — smaller space means more success for the defensive group, larger means more success for the teams with possession.
- Encourage your team to think quickly, to utilize new space when it becomes available and know what they want to do with the ball before it even reaches them.
- Scatter lots of balls around the boundaries to keep the drill going even when the ball goes out of bounds.

### Take it to the next level!

Allow only two touches on the ball or a limited number of seconds one player can have the ball in their possession to add a sense of urgency to the drill.

In discussions throughout the drill, get your team to think about the best way to take advantage of space on the opposite side or take advantage of extra time when they intercept the ball.