



2022 OUTDOOR Ambush Elite & Select Focus Areas

Key Concepts		Coaches Notes
Smart Passers	Possession Game (100% Passing)	Off Ball Movement to get into open passing lanes Do not force it through their stick Make the simple pass
	Control, Release	Prescan, Stay Low, Quick Feet, Reception key for quick release
	Ball Speed	Always practicing at pace. Ability to pass with speed and accuracy
	Off ball movement	100% passing lanes, create triangles around the ball
	Stretching - Triangles	MAJOR FOCUS -- Our forwards need to stretch the field and not stay in their Right, Center, Left positions - this should be a focus in every scrimmage - coaches can get on field and move players
Scorers	Circle Play & Shooting & CORNERS	Balance the circle; earn the corner, Take Shots without being set up perfectly. Power and placement. CORNERS -- we as a club need to execute on corners more.
	Attacking overloads	2v1, 3v2, post deflections, communication, running angles, carrying the ball at speed, playing the ball on the move, being selfless.
	decision making	quick transition game to create easy goals, counterattack; Hitting into the circle outside of the 25 (recognizing position on the field), Quick self starts, Quick shots
Aggressive, active and interceptors on defense	Team Defense	Positioning in PRESS, Shift, slowing down play, where is your help, channeling
	Counter Attack Defense	How to slow the opponents play. Teach understanding of what to do in a vertical 2v1.
	Recovery Lanes	Players understand how to recover on the inside, keep head on a swivel and not watch ball, identify next most dangerous play.
	Marking	Understands marking in the circle vs creating a triangle with ball and player.
	Circle Defense	Carrying ball out of circle effectively Endline defense How to make the most use out of GK- when to allow shot, effective communication etc.
Quick, Strong and in shape	WarmUps	MAJOR FOCUS - A structured warmup really focused on spatial awareness, receptions and stick skills for U12/U14s, U16s/U19s, first touch, ball speed and advanced stick skills. Active Warmup - No laps, No lines -- warmups should involve stick skills and stretching at once. Please be creative and instead of using stretching time for coaches to plan the session - coaches should plan ahead of the session.
	Conditioning	Striders. Minimum of 10.
	Strength & Agility	Athletes should be able to move lateral, explosive first step.
Exceptional Teammates	Communication	Name/Action,
	TeamBonding	Ambush athletes engage with their teammates at all Age Groups - WIN AS ONE.
	Play for the team, not the individual	COACHES - Let's work on this together to create a culture of WinAsOne - Help athletes understand that if we are all successful as a team we will be successful as individuals. We want them to want to win on the national level to prove that Ambush and NC field is great field hockey. Ambush is not all about college recruiting. Coaches focus on the team development, working together for a common goal. Play as a team and the recruiting will happen.

Overall training session goals:

- Athletes should touch the ball 100-150 times per session – pick a player and count. If they aren't touching the ball this often – what can you do to increase touches.
- No lines. Small game based approach. Adjust your practice plan so that players are always engaged in training.
- Let's try to minimize scrimmages during practice. We can always schedule additional games as needed. But utilize practice time for tactical/skill focuses.

Overall Principles: Ambush players in general are....

Smart passers	Quick, strong and in shape
Scorers	Fundamentally sound
Aggressive, active, interceptors defenders	Exceptional teammates

*see skills sheet for details on sound fundamentals.

Age Group Progression

U12 - Learning to Train

Develop passion for the game, create relationships with teammates & coaches, learn to love the game, development vs results, learn the language

Spatial awareness	Routine & Structure in practice
Seeing back space	Competing is FUN

U14 - Training to Compete

Continue to develop love for the game, maintain relationships with teammates & coaches, begin to be competitive/look for results, play at speed with more consistent execution, take risks

- Receptions in all spaces, two way leads, receiving under pressure	- Play on front foot with more speed
- Kids comparing themselves - focus on what you bring to the team as an individual	- Focus on faster decision making
- Ball Speed increases	- Learn to take out extra touches.

U16/U19 - Training to Win

Developed passion for competing, understand working with multiple coaches/teammates, play to win, always play at speed, understand calculated risks

- Physicality of play	- Possession game, knowing when to pass and when to dribble
- Execute advanced skills at pace on front foot with attacking mentality	- WinAsOne. We need to remove the individual focus from our club.
- Mental Focus -- what are you going to bring to the session today. Challenge yourself at practice	-- Acknowledgements - should sometimes be a round of self acknowledgement - what did I do good today?

Overall coaching goals:

Create a positive, engaging learning environment where athletes receive significant positive and constructive feedback during sessions. Athletes should be motivated to work as a team in an environment where they are encouraged to take risks.