

# World Camp USA 2009 Staff Training Outline



1.800.793.5575

Where is Your Game Going?

[worldcampusa.com](http://worldcampusa.com)

# Coaching

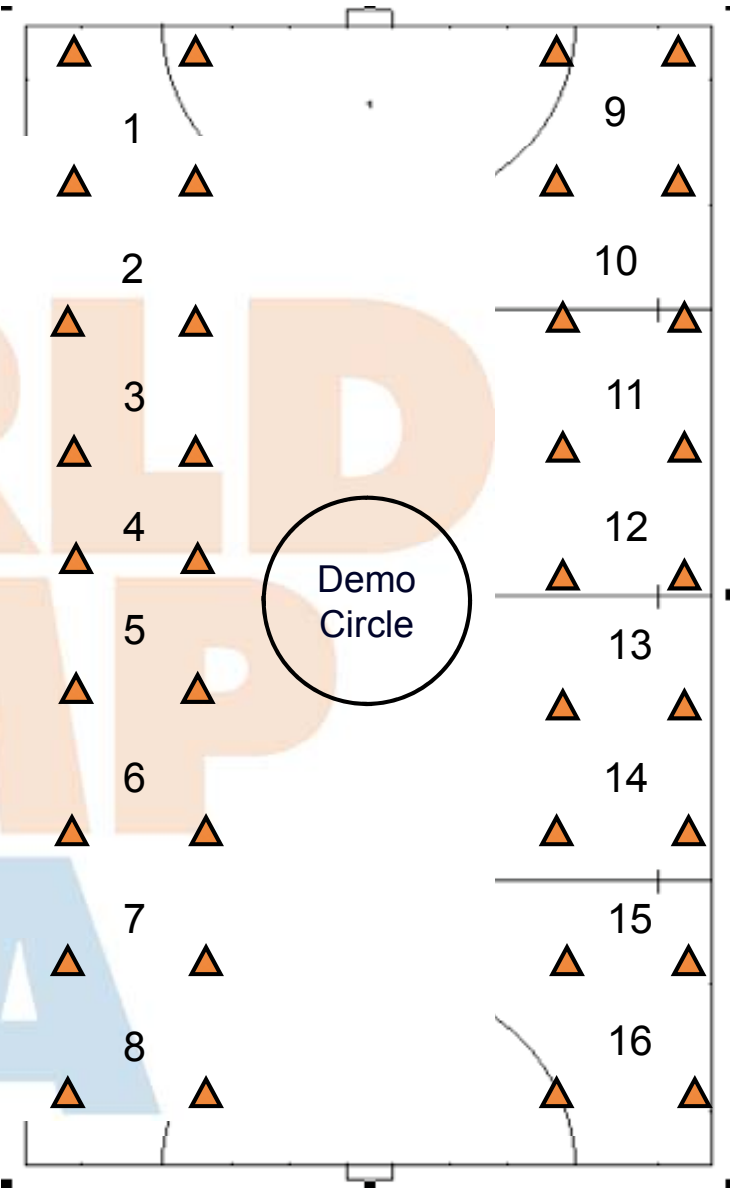
- Emphasize Technical skills
- Key focus on Skill of the Day
- Top Quality hockey (coaching) is the Main Theme of the camp
- Make every session a learning moment for every kid
- Incorporate the fun in Learning
- Make sure all kids have enough repetitions (set up exercises double if needed)

# Session 1 “The Basics”

## Session 1 “The Basics”

### Organization:

- Central clinic (all kids on field)
  - 16 Stations on field (10mx10m grids)
  - 1 training group per station
  - Each coach has 2 stations
  - Goalie session
- 
- Demo Grid for exercise demonstration
  - TD leads demos
  - TD tracks time
  - 12 minute rounds
  - 6 Basic exercises:
    1. Australian X Basics Check
    2. Ball Handling Skills 1
    3. Ball Handling Skills 2
    4. Dribbling & Vision
    5. Vision Game
    6. Vision Game



# 1. Australian X

## Organization:

- Individual Skills
- All players with ball

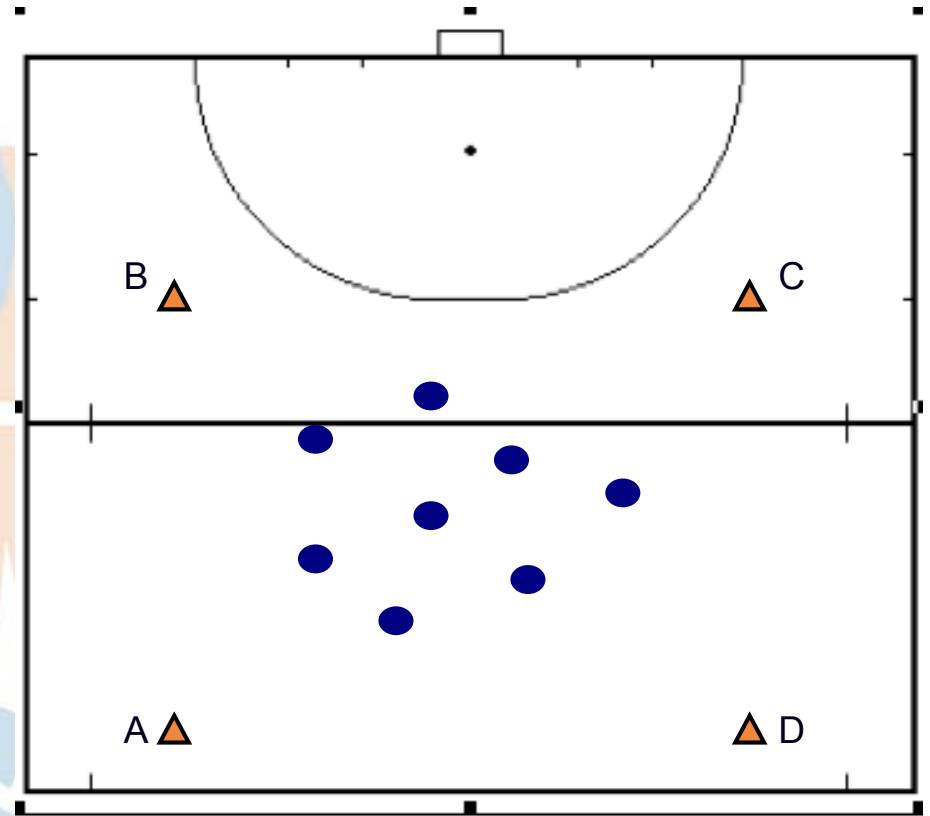
see video example on [worldcampusa.com](http://worldcampusa.com)

## Goal of Skill / Exercise

- Ability to dribble ball with correct ball position and vision skills
- Ability to bring to ball to all zones part of the Zonal system

## Emphasizes:

- Ball in line with Right foot
- Elbow out
- Stick in 45 degree angle
- Ball position outside of body to create vision



## 2. Ball Handling Skills 1

### Organization:

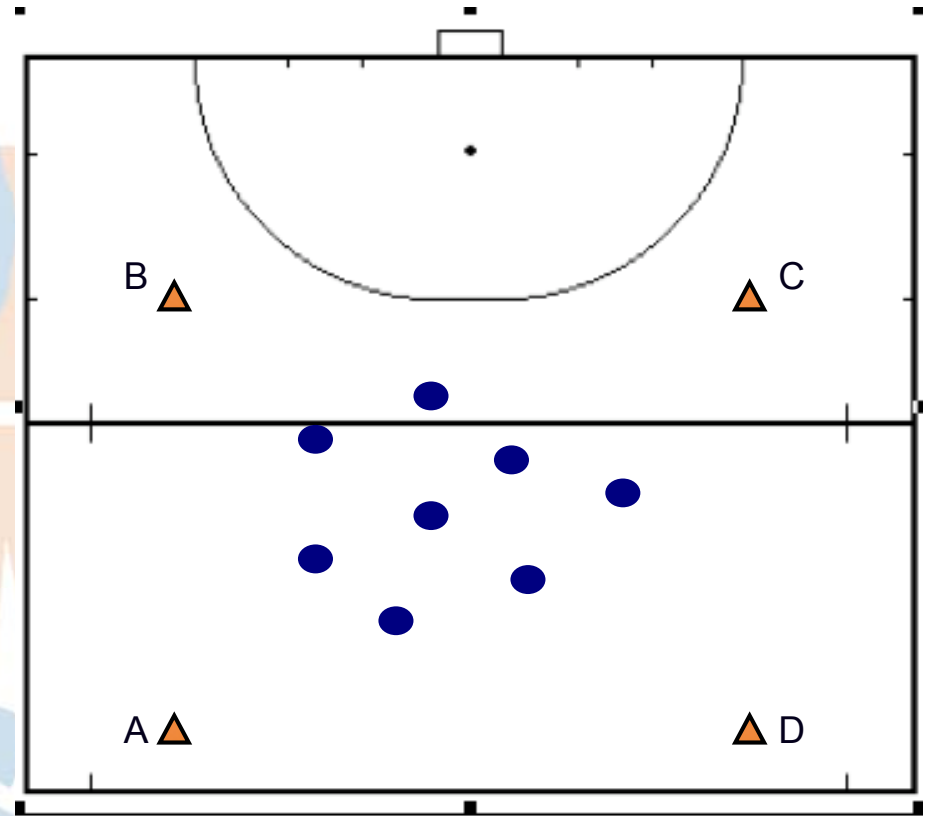
- Individual Skills
- All players with ball

### Goal of Skill / Exercise

- Ability to dribble ball with correct ball position and vision skills
- Ability to change possession of the ball around the body
- Ability to control the ball with open and closed stick blades and different ball positions

### Emphasizes:

- lose wrists
- left hand controlling, right hand support



# 3. Ball Handling Skills 2

## Organization:

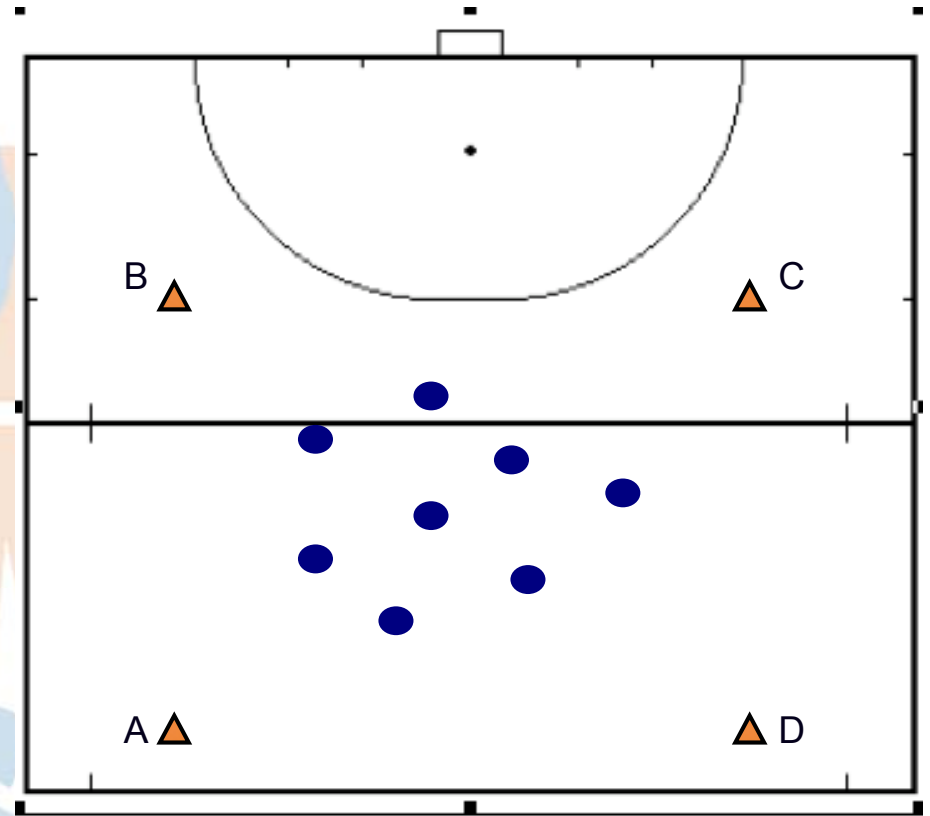
- Individual Skills
- All players with ball

## Goal of Skill / Exercise

- Ability to control the ball with open and closed stick blades and different ball positions
- Lifting the ball with control (ankle height)
- Shoulder movement for body fakes

## Emphasizes:

- lose wrists
- left hand controlling, right hand support
- ball outside of the body
- create space between feet and ball for easy lifts
- left hand low, close to ground



# 4. Dribbling & Vision

## Organization:

- All players in boxed area dribbling around each other. Staying within set boundaries.

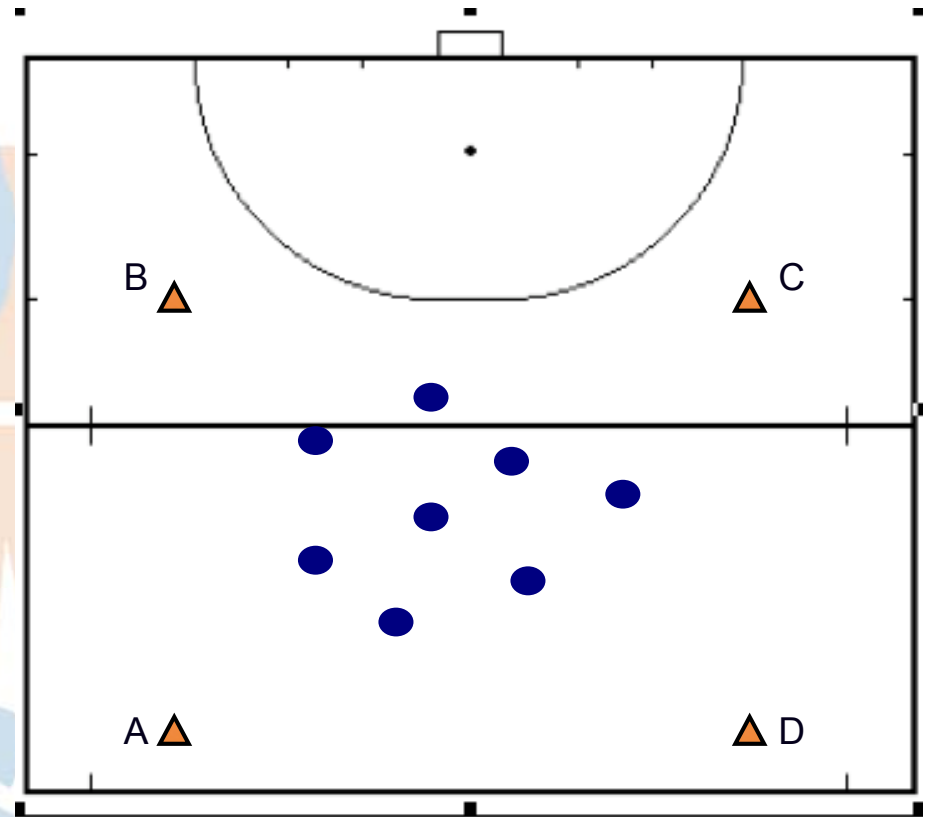
Creating vision to ensure no bumps into each other. Changing direction while seeing open spaces.

## Emphasizes:

- Ball position in front of body
- knees bend, ability for quick scans.

## Variation

- Accelerate into the open spaces after quick change of direction



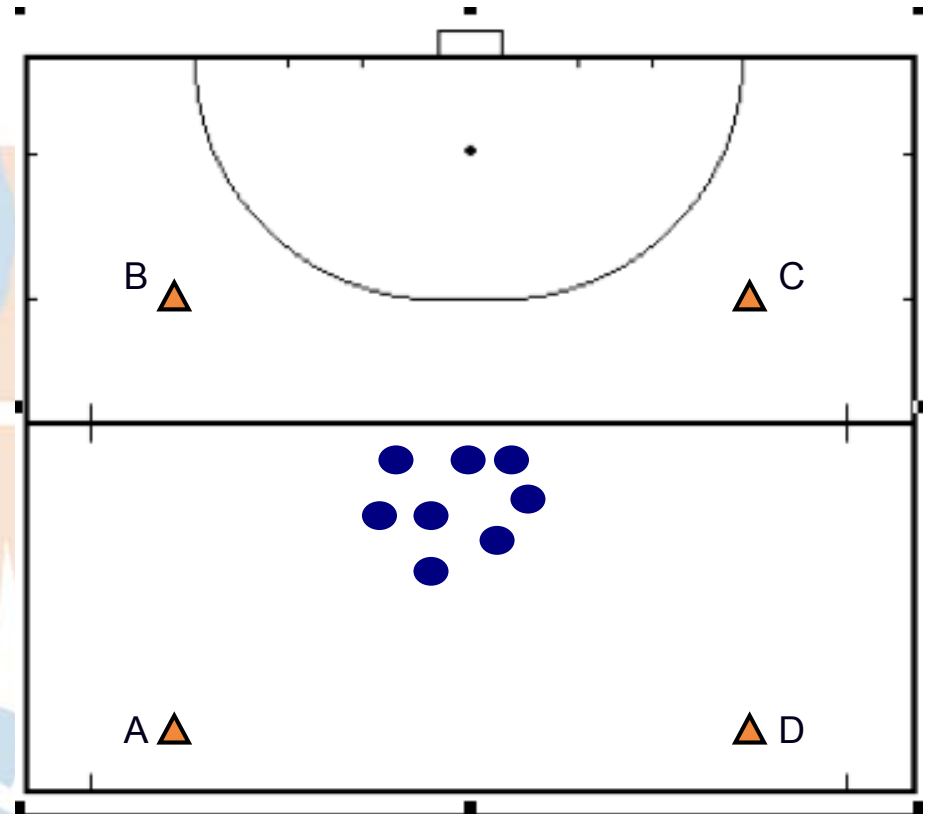
# 5. Vision Game 1

## Organization:

- All players really close together dribbling and staying in possession. No vision dribbling as space is small. On signal from coach players go out and make the area bigger, staying in possession and dribbling.

## Emphasizes:

- Difference between no vision and scan vision
- Ball position in front of body
- Knees bend, ability for quick scans.





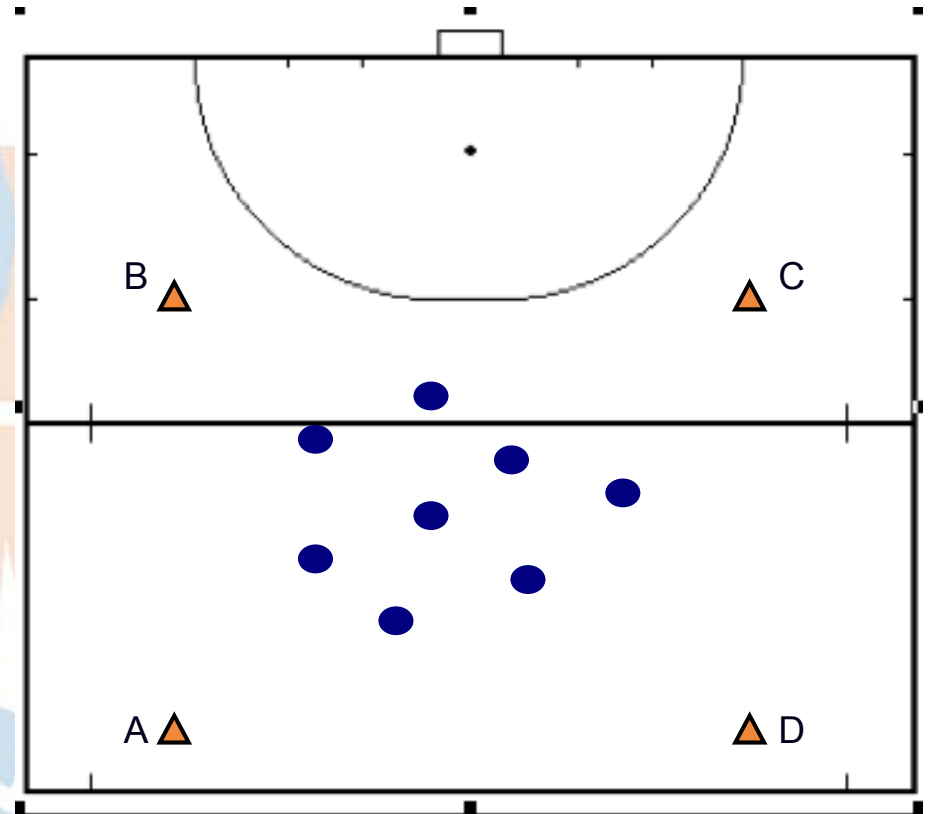
## 6. Vision Game 2

### Organization:

- All players with ball in set area. Staying in possession of the ball while dribbling around. No standing still. Try to tackle other players, when ball is out of the area your are out, until the last 2 players are standing

### Emphasizes:

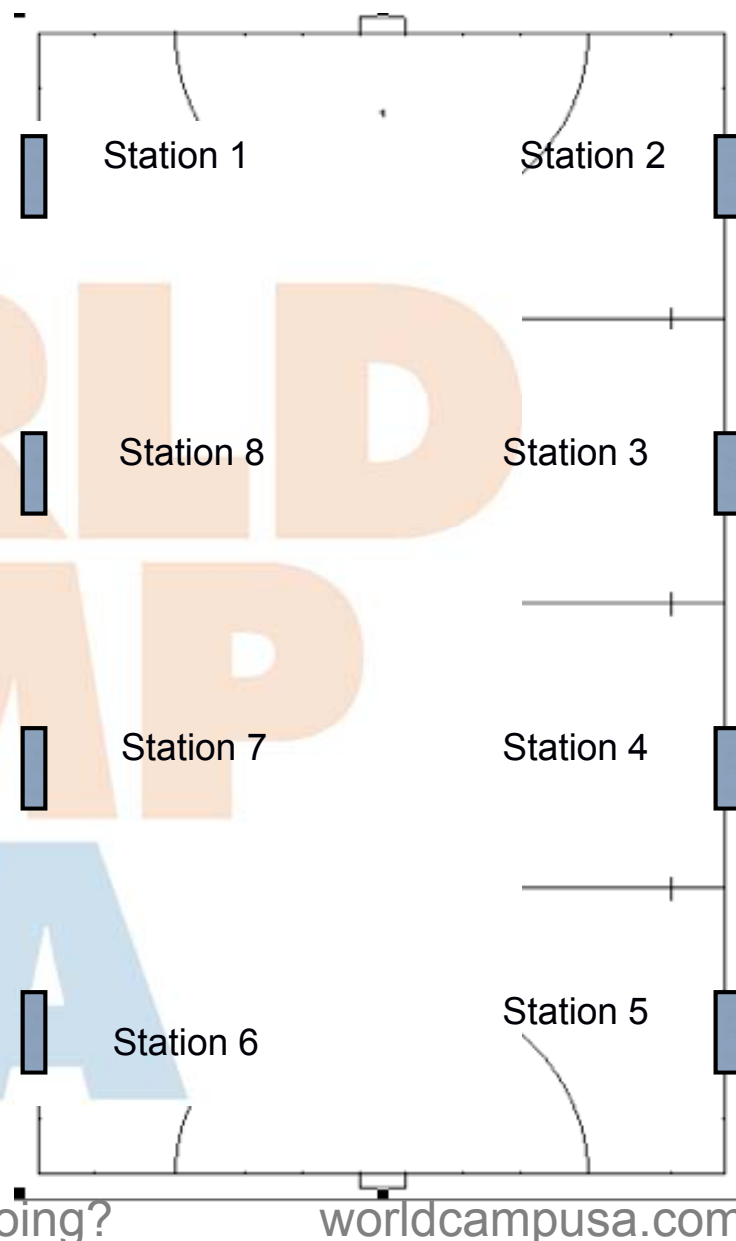
- See 4.



# Session 2 “Scoring”

## Organization:

- 8 station Split clinic (Split Camp Turf / Grass)
  - 8 Stations on field with goals
  - Coaches stay at site, groups rotate
  - 1 training group per station
  - No Goalie session, goalies on goal in exercises
- 
- Demo before warm up for whole camp
  - TD leads demos
  - TD tracks time and takes care of rotation
  - 12 minute rounds
  - 8 Scoring
    1. The Hit
    2. The Reverse
    3. Back facing the bounce
    4. Rebounds
    5. Footwork combo
    6. Scoring positions
    7. 1-touch plays
    8. Deflection Mania



# 1. The Hit

## Organization:

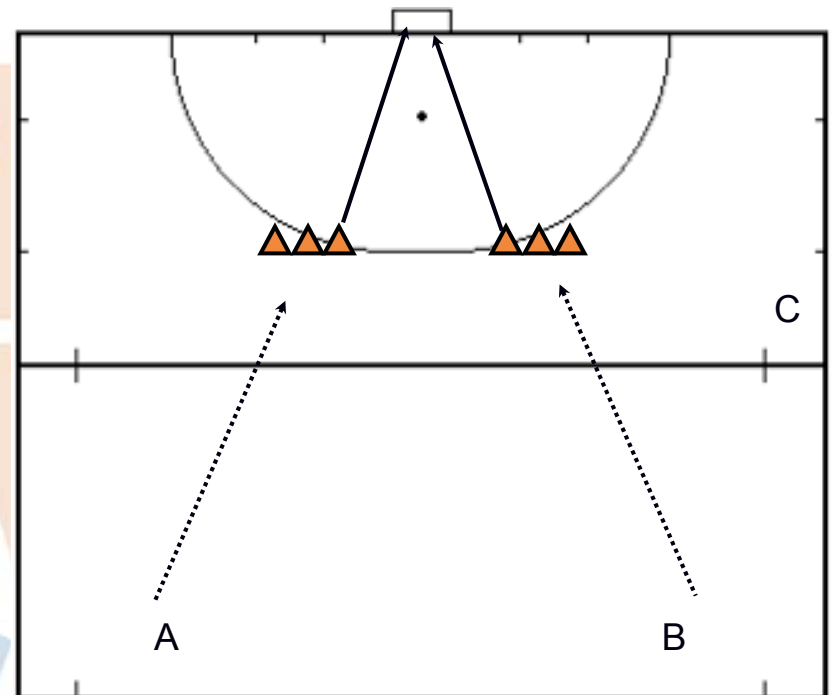
- A & B starting locations
- Simple Dribble towards cones to change direction and prepare hit

## Goal of Skill / Exercise

- Ability to have a consistent and accurate hit to goal

## Emphasizes:

- After change of direction position ball away from body
- Step into the ball with left leg, left knee needs to bend
- right foot stays on ground for body balance
- Move the stick back, not up for relaxed shot
- space in front of body for arm movement



## 2. Reverse Hit

### Organization:

- Players Start at A, dribbles into circle for reverse hit
- After 1st hit, 2nd ball is inserted and after cone, 2nd hit follows

### Goal of Skill / Exercise

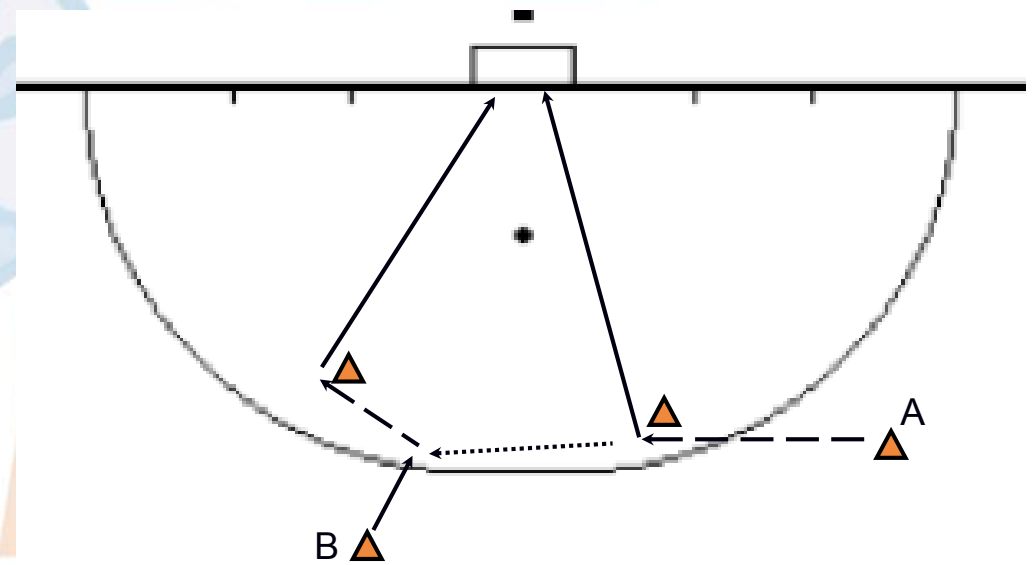
- Ability to have a basic concept of the reverse hit to goal

### Emphasizes:

- Start with reverse hit with young, inexperienced players
- ball position in front of right foot
- both feet behind each other, not next!
- Pan cake grip
- Knees bend (90 degrees) hips in
- Wrists at ankle height at moment of impact

### Variation;

- Speed of dribble
- Direction of circle entry



# 3. Back-facing the Bounce

## Organization:

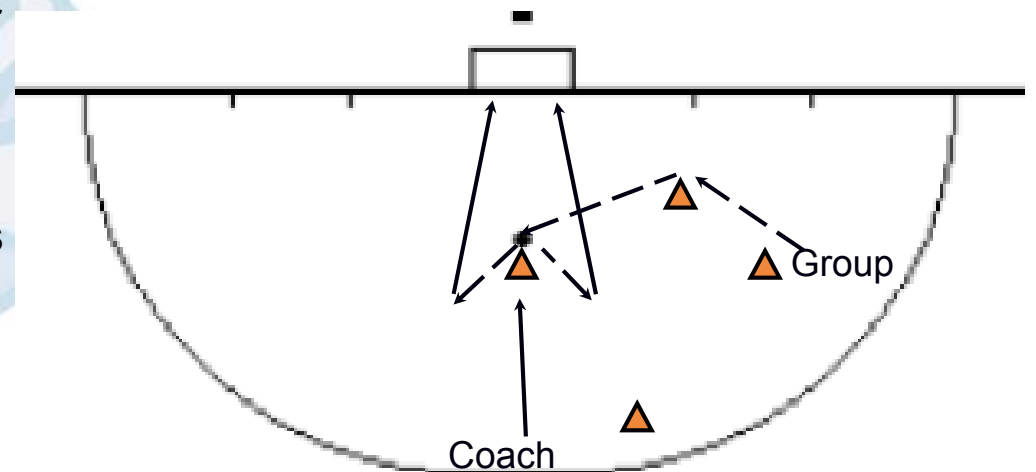
Players on side of drill. Player 1 runs towards end-line and gets back to stroke mark. Player gets around cone and can choose left or right. Coach throws ball towards player with bounce on ground. Player receives into open area and finishes. Player keeps back towards the goal.

## Emphasizes:

- Body behind ball on the 1st touch
- Receive into open space
- prepare for quick shot, adjusting footwork

## Variation

- Pop hit on fh and bh.



# 4. Rebounds

## Organization:

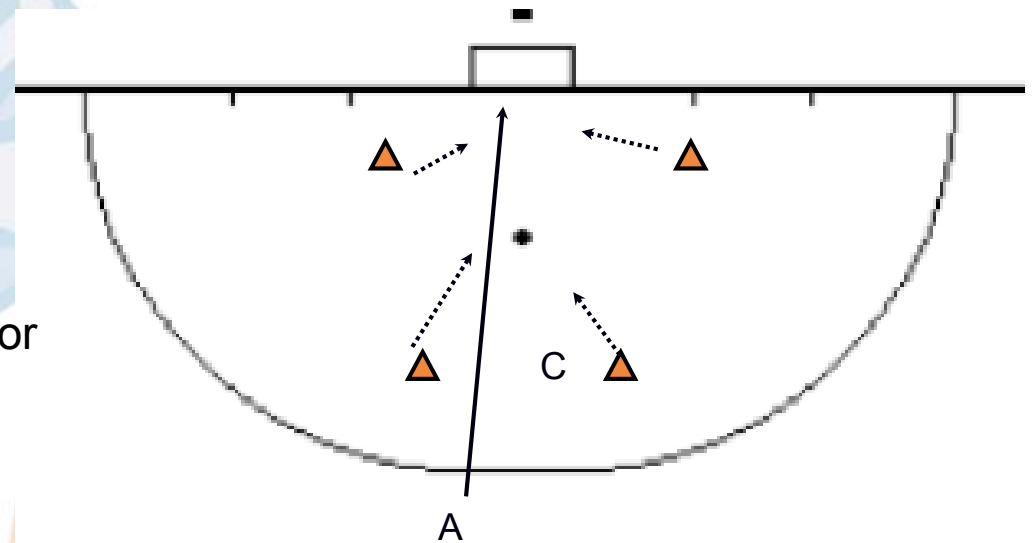
- Divide group in 2 or 3
- Players man all cones (4) and 1 player on top with the balls
- Player A starts with dribble to circle and hit on goal.
- After 1st shot rebounds are played by all players, becomes 5 players vs 1 goalkeeper
- Coach has 6 ball in hand and throws ball at goalkeeper or at players to simulate rebound situations.
- Players are allowed to hit the ball twice (hit or pass)

## Emphasizes:

- All players be aware for balls at all times!!
- Move on forefeet and stay low to react quick
- find open shots or passes

## Variation;

- Apply verbal pressure



# 5. Footwork Combo

## Organization:

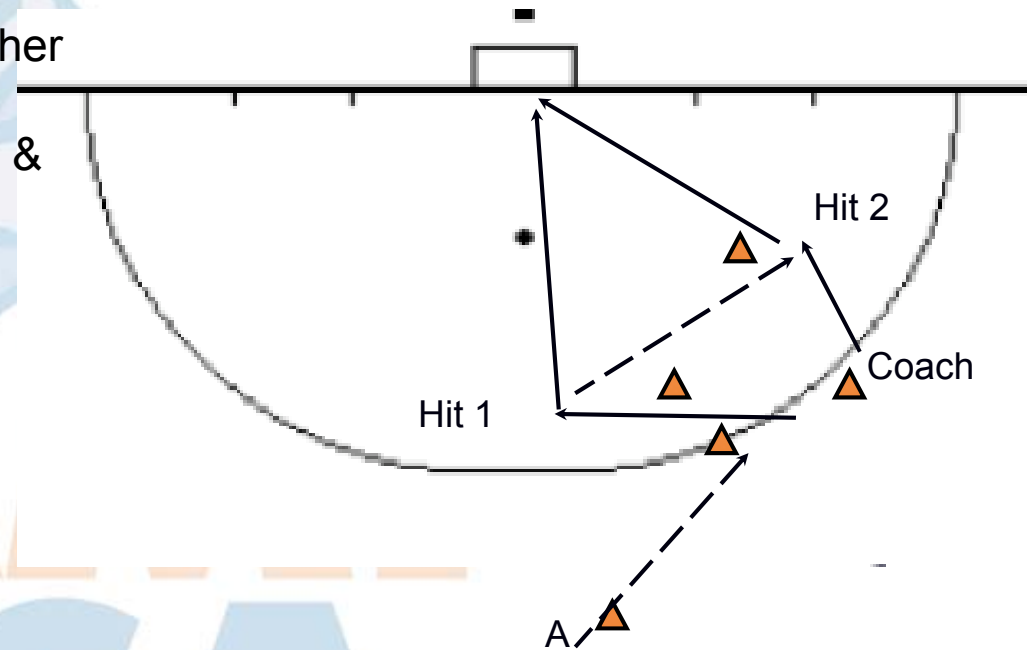
- Player starts at A without ball. Gets around cone and gets a ball into her feet. One touch hit to goal.
- After hit 1 she gets to outside gets ball 2 into her feet for hit 2 to goal.
- Player A has a 1/2 touches to score, receive & shoot

## Emphasizes:

- Space between body and ball at moment of impact
- Start swing preparation in time
- Small steps on forefeet to get around ball

## Variation;

- Position of balls







# 7. Footwork & One Touch

## Organization:

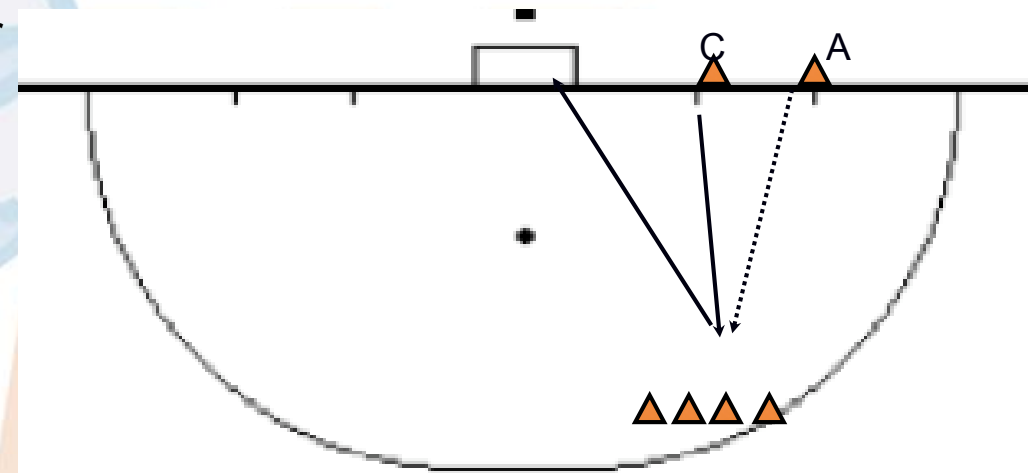
- Players Start at A, round the cones to get in circle
- When player rounds last cone C (coach) inserts ball towards feet of incoming player
- Players has a 1 touch to goal

## Emphasizes:

- Space between body and ball at moment of impact
- Start swing preparation in time
- Small steps on forefeet to get around ball (Footwork)

## Variation;

- Angles of pass from coach
- Allow reverse hit with experienced groups



# 8. Scoring Combo

## Organization:

- Players Start at A, round the cone for 1st shot
- 2nd ball from position A for reverse hit
- Player rounds the cone on right
- Coach hits pass for 3rd shot, deflection

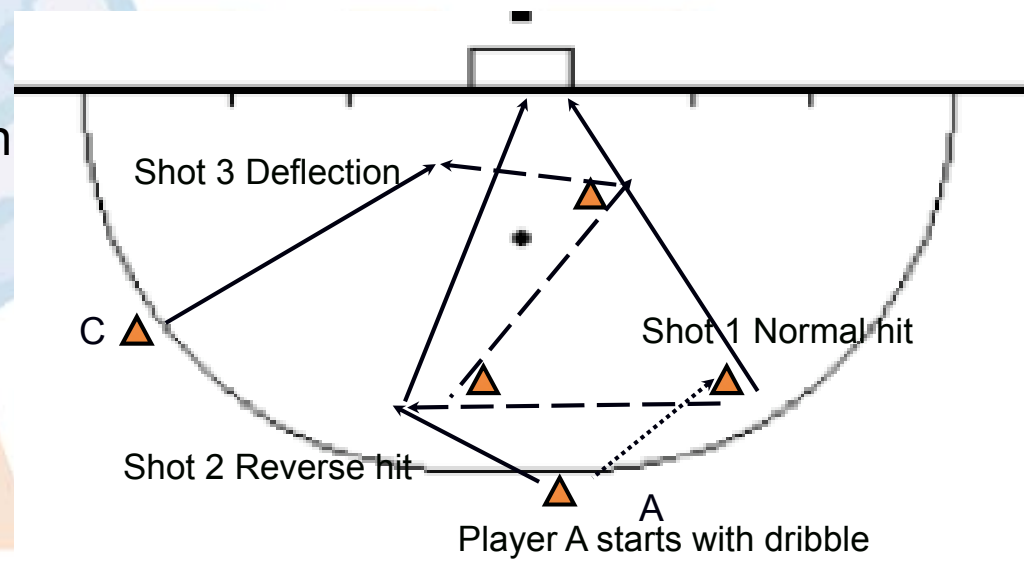
## Emphasizes:

Deflection;

- Keep stick low on ground
- Keep body out of passing line

Reverse:

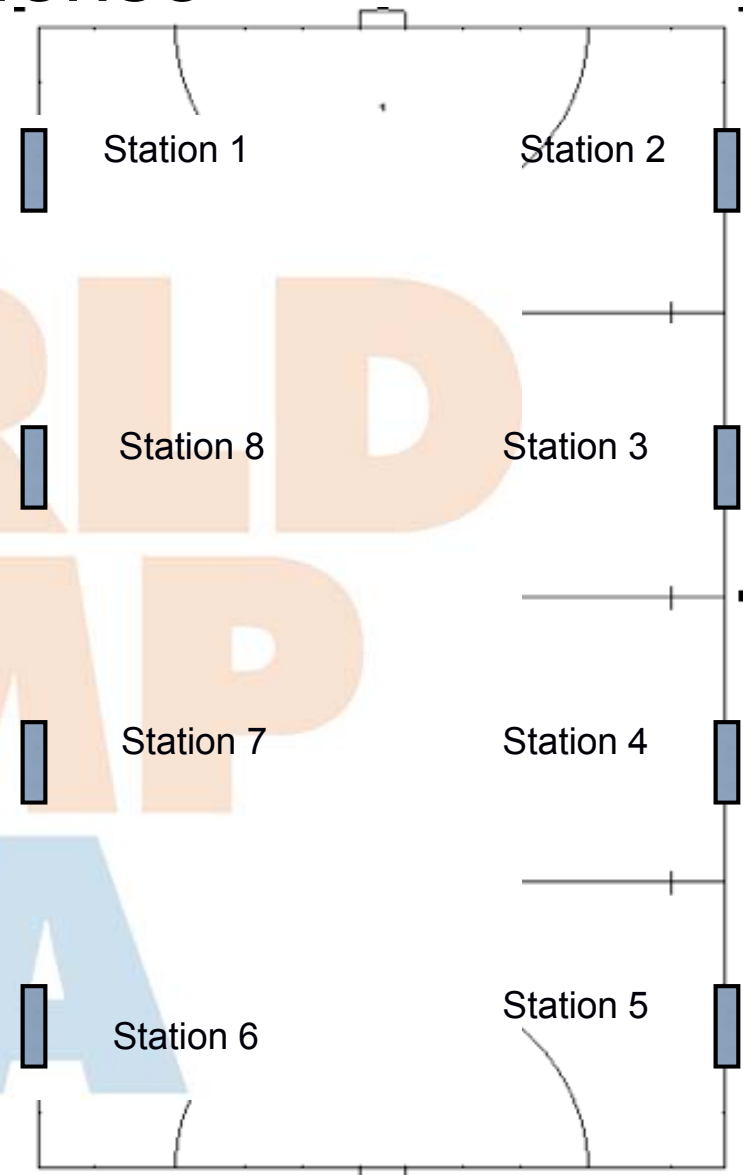
- See reverse hit



# Session 3 “Basic Passing / Receiving & Advanced Defense”

## Organization:

- 8 station Split clinic (Split Camp Turf / Grass)
- 8 Stations on field with goals
- 1 training group per station
- Groups rotate (Clockwise) after 15 minutes (8 rounds)
- No Goalie session, GK 's in goal
  
- Demo before warm up for whole camp
- TD leads demos
- TD tracks time and takes care of rotation
- 15 minute rounds
- 8 Goal-shooting exercises:
  1. The Drive / Hit
  2. Dynamic Push passing
  3. Passing left & right
  4. Closed receiving
  5. Open receiving
  6. Basic Defense Check
  7. Shave & Steal Techniques
  8. Double teaming



# 1. The Hit

## Organization:

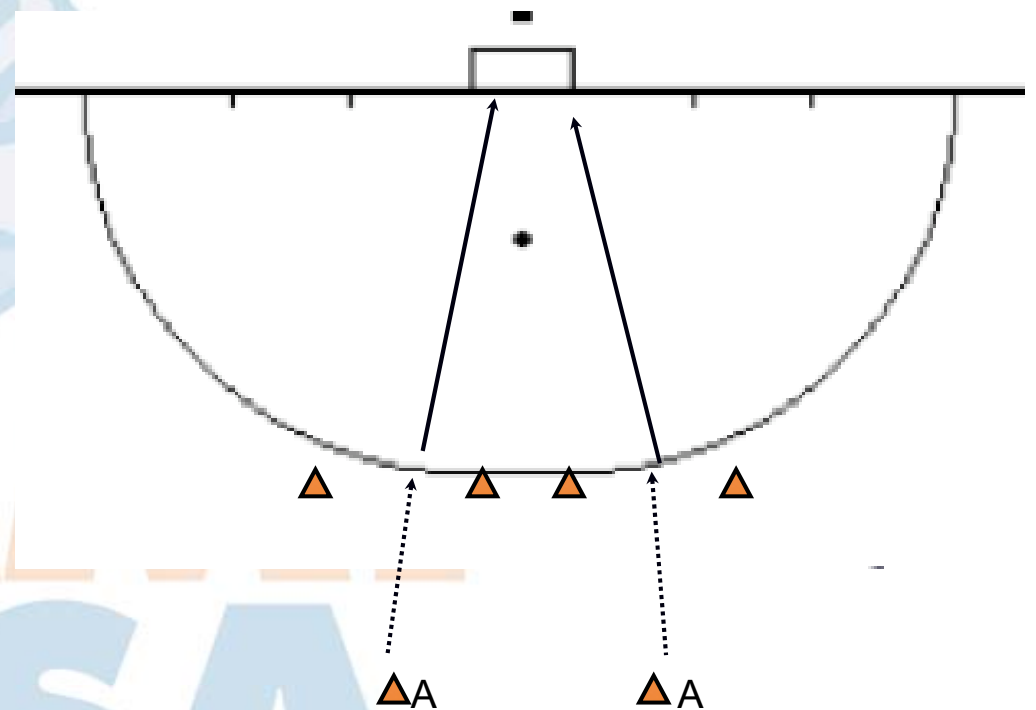
- Players Start at A, Dribble to circle and prepare shot when passing cones.

## Emphasizes:

- Release ball for shooting position
- Turn body for proper hit
- Step with left leg, bending the knee for balanced hit
- Keep right foot on the ground
- wrists flex at impact moment

## Variation;

- Change of direction before hit



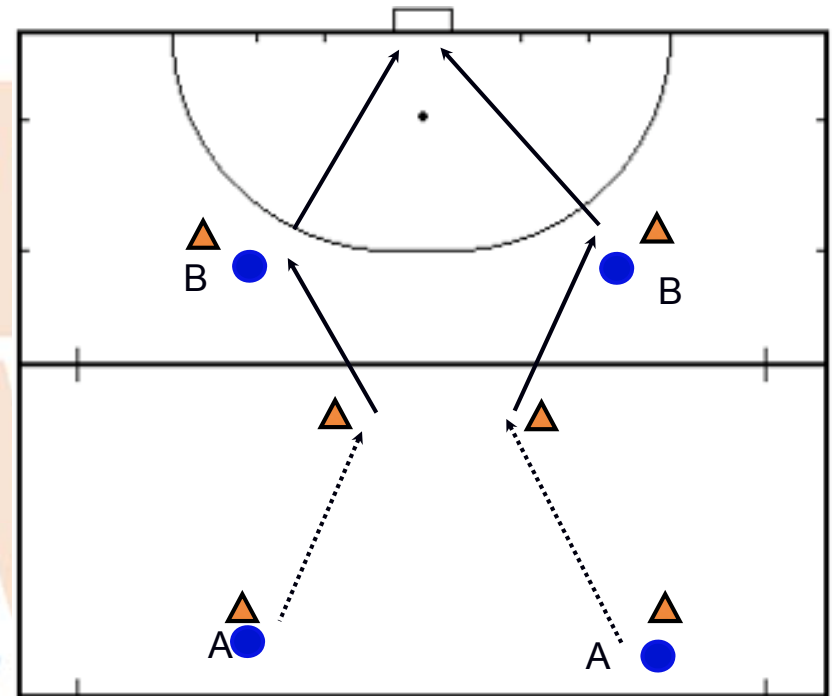
## 2. Dynamic Push Passing

### Organization:

- Player A Dribbles around cone, pass to player B
- Player B receive ball and finishes to goal.

### Emphasizes:

- Keep ball on stick while turning cones
- Get body around ball to prepare pass, footwork
- When ball is in the center of body set up push pass
- create distance between body and ball.
- Follow up motion towards direction of the ball
- no standing still at moment of pass



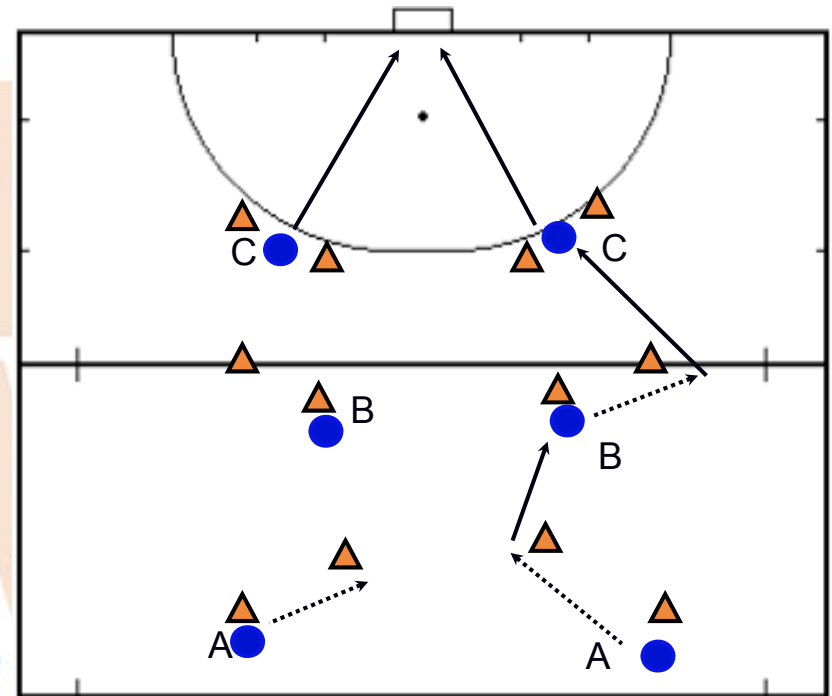
# 3. Push Passing to left and right

## Organization:

- Player A Dribbles around cone, pass to player B
- Player B takes ball to outside get around cone for pass to player C.
- Player C receive ball and finishes to goal.

## Emphasizes:

- Keep ball on stick while turning cones
- Get body around ball to prepare pass, footwork
- When ball is in the center of body set up push pass
- create distance between body and ball.



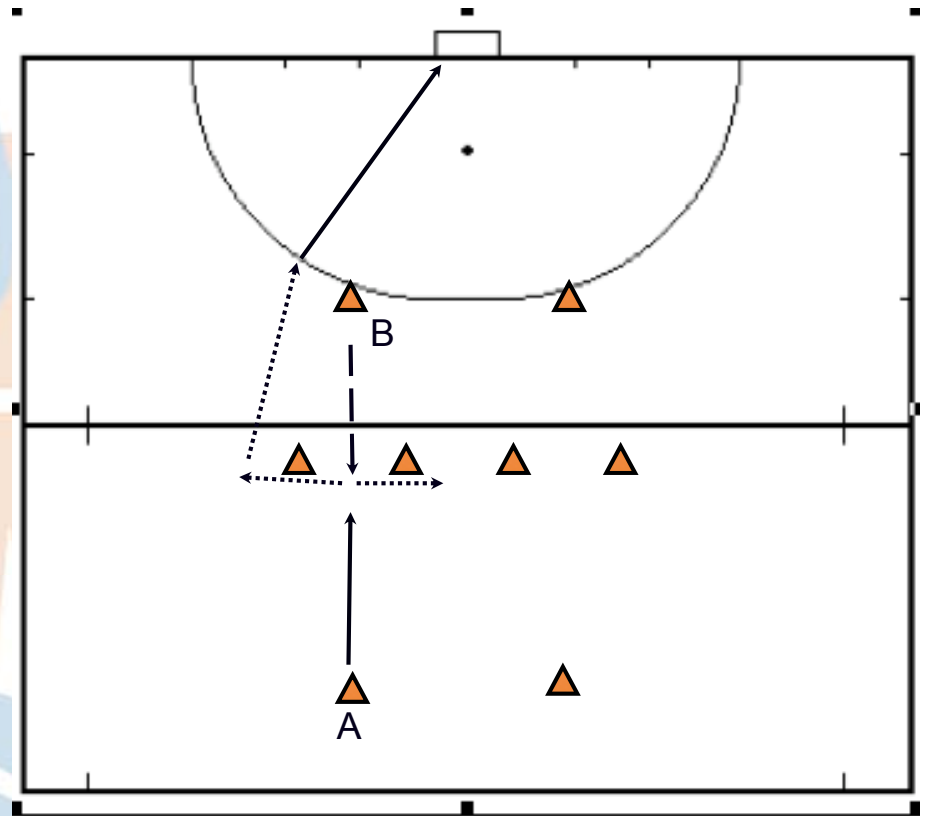
## 4. Closed Receiving

### Organization:

- Player A passes the ball to player B, player B leads back to ball and has a defensive receiving action. Takes the ball in direction of passer. Get around the cones to create a forward motion and goes to goal for a goal shot.

### Emphasizes:

- Ball position in front of right foot when receiving the ball
- Low stick (Left hand at left knee)
- Push ball in front of body
- Run through the ball



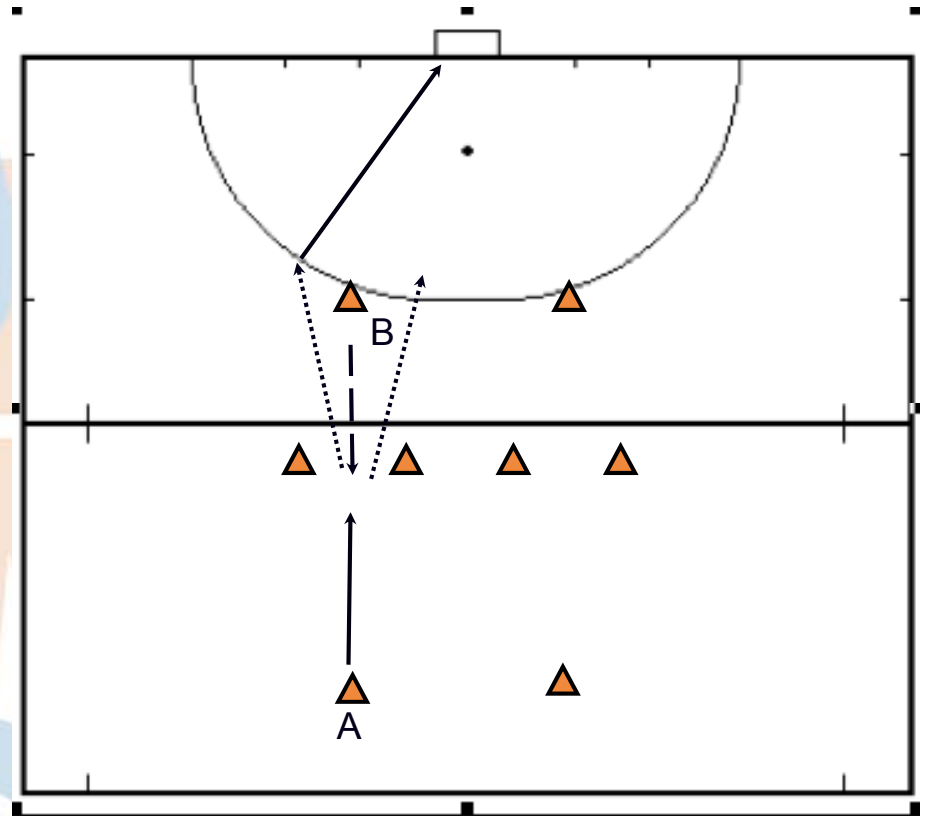
# 5. Open Receiving

## Organization:

- Player A passes the ball to player B, player B leads back to ball and has an offensive receiving action. Takes the ball in direction of pass direction. Create a forward motion and goes to goal for a goal shot.

## Emphasizes:

- Open up body when receiving the ball
- Let ball pass the body
- 1st touch on the ball is after it passed the body





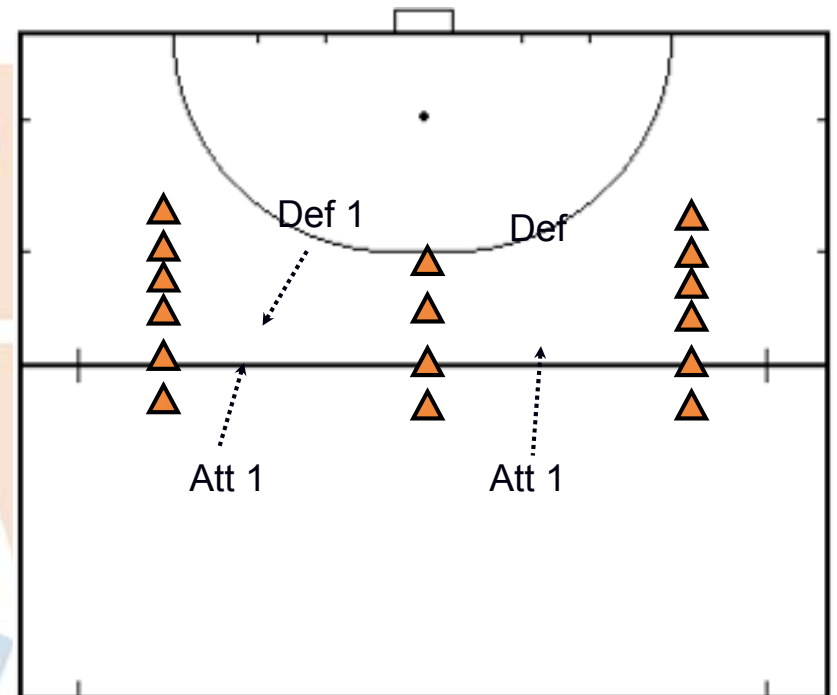
# 6. Basic Defense Check

## Organization:

- 2 sides (Boxes in front of goal)
- Defender starts at circle edge, attacker start just over 25y line.

## Emphasizes

- Check on defensive skills
- \* channel run (banana run)
- \* Applying pressure on ball possessor (eyes down)
- \* Jab and footwork
- \* Physical Space defense to make tackle



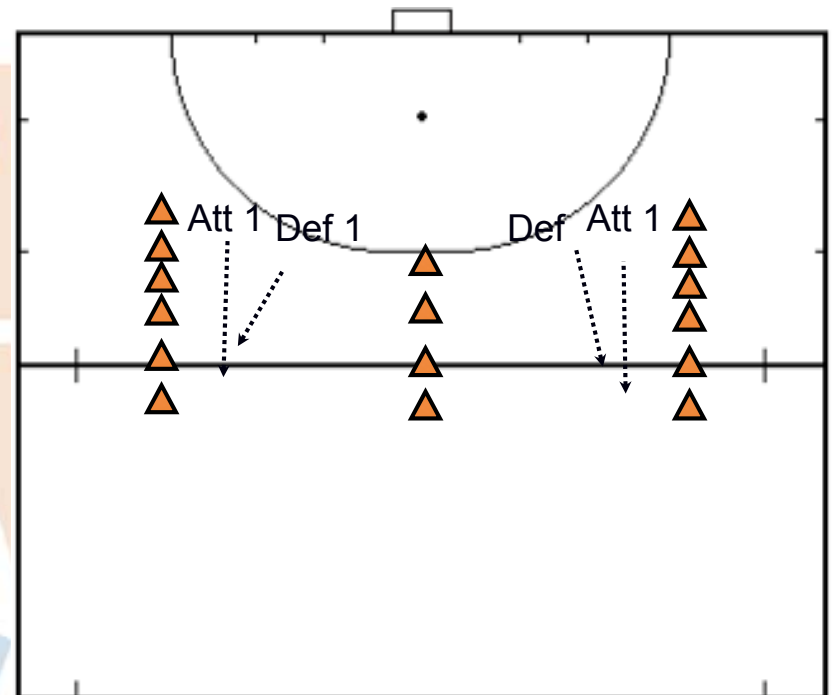
# 7. Shaves and Steals

## Organization:

- 2 sides (Boxes in front of goal)
- Attacker 1 starts with dribble towards 25y line. Defense starts on side to get from behind shoulder to shoulder.
- Defender takes ball away with Steal or shave.
- Defender becomes attacker to goal.

## Emphasizes

- Shoulder to shoulder positioning
- stick in correct hand for reach
- Control time for defensive move



# 8. Double Teaming to Goal

## Organization:

- Attacker start on circle edge with ball tries to dribble through goal.
- Defense structures a double team situation and go to goal after getting possession.

## Emphasizes

- Def 1 becomes the Channel Defender
- Def 2 is the tackle defender
- Positioning of defense is forehand - forehand
- Communication
- Pro active tackles on ball possessor
- Quick counter attack to goal

