

Clinic: Basics Basic Check up
Version: World Camp USA 2012

TOPICS



- | | |
|---|--|
| 1. Ball Handling Skills | 8 Stations |
| 2. Enhanced Dribbling Skills (Aus. X) | Groups rotate |
| 3. Dynamic passing L & R | |
| 4. Receiving | All stations start at Ex.1
and follow TD Lead |
| 5. Receiving with change of direction | |
| 6. 3 people 2 touch passing & receiving | |

- Separate GK Clinic

16 Grids on turf, 1 training group per grid
Each coach has 2 groups

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MATERIAL

CONES	160
BALLS	480 (30 per vak)
BEAMS	0
GOALIE PUPPET 	0

SYMBOLS

 = Run without ball	 = Defender	 = Cone
 = Run with ball	 = Goalie	 = Ball
 = Pass	 = Attacker	 = Balls start
 = Shot on Goal	 = Goal	



Clinic: Basic Check up
Exercise: Ball Handling Skills

1

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Each player has a ball and stays in grid.

Slow paced dribbling with focus on ball handling skills

Change direction Left and right

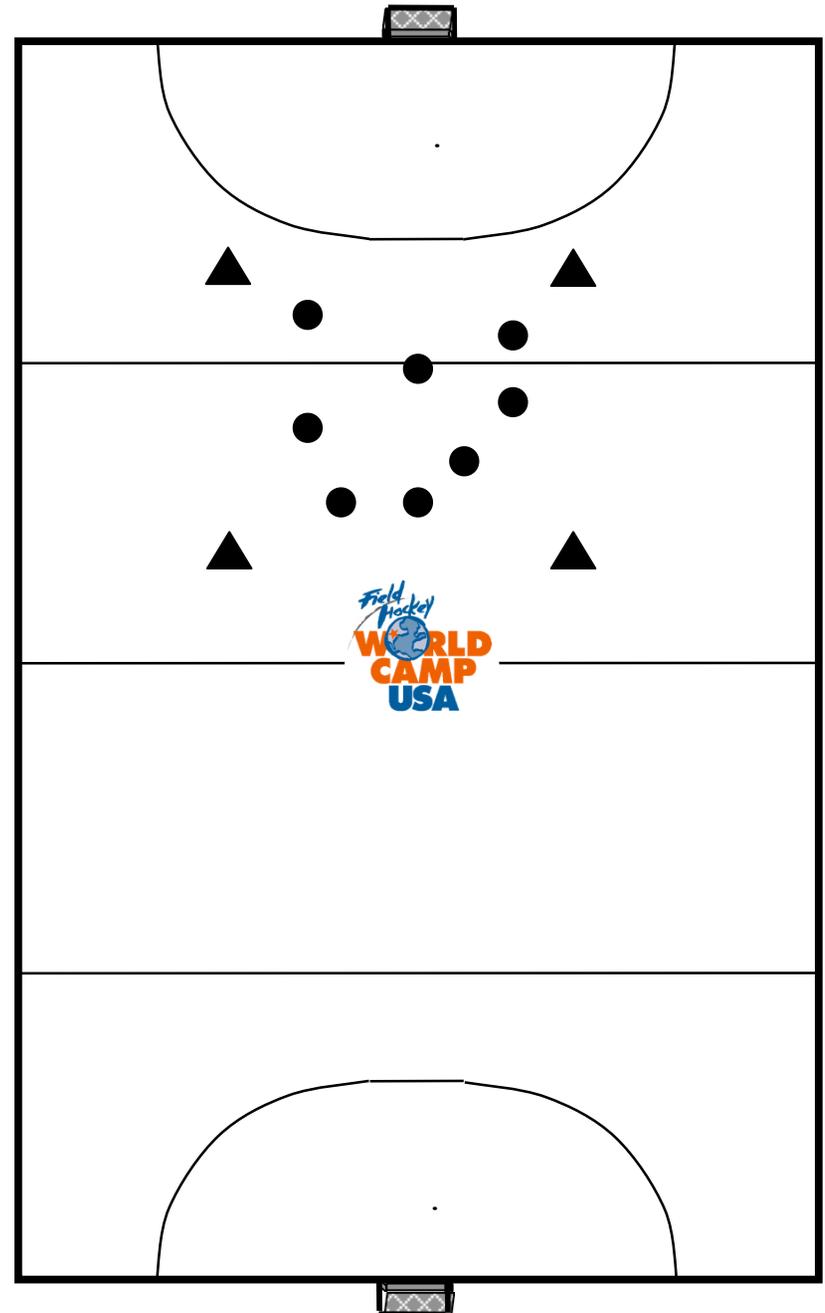
Add lifts with advanced groups

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POINTERS

1. No physical contact
2. Continues control on the ball while maintaining vision
3. Ball position in front of right foot

DIFFERENTIATION



Clinic: Basic Check up
Exercise: Enhanced Dribbling

2

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Player A and B start at the same time towards the middle.
Once passed the cone, sharp turn right and accelerate towards cone.
At cone, straight pass to next player A to B

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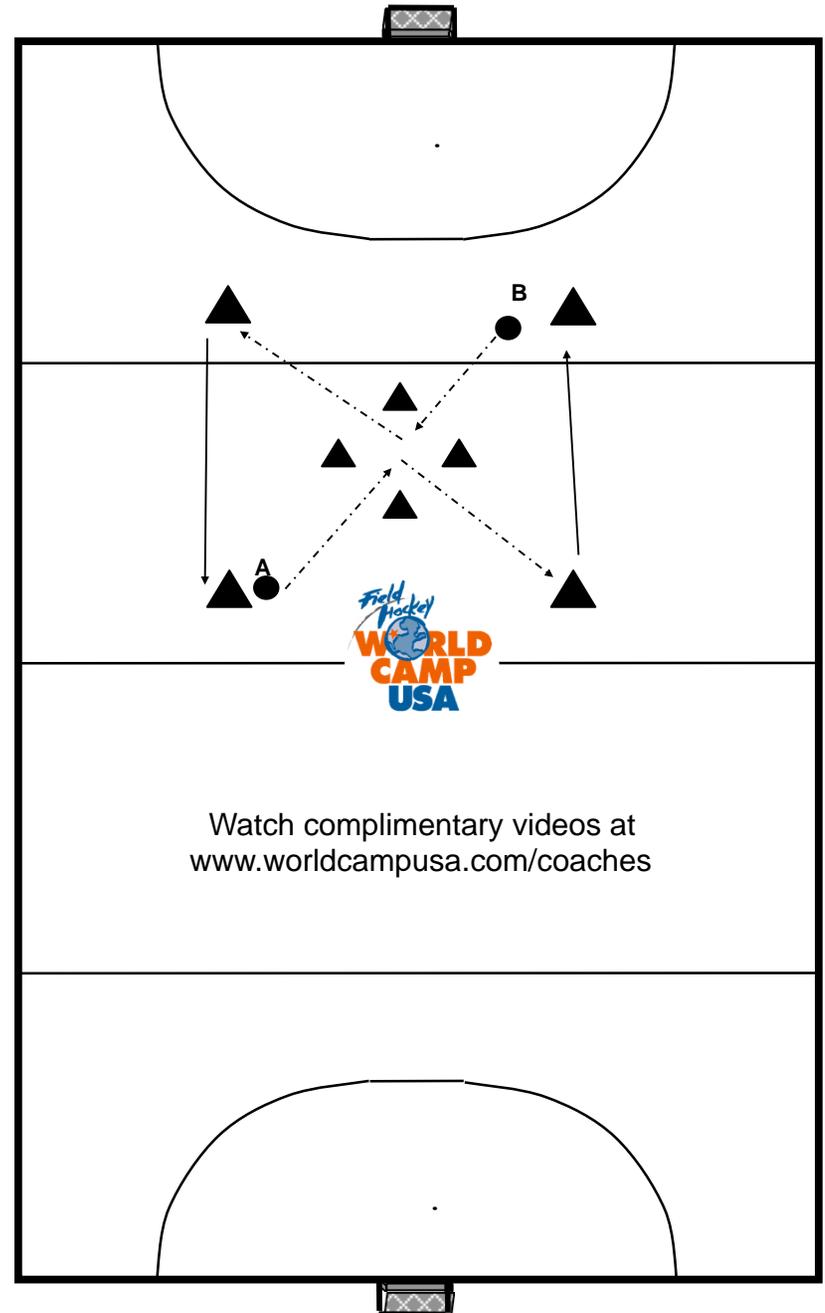
POINTERS

Correct dribbling position

1. Australian X (See World Camp Videos)
- Ball in front of right foot
 - Elbow out
 - Stick in 45 degree angle
 - At turn, enough distance between body and ball (push ball through)

DIFFERENTIATION

- Turns with or without using reverse skills
- Turn direction to left.



Watch complimentary videos at
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Clinic: Basic Check up

Exercise: Passing to right & left

3

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Player A and B start at the same time towards the middle.

Once passed the cone, pass to right to player C. (player A)

Player C passes to B and follows ball.

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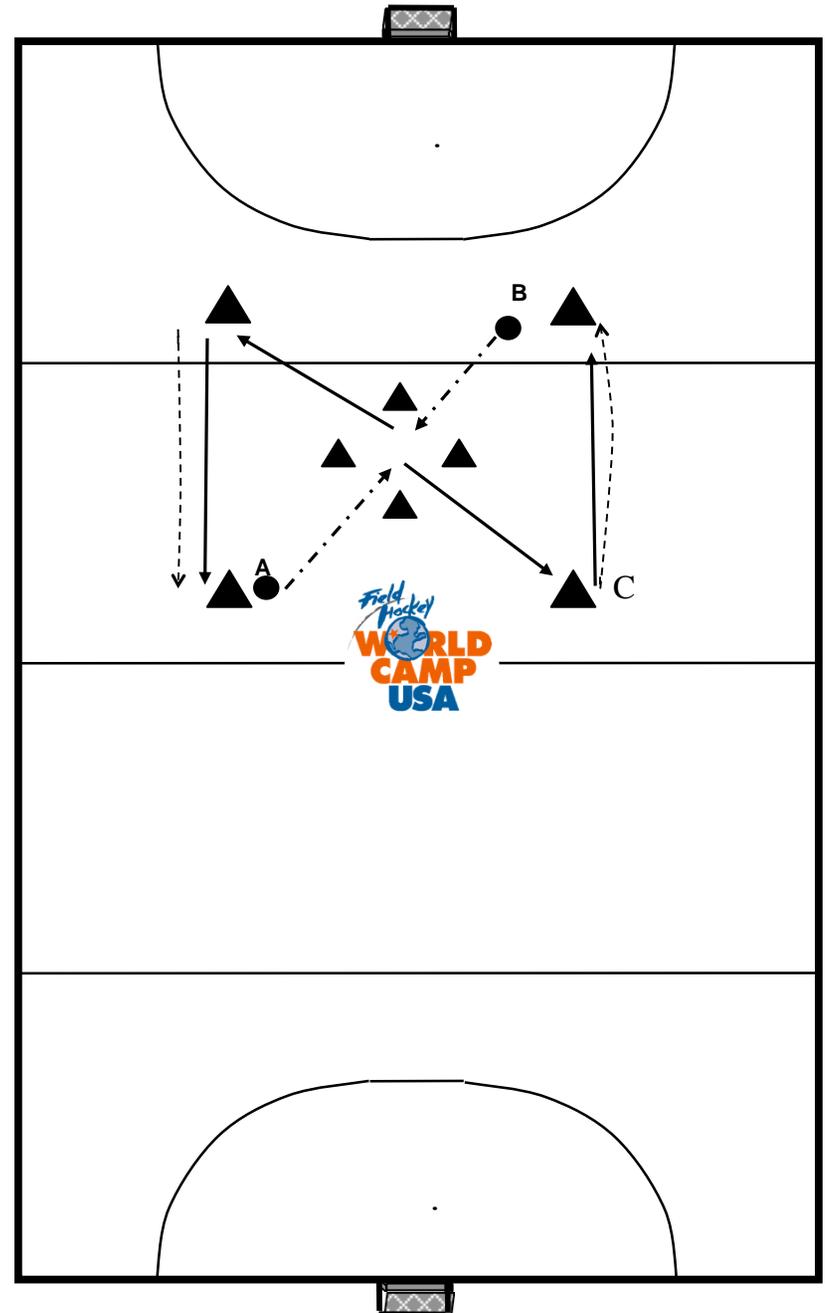
POINTERS

* Correct dribbling position (See ex. 2)

1. Ball position on pass, behind body
2. front knee bend for body balance
3. Push pass using arms and wrist for controlled pass to right
4. Turn upper body

DIFFERENTIATION

- Same with pass to left (Bring ball in front of body)
- Limited touches on ball on passing skill



Clinic: Basic Check up

Exercise: Receiving

4

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Player A runs towards player B, player B passes ball to A, A receives the ball in the middle and controls ball while going in the same direction as where the ball came from.

- Opposite side goes C&D

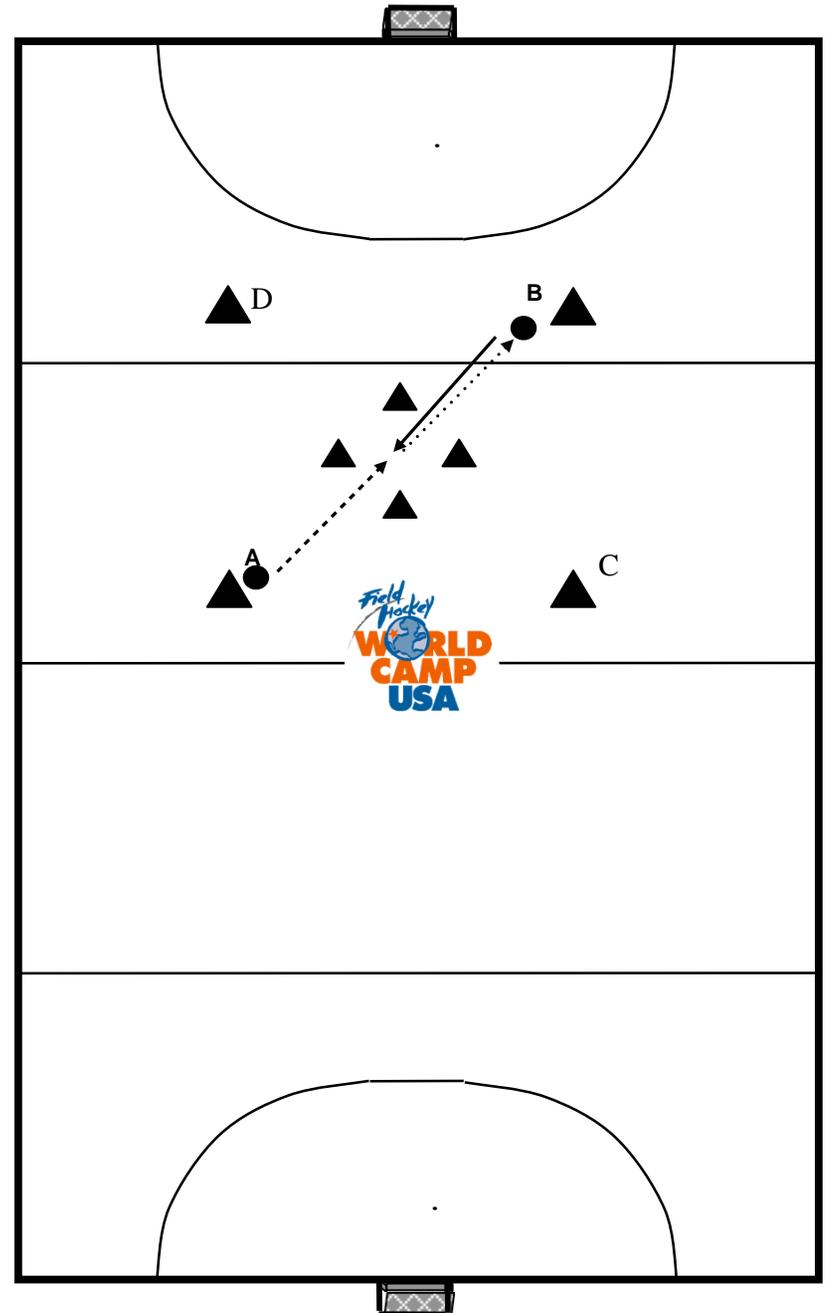
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POINTERS

Strong receiving position

- Body balance
- Low stick (left hand, left knee)
- Push through the ball

DIFFERENTIATION



Clinic: Basic Check up

Exercise: Receiving w/ change of direction

5

ORGANIZATION **WORLD CAMP USA**

Player A runs towards player B, player B passes ball to A, A receives the ball in the middle and controls ball, in receiving player turns to the left and brings the ball forward.

- Opposite side goes (B goes with pass from A and receive towards C

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POINTERS

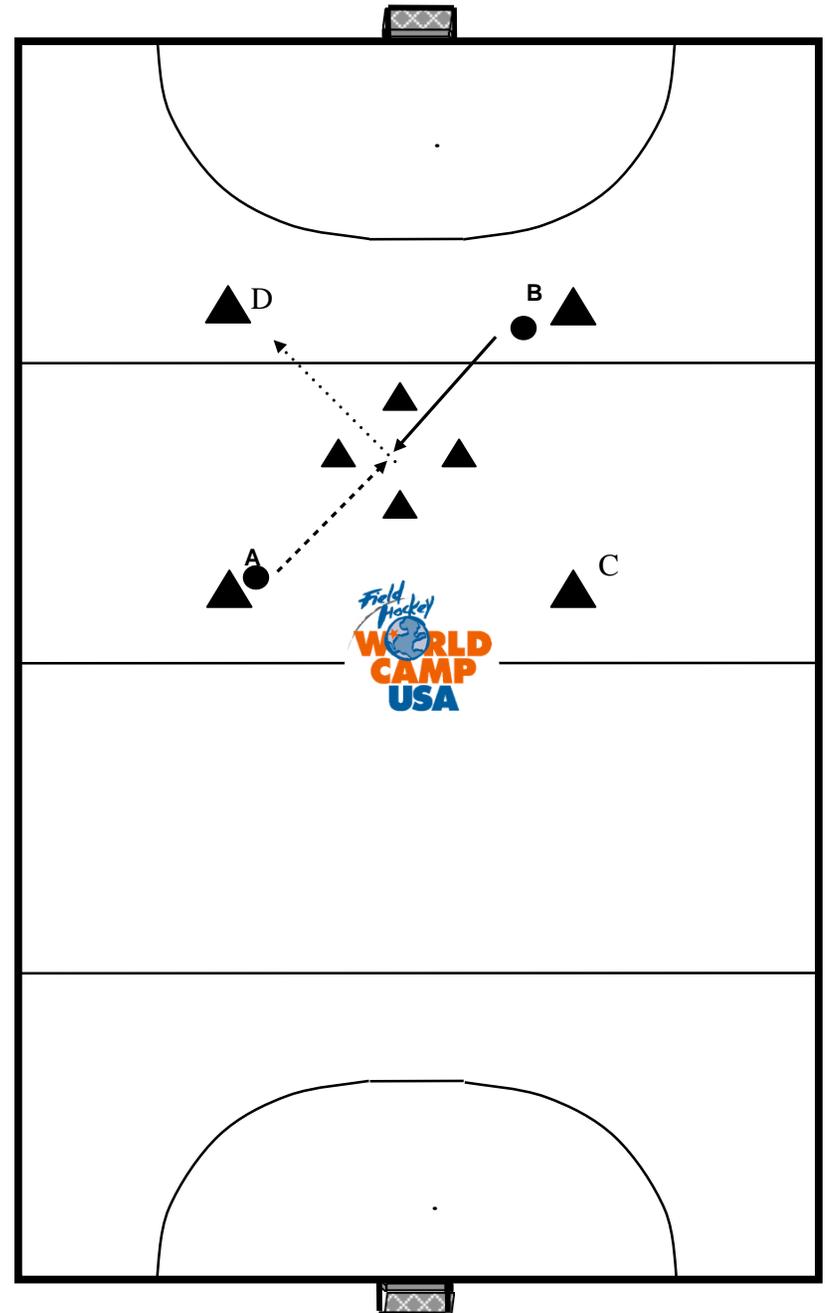
Strong receiving position

- Body balance
- Low stick (left hand, left knee)
- Change of direction happens on first touch
- Ball stays on stick

DIFFERENTIATION

Receive towards right side

- Push ball away from body while keeping on your stick



Clinic: Basic Check up
Exercise: 3 Player pass & Receive

6

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3 Players pass and receive with 2 touch

- 3 players team up and pass the ball around

They have to move after each pass

They cannot stand still with the ball

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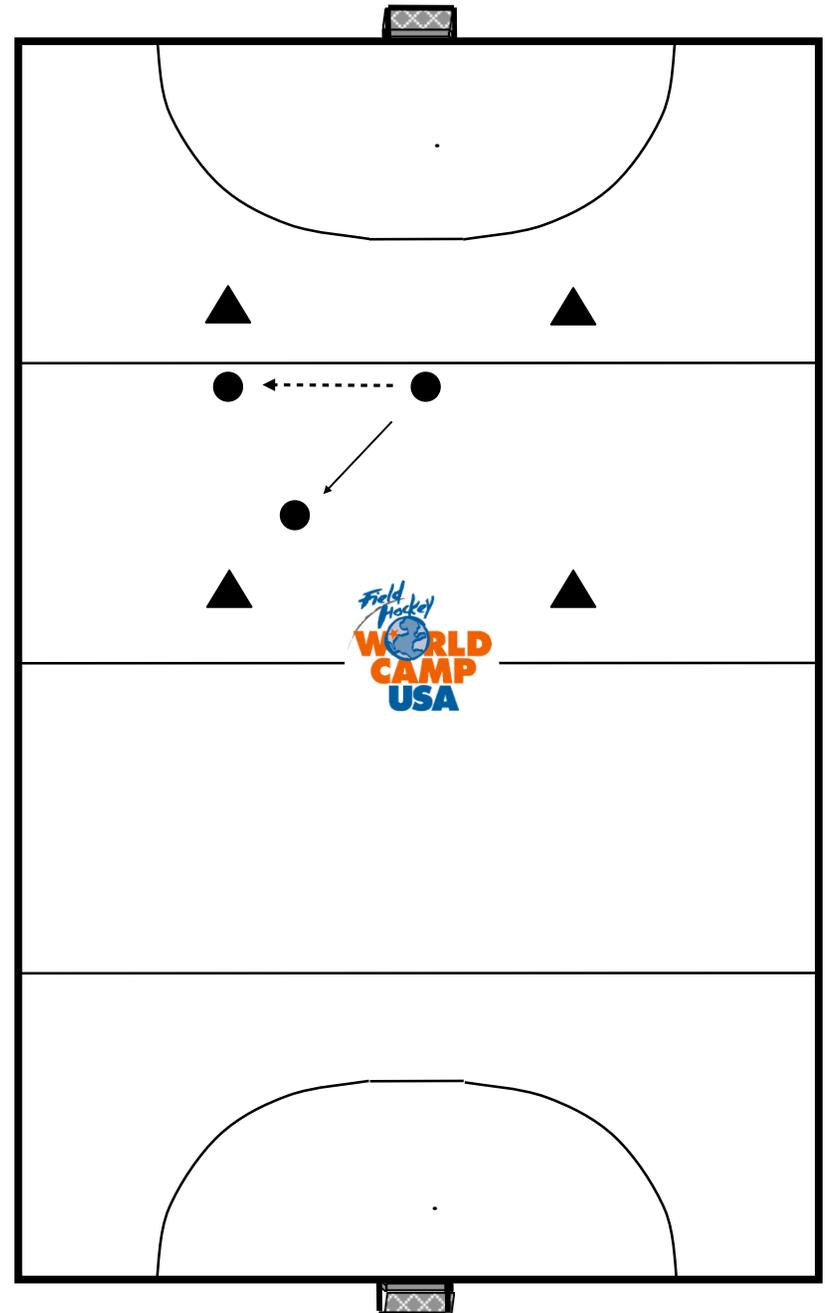
POINTERS

- Move based of each other
- Footwork in receiving and passing
- 1st touch is essential (receive in direction of next pass)
- Change of direction happens on first touch
- Ball stays on stick as much as possible

DIFFERENTIATION

Receive towards right side

- Push ball away from body while keeping on your stick



Clinic: Defense

World Camp USA, 2012

TOPICS

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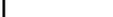
- | | |
|----------------------------|--|
| 1. Footwork | 8 Stations |
| 2. Channeling | Groups rotate |
| 3. Claiming your territory | All stations start at Ex.1
and follow TD Lead |
| 4. The Wingman | - Separate GK Clinic |
| 5. Persistence | |
| 6. 1v1 Battle | |
| 7. Defense is Fun | |
| 8. Defense in Games | |

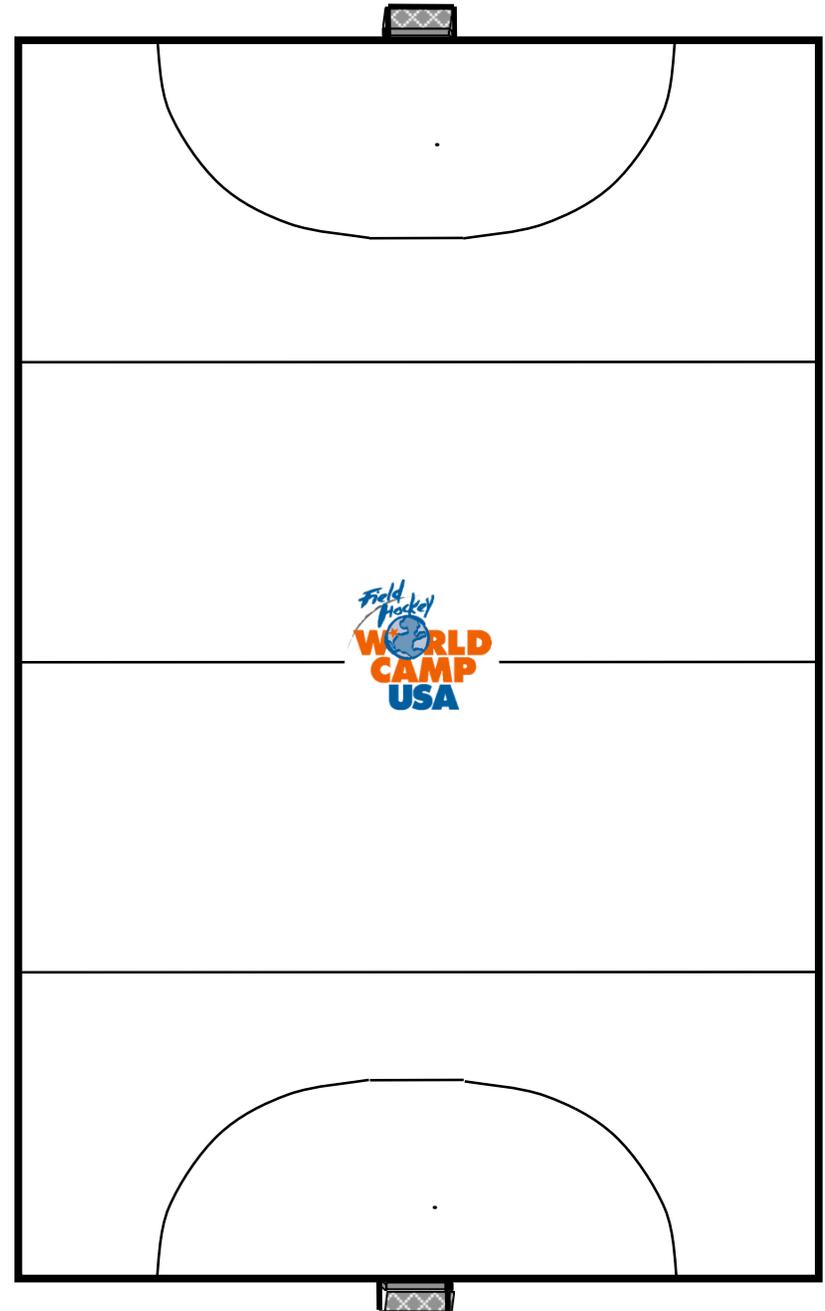
MATERIAL

CONES
BALLS
BEAMS |
GOALIE PUPPET 

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SYMBOLS

 = Run without ball	 = Defender	 = Cone
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Build up confidence (Footwork)

Exercise:

Slap each other on the leg/ Knee

Pointers:

Keep your left foot in front.

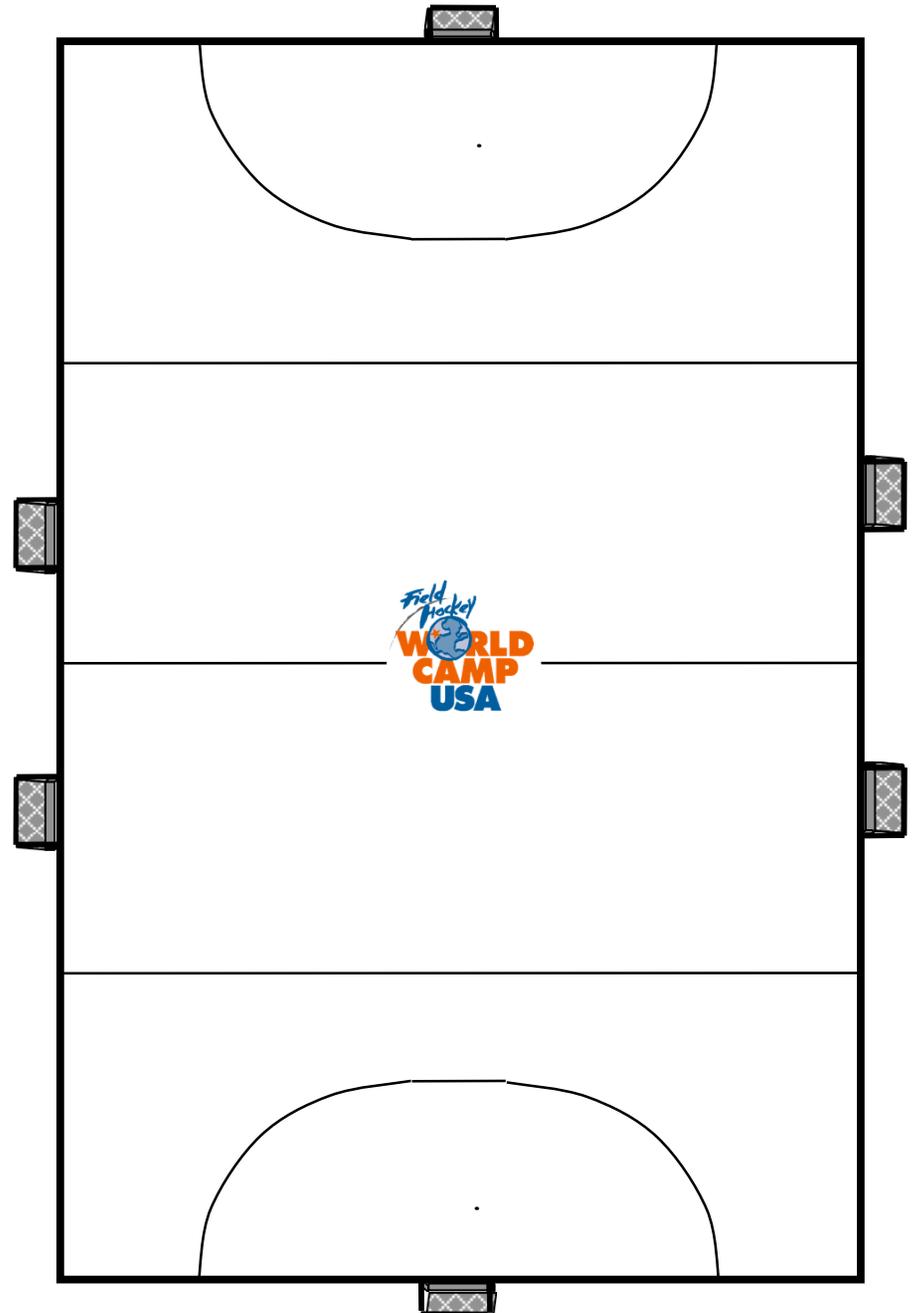
Stand on your front feet to move around quickly.

Keep on jabbing until you see the right moment to strike.

- Light on forefeet
- Don't overcommit on front leg
- Be and stay mobile

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Channeling

Exercise:

A passes to B. B tries to dribble over the end line. A tries to trap the ball. When A does so she scores by dribbling over the other end line.

Pointers:

Make eye contact to see where she's going.

Move in slowly, don't scare her away.

Play hard to get for a short while (channeling) till her guard is down (chin down) then go for the kiss (tackle).

Always left foot in front.

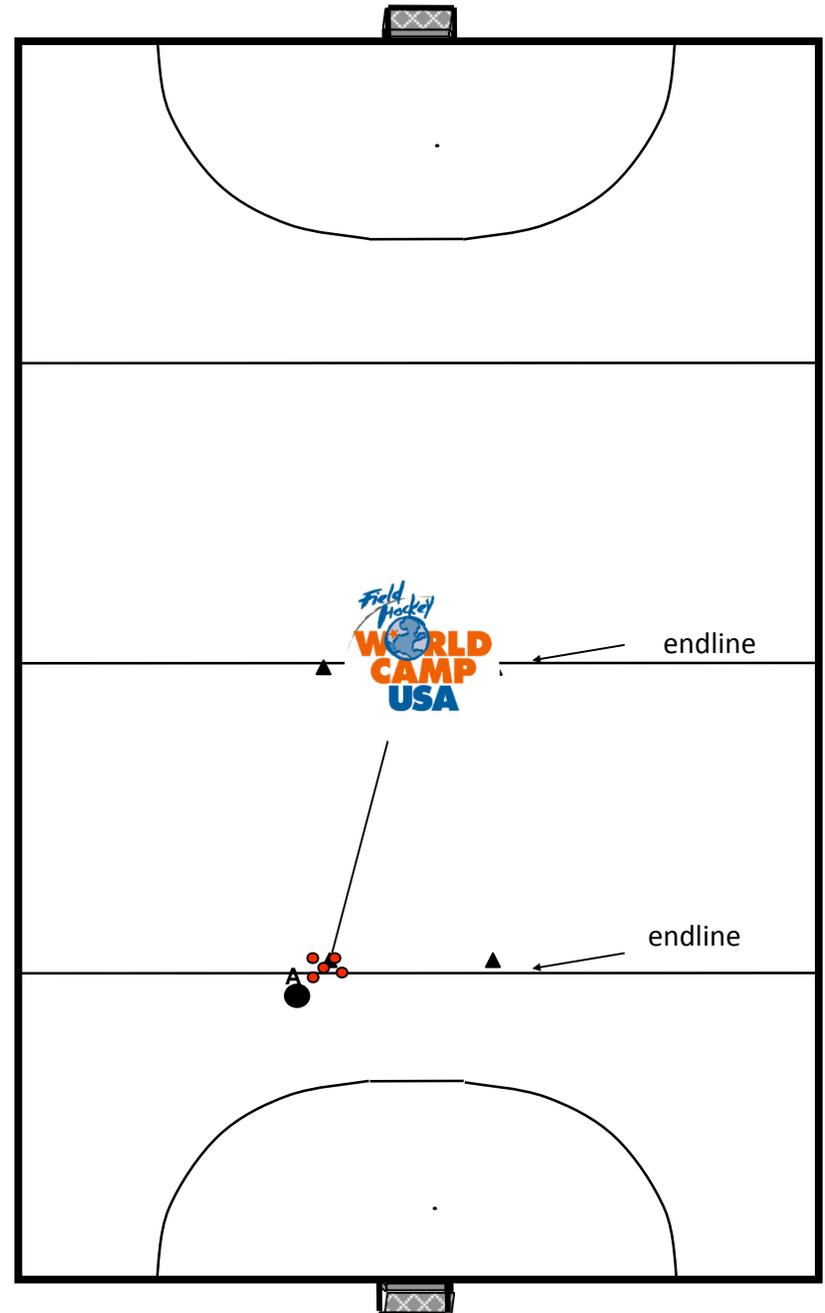
Differentiation:

No lifting aloud (easier)

Make end line wider or smaller.

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Claiming your Territory.

Exercise:

A passes to B. B tries to dribble through one of the goals. The left one for 2 points and the right one for 1 point. A tries to trap the ball. When A does so she scores by dribbling over end line B.

Pointers:

Walk up to B with a bow. First close your weak side. Left foot in front, right shoulder lined up with right shoulder of B.

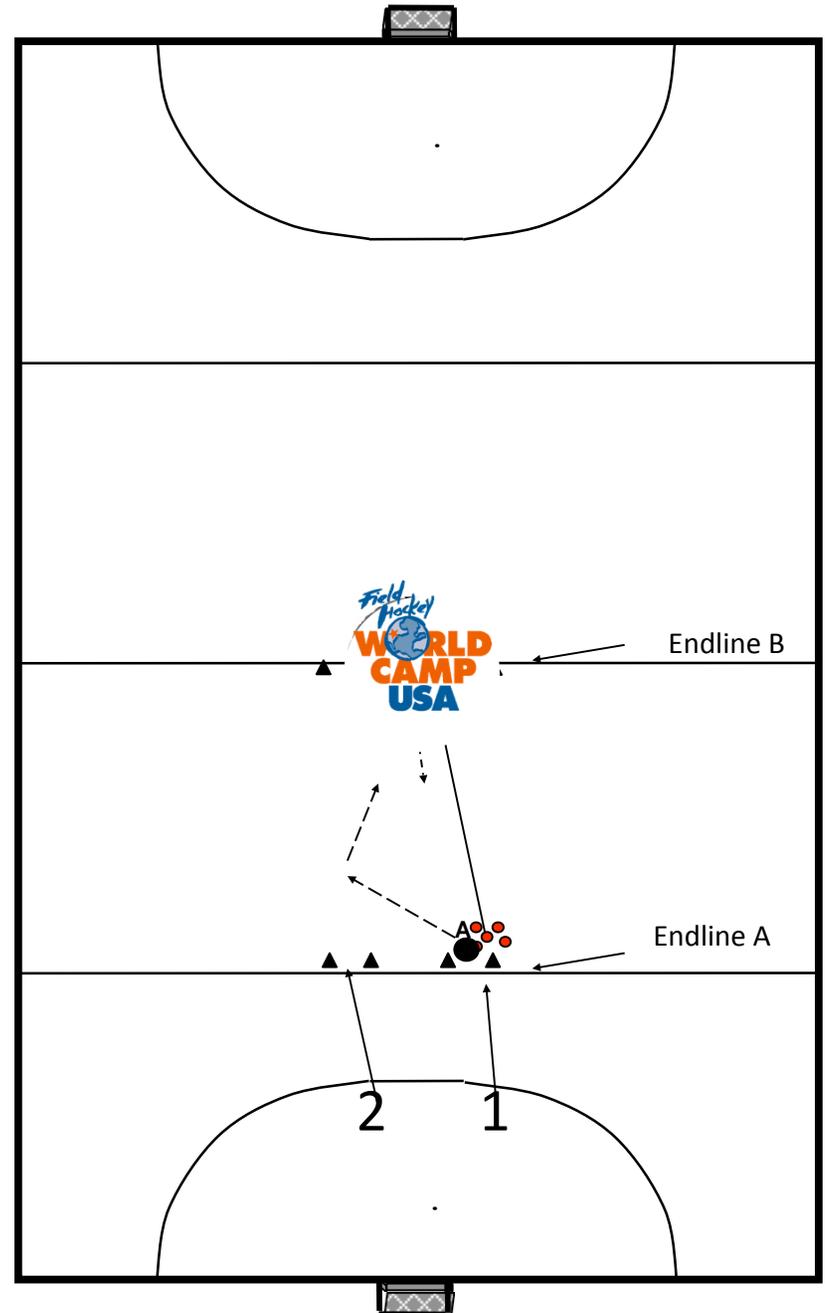
Channel until either B makes her move or loses control over the ball.

- Banana run
- Timing of turning is essential
- Control your physical space
- Apply pressure and force attackers eyes down

Differentiation

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The wingman.

Exercise:

A passes to B. C and A try to trap the ball working together. They both try to score by dribbling over each others end line.

Pointers:

C only channels so her stick is always in vertical direction. When A tackles her stick and C's stick should make a 90 degree Angle. So B can never go in between them. A makes a double handed tackle so B can't just push the ball through.

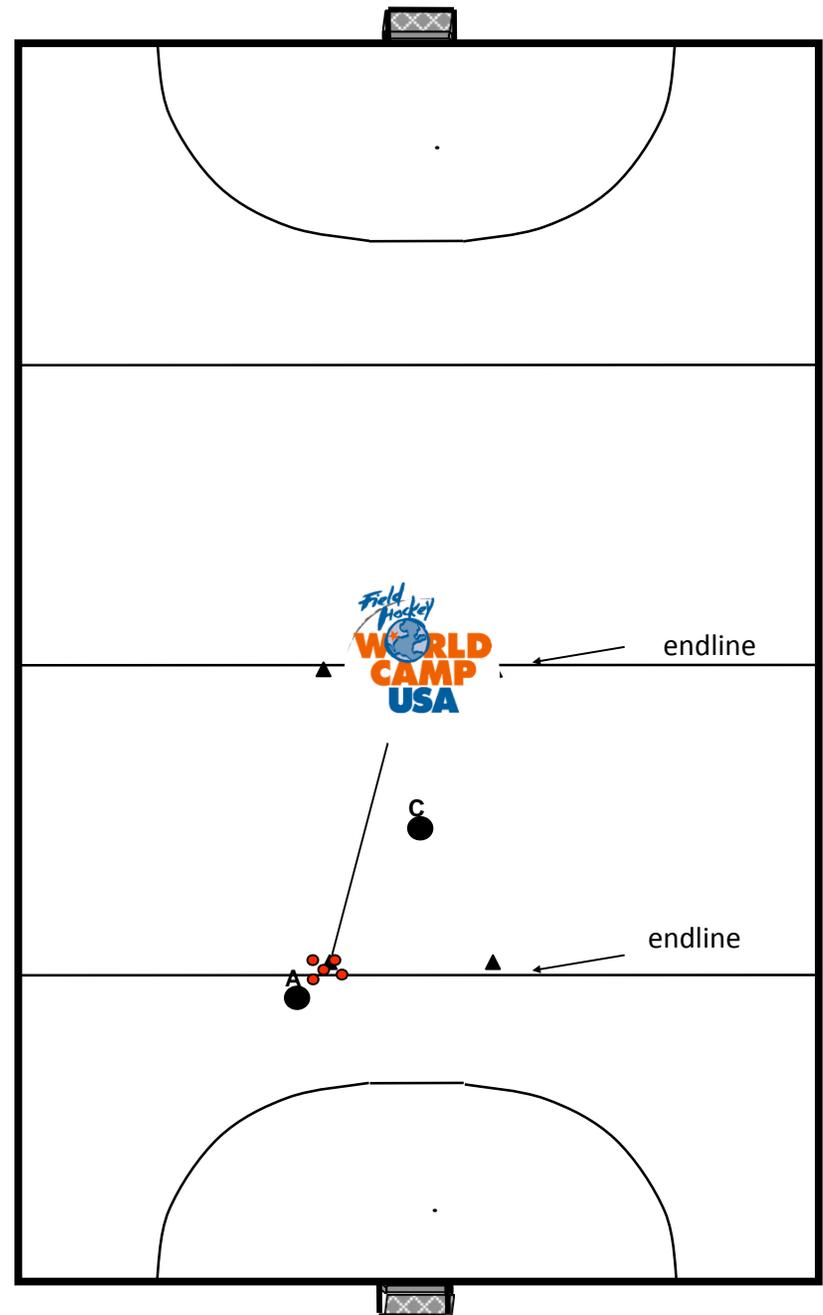
- FH & FH are close together, no space in between
- Communication is essential
- Channel player does not tackle
- Pro aggressive tackle from player A (unexpected for player B)

Differentiation

Make A and C start from different angles.

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Persistence.

Exercise:

A dribbles with the ball. B comes after A with stick on the ground. B shaves the ball away from A and then tries to dribble over end line A. C will defend but C can move from the end line when the shave is completed.

Pointers:

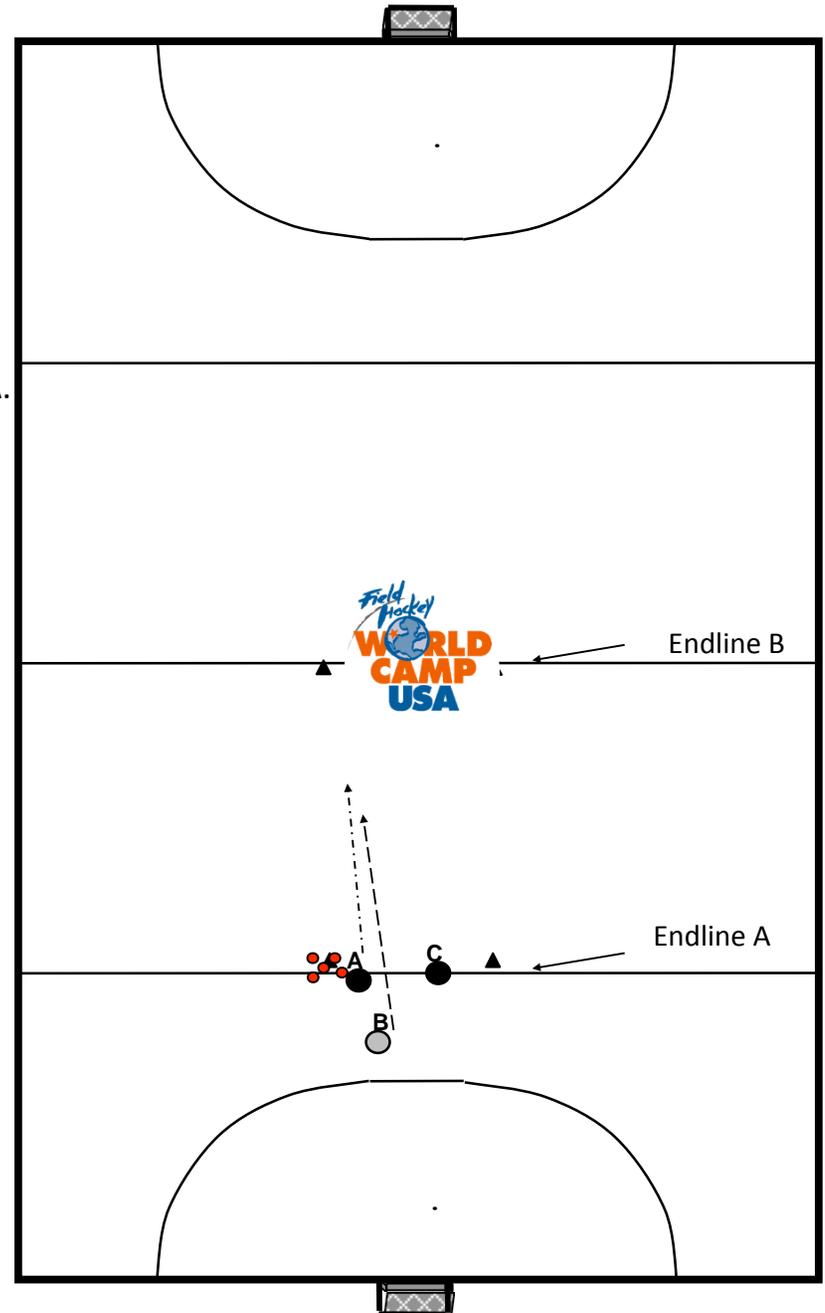
- While chasing A B's stick is always low.
- Get in the physical space of A while shaving.
- Keep on bending your knees when you shave the ball until you are facing end line A.
- Try it with a short grip so you have more strength.

Differentiation:

FH shave from the other side.
Let player A pull the ball back.
Make them bump the attacker a little bit. (fun)

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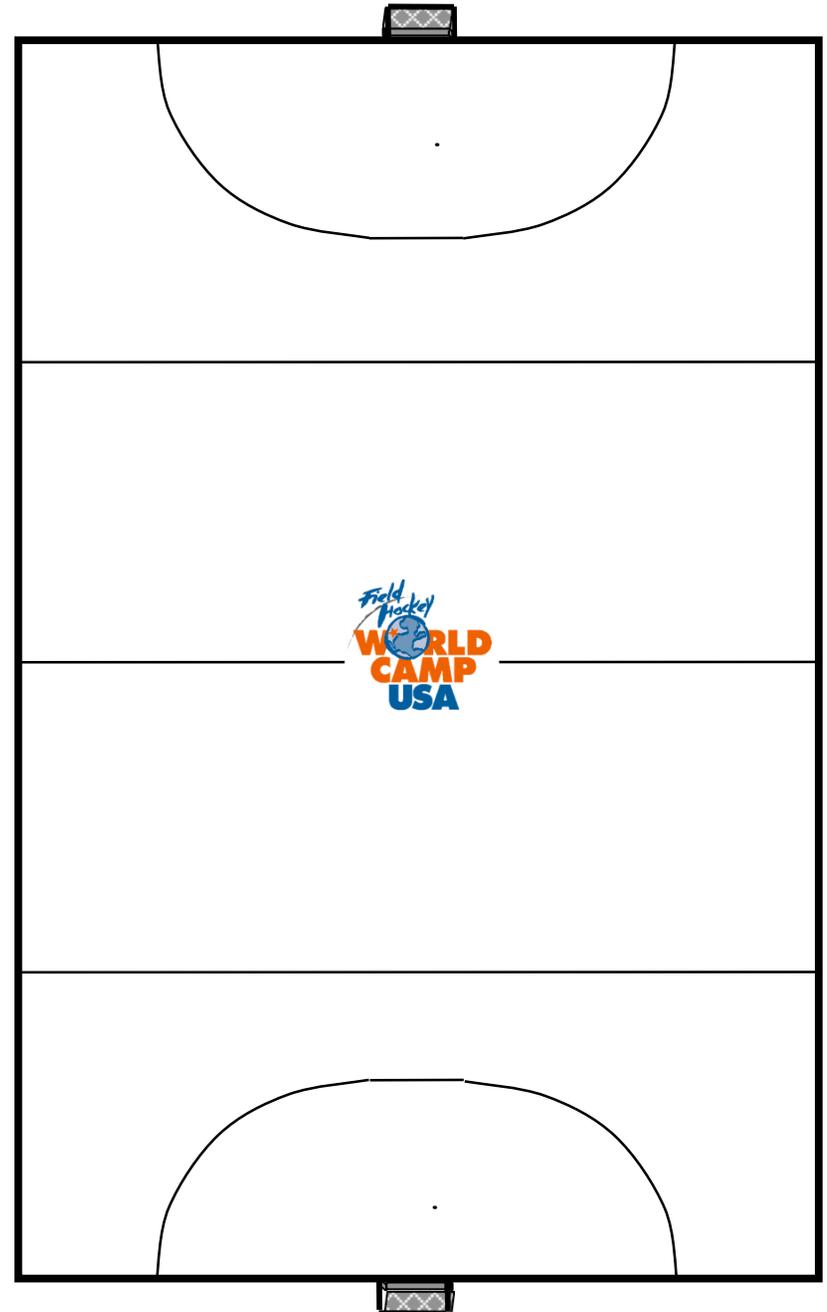
Defense Battle

Exercise:

1v1 Battles coached on 1v1
Set up to Coach decision

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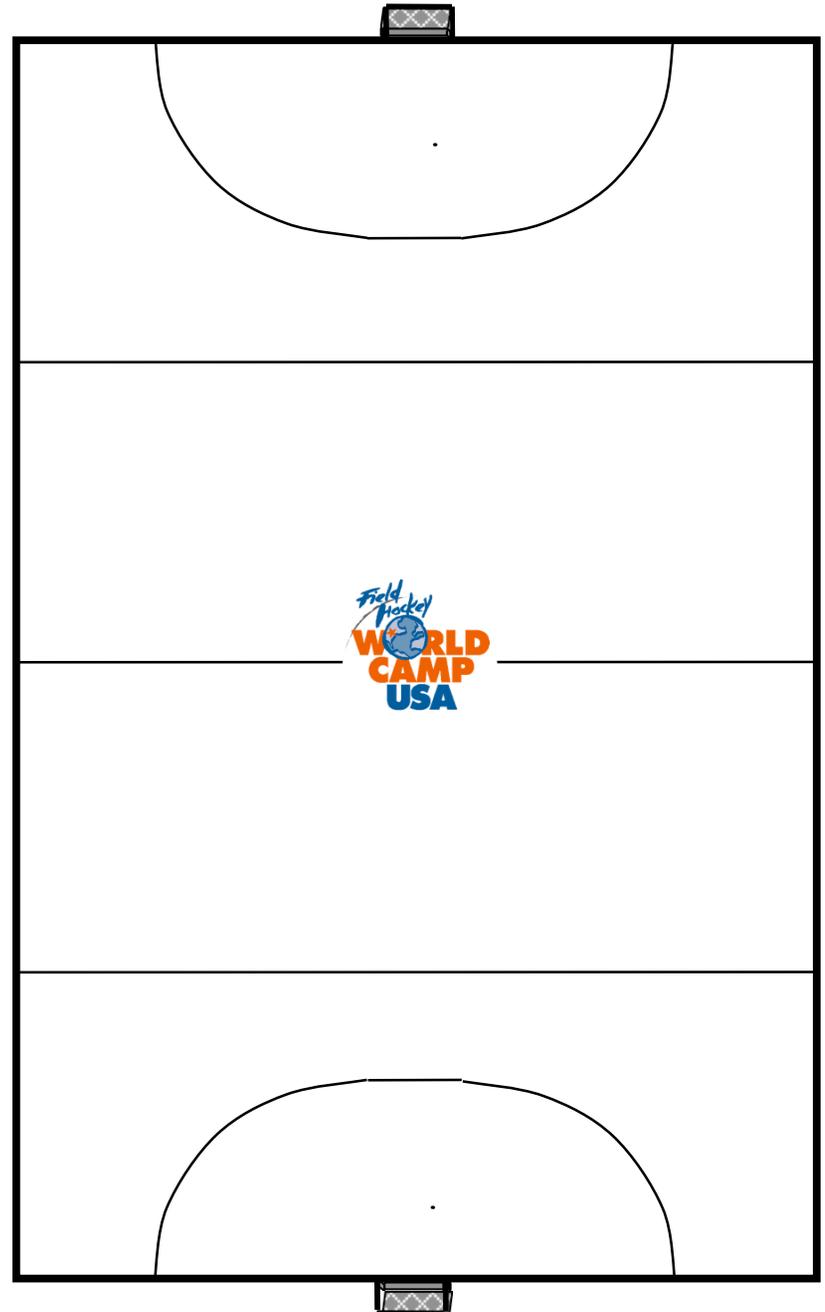


Defending is fun!

Stick through legs
Dirty defense
Bump and dump
Etc...

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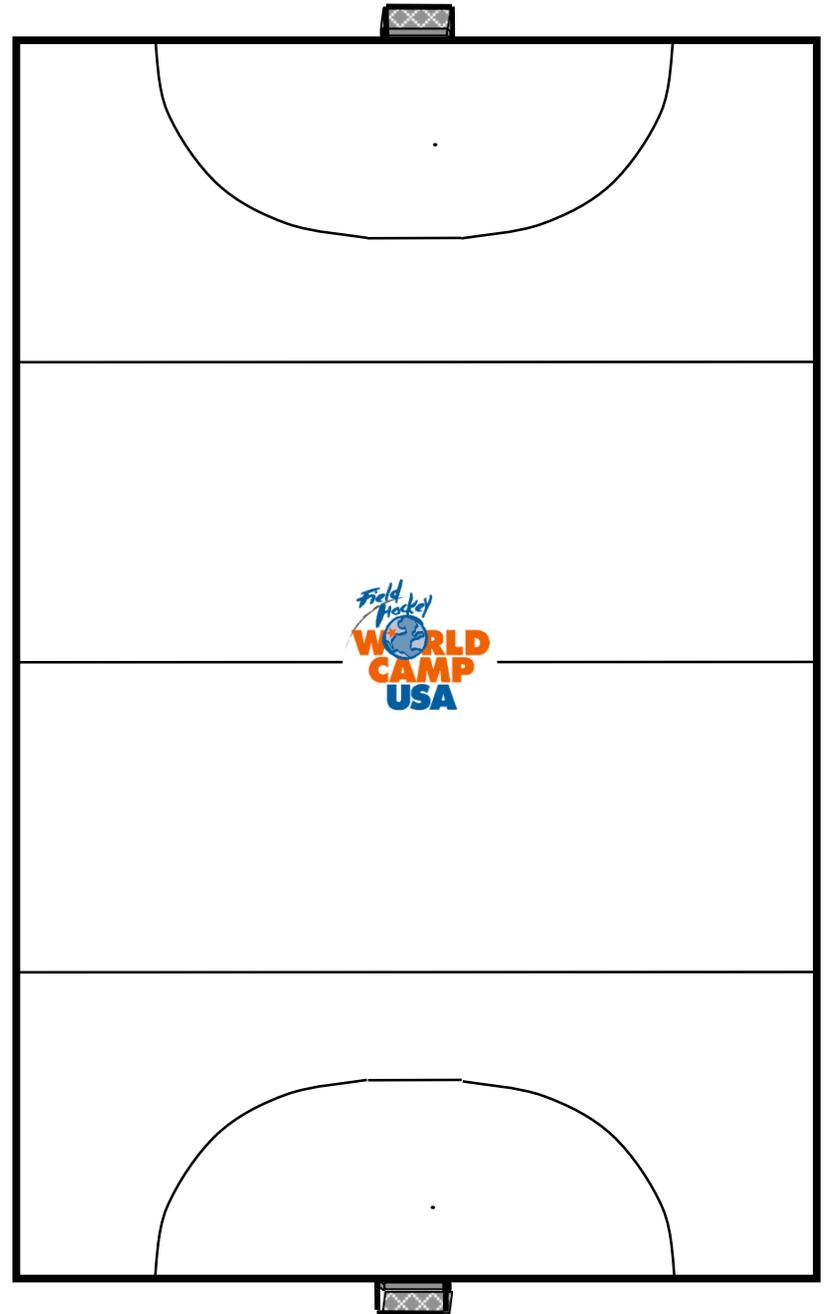
Defense in Game Scenario's

Exercise:

3 vs 3 games where the coach only coaches defensive skills!

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Clinic: Lane Opening, Guard Play & Numbers Up

Version: World Camp USA 2012

TOPICS



8 Stations

Groups rotate

2:0 (guard play, backhand receive/forehand receive)

3:0 (V-start)

3:0 (line stand)

2:1 (guard stand)

3:1 (V stand)

3:1 (line stand)

3:2 (V stand)

3:2 (line stand)

All stations start at Ex.1 and follow TD Lead

All exercises to Goal, GK in cages

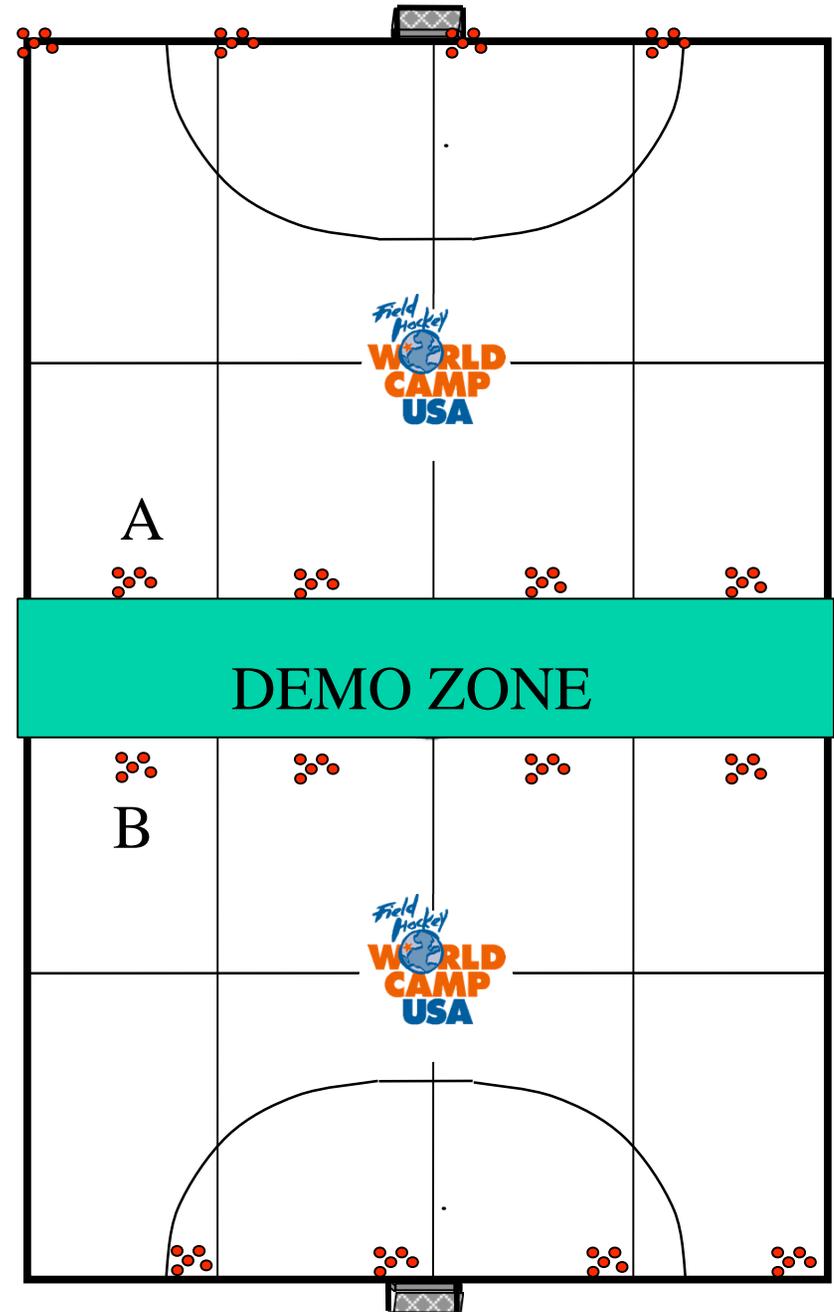
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SYMBOLS

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Clinic: Ultimate Catapult Play

Exercise: 2v0 (contra movement)

1

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Player A starts with the ball and plays it to B (in the guard and gets ready to be launched!!) the next thing they do is move contra wise, Player A goes OUT and then back in,

Player B goes out for pass over the (left foot) of the imaginary defender.

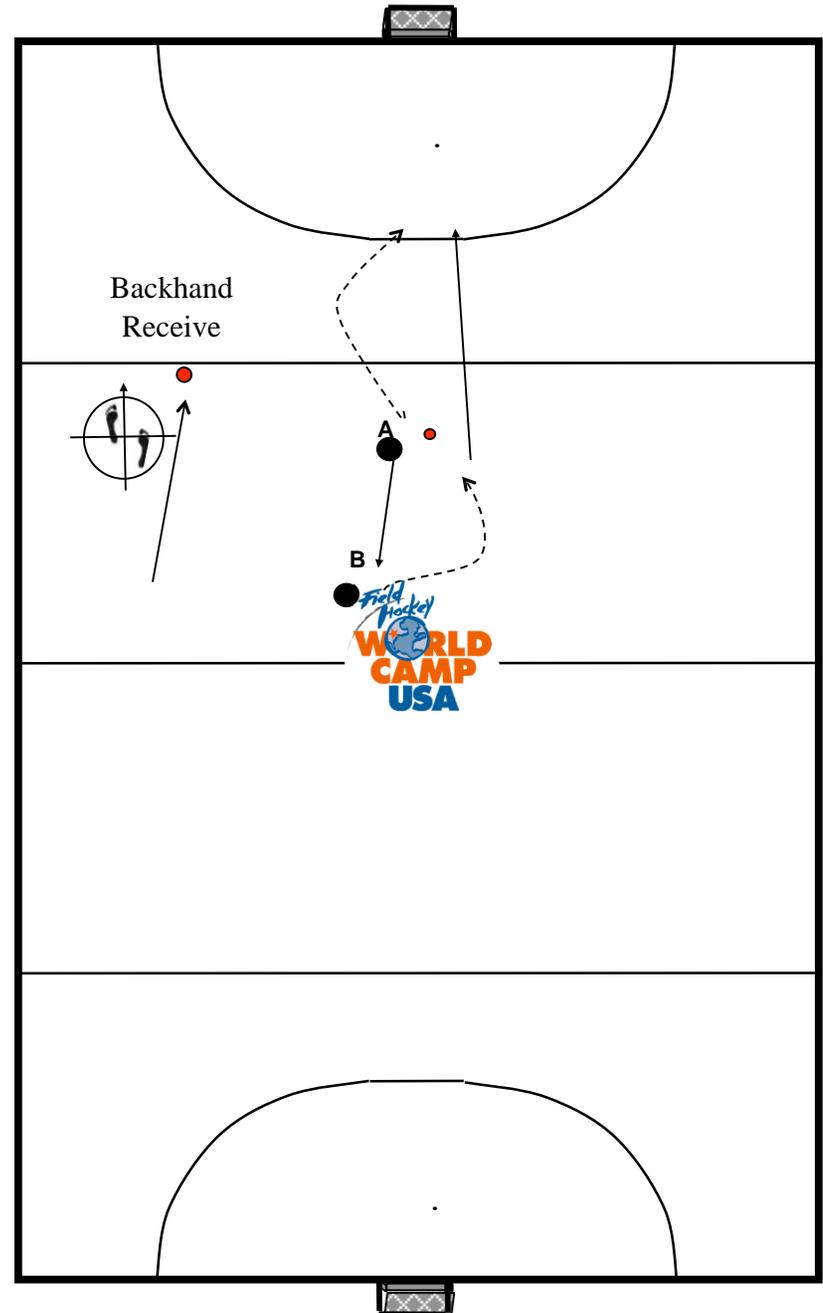
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POINTERS

1. Timing of the movement (Player A, when to come back in)
2. Receive the ball in front of your body and feet (see picture)
3. Player B must have good (split) vision to see the correct moment of passing.

DIFFERENTIATION

-Speed: make them touch the ball max 3 times.



Clinic: Ultimate Catapult Play **1A**

Exercise: 2v0 (contra behind A & BH receive)

ORGANIZATION **WORLD CAMP USA**

Player A starts with the ball and plays it to B (in the guard and gets ready to be launched!!) the next thing they do is move contra wise, Player A goes OUT and then back in,

Player B now moves out (same moving action as Player A) and passes the ball more from the hip on the go for Player A.

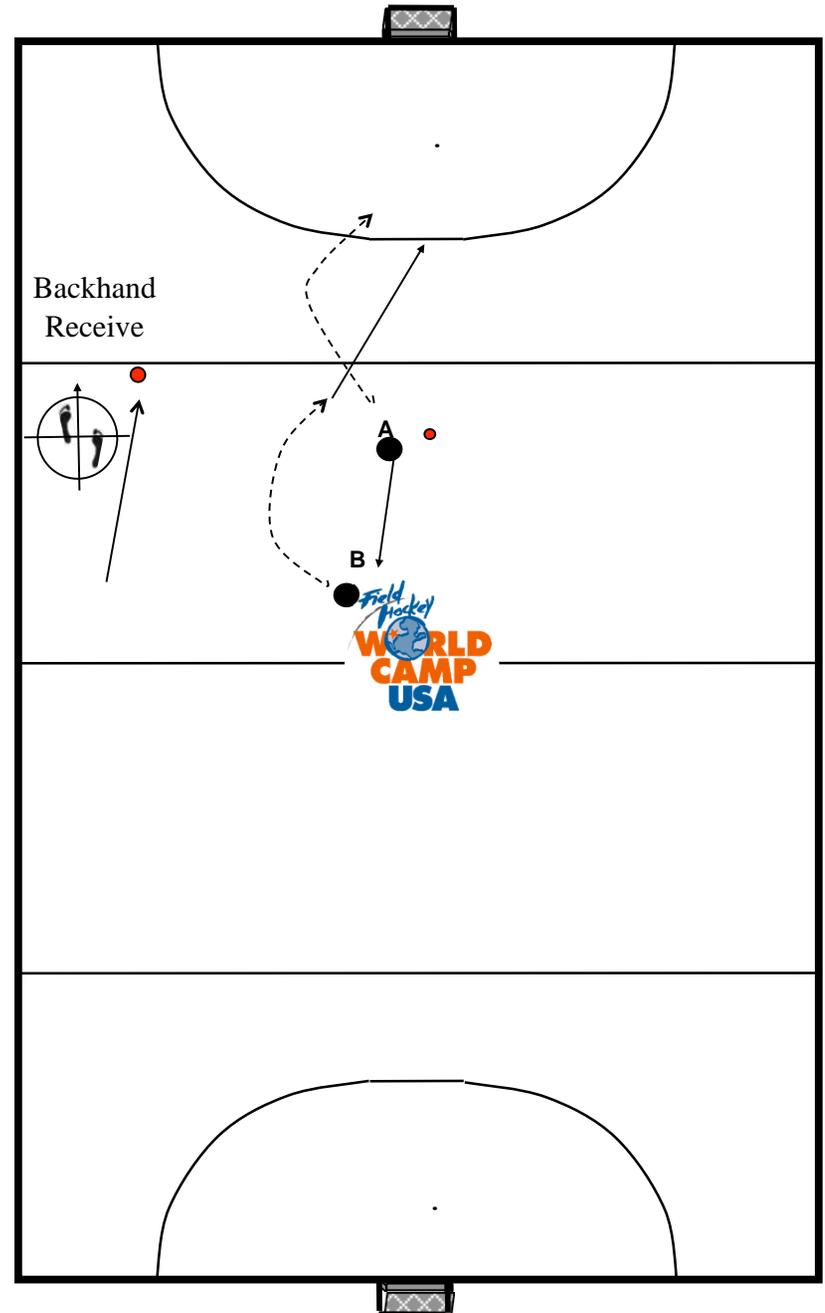
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POINTERS

1. Player B has to go more wide so he makes sure that the angle of passing is 40 or 45 degrees.
2. Receive the ball in front of you (see picture) while keep moving on the backhand.
3. Again Player A receives the ball in front of his feet

DIFFERENTIATION

Increase the speed of Player B to create stricter timing on passing. Make the action (the moving angle) of Player A and Player B bigger



Clinic: Ultimate Catapult Play

Exercise: 2v0 (contra behind A, zig zag & lift)

1B

ORGANIZATION

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Player A drops the ball and gets ready to be launched. Player B receives and makes same action as Player A, but Player A now comes in and back out again (Zig Zag) and Player B passes the ball into deep zone for Player A, who receives it in his forehand.

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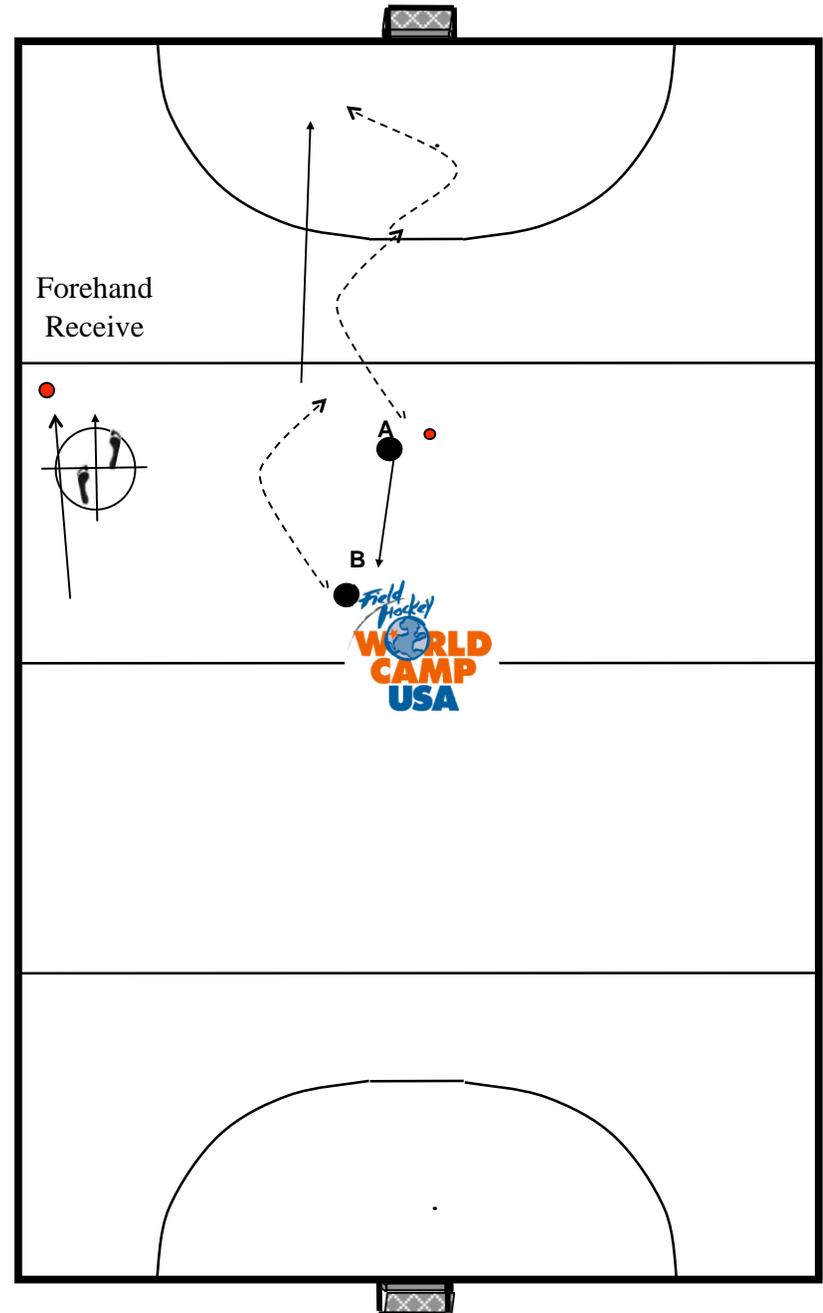
POINTERS

1. Timing of the pass from Player B to Player A
2. While receiving make sure the ball is in front of your body.

DIFFERENTIATION

Let Player B pass with a lift pass.

Let Player B pass the ball with a backhand pass.



Clinic: Ultimate Catapult Play
Exercise: 3v0 (ready for takeoff)

2

ORGANIZATION **WORLD CAMP USA**

Player A has choice to play to Player B or Player C, Player B(C) moves the ball inside and wants to have lift off for high speed forward play. Player B(C) plays in the guard to Player A who then passes it forward into deeper zone.

When the deep player receives the ball he can play another guard. Be creative !

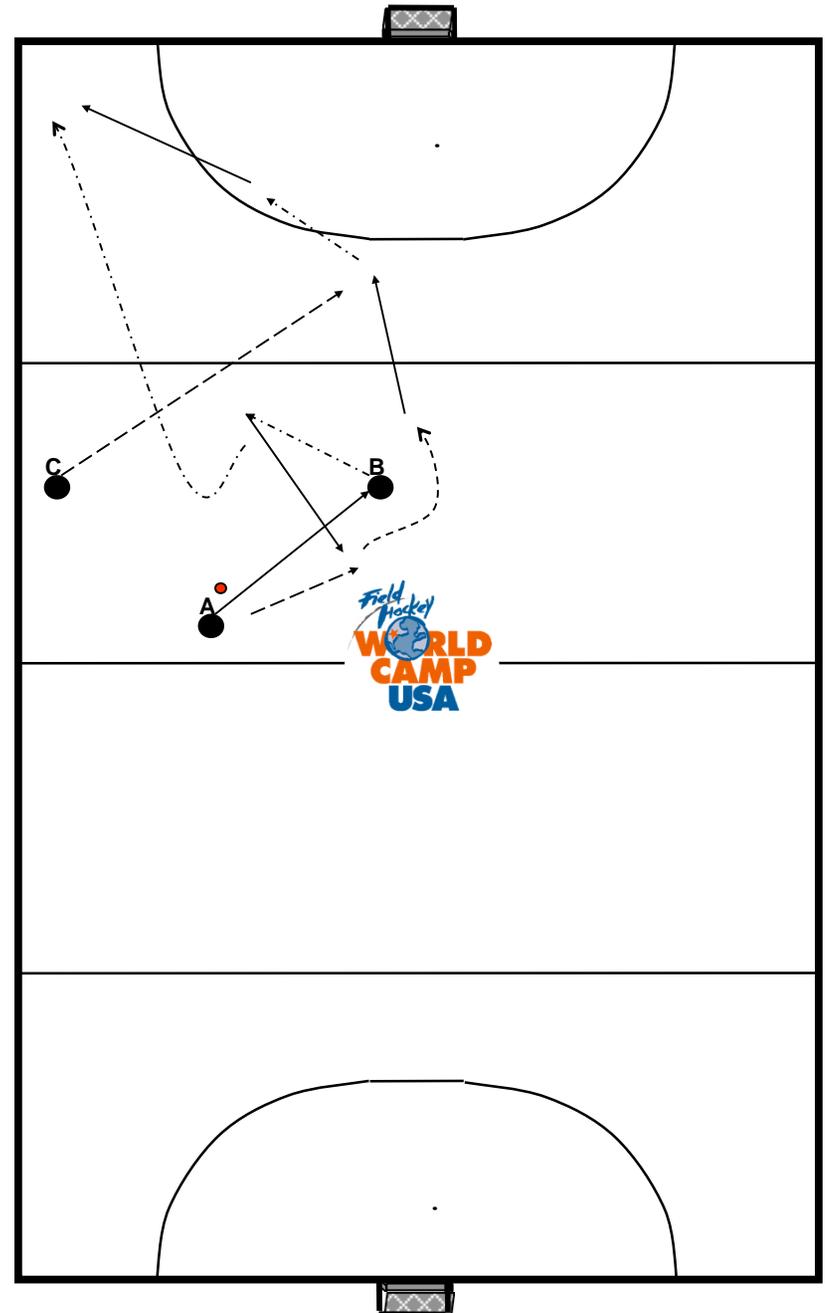
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POINTERS

1. Pass all the balls in the FH
2. While receiving bring the ball in the zone you want to go.
3. Stay dynamic, keep moving.

DIFFERENTIATION

Make the players do everything in 2 touches



Clinic: Ultimate Catapult Play
Exercise: 3v0 (shoot into space)

3

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Player A starts with the ball and passes to Player B, who receives and passes back to Player A. Player B moves away inside high speed (launches himself).

Player A passes to Player C who makes a wall pass into the deep zone where Player B is going.

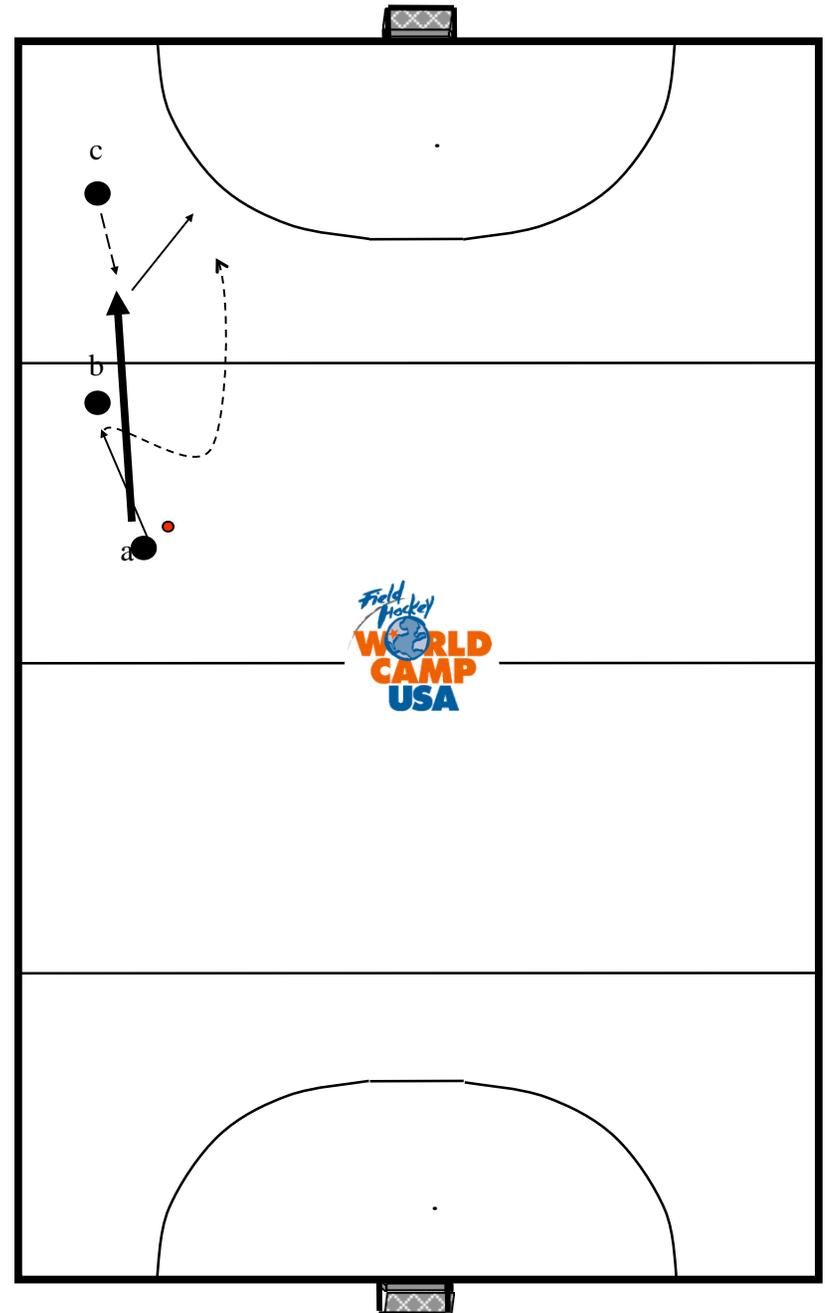
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POINTERS

1. Timing (when does player B play the ball)
2. Play the ball passed the left foot of the defender into the deep zone.
3. Wall Pass has to be played in space for Player B (in front of him)

DIFFERENTIATION

Make Player B do a wall pass back to Player A.
Adjust starting positions to make it easier/harder!!



Clinic: Ultimate Catapult Play

Exercise: 3v0 (shoot to wide space)

3A

ORGANIZATION

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Player A starts with the ball and passes to Player B, who receives and passes back to Player A. Player B moves away to the outside on high speed (launches himself).

Player A passes to Player C who makes a wall pass into the deep zone where Player B is going.

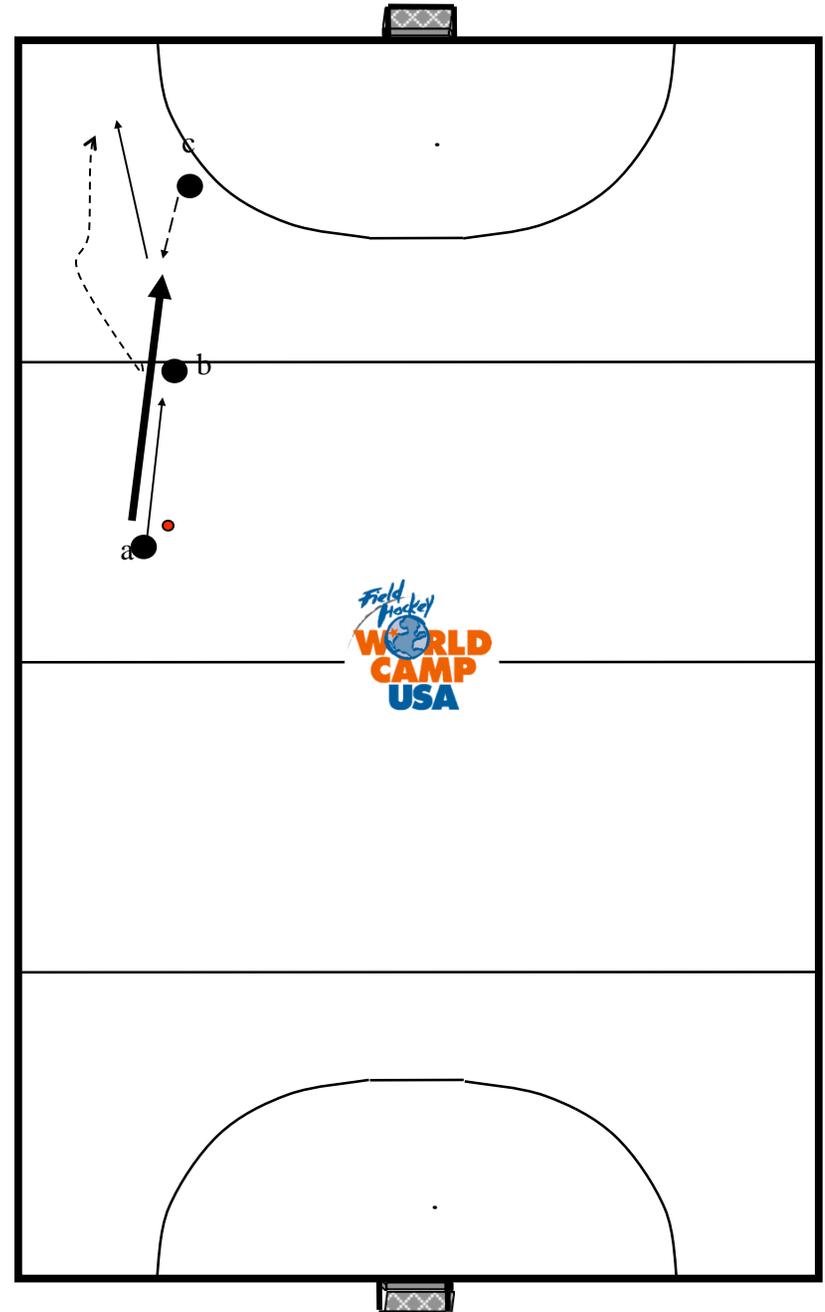
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POINTERS

1. Timing (when does player B play the ball)
2. Play the ball passed the left foot of the defender into the deep zone.

DIFFERENTIATION

Description



Clinic: Ultimate Catapult Play

Exercise: 2v1 (contra)

4

ORGANIZATION

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Player A starts dribbling and makes a guard pass to Player B. Player A then moves in-out / out-in to get behind the defender in the deep zone. Player B has the choice to play the ball in the deep zone, either through a fake pass on left foot of defender or choose for a lift pass over the forehead.

All the options that we trained at Assignment 1 (A and B as well) are possible so the attackers have to react on the position the defender takes and get passed him.

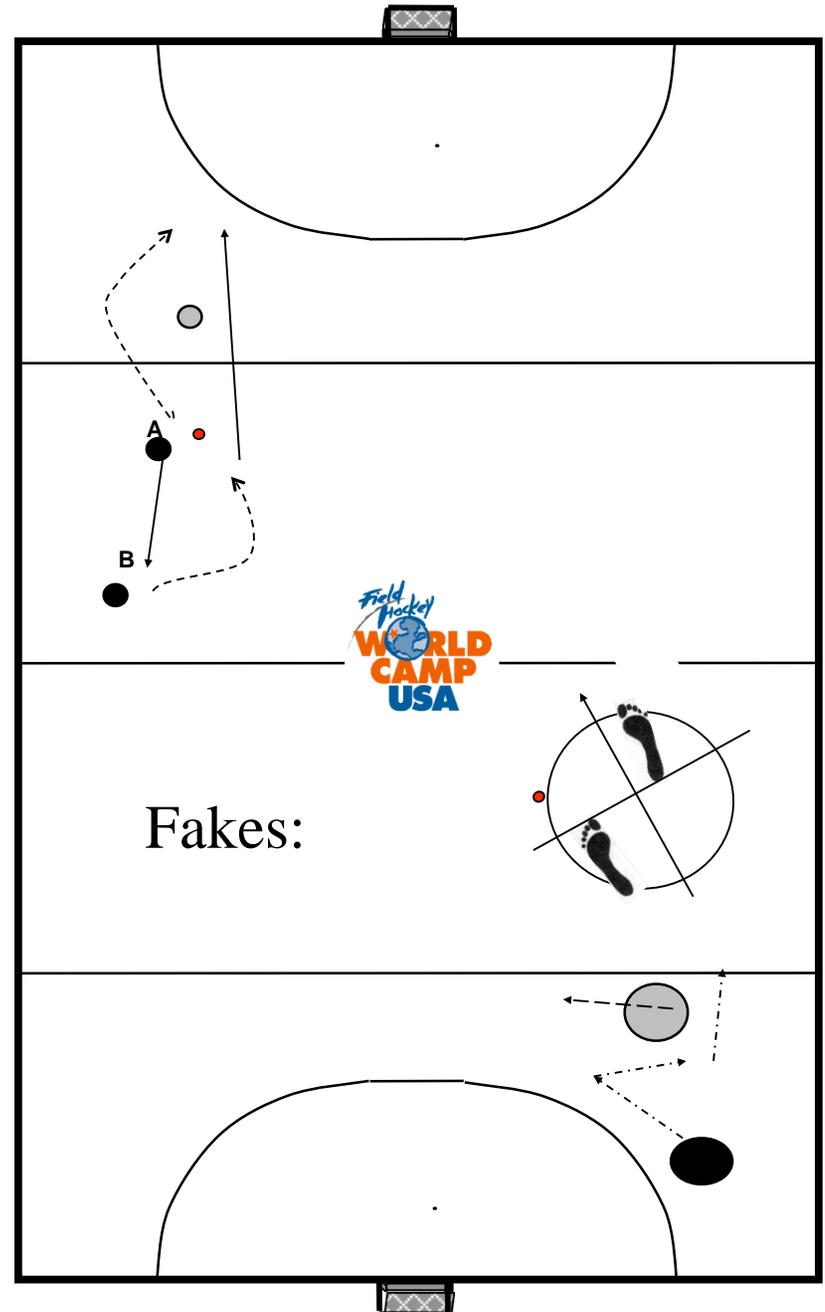
Fakes: start with diagonal dribble (ball on left foot) quick dummy and direct pass over left foot of the defender.

POINTERS

1. Timing (when does player B play the ball)
2. Play the ball passed the left foot of the defender into the deep zone.

DIFFERENTIATION

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Clinic: Ultimate Catapult Play
Exercise: 3v1 (fool the asteriod)

5

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Player A has choice to play to Player B or Player C, Player B(C) moves the ball inside and wants to have lift off for high speed forward play. Player B(C) plays in the guard to Player A who then passes it forward into deeper zone.

But there is a defender between 2 cones, where you have to get passed to fool the asteriod and launch a rocket!!

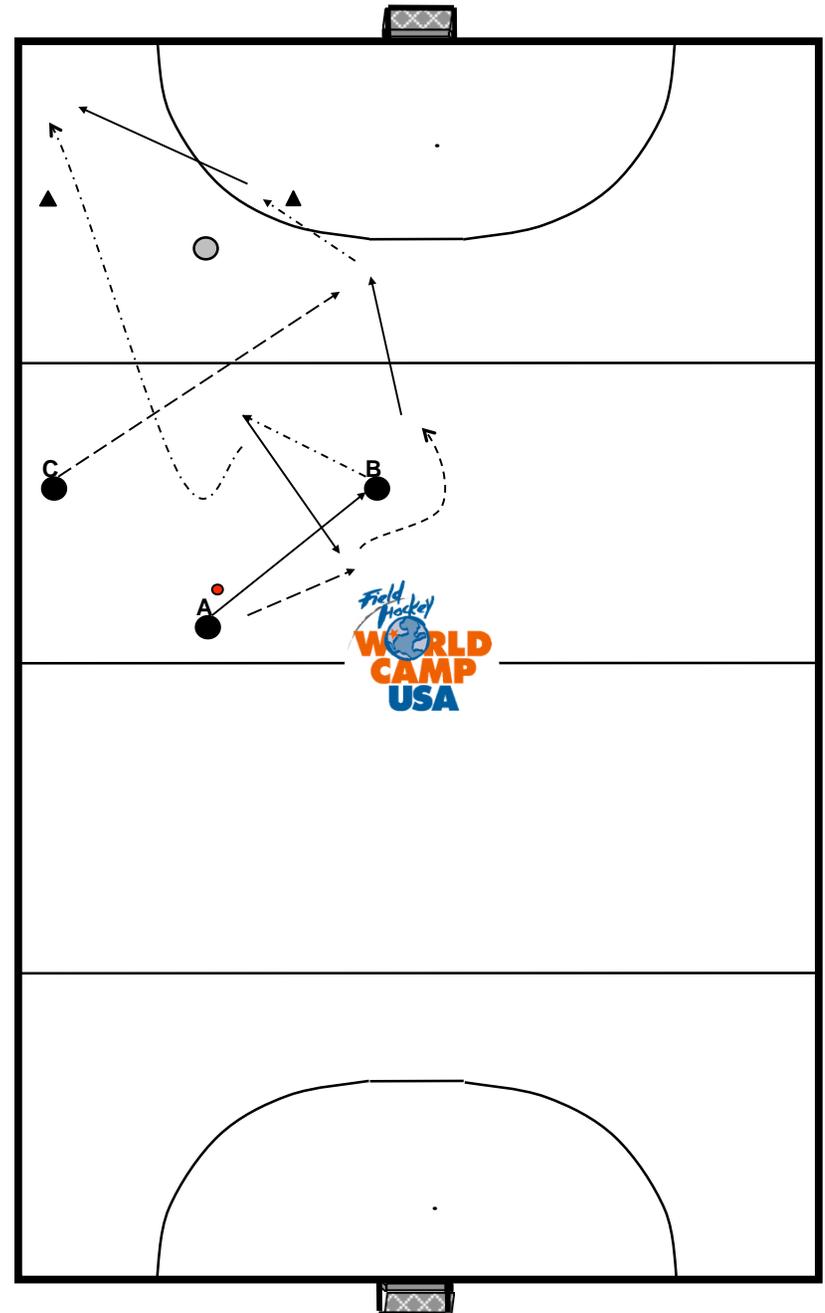
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POINTERS

1. Make sure that you stay out of physical space of the defender.
2. Use guard to really launch your teammate past the defender.
3. Fh Passing, for really high speed hockey

DIFFERENTIATION

Let the defender come from the line to apply more pressure.
Attackers have to play 2 touch hockey, to get even more speed in.



Clinic: Ultimate Catapult Play

Exercise: 3v1 (create lane opening)

6

ORGANIZATION **WORLD CAMP USA**

Player A passes to Player B, who passes back. Player B moves away over the backhand of the defender.

Player A then has 2 choices!!

- Play ball to Player C who gives wall pass to Player B
- Give the ball to Player B (when Player C isn't an option)

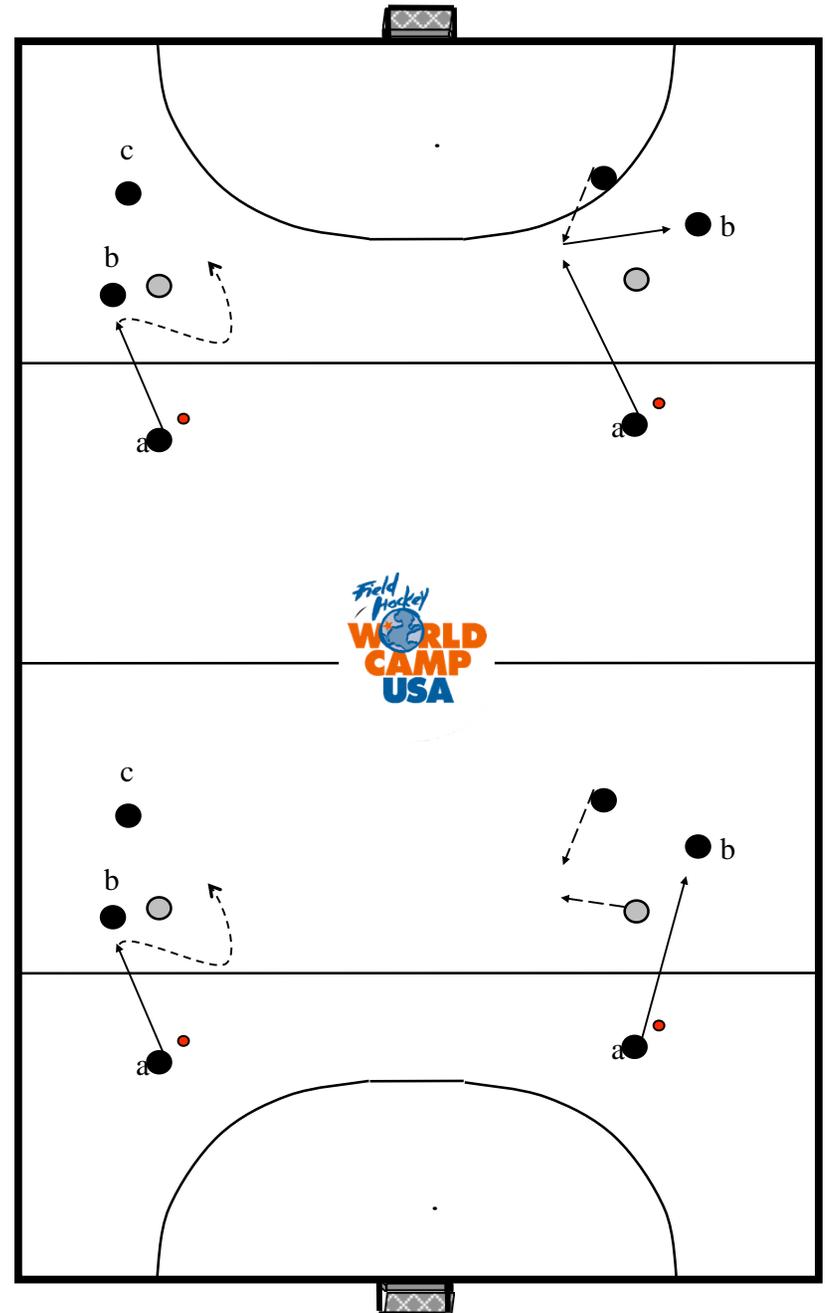
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POINTERS

1. Player B has to make a big moving action after passing the ball back to Player A. So the defender has to make a choice.
2. Don't take too long on making decision

DIFFERENTIATION

Let Player B stay in same zone, after pass and Player C comes to be an option on defenders backhand.



Clinic: Ultimate Catapult Play

7

Exercise: 3v2

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Player A has choice to play to Player B or Player C, Player B(C) moves the ball inside and wants to have lift off for high speed forward play. Player B(C) plays in the guard to Player A who then passes it forward into deeper zone.

But there is a defender between 2 cones, where you have to get passed to fool the asteroid and launch a rocket!!

After going passed the first defender, keep the pace and take out the second defender as well!!

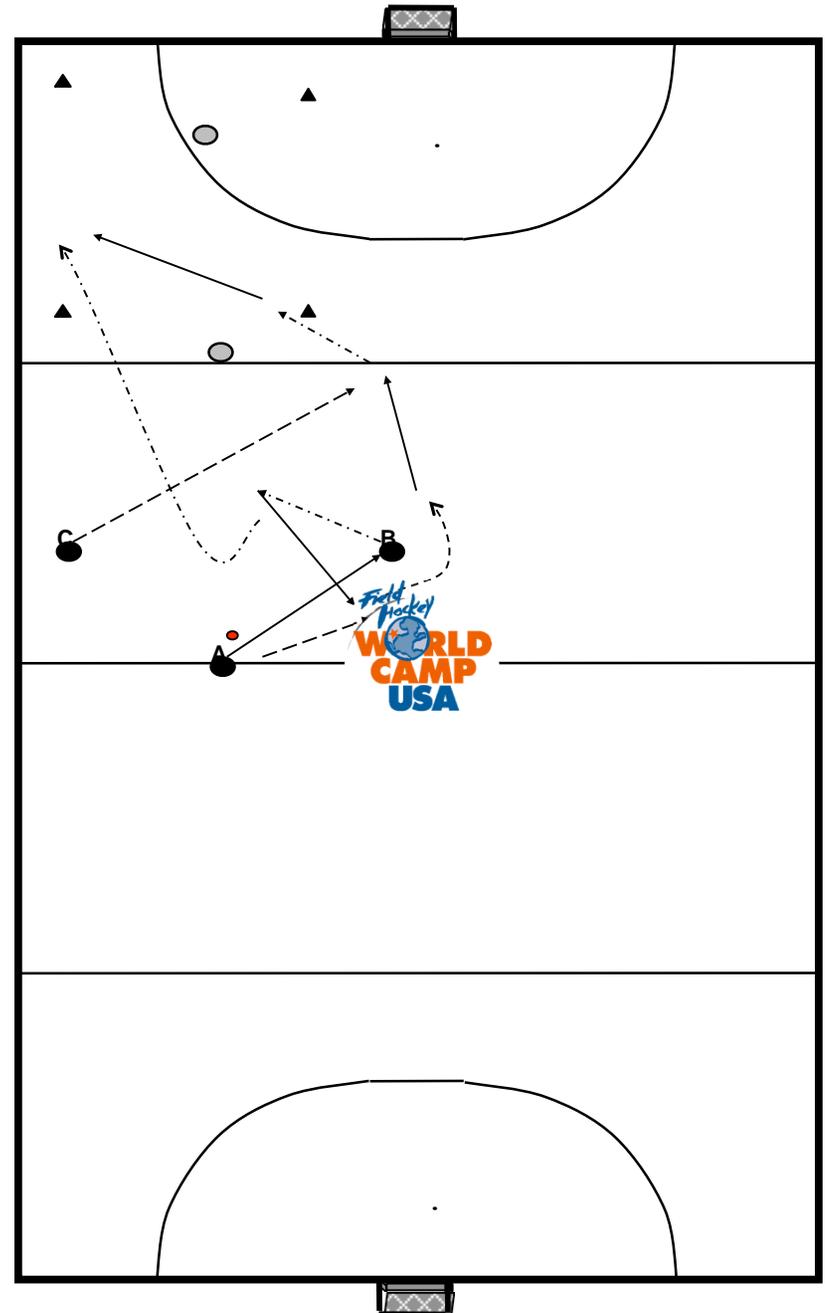
POINTERS

1. Make sure that you stay out of physical space of the defender.
2. Use guard to really launch your teammate past the defender.
3. Fh Passing, for really high speed hockey

DIFFERENTIATION

Description

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Clinic: Ultimate Catapult Play

Exercise: 3v2 (create lane inside)

8

ORGANIZATION **WORLD CAMP USA**

Player A passes to Player B, who passes back. Player B moves away over the backhand of the defender. Player A then passes in to Player C who gives a wall pass inside to Player B.

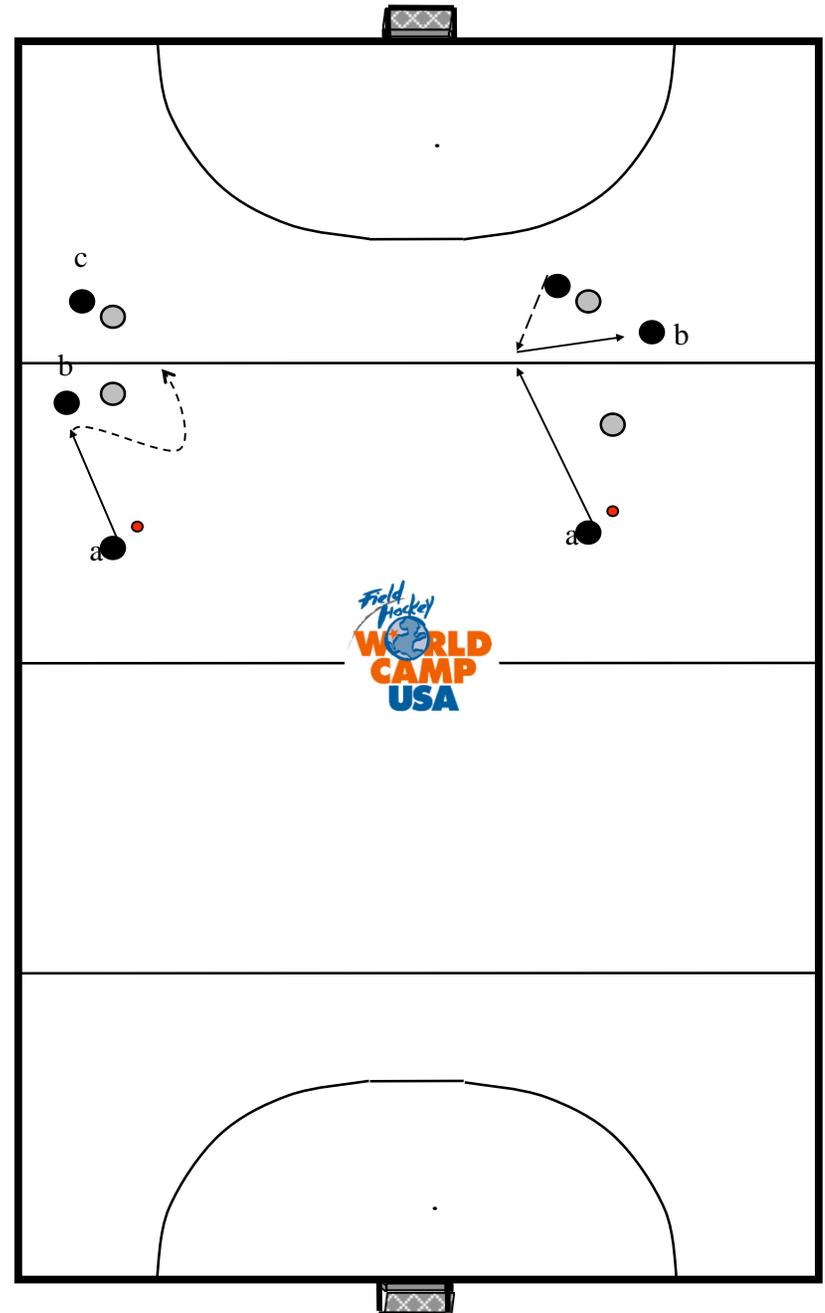
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POINTERS

1. Player B has to make a big moving action after passing the ball back to Player A. So the defender has to make a choice.
2. Don't take too long on making decision
3. Every Pass has to be forehand again, to continue on high speed.

DIFFERENTIATION

Description



Clinic: Ultimate Catapult Play
Exercise: 3v2 (create lane outside) **8A**

ORGANIZATION **WORLD CAMP USA**

Player A passes the ball to B. B makes an open receive going forward (fakes it) and plays it back to A. Player B bends off and accelerates into the deep.

Player C runs in front of his defender and makes a wall pass. Player B receives and we are going forward yet again.

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POINTERS

1. Fake (open) Receive it next to your opponent and pass it back while moving forward
2. Adjust positions for more space in the deep zone.
3. Get in front of the defender to block his path for the wall pass.

DIFFERENTIATION

Description

