

Clinic: Basics

Version: World Camp USA








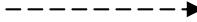
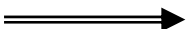
## TOPICS




1. Dribbling & Changing direction
2. Open & closed receiving
3. Hit
4. Sweep
5. 2v1 Continuous
6. 3v2 Continuous

## MATERIAL

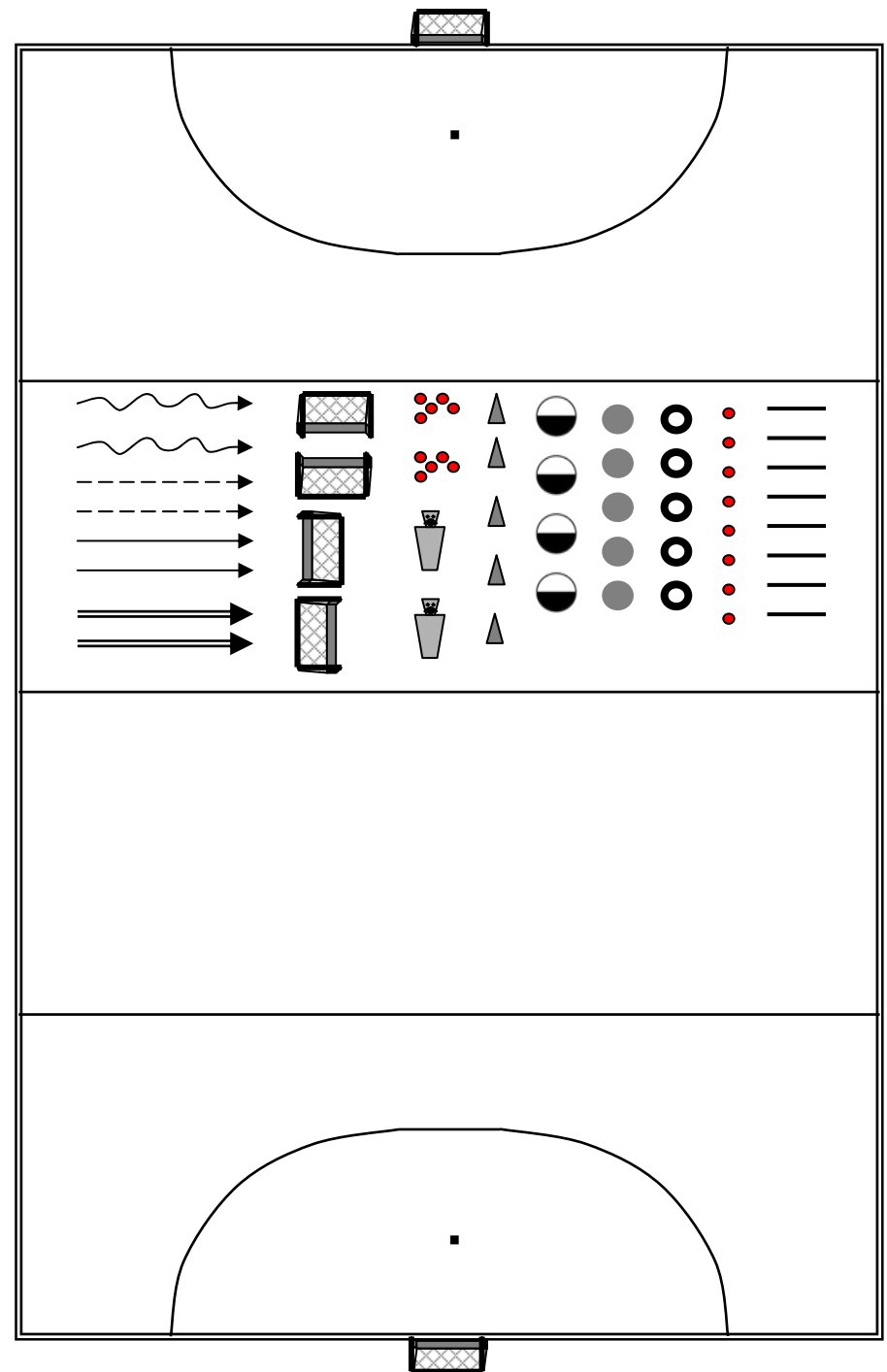
CONES  
BALLS  
BEAMS  
GOALIE PUPPET

## SYMBOLS

Goalie   
Ball possesor or potential ball possesor   
Defender   
Pass   
Dribble   
Running without ball   
Shot on goal 

Ball   
Pile of balls   
Goalie puppet   
Cone   
Goal   
Beam 

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Exercise: Dribbling



1

## ORGANISATION

Description; start with static basic dribbling check, based on Aus. X.

- Set up cones to dribble along, make sure there is a change of direction to left and right in drill
- To coach to do drill towards goal or dribble/ pass back after completing the circuit.

## POINTERS

Description:

- Stick in 45 degree angle
- elbow out
- ball position in front of right foot.

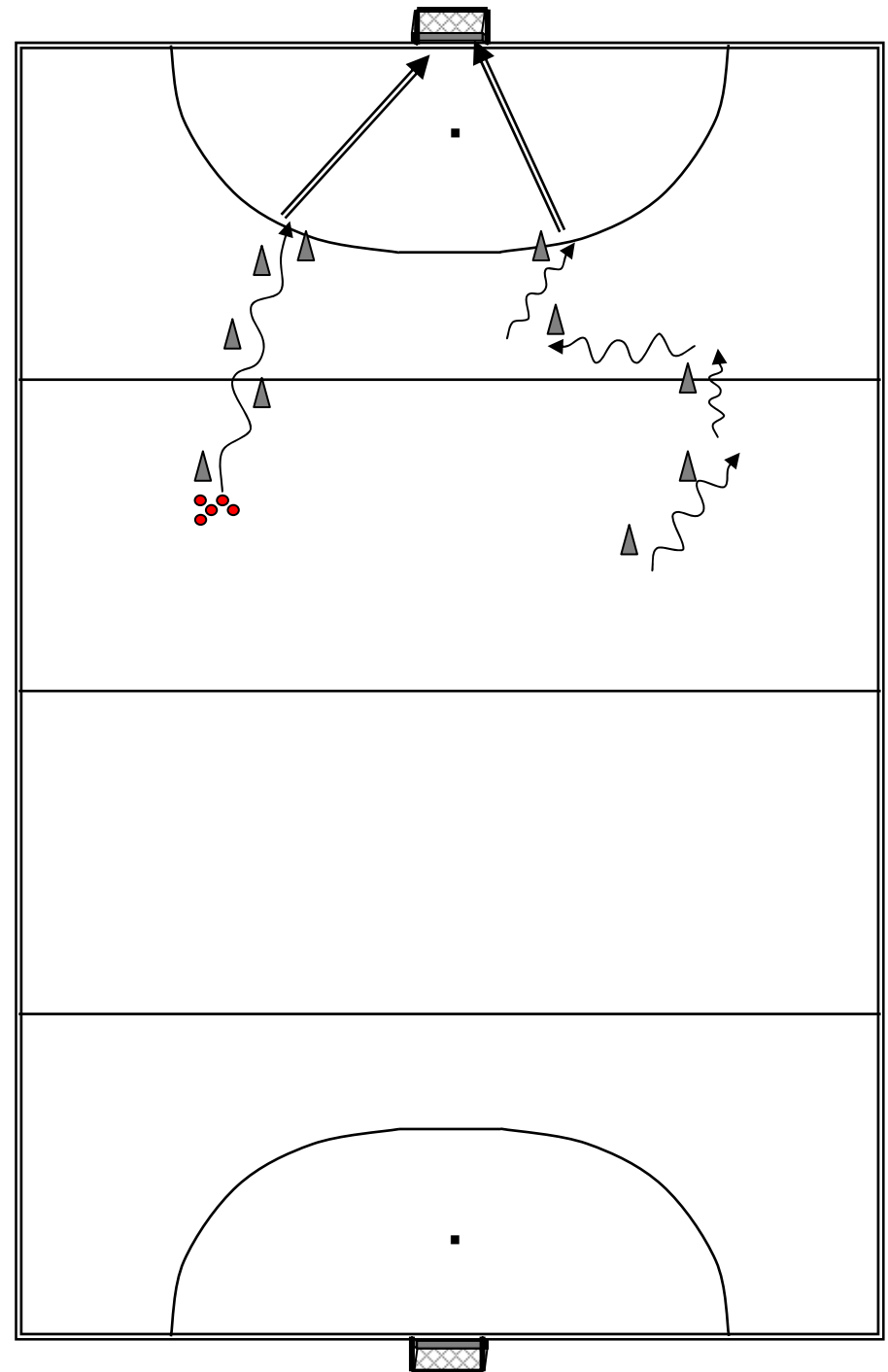
## DIFFERENTIATION

- Change angle of direction
- Speed up dribble pace

Advanced groups only

- Lift in dribbles

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Exercise: Receiving



2

## ORGANISATION

Description; 3 basic drills, Closed receiving, receiving on the move & open receiving

1. Work in pairs determine distance on level of players
2. Train, 3 per station keep moving after pass
3. 3 per station rotate middle player for open receiving

## POINTERS

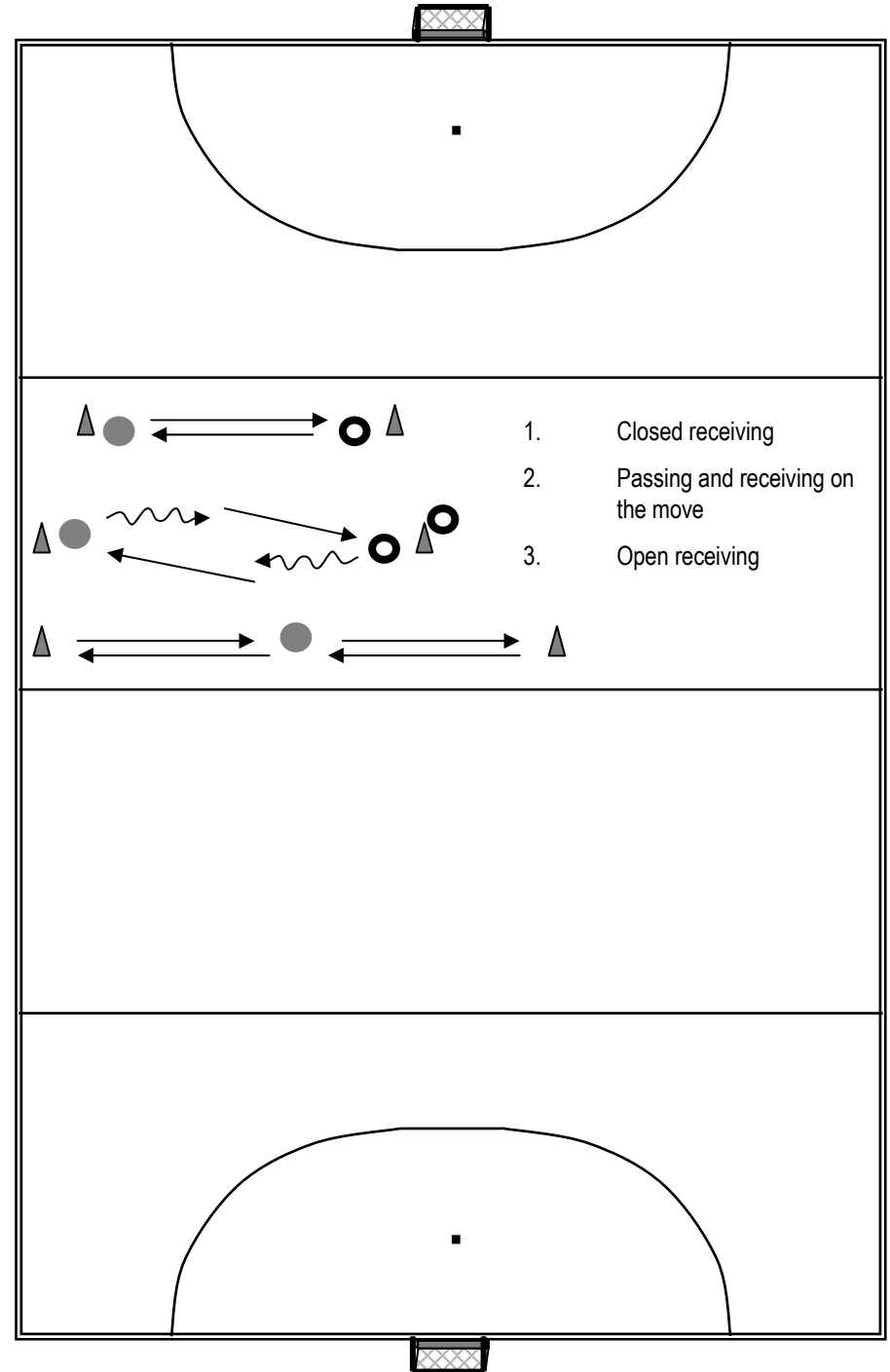
Description;

1. Stick angle, difference between high up receiving and low receiving
2. Keep the ball in motion
3. Keep the ball in motion in passing direction, keep ball speed to next pass

## DIFFERENTIATION

1. 2- touch hockey, 1st ball contact is important
2. Lifts and change of direction while receiving

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Exercise: Hit



3

## ORGANISATION

Description; Work in pairs

## POINTERS

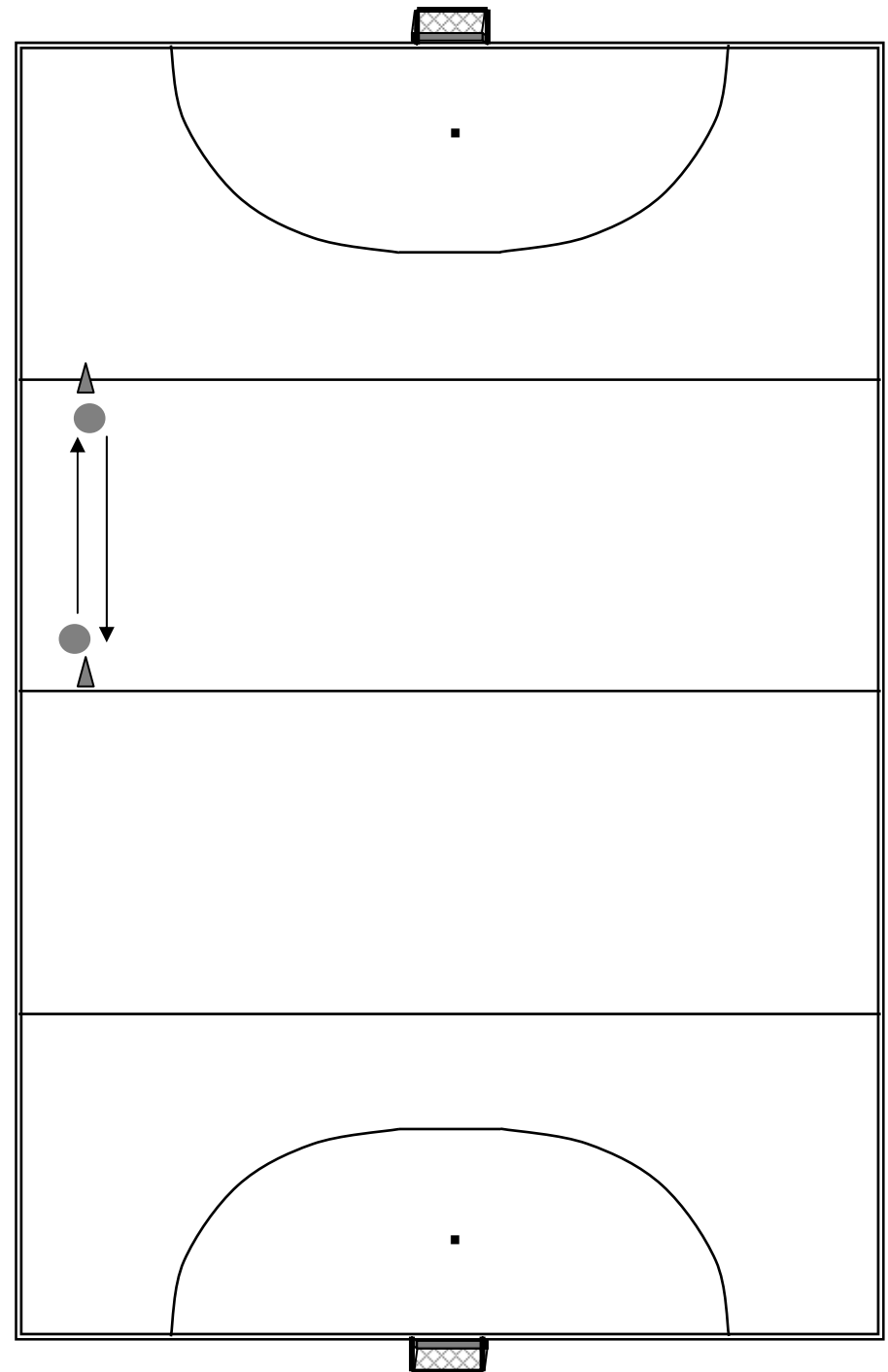
Description:

- Balance upper body by using left leg
- ball position in front of left foot
- Use wrists

## DIFFERENTIATION

- Work with fake in passing

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Exercise: Sweep



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## ORGANISATION

Description; work in pairs

## POINTERS

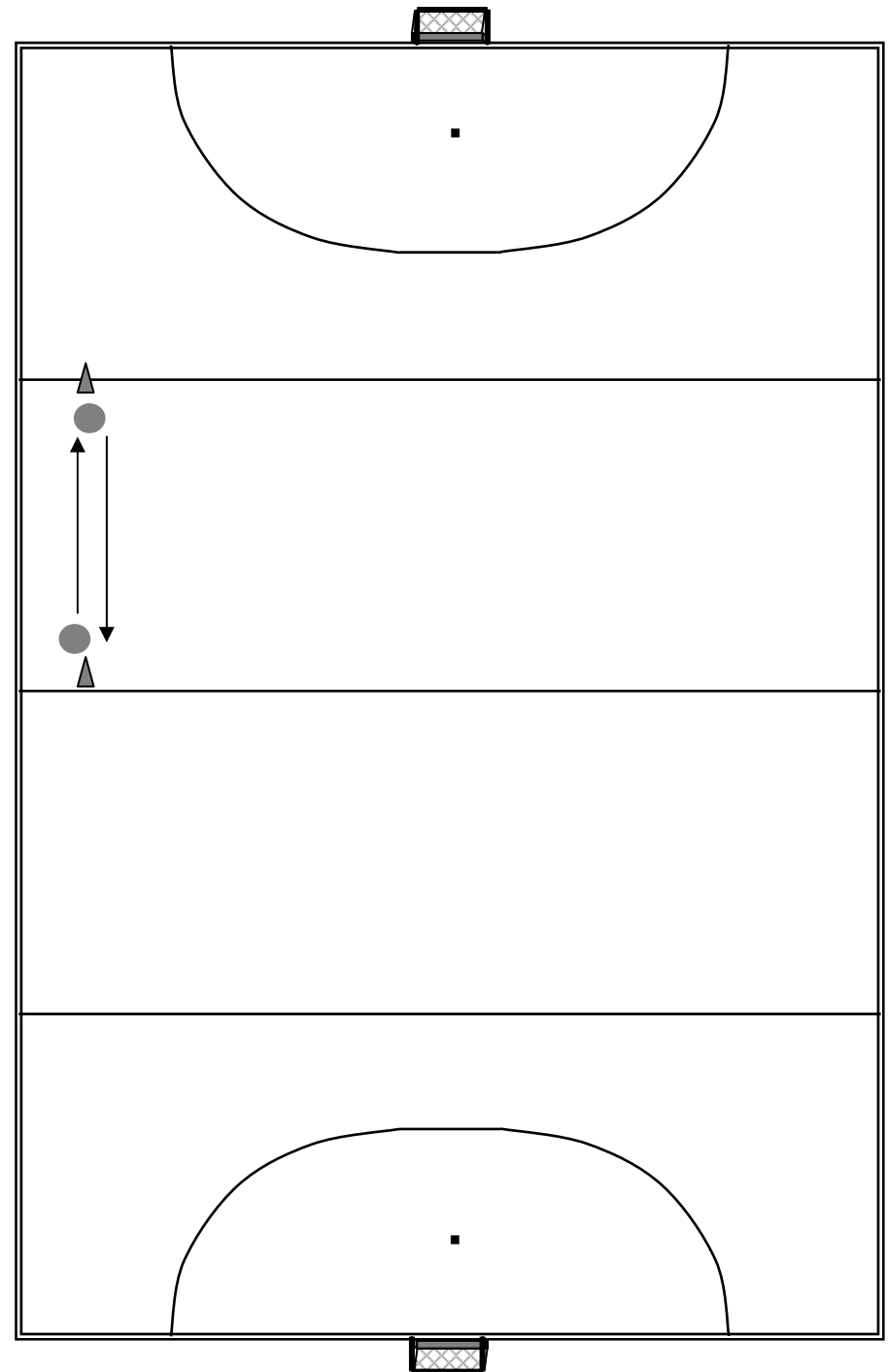
Description;

- Ball position
- Start stick on ground
- X the wrists

## DIFFERENTIATION

- Work with fakes in passing

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Exercise: 2v1 Continuous



5

## ORGANISATION

Description: 2 team, 1 team per side of field. Coach passes ball into playing area and 2 attackers and 1 defender come out. After each ball the attacking team get 1 defender in and the team that played defense goes to play offense.

Play is over after goal shot or ball out of bounds. New ball gets injected as soon as play is over.

## POINTERS

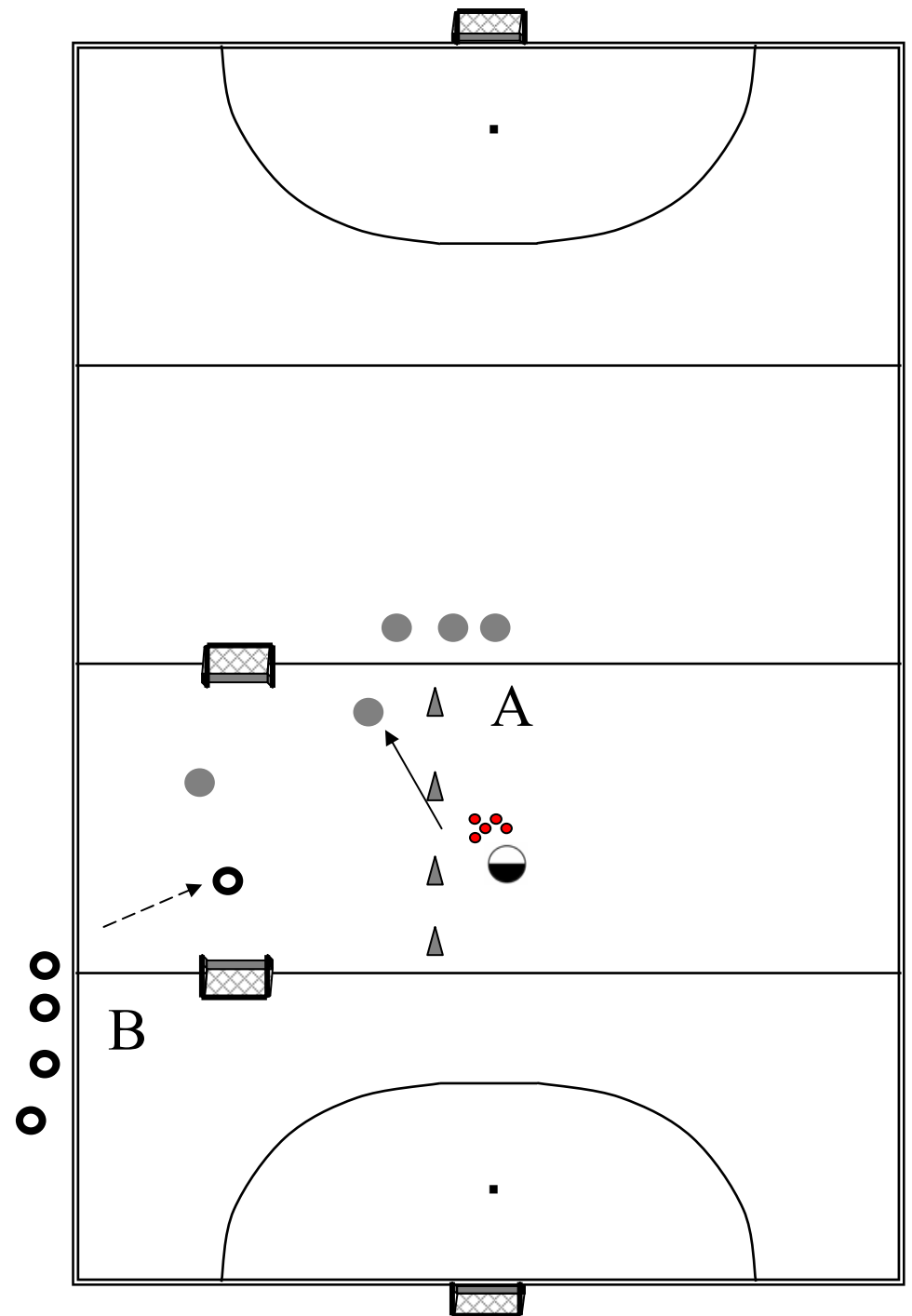
Description:

- Positioning of non ball carrier
- Play defense to close down space

## DIFFERENTIATION

- Play a competition between teams
- insert balls into difficult zones

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Clinic: Basics

Exercise: 3v2 Continuous



6

## ORGANISATION

Description: 2 team, 1 team per side of field. Coach passes ball into playing area and 3 attackers and 3 defenders come out. After each ball the attacking team get 2 defenders in and the team that played defense goes to play offense.

Play is over after goal shot or ball out of bounds. New ball gets injected as soon as play is over.

## POINTERS

Description:

- Positioning of non ball carrier
- Play defense to close down space

## DIFFERENTIATION

- Play a competition between teams
- insert balls into difficult zones

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