

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

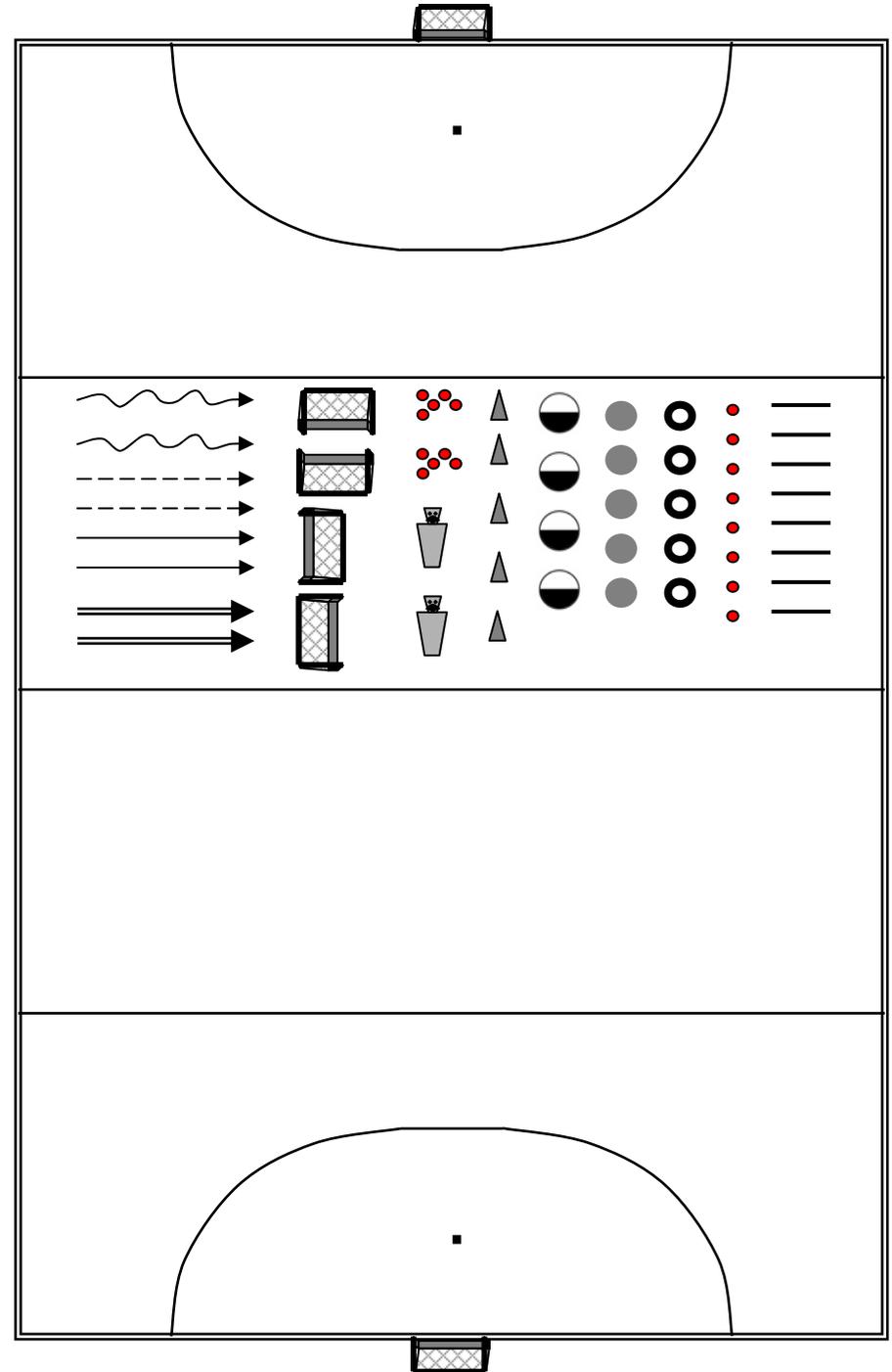
CONES
BALLS
BEAMS
GOALIE PUPPET

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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Clinic: Basics

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.

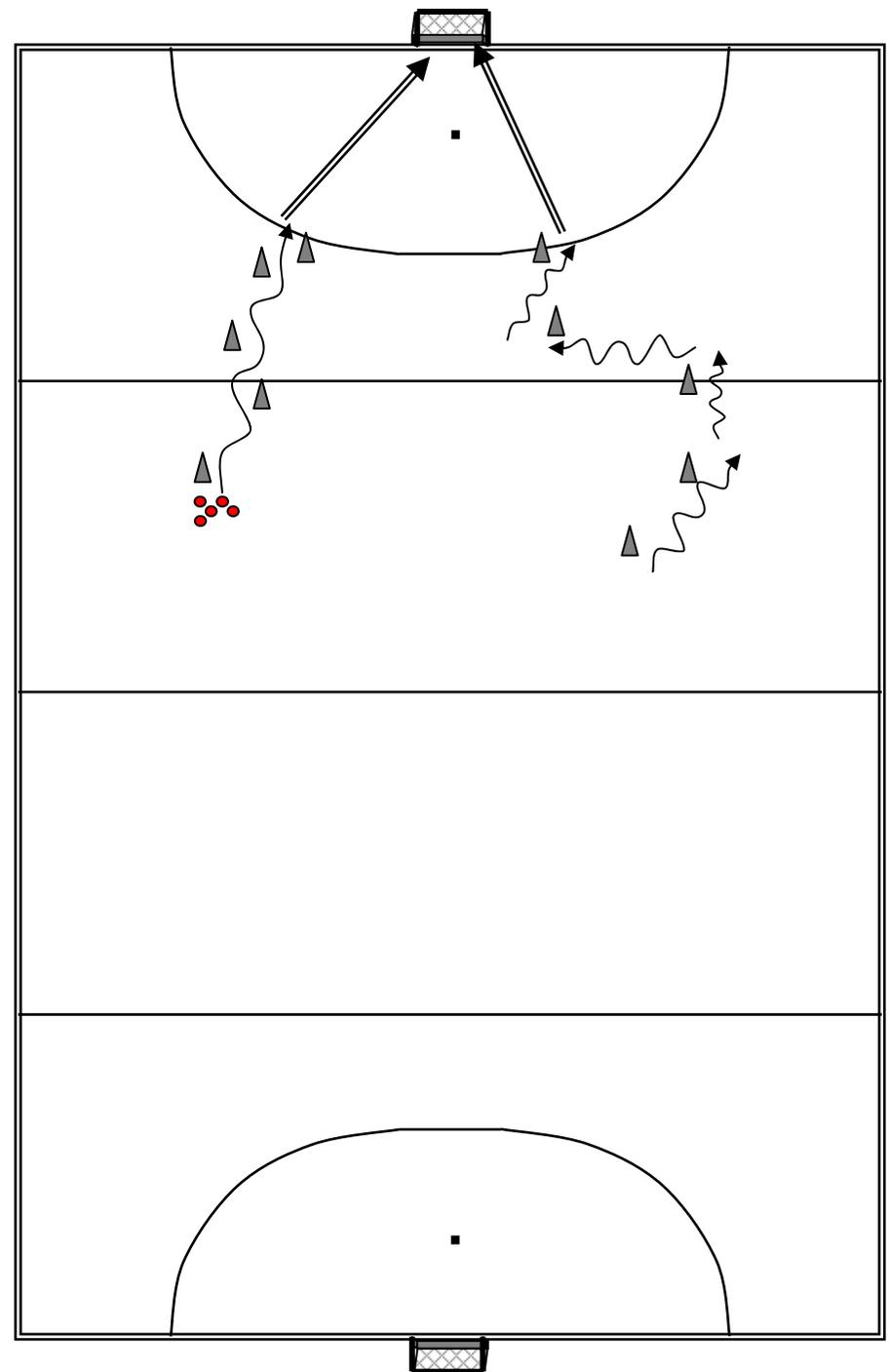
DIFFERENTIATION

- Change angle of direction
- Speed up dribble pace

Advanced groups only

- Lift in dribbles

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Clinic: Basics

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

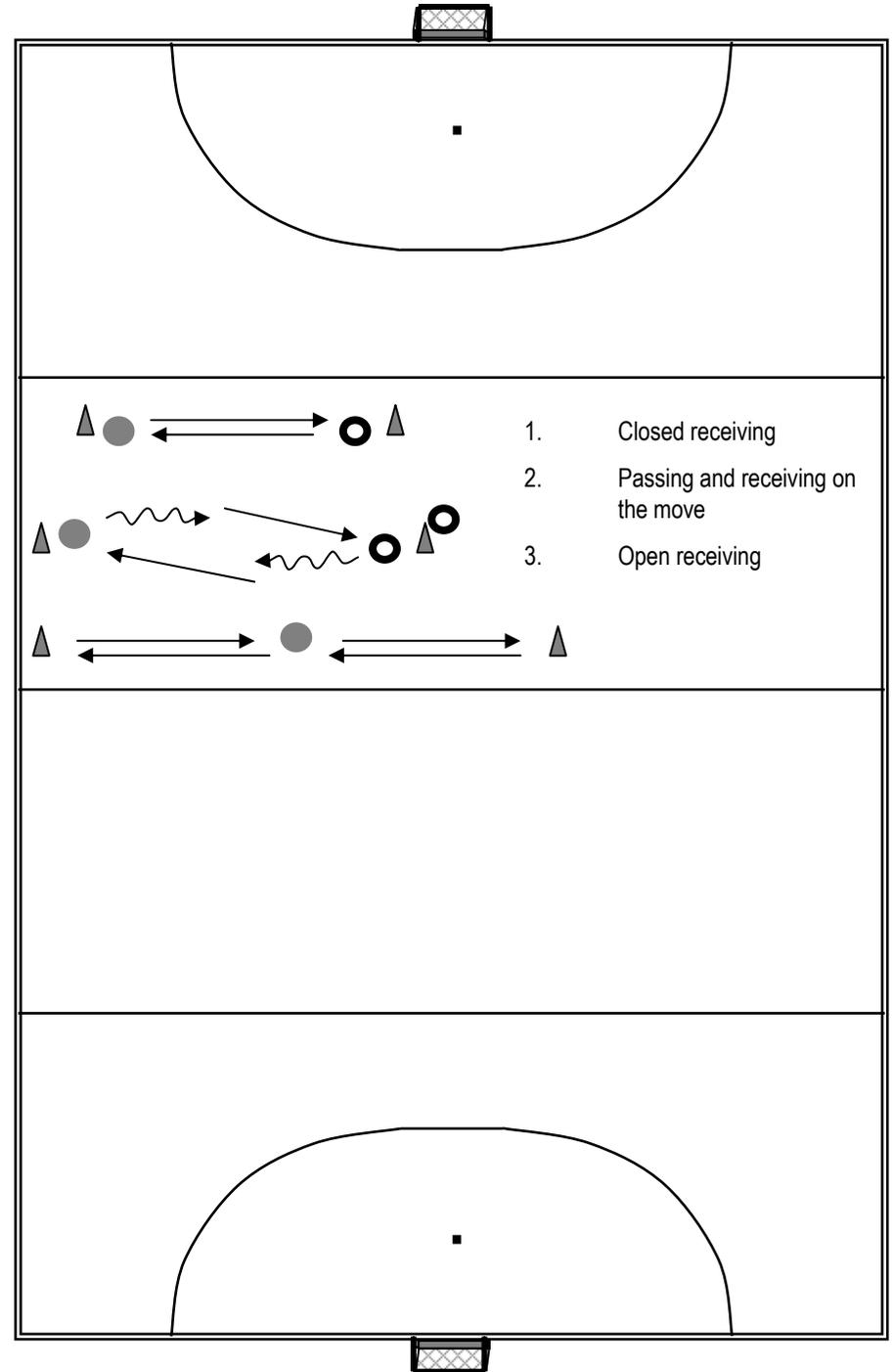
Description;

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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Clinic: Basics

Exercise: Hit



3

ORGANISATION

Description; Work in pairs

POINTERS

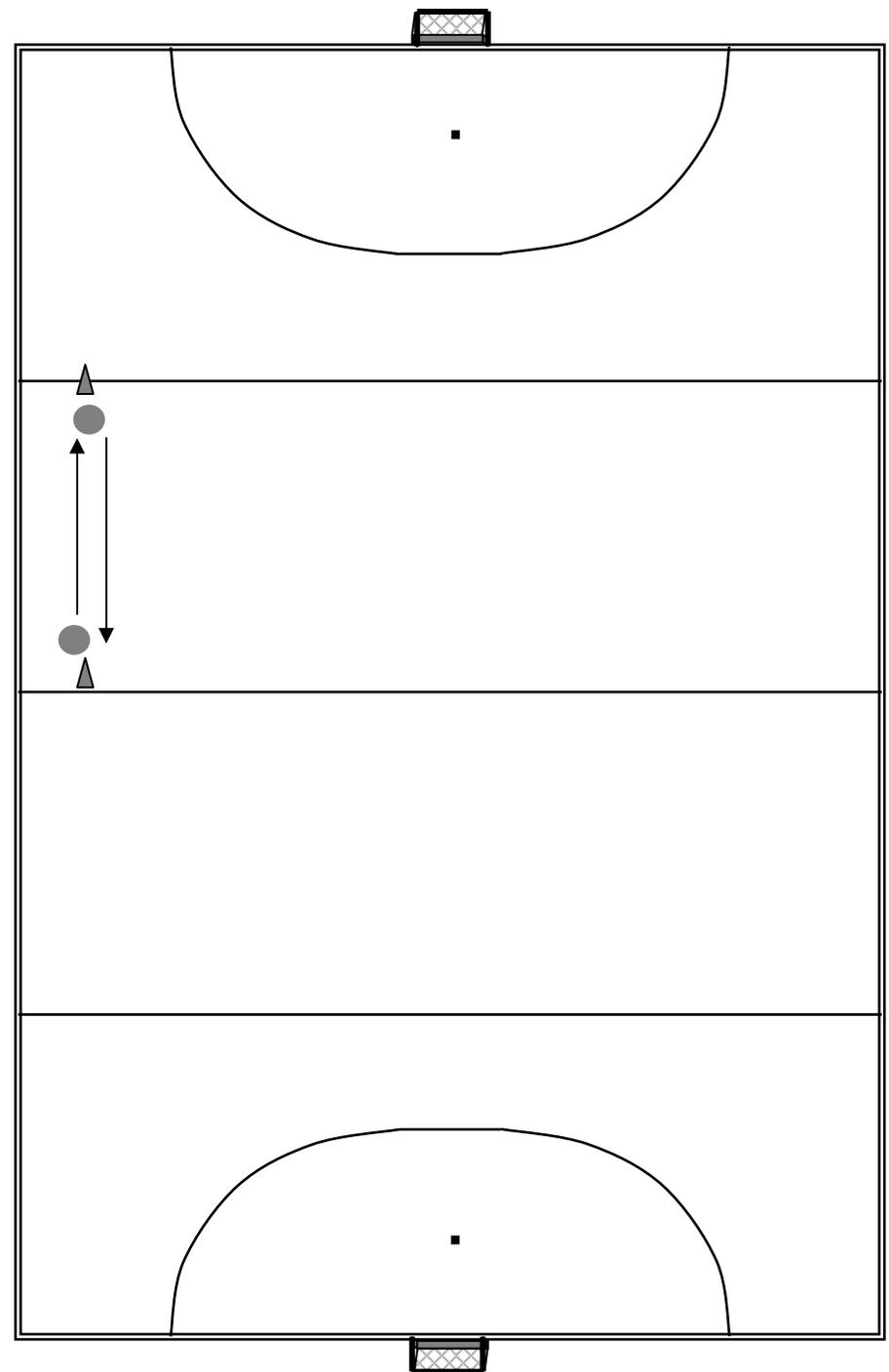
Description:

- 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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Clinic: Basics

Exercise: Sweep



4

ORGANISATION

Description; work in pairs

POINTERS

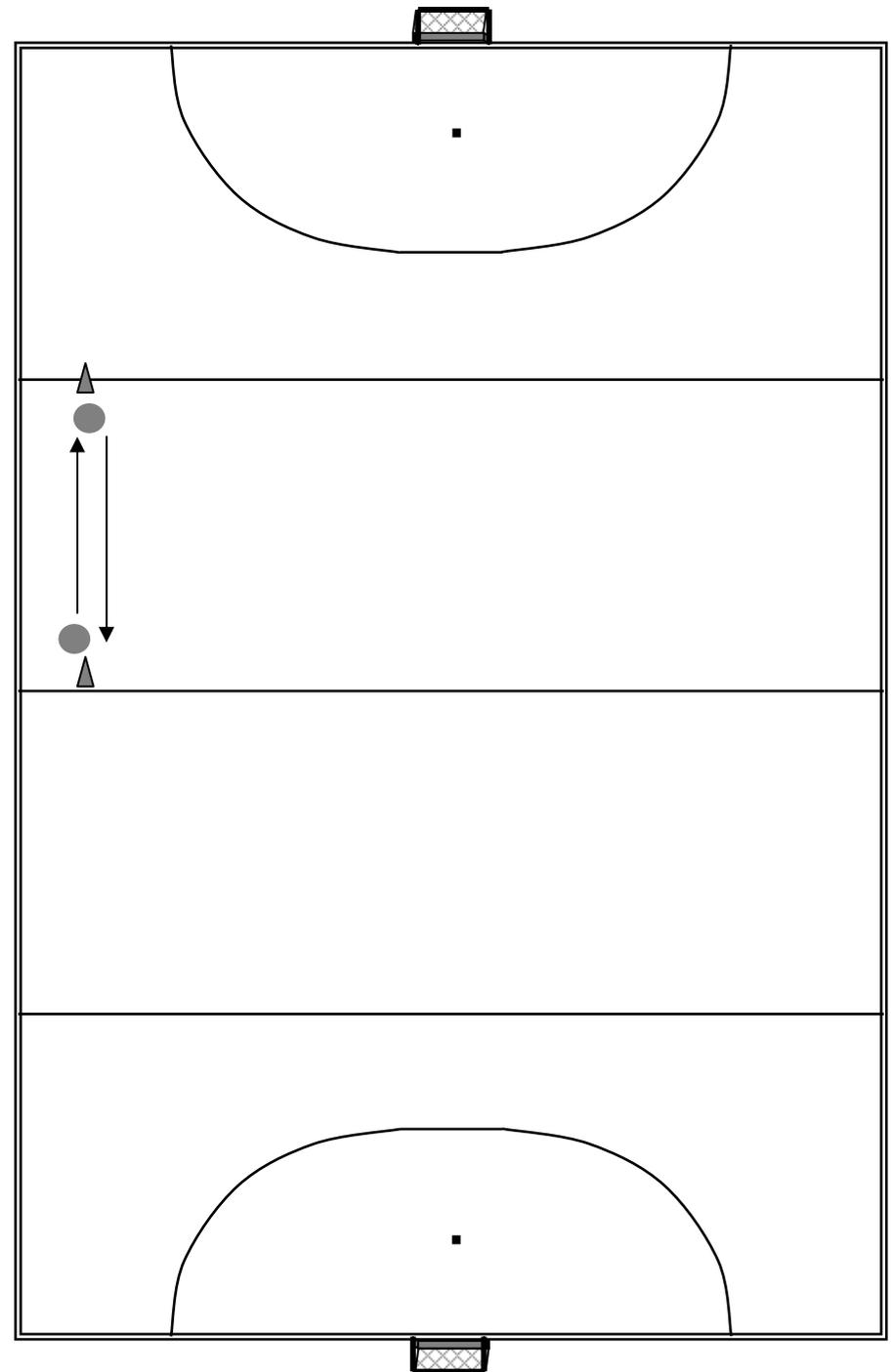
Description;

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

DIFFERENTIATION

- Work with fakes in passing

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Clinic: Basics

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

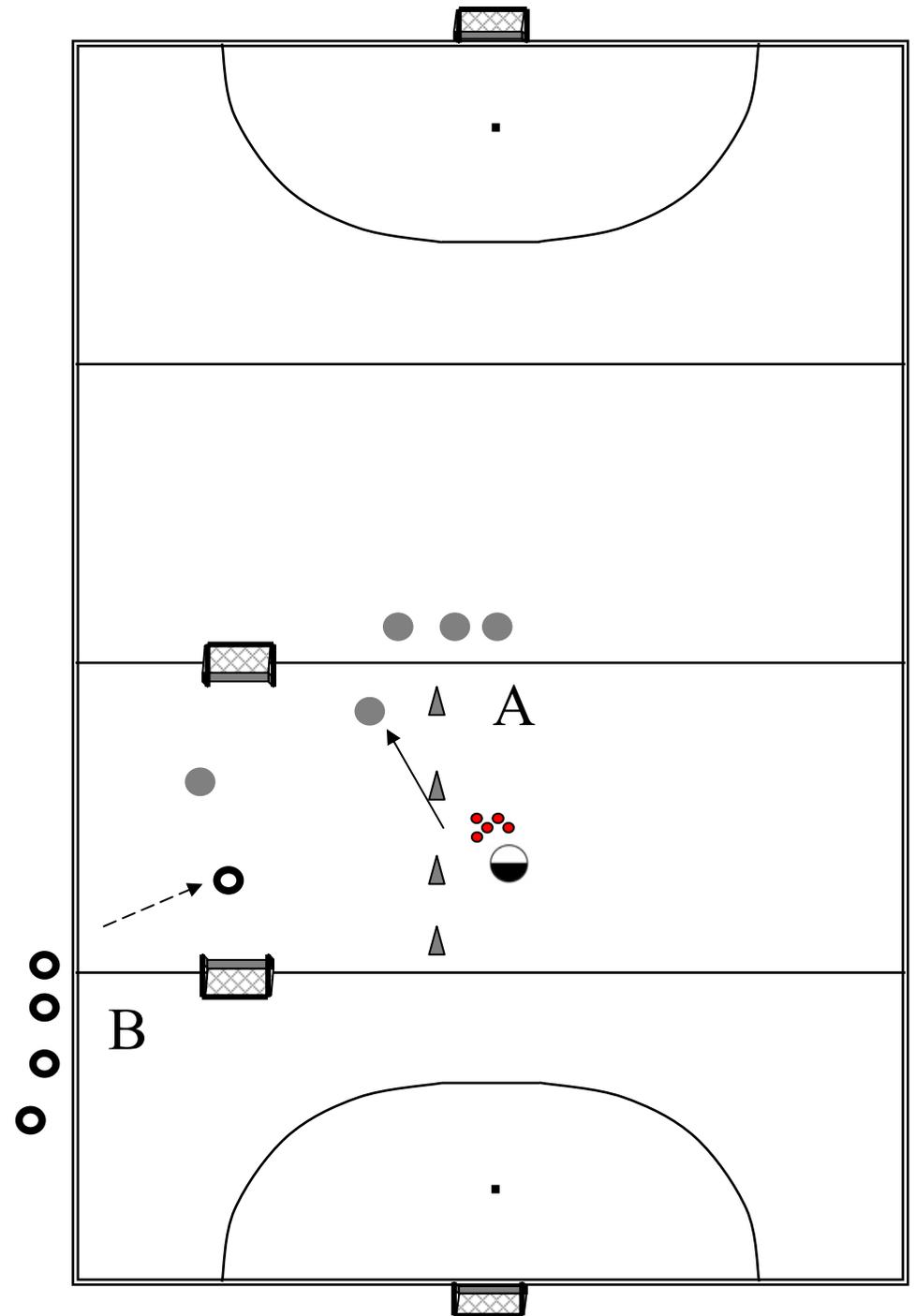
Description:

- 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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