



Field Hockey BC  
U14 Regional Program 2005/06

### U14 Regional Women 2005 Programming Notes

- ❑ Execution of these practice plans will require preparation on your part to ensure a smooth transition from one drill to another and to make the most of the limited time you have with your athletes
- ❑ The plans are to be treated as a working and evolving document. They will be continually improved based on your invaluable feedback
- ❑ A lot of time and effort have gone into preparing these plans. The skills have been periodized and each practice will build on the one before it. As a whole they will lay the foundation for our provincial program later on in the year. If modifications have to be made e.g. to accommodate restrictions on numbers and space please ensure that the technical and tactical focus of the drill or component are still being met
- ❑ Any questions or concerns can be directed to me at the office at any time
- ❑ Instruction on basic techniques and tactics is included with this package. This instruction will eventually be posted on the website. We will strive to add pictorial and video support as necessary, as soon as possible. The instruction is detailed for your benefit as coaches but take care not to overwhelm your athletes with it. Allow them to learn by doing and focus on just one or two key points at a time
- ❑ A lot of the athletes in this age group will be going through their most significant motor development phase and all basic techniques of the sport should be learned before they get to U16's. Focus on technique is essential. Pay close attention to the details:
  - Grip, ball position, footwork, weight transfer, vision, balance, preparation, execution, follow through
- ❑ Included in every practice is small games work (3v3 / 4v4)...this allows for:
  - Reinforcement of basic skills
  - More touches on the ball
  - Tactical decision making
  - Fun
- ❑ Rules for games can always be modified slightly to reinforce a basic skill or increase a tactical component. Some examples include:
  - 4 goals instead of two (accommodates switching the play)
  - Passing only (works basics)
  - Two/ Three touch (first touch, control, off ball running)
  - Pass through goal to a teammate to score (forces leads in front of the ball)
  - Lifted passing and dribbling only
- ❑ Coaches should strive to develop intelligent athletes
  - Provide context at every stage to make sure athletes understand why they are doing what they are doing
  - Ask questions to promote discussion and thinking rather than simply providing the answers
  - As often as possible incorporate drills with decision making components
- ❑ Basic skills are isolated when initially introduced but are then incorporated into drills that reinforce the skills within the appropriate context. Try to avoid building on basic skills with static repetition
- ❑ Skill circuits have been used to build on basic skills in the right context. The patterns within the circuits are important as they will form the basis of attacking play
- ❑ Athletes not involved in PC's can use the time to build on their technical skills base
- ❑ The feedback from some of our regional coaches so far is that the athletes are sometimes at drastically different levels. If this is the case for your group, take some of the opportunity to split the group up so you can tailor the instruction more appropriately to the group. E.g. in a circuit drill mirrored on both the left and right sides of the field, split the group into beginner and advanced and have beginners on the left, advanced on the right and then switch.

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- The level of difficulty of ALL the components of the practice can easily be modified by altering one or more of the following 3 elements:
  - Time – speed up or slow down execution, ball speed, foot speed, transition
  - Space
  - Competition – add a defender, make it a contest vs. the clock, vs. each other, vs. their previous best
- Thank you for your dedication and commitment to our athletes...please take advantage of the fact that we are here to support you. I look forward to working through any questions or concerns together.

## Key Components of the LTAD through the 7 Stages\* of Late Specialization Sports

\* Stage 7 is the Active for Life stage which is not the focus here

STAGE	Active Start (1) Males and Females 0-6	Fundamentals (2) Males 6-9 Females 6-8	Learning to Train (3) Males 9-12 Females 8-11	Training to Train (4) Males 12-16 Females 11-15	Training to Compete (5) Males 16-23 +/- Females 15-21 +/-	Training to Win (6) Males 19 +/- Females 18 +/-
<b>GENERAL</b>	<ul style="list-style-type: none"> <li>FUN and part of daily life</li> <li>Fitness and movement skills development</li> <li>Focus on learning proper movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching</li> <li>Not sedentary for more than 60 min except while sleeping</li> <li>Some organized physical activity</li> <li>Exploration of risks and limits in safe environments</li> <li>Active movement environment combined with well structured gymnastics and swimming programs</li> <li>Daily physical activity</li> <li>Focus on participation</li> </ul>	<ul style="list-style-type: none"> <li>Overall movement skills</li> <li>FUN and participation</li> <li>General, overall development</li> <li>Integrated mental, cognitive and emotional development</li> <li>ABC's of Athleticism: Agility, Balance, Co-ordination and Speed</li> <li>ABC's of Athletics: running, jumping, wheeling and throwing</li> <li>Daily physical activity</li> <li>Emphasize motor development to produce athletes that have better trainability for long term sport specific development</li> </ul>	<ul style="list-style-type: none"> <li>Overall sport skills development</li> <li>Major skills learning stage (accelerated adaptation to motor co-ordination): all basic sport skills should be learned before entering training to train</li> <li>Integrated mental, cognitive and emotional development</li> </ul>	<ul style="list-style-type: none"> <li>Sport specific skill development</li> <li>Major fitness development stage: aerobic and strength. Onset of Peak Height Velocity (PHV) and PHV are the reference points training to train</li> <li>Integrated mental, cognitive and emotional development</li> <li>Frequent musculoskeletal evaluations during PHV</li> </ul>	<ul style="list-style-type: none"> <li>Integrated mental, cognitive and emotional development</li> </ul>	<ul style="list-style-type: none"> <li>Ages are sport specific based on international normative data</li> <li>Modeling all aspects of training and performance</li> <li>Frequent prophylactic breaks</li> <li>Athletes training to peak for major competitions</li> <li>Training is high intensity and relatively high volume</li> <li>Individualized</li> </ul>
		<ul style="list-style-type: none"> <li>Screening for talent</li> </ul>	<ul style="list-style-type: none"> <li>Talent identification</li> </ul>	<ul style="list-style-type: none"> <li>Selection</li> </ul>	<ul style="list-style-type: none"> <li>Specialization</li> </ul>	<ul style="list-style-type: none"> <li>High performance</li> </ul>
<b>PHYSICAL TRAINING</b>		<ul style="list-style-type: none"> <li>Introduce basic flexibility exercises</li> <li>Develop speed, power and endurance using games</li> </ul>	<ul style="list-style-type: none"> <li>Medicine ball, Swiss ball and own body strength exercises</li> <li>Introduce hopping and bounding exercises to</li> </ul>	<ul style="list-style-type: none"> <li>Introduce free weights</li> <li>Accelerated adaptation to aerobic, speed and strength training.</li> <li>Make aerobic training a priority after onset of PHV while further developing speed,</li> </ul>	<ul style="list-style-type: none"> <li>Sport, event, position specific physical conditioning</li> </ul>	<ul style="list-style-type: none"> <li>Maintenance or improvement of physical capacities</li> </ul>



		<ul style="list-style-type: none"> <li>Develop linear, lateral, and multi-directional speed with the duration of repetitions less than five seconds</li> <li>Medicine ball. Swiss ball and own body strength exercises</li> <li><b>First window of accelerated adaptation to speed: males 7-9 females 6-8</b></li> </ul>	<p>help aid strength development</p> <ul style="list-style-type: none"> <li>Further develop endurance (games and relays), flexibility (exercises), and speed (activities focusing on agility, quickness, and change of direction in warm-up)</li> </ul>	<p>strength, and flexibility</p> <p>Emphasize flexibility training given the rapid growth of bones, tendons, ligaments, and muscles</p> <ul style="list-style-type: none"> <li>2 windows of accelerated adaptation to strength training in females: the first occurs immediately after PHV and the second begins with the onset of menarche</li> <li>1 window of accelerated strength training for males: it begins 12-18 months after PHV.</li> <li>Learn to cope with the physical challenges of competition</li> </ul>		
<b>ANCILLARY CAPACITIES (mental training / nutrition education etc.)</b>			<ul style="list-style-type: none"> <li>Introduce ancillary capacities</li> </ul>	<ul style="list-style-type: none"> <li>Develop ancillary capacities</li> </ul>	<ul style="list-style-type: none"> <li>Optimize ancillary capacities</li> </ul>	<ul style="list-style-type: none"> <li>Maximize ancillary capacities</li> </ul>
<b>MENTAL</b>		<ul style="list-style-type: none"> <li>Introduction to simple rules and ethics of sport</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to mental preparation</li> </ul>	<ul style="list-style-type: none"> <li>Develop mental preparation</li> <li>Learn to cope with the mental challenges of competition</li> </ul>	<ul style="list-style-type: none"> <li>Advanced mental preparation</li> </ul>	
<b>VOLUME</b>		<ul style="list-style-type: none"> <li>Once or twice a week in preferred sport as long as there is participation in many other sports 3-4 times/wk.</li> </ul>	<ul style="list-style-type: none"> <li>Narrow focus to 3 sports</li> <li>Sport specific training 3 times/wk; other sports 3 times/wk</li> </ul>	<ul style="list-style-type: none"> <li>Narrow focus to 2 sports</li> <li>Sport specific training 6-9 times/wk including complimentary sports</li> </ul>	<ul style="list-style-type: none"> <li>Select 1 sport</li> <li>Sport specific technical, tactical, and fitness training 9-12 times per week</li> </ul>	<ul style="list-style-type: none"> <li>Sport specific technical, tactical, and fitness training 9-15 times per week</li> </ul>
<b>PERIODIZATION AND SPORT PARTICIPATION</b>		<ul style="list-style-type: none"> <li>No periodization, but well structured programs</li> </ul>	<ul style="list-style-type: none"> <li>Single or double periodization</li> </ul>	<ul style="list-style-type: none"> <li>Single or double periodization</li> </ul>	<ul style="list-style-type: none"> <li>Single, double, or triple periodization</li> </ul>	<ul style="list-style-type: none"> <li>Single, double, triple or multiple periodization</li> </ul>
<b>COMPETITION RATIOS</b>	<ul style="list-style-type: none"> <li>No specific ratios</li> </ul>	<ul style="list-style-type: none"> <li>All activity FUN based</li> </ul>	<ul style="list-style-type: none"> <li>70% training:30% competition</li> </ul>	<ul style="list-style-type: none"> <li>60% training:40% competition</li> </ul>	<ul style="list-style-type: none"> <li>40% training:60% competition</li> </ul>	<ul style="list-style-type: none"> <li>25% training:75% competition</li> </ul>
<b>SPORT SPECIFICS</b>		<ul style="list-style-type: none"> <li>Fundamental movement skills must be mastered before sport specific skills are introduced</li> </ul>	<ul style="list-style-type: none"> <li>Major skills learning stage (accelerated adaptation to motor co-ordination): all basic sport skills should be learned before entering training to train</li> </ul>	<ul style="list-style-type: none"> <li>Consolidate sport specific skills and tactics</li> <li>Major focus of training is still on learning the basics not competing</li> </ul>	<ul style="list-style-type: none"> <li>Sport, event, position specific technical and tactical preparation</li> <li><b>Sport, event, position specific technical and playing skills under competitive conditions</b></li> </ul>	<ul style="list-style-type: none"> <li>Further development of technical, tactical, and playing skills</li> </ul>

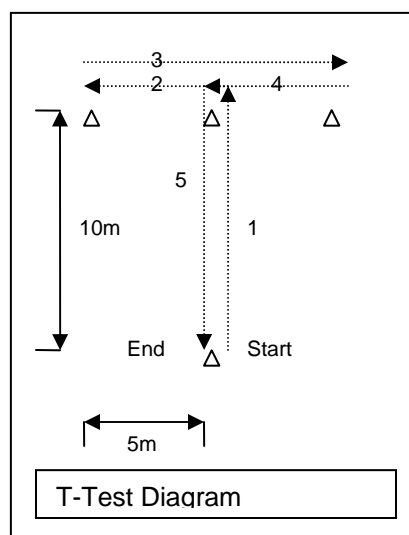
## Physical Testing Components

### Rationale:

- To determine baseline strengths and weaknesses of an athlete
- To determine the emphasis for physical training leading to competition
- To evaluate the effectiveness of the training program
- To provide a basis for modification of the training program
- To provide a basis for athletic screening within the program and in comparison to established norms at elite and international levels
- Currently used by our national teams as a basis for entry into the programs
- To expose our athletes to some of the protocol they are sure to face in their hockey careers and to lower the intimidation factor associated with physical testing

### Testing Components:

- Beep Test (general aerobic / anaerobic capacity)
  - Australian version – available for sign out at FHBC
  - Max heart rate recorded immediately after beep test and used to judge relative work rate
  - Heart rate monitors are ideal but if unavailable take pulse for 10sec and multiply by 6 to get heart rate in beats per minute
  - Monitor intensity of training by taking a heart rate reading at various points during practice
  - Athletes in training should be at approx 80% of max rate when “working hard” and should be at approx 60% or above for a positive conditioning effect
- T-test\* (agility)
  - Athletes sprint around circuit as shown in diagram
  - Foot needs to touch the line established by the cone between 2 and 3 and between 3 and 4 in diagram
  - Time stops when athlete runs past the start line
  - If possible the best of 2 repetitions can be recorded
- 20m sprint \* (speed)
  - If possible split times at 5m and 10m need to be recorded
  - Athletes run one 20m sprint not three separate sprints of 5m, 10m, and 20m
  - If possible the best of 2 repetitions can be recorded
- Curl-ups (muscular strength/endurance)
  - Max number of repetitions in 1 minute
  - Lying down, feet together, knees bent
  - Hands together, extend with each sit up and need to pass the plane of the bent knees for the repetition to count
- Push-ups (muscular strength – upper body)
  - Max number of reps possible without resetting the hands or feet (no time limit)
  - Hands should be shoulder distance apart, feet together, knees off the ground
  - Elbows need to break 90 degrees on the bottom and be fully extended at the top for each repetition to count
  - Athletes are allowed to rest at the top but cannot reset their hands, feet etc.
- Vertical jump (muscular strength/ power lower body)



\* Ideally done with “electronic eyes” to limit error associated with manual timing

## FHBC Skills List U14's 2005

### OVERALL FOCUS

- **Basic skill introduction**
- **Introduction to basic tactics**
- **Small games**

### TECHNICAL

#### Ball Distribution

- Passing
  - Forehand
    - Stationary and on the move
  - Reverse
  - Intro to lifted passes
  - Weight of passes (ball speed)
- Hitting
  - Forehand
    - Choke
    - Upright
- Intro to sweep hitting

#### Ball Control

- Running with the ball / possession skills
  - Ball position
  - Vision
- Dribble
  - Indian
- Intro to Eliminations (Draws)
  - To the right
  - To the left

#### Receiving

- Forehand
  - Midfield
  - Moving
- Reverse stick

#### Tackling

- Forehand
- Intro to Reverse stick
- poke

#### Shooting/ Goal scoring

- Forehand
- Intro to Reverse stick
- Intro to Punch/squeeze

## **TACTICAL**

### Defense

- Roles in defense
  - Emphasis on pressure on the ball carrier and cutting off options (DR1 and DR2)
- Defend small spaces
- Ball pressure
  - angles
- Channeling - angles of approach
  - Try and make forehand tackles
- Intro to Ball side / Help side
- Intro to space awareness
- Prioritizing in defense
  - Protect the middle first
- 1 vs. 1
- 2 vs. 1
- Intro to Marking
- Intro to Penalty corners
  - Explanation of basic roles

### Attack

- Roles in attack
  - Emphasis on AR1 and AR2 roles
- Support/ creating options for the ball carrier
  - Filling roles for support
  - Awareness of the needs of the ball carrier
  - Creating danger/ options in front of the ball in front of the ball
- 1 vs. 1
- 2 vs. 1
- Intro to 3 vs. 1
- Intro to Defensive formation
  - Trough/ bowl
  - Diamond
  - Defensive out letting accomplished by reinforcing support and options for the ball carrier
- Play up the sidelines
  - Only to reinforce support and options for the ball carrier
- Play in the offensive 25
  - Support and options
  - Danger in front of the ball
- Penalty corners
  - Intro to basic roles





**U14 Practice Content – Summary**

<p><b>Session 1</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Passing and receiving – forehand variations</li> <li><input type="checkbox"/> Ball Control – upright/ open face dribbling</li> <li><input type="checkbox"/> Passing – decision making</li> <li><input type="checkbox"/> Small Games – 3v3 – dribble over the line to score</li> </ul>	<p><b>Session 2</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Passing – reverse stick</li> <li><input type="checkbox"/> Ball control – stop and go - draws</li> <li><input type="checkbox"/> Receiving over the shoulder – square and through</li> <li><input type="checkbox"/> Small Games – 3v3 – 3 staggered goals</li> </ul>
<p><b>Session 3</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hitting technique– choke / controlled</li> <li><input type="checkbox"/> Circuit – Hitting / passing / receiving</li> <li><input type="checkbox"/> Leading / midfield receptions / curling out of trouble</li> <li><input type="checkbox"/> Small Games – 3v3 – two goals each team to encourage switching</li> </ul>	<p><b>Session 4</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hitting technique-full drive</li> <li><input type="checkbox"/> Hitting - footwork</li> <li><input type="checkbox"/> Circuit – hitting/ passing / receiving</li> <li><input type="checkbox"/> Small Games – 3v3 – 3 touch game</li> </ul>
<p><b>Session 5</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sweep hitting technique</li> <li><input type="checkbox"/> Circuit - off 25 movement</li> <li><input type="checkbox"/> Poke tackling technique</li> <li><input type="checkbox"/> Small Games – 3 v 3 for possession – 3 passes =goal</li> </ul>	<p><b>Session 6</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand tackling / 1 v 1</li> <li><input type="checkbox"/> Punch shot technique</li> <li><input type="checkbox"/> Circuit – off 25 movement</li> <li><input type="checkbox"/> Small Games – 3v3 – 2 goals – right side emphasis</li> </ul>
<p><b>Session 7</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Reverse stick tackling / 1v1</li> <li><input type="checkbox"/> Shooting – reverse stick shot</li> <li><input type="checkbox"/> Wide channel play</li> <li><input type="checkbox"/> Small Games (sidelines)– 3v3/4v4</li> </ul>	<p><b>Session 8</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Channeling / Double Defense</li> <li><input type="checkbox"/> 2v1</li> <li><input type="checkbox"/> Wide channel play</li> <li><input type="checkbox"/> Small Games (sidelines)– 3v3/4v4</li> </ul>
<p><b>Session 9</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Channeling / Double Defense</li> <li><input type="checkbox"/> 2v1 from marked position</li> <li><input type="checkbox"/> Small Games – 4v4/ 5v5 – 2 goals</li> <li><input type="checkbox"/> PC's – isolated skills</li> </ul>	<p><b>Session 10</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Switching the ball defenders / shooting drill forwards</li> <li><input type="checkbox"/> Defensive movement around the back 1 / 2 v 4</li> <li><input type="checkbox"/> Small Games – 4v4/5v5 – 2 goals- middle and R side attack</li> <li><input type="checkbox"/> PC's</li> </ul>
<p><b>Session 11</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Switching the ball defenders / shooting drill forwards</li> <li><input type="checkbox"/> Defensive movement around the back 1 / 2 v 4</li> <li><input type="checkbox"/> Small Games – 5v5 – 2 goals middle/right</li> <li><input type="checkbox"/> PC's</li> </ul>	<p><b>Session 12</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pressure and cover</li> <li><input type="checkbox"/> 6v7</li> <li><input type="checkbox"/> Small Games 6v6 / 7v7</li> <li><input type="checkbox"/> PC's</li> </ul>

**Small games focus – ar1/2 and dr1/2 roles**

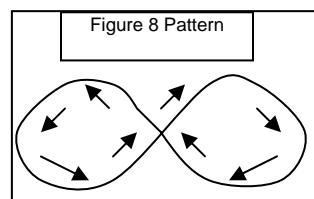
## Individual Skills Warm-up

The following options reinforce basic movement patterns for our game and can be done every practice to build and reinforce skill. They can be done individually or in pairs as needed over a 25 yard zone.

### INDIVIDUAL WORK

#### □ Stationary\* patterns

- Yard stick test
  - Ball is drawn back and forth across the body (1 yard) for one minute (keep count – back and forth = 1 rep)
  - Keep stick in contact with the ball at all times
- Figure 8's
  - Ball stays on stick throughout the motion
  - Weight transfers from L foot to R foot as ball goes from R to L



**\*even though the athlete does not move make sure that they are still transferring weight from one foot to another as appropriate.**

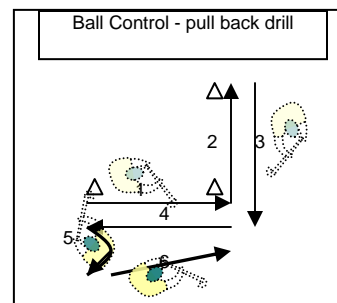
- Running with the ball – ball stays in contact with stick the entire time – focus on vision and control
  - Ball in the middle of the stance
  - Ball on the right side
  - Ball on the left side
  - Slalom dribble with the above variations
  - Draws left and right
- Run/pause
  - Open face running with the ball with a pause for control every few steps
  - Ball comes to a stop but athletes try and maintain their momentum going forward (athlete should not stop running and then start up again but rather slow down as the ball's momentum is stopped and accelerate with the ball to get it going again)
  - As with regular running with the ball this can be done with the ball in the middle and on the right and left side of the stance

## WORK IN PAIRS

- Dribbling and tackling footwork
  - Athlete with the ball moves the ball up the field using the Indian or open face dribble
  - The defensive partner while moving backward, shadows the movement of the forward
    - Focus is on the ball
    - Maintain the engaging distance (stick length away from the ball)
    - Maintain good footwork – balanced position with one foot always in front of the other, continually pivoting, defending your feet, and poke tackling to keep the forward honest, use small steps to allow for rapid change of direction
    - Pairs switch roles after each 25 yard run
  - Dribbling while moving backwards – player without the ball now puts passive pressure on the ball carrier as a forward
  - Repeated pullbacks to protect the ball from advancing forward
- Lifts over flat sticks
  - Defender passively lays down a flat forehand or reverse stick tackle and allows the forward to practice lift over the flat stick
  - Can be progressed into a draw followed by a lift
  - Pairs switch roles after each 25 yard run
- Forward open face dribble and defender tries to make reverse stick tackle
  - Pairs switch roles after each 25 yard run

## ADDITIONAL BALL CONTROL DRILLS

- Ball Control - Pull back drill – can be done with group of 3 players (1 active, 1 counting, 1 to put down a flat stick for lifted ball)
  - Cones are 5 yards apart
  - Pull back should be back and away from a potential tackle
  - Keep track of number of complete repetitions in 1 minute
  - Progress to 1.5 min
  - Can progress to lift over flat stick after pull back (5)
  - Can progress to tap or pop dribble between 2 and 3



## U14 Regional Program: Practice 1

### FOCUS: Passing and receiving, running with the ball, Small Games

Time: 1.5 Hrs

**-15-00 Warm-up**

3 laps  
 Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

See options from skills warm-up sheet

**15-35 Passing and receiving**

Players set up in a square about 10 yards wide.

- A. (10 min) Forehand passing and receiving in pairs

Count number of completed passes in 2 min blocks

- B. (5 min) Disguise passing to the left :

- o Player1 moves to teammate diagonally across and passes across the body to teammate on the left
- o Pattern repeats for player who receives the ball

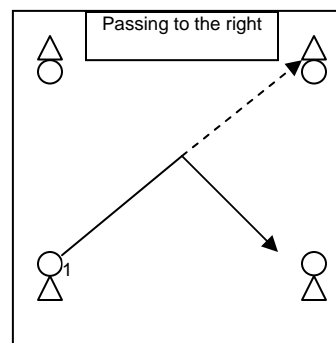
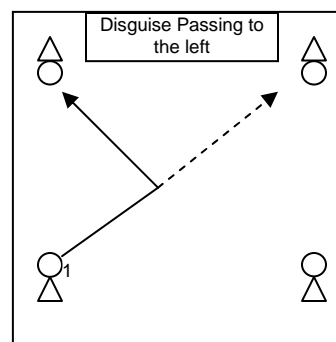
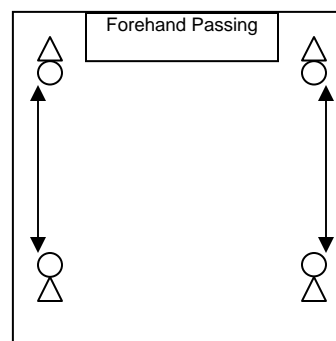
Count number of completed passes for each in 2 min blocks

- C. (5 min) Pass of the back foot to he right:

- o Player1 moves to teammate diagonally across and passes off their back foot to teammate on their right side – players hips must be facing forward while the pass is made to their R
- o Pattern repeats for player who receives the ball

Focus on:

- Passing accuracy and deception
- Vision – split vision between the ball and passing options
- Receiving technique



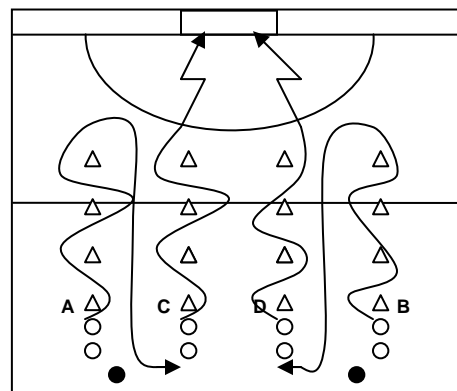
**35-40 Water break**

**40-55 Ball Control – Upright open face dribbling**

Slalom dribble through sets of cones as shown. Lines A and B execute an open face dribble (open field run with ball held in contact with stick) back to lines C and D. Lines C and D end with a shot at net.

Variations:

- Ball always stays in the middle of the body – players are not allowed to turn the stick over to pull the ball from L to R
- Conventional dribble with players now allowed to turn the stick over



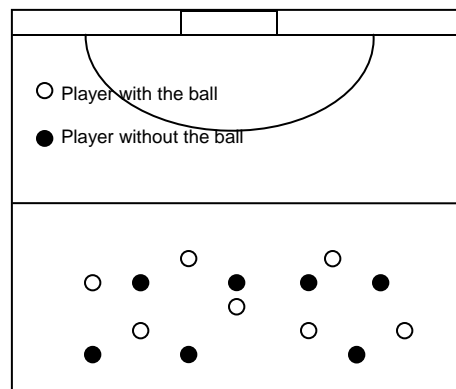
The open faced run back to lines C and D needs to be executed with the head up – to help accommodate this the 3<sup>rd</sup> athletes in lines A and B can step out as shown (black dots) and hold their R or L hand out beside them. The players running back with the ball need to call out which hand is being held out – players keep track of how many times they are correct with their call.

**55-70 Passing – Vision Drill**

- Players stay within the 25 yard zone.
- Half have a ball and the other half don't.
- All players can move freely within the zone
- Players with the ball have to pass to free player

Progressions:

- Cannot pass to player that just passed to you
- Introduce defenders (1-3) that can intercept passes
- Introduce defenders that can tackle ball carrier



**70-90 Small Games (3 v 3)**

- Field size: 25 by 25 yards
- No goals – dribble over the end line to score
- Emphasize options for the ball carrier in offense and covering options in defense

## U14 Regional Program: Practice 2

### FOCUS: Passing and receiving, running with the ball, Small Games

Time: 1.5 Hrs

**-15-00 Warm-up**

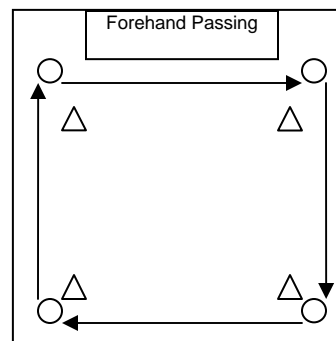
3 laps  
 Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

See options from skills warm-up sheet

**15-35 Passing and receiving**

Players set up in a square about 10 yards wide. Only one player at each cone

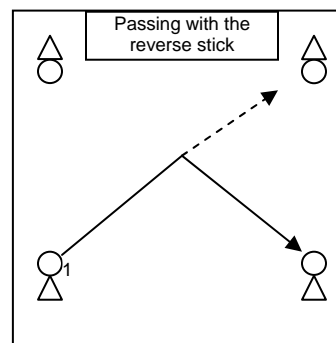


- A. (5 min) Forehand passing and receiving around the square (clockwise)

Count number of completed passes in 2 min blocks

- B. (5 min) Forehand passing and receiving around the square (counterclockwise):
- o Encourage slip (through the body receptions)

Count number of completed passes in 2 min blocks



- C. (5 min) Reverse stick pass:
- o Player1 moves to teammate diagonally across and passes off their back foot to teammate on their right side – players hips must be facing forward while the pass is made to their R
  - o Pattern repeats for player who receives the ball

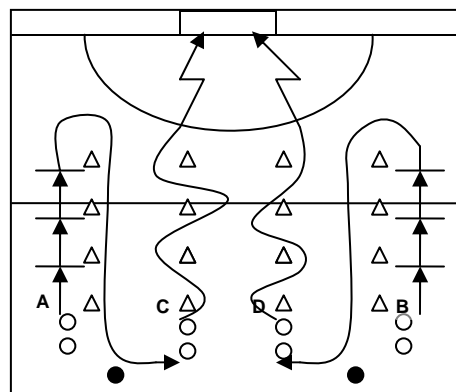
Focus on:

- Passing technique and accuracy
- Receiving technique
- Vision – split vision between the ball and passing options

**35-40 Water break – set up next drill**

### 40-55 Ball Control – Run/pause

- Open face running with the ball with a pause for control at the cones (lines A and B only)
- Ball comes to a stop but athletes try and maintain their momentum going forward (athlete should not stop running and then start up again but rather slow down as the ball's momentum is stopped and accelerate with the ball to get it going again)



Run/pause through lines A and B, open face dribble (open field run with ball held in contact with stick) back to lines C and D. Slalom dribble through lines C and D ending with a shot on net.

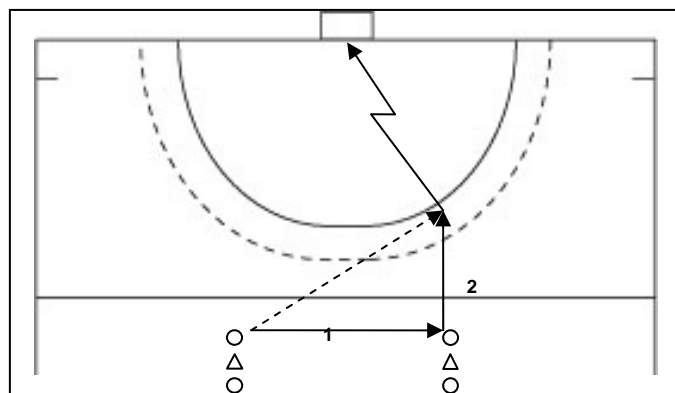
Variations / Progressions:

- Ball always stays in the middle of the body – players are not allowed to turn the stick over to pull the ball from L to R in the slalom portion
- Conventional dribble with players now allowed to turn the stick over
- Players execute draws (not slalom dribble) around the cones in lines C and D
- Instead of cones in lines C and D have players who have just taken a shot walk back to lines A and B in the path of line C and D so that players in those lines (C/D) have to draw slalom around the athletes walking back.

The open faced run back to lines C and D needs to be executed with the head up – to help accommodate this the 3<sup>rd</sup> athletes in lines A and B (or a coach) as shown (black dots) can hold their R or L hand out beside them. The players running back with the ball need to call out which hand is being held out – players keep track of how many times they are correct with their call.

### 55-70 Square and Through (over the shoulder receptions)

- First pass (1) is square
- Passer leads diagonally to create danger in front of the ball and unbalance the defense – lead is not for depth i.e. forward is looking to get behind a defender to force the defender to make a decision (to drop with the forward or engage the ball carrier)
- Repeat on other side

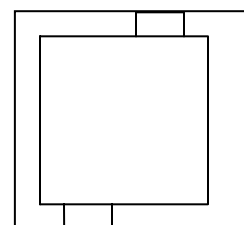


Progression:

- move the starting points 5 yards back and after passer makes pass 2 they support the ball carrier by leading square to the top of the D for a return pass and shot
- have the forward draw L/R before taking a shot

### 70-90 Small Games (3 v 3)

- Field size: approx 25 by 25 yards
- Staggered goals – to promote R side attack and channeling
- Introduce the concept of dangerous space (between the ball and the net) and how we prioritize protecting it



### U14 Regional Program: Practice 3

**FOCUS: Hitting technique, running with the ball, curling out of trouble, Small Games**  
**Time: 1.5 Hrs**

**-15-00 Warm-up**

3 laps  
Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

See options from skills warm-up sheet

**15-35 Hitting technique – choke / controlled hit**

- Players in pairs about 15 yards apart
- Hitting with a choke grip for control and speed of execution

**Focus on technique and making good contact with the ball**

Progression for athletes that have mastered the skill:

- Quicker transition from receive to shot
- Move toward the ball to receive
- Redirect the ball left or right on the reception

Count number of completed passes without a mistake

**35-40 Water break – set up next drill**

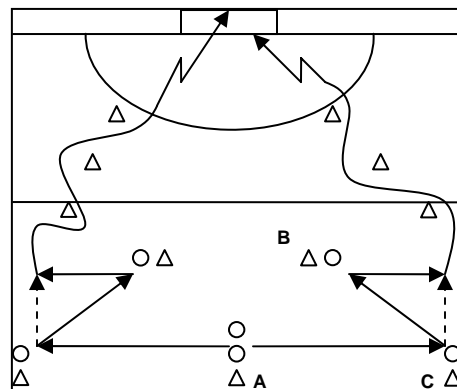
**40-60 Hitting / passing / receiving**

Line up and ball start at cone A. Rotation is from cone A to B to C. Alternate L and R side  
Coach can be in the middle with extra balls feeding the drill whenever it breaks down

- First pass is a choke hit wide to cone C
- Give and go with player leading to the ball from cone B
- Slalom dribble through cones toward net for a shot (using the choke hit)

Variations / Progressions:

- Draw the ball L/R at each of the cones leading to the net
- Lifted draws at each of the cones
- Pass from station B when going up the left side of the field can be a reverse stick pass

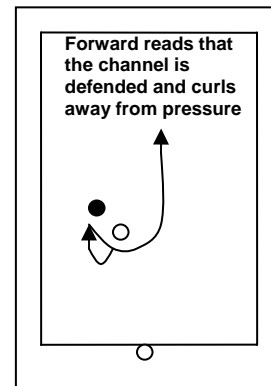
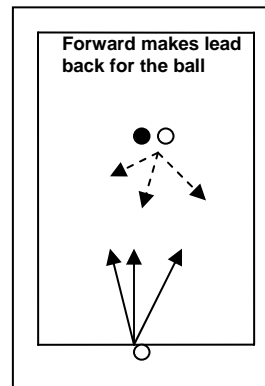


**Focus on technique, weight transfer, vision, and good contact for the choke hit and shot on net.**



### 60-75 Leading / midfield receptions / curling with the ball

- Each zone is approx 10 yards wide and 20-25 yards long
- 3 players in each zone – 1 passer at one end, 1 receiver and defender in the middle
- Forward (white dot) makes a lead toward the ball to get away from defender (defender is passive)
- After receiving ball carrier will try to curl away from the pressure
- Defender will block either the L or R channel
- Ball carrier practices detecting the presence of the defender and curling the opposite way out of trouble
- Ball carrier then becomes passer and drill runs from the other side
- Rotation: passer, defender, forward

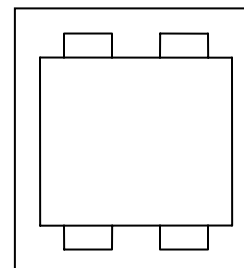


#### Progression:

- Defender is active on the lead only and tries to intercept the ball
- Defender is active throughout and tries to make the tackle after the reception as well

### 70-90 Small Games (3 v 3)

- Field size: approx 25 by 25 yards
- 2 goals for each team to promote switching of the play
- Focus on recognition of a blocked channel in order to switch the ball



## U14 Regional Program: Practice 4

**FOCUS: Hitting technique, hitting footwork, Small Games**

**Time: 1.5 Hrs**

**-15-00 Warm-up**

3 laps  
Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

See options from skills warm-up sheet

**15-35 Hitting technique – full drive with control**

- Players in pairs about 15 -20 yards apart

**Focus on technique with control – flat and accurate before you go for more power**

Progression for athletes that have mastered the skill:

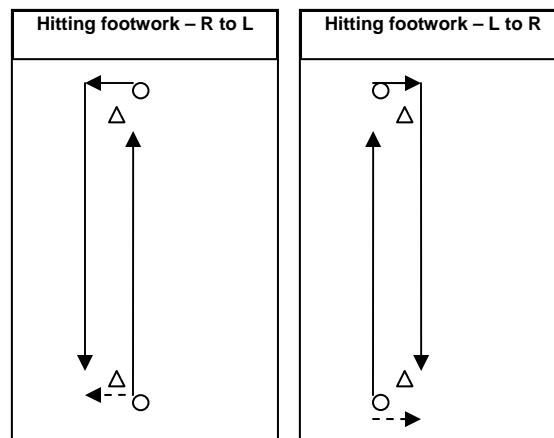
- Quicker transition from receive to shot
- Move toward the ball to receive
- Redirect the ball left or right on the reception

Count number of completed passes without a mistake

**35-50 Hitting technique / footwork**

- Players in pairs about 15-20 yards apart
- After receiving the ball players move with the ball to their R or L past the cone as shown and hit the ball back to their partner who has also moved over.

At the point of contact with the ball, the player should look the same regardless of hitting from R to L or L to R (the hard work to set the feet and place the ball in the right position has already been done).



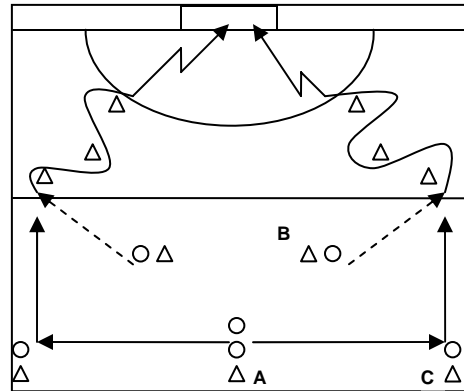
**50-55 Water break – set up next drill**

### 55-70 Hitting / passing / receiving

Line up and ball start at cone A. Rotation is from cone A to B to C. Alternate L and R side.

Coach can be in the middle with extra balls feeding the drill whenever it breaks down

- First pass is a hit wide to cone C
- Player at B leads for over the shoulder reception from player at C
- Slalom dribble through cones toward net for a shot (using the full drive – low and flat)



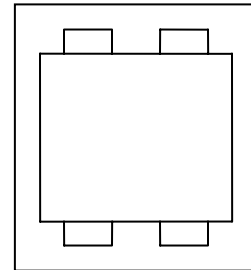
Variations / Progressions:

- Draw the ball L/R at each of the cones leading to the net
- Lifted draws at each of the cones

Focus on technique, weight transfer, vision, and good contact for the hit and shot on net.

### 70-90 Small Games (3 v 3)

- Field size: approx 25 by 25 yards
- 2 goals for each team to promote switching of the play



## U14 Regional Program: Practice 5

**FOCUS: Sweep Hitting technique, hitting footwork, Small Games**  
**Time: 1.5 Hrs**

### **-15-00 Warm-up**

3 laps  
Agilities/Dynamic Stretching

### **00-15 Skills Warm-up**

See options from skills warm-up sheet

### **15-35 Sweep Hitting technique**

- Divide group into beginner and intermediate and then pair athletes within their group so that instruction can be tailored more appropriately
  - Players in pairs about 15 -20 yards apart
  - Beginner group can start in lunge position on one knee to isolate the upper body motion
  - Progress to :
    - Starting in lunge position but standing...athlete then droops to one knee and sweeps
    - With start position of feet together, athlete takes full lunge to a stationary ball and sweeps
    - Athlete runs with the ball at low speeds and then executes sweep
- Ball position: a step and a stick length away
  - Ball in line with L foot
  - Lunge perpendicular to direction of ball travel
  - Stay low with the body and the hands
  - Drive the hands through the line of the ball
  - Contact 0-6 inches above the blade
  - blade is "open" on contact and remains "open" through the follow through

**Focus on technique with control – flat and accurate before you go for more power**

Progression for athletes that have mastered the skill:

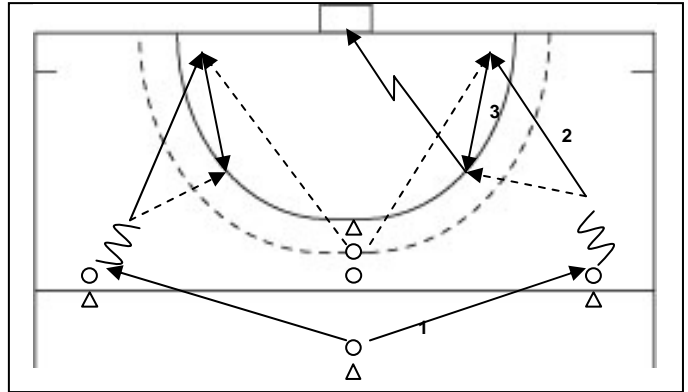
- Quicker transition from receive to sweep
- Work on power
- Work on deception
- Redirect the ball left or right on the reception

Count number of completed passes without a mistake

### 35-55 Sweep hitting / passing / receiving

Coach can be in the middle with extra balls feeding the drill whenever it breaks down. Rotation goes from middle to wing position to CF position.

- Sweep hit (1) to winger in the wide channel
- CF leads to the baseline to create danger in front of the ball
- Winger carries the ball a few yards and passes hard to the CF (2)
- CF receives with their back to the baseline (therefore lead HARD)
- Winger leads to "guard" position, receives pass from CF (3) and takes shot at net



The "guard" position is a support position directly back from the ball carrier if on the baseline, or just over the ball carriers shoulder if moving forward. You can count on defenders prioritizing the "dangerous" space between the ball and the net so this pass is often unguarded.

Variations / Progressions (can be assigned to individual players based on their ability):

- Draw the ball L/R before winger passes to the baseline
- Use a slip reception in the RW position
- Use a reverse stick reception in the LW position

Focus on sweep hit technique, vision when moving with the ball, strong leads, and good contact for the hit and shot on net.

### 55-60 Water break – set up fields for small games

### 60-70 Poke tackling technique

Players pair up, one with the ball and the other without. Players move back and forth over a 25 yard distance.

- Forward freestyles up the field with the defender having to backpeddle and try to poke tackle
- Use good footwork (small steps, one foot in front of the other, always pivoting)
- Maintain balance – do not dive forward to make the tackle
- Maintaing engaging distance – letting the forward get too close will not leave the defender enough time to react to the ball or a move
- Eyes/ focus on the ball at all times

### 70-90 Small Games (3 v 3)

- Field size: approx 25 by 25 yards
- Game is played for possession...no goals...a goal is scored every time a team completes 3 consecutive passes
- Focus on re-leading to create options for the ball carrier

## U14 Regional Program: Practice 6

**FOCUS: 1v1, tackling, punch shot technique, Small Games**  
**Time: 1.5 Hrs**

**-15-00 Warm-up**

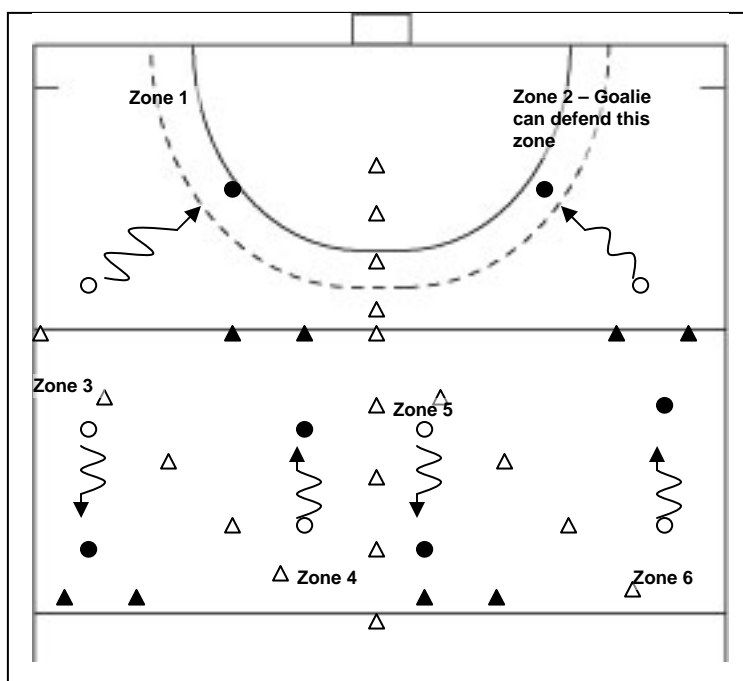
3 laps  
 Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

See options from skills warm-up sheet

**15-35 Forehand Tackling / 1v1**

- If necessary, divide group into beginner and intermediate and then pair athletes within their group so that instruction can be tailored more appropriately
- Players work 1v1 and forehand tackling skills in zones as shown.
- Zone setup allows defenders to instinctively channel the attacker wide of the dangerous space to the net
- Attacker needs to eliminate defender and dribble through the cones to score
- Defender should attempt to close the distance to the attacker first and not simply collapse to the net
- Goalies can act as the defender in one or more of the channels (Zone 2 especially because defender will need to channel wide forcing a reverse stick tackle - which is the focus of the next practice)
- Players rotate through channels as required switching between offense and defense



- Eyes on the ball
- Close the distance to the fwd and “pick up their speed”
- Footwork
- Maintain engaging distance
- Do not dive into the tackle...maintain a balanced position

**35-45 Punch shot technique**

Have group volunteer into beginner and intermediate as necessary. Beginners can practice against the fence and intermediate can receive balls from the baseline and execute shot toward the net

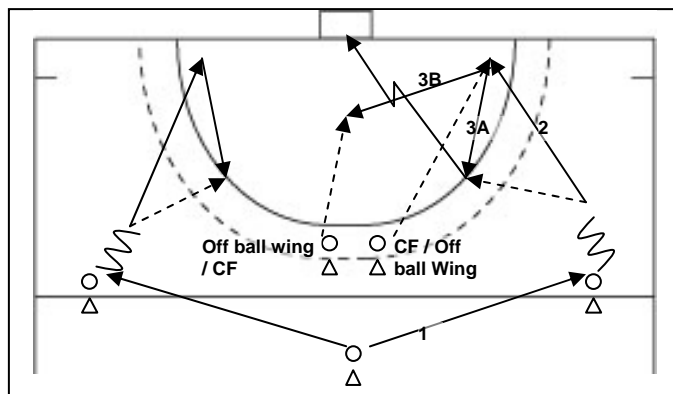
**45-50 Water break – set up circuit**

**50-70 Passing / receiving circuit –offensive movement patterns contd.**

Coach can be in the middle with extra balls feeding the drill whenever it breaks down.

Rotation goes from middle to wing position to CF/off ball wing position.

- Sweep hit (1) to winger in the wide channel
- CF leads to the baseline to create danger in front of the ball
- Winger carries the ball a few yards and passes hard to the CF (2)
- CF receives with their back to the baseline (therefore lead HARD)
- Off ball wing leads to the “stroke spot” position
- Winger leads to “guard” position



The “guard” position is a support position directly back from the ball carrier if on the baseline, or just over the ball carriers shoulder if moving forward. You can count on defenders prioritizing the “dangerous” space between the ball and the net so this pass is often unguarded.

- CF passes to guard or stroke spot position (3A/3B) as they see fit for a shot at net

The “stroke spot” is another key goal scoring position. Players leading to this position should stay low and be big obvious targets for the ball carrier. Focus for this player is on the BALL and player should try to direct the ball on to net as quickly as possible (usually with a push or first time redirection).

- Repeat on the L side

Variations / Progressions (can be assigned to individual players based on their ability):

- Draw the ball L/R before winger passes to the baseline
- Use a slip reception in the RW position
- Use a reverse stick reception in the LW position
- Player at the stroke spot executes punch shot

**70-90 Small Games (3 v 3)**

- Field size: approx 25 by 25 yards
- Players are only allowed three touches with the ball
- Two goals for each team to accommodate switching (goal on the right is worth 3 pts and goal on the left is worth only 1)
- Defenders will now have to prioritize protecting the dangerous space to the goal worth more points

## U14 Regional Program: Practice 7

**FOCUS: 1v1, reverse stick tackling, reverse stick shot technique, Small Games**  
**Time: 1.5 Hrs**

**-15-00 Warm-up**

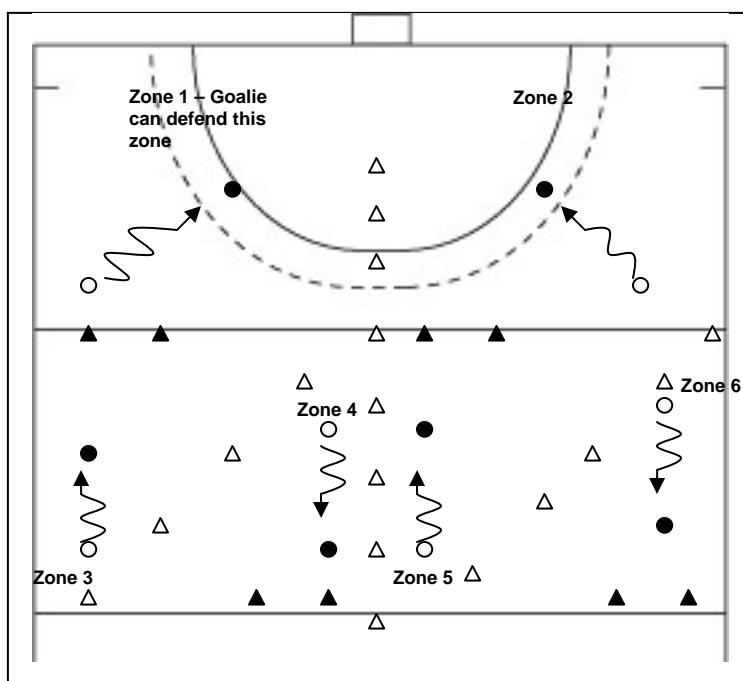
3 laps  
 Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

See options from skills warm-up sheet

**15-35 Reverse Stick Tackling / 1v1**

- If necessary, divide group into beginner and intermediate and then pair athletes within their group so that instruction can be tailored more appropriately
- Players work 1v1 and reverse stick tackling skills in zones as shown
- First few reps can be passive to develop basic technique
- Zone setup allows defenders to instinctively channel the attacker wide of the dangerous space to the net
- Attacker needs to eliminate defender and dribble through the cones to score
- Defender should attempt to close the distance to the attacker first and not simply collapse to the net
- Goalies can act as the defender in one or more of the channels (Zone 1 especially because it will require a forehand tackle which was covered last practice)
- Players rotate through channels as required switching between offense and defense



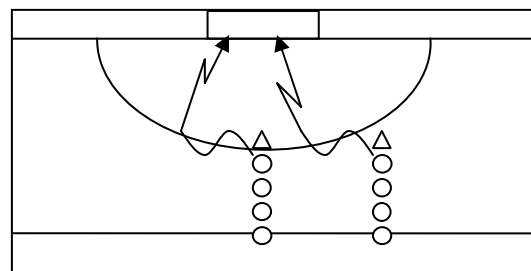
- Eyes on the ball
- Close the distance to the fwd and “pick up their speed”
- Hips of the defender should be pointed in the same direction as the forward with the ball so that speed can be maintained
- Footwork
- Maintain engaging distance
- Do not dive into the tackle...maintain a balanced position



**35-55 Reverse stick shot technique**

Have group volunteer into beginner and intermediate as necessary. Beginners can practice against the fence and intermediate athletes can form two lines at the top of the D and alternate with shots on net.

- ❑ Ball step and a stick length away and in line with right foot
- ❑ Lunge out is perpendicular to the direction of the ball to the target
- ❑ Stick wraps around the body for the back swing
- ❑ Swing is low and along the turf (hands low...scraping the turf)
- ❑ Stay low on the follow through
- ❑ Technique for this skill is often poor
- ❑ Enough time, repetition, and patience is essential for success



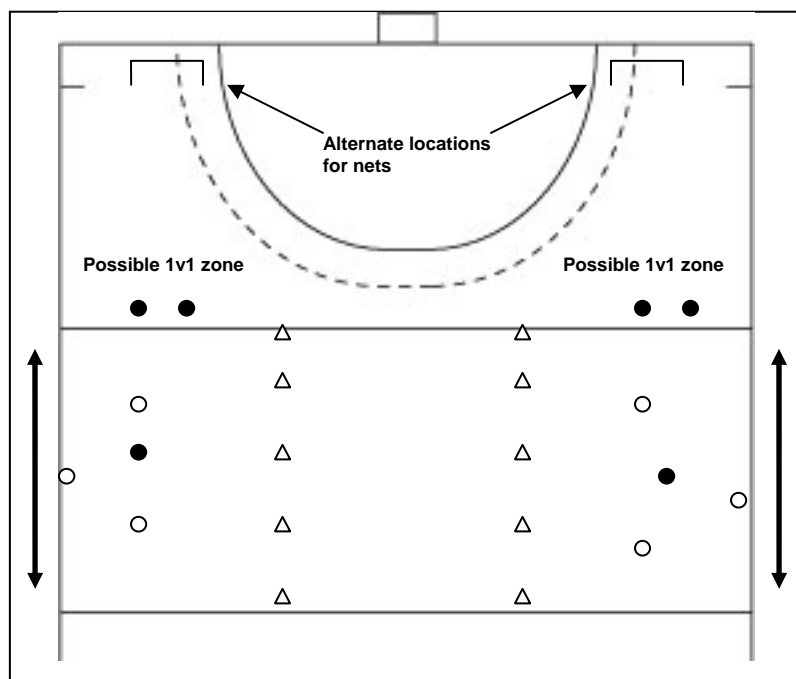
**55-60 Water break**

**60-90 Sideline play (will be repeated next practice)**

- Two zones are set up along the sidelines as shown
- 6 players in each zone
- Players play up and back in each zone to simulate play up both the left and the right sidelines
- Both free play and side line hits can be simulated
- White attacks up field on a 3v1 and then defends a 3v1 from black

**Progressions:**

- Add a second defender
- Attacker that breaks through the zone with the ball can continue into a 1v1 toward the net
- Have the 3v1 run continuously with one of the attackers coming back to defend
- Attacker breaking through the zone can go 1v1 vs. the goalies



Focus: creating distinct passing options / danger in front of the ball, re-leading to continue to be an option for the ball carrier, passing and supporting the pass, reading and exploiting simple 2v1's. COMMUNICATION

- Drill can evolve into 3v3/4v4 games in the sideline zones
- If necessary, a 3<sup>rd</sup> 3v3 game can be added in the circle where offense and defense switch once the ball is successfully worked out of the circle

## U14 Regional Program: Practice 8

**FOCUS: Channeling / Double Defense, 2v1, Small Games**  
**Time: 1.5 Hrs**

**-15-00 Warm-up**

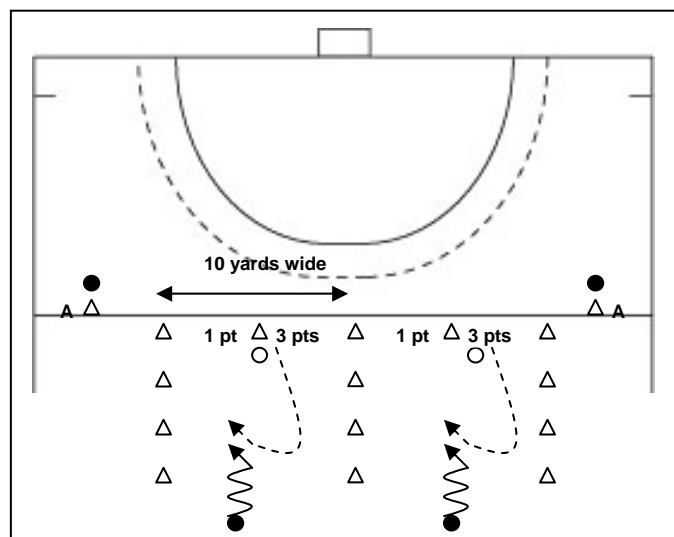
3 laps  
 Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

See options from skills warm-up sheet

**15-35 Double Defense A –the channeling defender (tackling defender role will be introduced next practice)**

- Drill works on the role of the channeling defender
- Be sure to explain the context of the skill:
  - Based on defensive organization and assessment of danger
  - If not organized we would keep the player wide
- 2 channels 10 yards wide, alternating L/R side
- Balls are with the attackers **and** at wide cones (A)
- Attackers try to go through the right side lane for 3 pts and end with a shot on net
- Defenders try to channel attackers through the left side lane (defensive right side) for only 1 pt
- If attackers get tackled they keep going through the channel and receive ball from wide cone A for a shot on net
- After shooting, attacker becomes passer at cone A



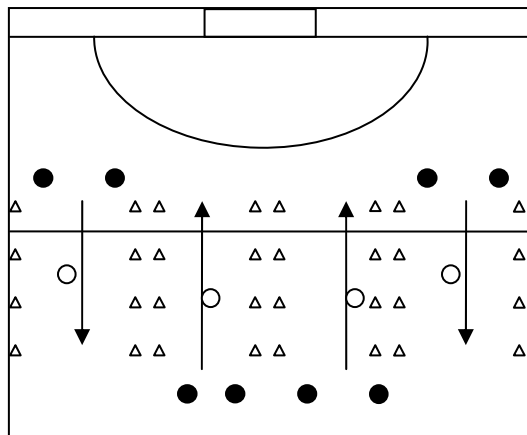
- ❑ **This is not a 1 v 1 situation, the object is to establish and keep good channel position...DO NOT TRY TO MAKE THE TACKLE AT THE EXPENSE OF PROPPER CHANNEL POSITION!**
- ❑ see double defense attachment for teaching points

**35-55 2 vs. 1's**

Up to 4 channels (12 yards wide, 10 yards long), depending on numbers, at least 1 (max 2) of which, lead to a shot on net.

- Defender starts at the back of the zone.
- Tackle has to be made before forwards go past the final cones in the zone.

Placements of nets can vary along the field to accommodate safety



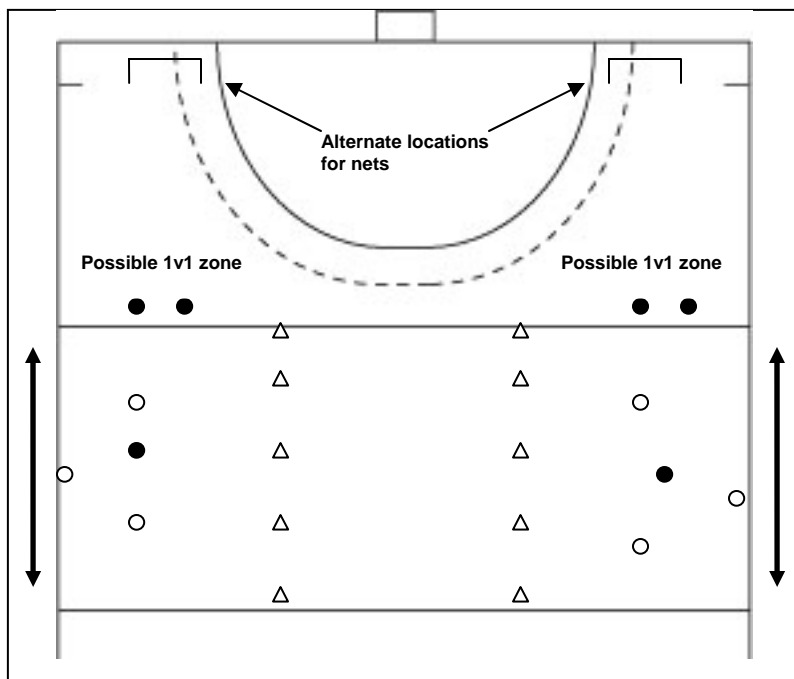
**55-60 Water break**

**60-90 Sideline play – same as last practice**

- Two zones are set up along the sidelines as shown
- 6 players in each zone
- Players play up and back in each zone to simulate play up both the left and the right sidelines
- Both free play and side line hits can be simulated
- White attacks up field on a 3v1 and then defends a 3v1 from black

Progressions:

- Add a second defender
- Attacker that breaks through the zone with the ball can continue into a 1v1 toward the net
- Have the 3v1 run continuously with one of the attackers coming back to defend
- Attacker breaking through the zone can go 1v1 vs. the goalies



Focus: creating distinct passing options / danger in front of the ball, re-leading to continue to be an option for the ball carrier, passing and supporting the pass, reading and exploiting simple 2v1's, COMMUNICATION

- Drill can evolve into 3v3/4v4 games in the sideline zones
- If necessary, a 3<sup>rd</sup> 3v3 game can be added in the circle where offense and defense switch once the ball is successfully worked out of the circle

## U14 Regional Program: Practice 9

**FOCUS: Channeling / Double Defense, 2v1, Small Games, PC's**  
**Time: 1.5 Hrs**

### **-15-00 Warm-up**

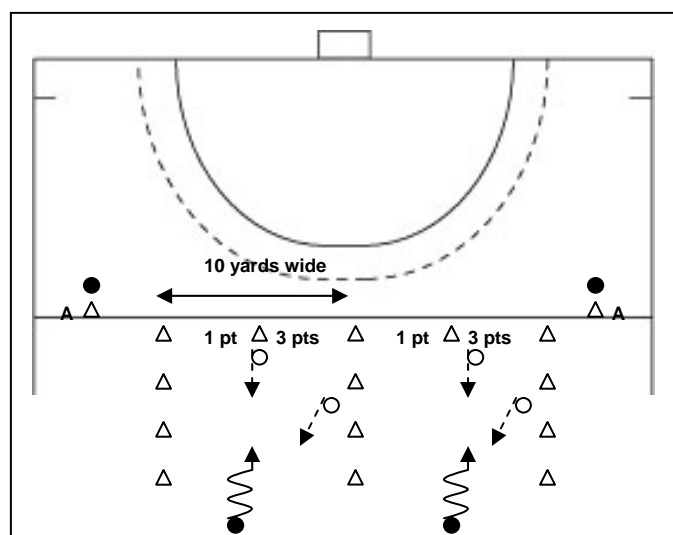
3 laps  
Agilities/Dynamic Stretching

### **00-15 Skills Warm-up**

See options from skills warm-up sheet

### **15-35 Double Defense B – Introducing the tackling defender**

- Same as previous drill with the addition of a second defender.
- Channeling defender starts half way up on the offensive right side as shown
- All players should rotate into every position as this tactic will be executed by forwards and defenders alike
- Possible rotation:
  - Channeling defender
  - Tackling defender
  - Forward
  - Passer

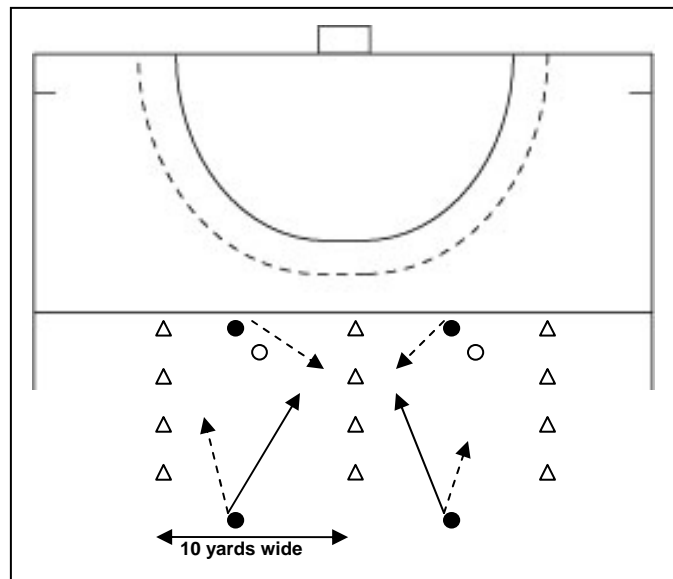


- The ability to channel and double team effectively is arguably the most critical team defensive tactic available.
- Discipline with the details of the technique make a big difference

### 35-55 2v1's

Drill is a simple 2 v 1 with one attacker being man to man marked by the defender. Drill alternates from L to R side.

- Forward has to make lead to get away from defender to start drill
- Ball carrier passes and then joins the attack for a 2v1
- Progress to 3 v 1 with high forward in the D (ball can only be passed to high forward after initial pass is made)
- Progress to 3 v 2 with a marked high forward inside the circle



Note: It is much more effective for forwards to lead from **behind** their defenders. This will force the defenders to:

- readjust, forcing them to give up more and more territory or
- mark the zone in front of the forward and lose track of where the forward might lead

### 55-60 Water break

#### 60-75 Small Games - 4v4

- Field size: approx 25 by 25 yards
- Two goals for each team to accommodate switching (goal on the right is worth 3 pts and goal on the left is worth only 1)

Focus:

- Strong well timed leads by the forwards
- Initial man to man marking and intercepting by the defenders
- Pass and support opportunities for the forwards at speed
- Decision making based on assessment of danger by the defense

### 75-90 Penalty Corner Skills

Isolated practice to build technique

## U14 Regional Program: Practice 10

**FOCUS: Switching the ball/ shooting, Small Games, PC's**  
**Time: 1.5 Hrs**

**-15-00 Warm-up**

3 laps  
 Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

Try and incorporate more lifted skills at this point i.e. lift over flat sticks

**15-35 Defensive movement variations (only midfielders and defenders involved – see below for forward drills that can be run at the same time). NOTE: This drill will be repeated next practice.**

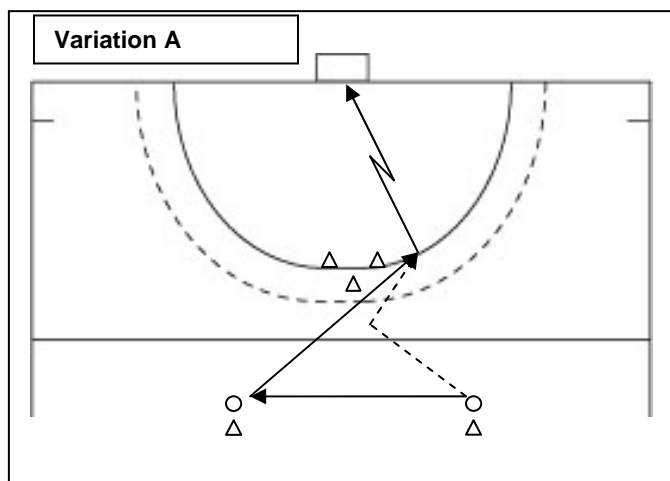
Practice moving the ball around the back with the 4 defenders and the 3 midfielders. Simulate free play situations as well as static 16 yard and sideline plays.

- Movement in the backfield is usually guided by the following three objectives:
    - Support to create a distinct passing option for the ball carrier **(this usually involves repositioning after every pass!)**.
    - Positioning to accommodate the transfer of the ball to another part of the field.
    - Positioning to provide weak side/ off ball cover in case of a turnover.
- Roles are usually filled in the above order based on how close the defenders are to the ball i.e. defenders closest to the ball will fill the support role for passing options, next closest defenders will fill the role for transfer, and off ball defenders will fill the cover role
- Focus on basic skill execution and quick transition from receive to pass
  - Pre-scan for options before receiving
  - Pay attention to receiving stance...make sure it accommodates making the next pass quickly.

**15-35 Leading and shooting (Forwards only – for defenders and midfielders see above)**

Variation A

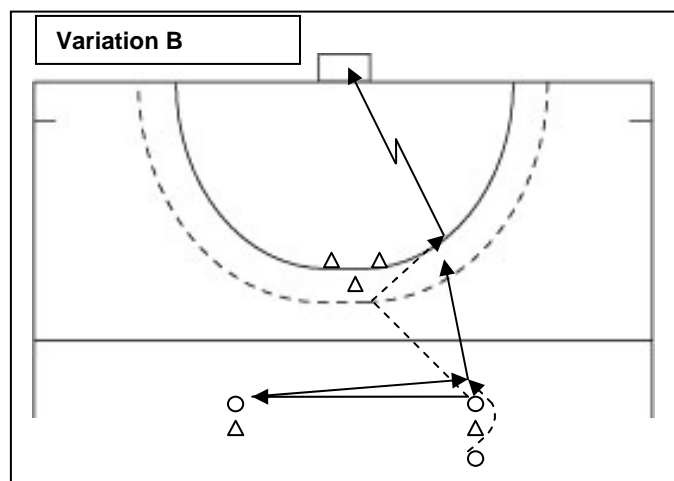
- Drill works on deceptive leading timing and receiving through the body
- All leads should be explosive
- Forwards line up behind the cones in midfield
- Pass square and begin explosive through lead
- Forward will change direction on the lead as they approach the top of the D
- The pass and lead are then mirrored on the opposite side
- Pass should be made on the cut
  - Leads over short distances - the stick is the target
  - Leads over med distances - the body the target



- Leads over longer distances - the space is the target
- Shot selection can be varied
- Drill can be progressed to Variation B as shown.

**Variation B**

- Pass goes across and initial lead is made similar to Variation A
- As the initial cut is being made the ball is switched back to the next person in line
- The forward leading re-leads for a reverse stick reception
- Ball is now passed from initial line to the forward on the reverse stick
- Drill is mirrored on the opposite side

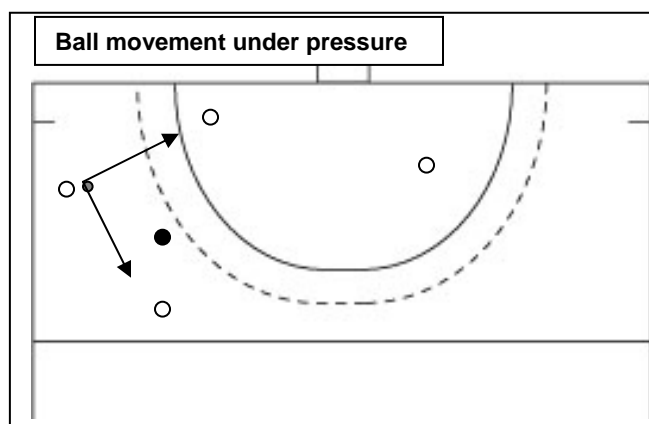


**35-55 Ball movement under pressure.**

**Note: This drill will be repeated next practice.**

Drill is executed within the 25 yard zones. 4 defenders can play against 1 high forward pressuring them.

- Defenders can move in a diamond or bowl formation as necessary to create options for the ball carrier within the zone.
- Progress the drill by adding a second and then third forward to increase the pressure on the defenders
- Same basic setup can be used in a second 25 yard zone for midfield movement of the ball (4 midfielders can be pressured by 1-3 other midfielders)



Focus of the drill:

- Off ball movement to create options for the ball carrier
- Awareness of options before receiving ball
- Early effective passes around the defensive/midfield area
- Ability to channel and dictate ball movement for the forwards pressuring

**55-60 Water break**

**60-75 Small Games - 4v4 / 5v5**

- Field size: approx 30 by 25 yards
- Two goals for each team to accommodate switching (goal on the right is worth 3 pts and goal on the left is worth only 1)
- Focus on options for the ball carrier/defensive assessment of danger (man vs. space)

**75-90 Penalty Corner Skills**

## U14 Regional Program: Practice 11

**FOCUS: Switching the ball/ shooting, Small Games, PC's**  
**Time: 1.5 Hrs**

**-15-00 Warm-up**

3 laps  
 Agilities/Dynamic Stretching

**00-15 Skills Warm-up**

Try and incorporate more lifted skills at this point i.e. lift over flat sticks

**15-35 Defensive movement variations (only midfielders and defenders involved – see below for forward drills that can be run at the same time.)**

Practice moving the ball around the back with the 4 defenders and the 3 midfielders.  
 Simulate free play situations as well as static 16 yard and sideline plays.

Movement in the backfield is usually guided by the following three objectives:

- Support to create a distinct passing option for the ball carrier **(this usually involves repositioning after every pass!)**.
- Positioning to accommodate the transfer of the ball to another part of the field.
- Positioning to provide weak side/ off ball cover in case of a turnover.

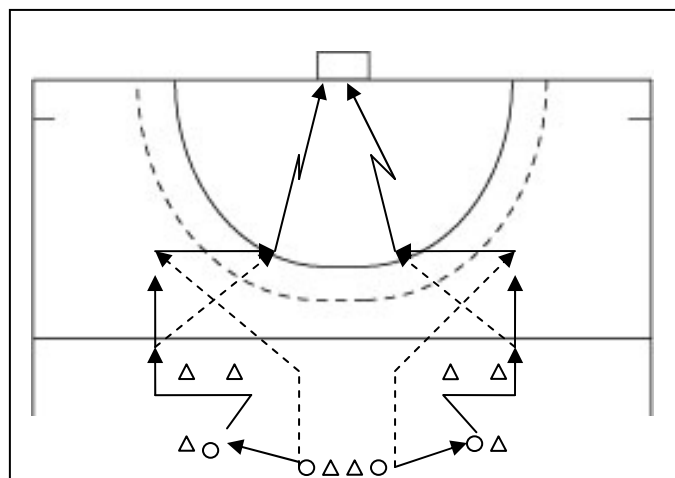
Roles are usually filled in the above order based on how close the defenders are to the ball i.e. defenders closest to the ball will fill the support role for passing options, next closest defenders will fill the role for transfer, and off ball defenders will fill the cover role

- Focus on basic skill execution and quick transition from receive to pass
- Pre-scan for options before receiving
- Pay attention to receiving stance...make sure it accommodates making the next pass quickly.

**15-35 Shooting/ Eliminations (forwards only – for defenders and midfielders see above)**

Emphasis for this drill is on good elimination technique, leading and supporting, and shooting.

- Drill alternates L/R side
- Line at the middle cones
- Pass to wide player
- Initial support is square but when fwd makes elimination move the deep lead is made
- After making the through pass for an over the shoulder reception, passer make a support lead square for the return pass
- To advance the drill, a passive defender can be added to replace the elimination cones
- Vary the shot selection





### 35-55 Ball movement under pressure

Drill is executed within the 25 yard zones. 4 defenders can play against 1 high forward pressuring them.

- Defenders can move in a diamond or bowl formation as necessary to create options for the ball carrier within the zone.
- Progress the drill by adding a second and then third forward to increase the pressure on the defenders
- Same basic setup can be used in a second 25 yard zone for midfield movement of the ball (4 midfielders can be pressured by 1-3 other midfielders)

Focus of the drill:

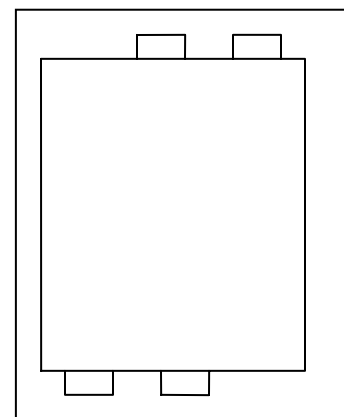
- Off ball movement to create options for the ball carrier
- Awareness of options before receiving ball
- Early effective passes around the defensive/midfield area
- Ability to channel and dictate ball movement for the forwards pressuring

### 55-60 Water break

#### 60-75 Small Games - 4v4 / 5v5

- Field size: approx 30 by 25 yards or bigger as needed
- Two goals for each team to accommodate switching (goal on the right is worth 1 pts and goal in the middle is worth 3)
- Goalies can shuttle between the two goals

### 75-90 Penalty Corners



## U14 Regional Program: Practice 12

**FOCUS: Switching the ball/ shooting, Small Games, PC's**  
**Time: 1.5 Hrs**

### **-15-00 Warm-up**

3 laps  
Agilities/Dynamic Stretching

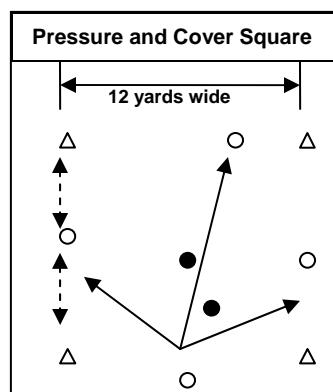
### **00-15 Skills Warm-up**

Try and incorporate more lifted skills at this point i.e. lift over flat sticks

### **15-35 Pressure and Cover Drill**

Drill is executed within a 12 yard square. 6 players are active in each square, 4 forwards keep possession along the perimeter of the square with 2 defenders in the middle.

- All players along the sides can only move back and forth along the edge of the square
- Forwards are trying to:
  - Keep possession
  - Whenever possible exploit the space through the defenders
- Defenders are trying to:
  - Protect the middle first
  - Organize their timing and angles for pressure to effectively dispossess the ball carrier



Focus of the drill is:

- ❑ Possession under pressure and deceptive passing for the forwards
- ❑ Learning to defend the dangerous space in the middle first
- ❑ Timing and organization of pressure by defenders

**35-55 Defending the bottom 1/3 of the field – 6 v 7**

6 attackers (3 fwds. and 3 mids.) vs. 7 defenders (4 backfield players and 3 midfielders) play over the full width of the field and up to the 40 yard line.

- Attackers are free to pass the ball and attack at will
- Defenders practice:
  - Channeling the forwards away from the dangerous space
  - Deciding between marking the man or marking the space

General Principles:

- The ball carrier is always pressured... ideally with an intent to channel
- Passing options around the ball are marked tightly unless you intentionally want to direct the ball (channeling) to a particular area
- Players in the dangerous space (between the ball and the net) are usually marked more closely
- As the forwards move the ball closer to one side line the defenders on the opposite side pinch into the middle of the field for cover (see ball side/ help side concepts)
- Defenders can choose to protect the dangerous space but have to still be aware of where the men are (they cannot ball watch)
- Defenders usually try to stay even with their forwards so that if a pass does get through they have a chance to recover

**55-60 Water break**

**60-75 Games – 7v7 – 66 yard field (2<sup>nd</sup> net placed 16 yards back from the 50 yard line – field can be narrowed)**

**75-90 Penalty Corners**