



SEASON PREPARATION GUIDE

Let's get ready for field hockey!

What's included

This guide will help those who are new to field hockey quickly learn the basics of the game – the field, the positions, the equipment, etc. Returning players can get practice drills and skill videos.

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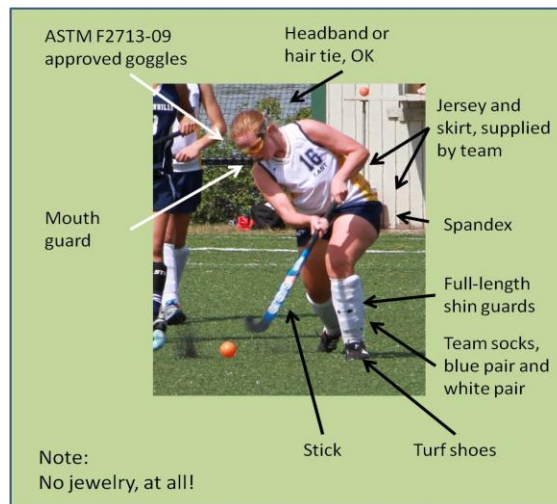
Field Hockey 101

- What is Field Hockey - Basics: <https://www.youtube.com/watch?v=NPnrKxFwInc>
- How To Hockey - Umpire Signals: <https://www.youtube.com/watch?v=rZi0QZrDiIE>
 - Free Hits
 - Obstruction
 - 15 meter hit (defender takes it)
 - Penalty Strokes
 - Goals Scored
 - Penalty Corners
- Type of Hits: https://www.youtube.com/watch?v=kK_QoCmTPE4
- 2017 USA Field Hockey Rules: <http://www.teamusa.org/usa-field-hockey/rules-of-hockey>
- Cheat Sheet
 - 11 players on the field
 - Get into shooting circle and score a goal
 - Only 1 side of the stick
 - Rolling Subs
 - Cage (Goal) is 12 ft x 7ft
 - Typically you have Forwards, Middies, Defenders, Goalies

Equipment

- **Field Player**

- Eye goggles
- Mouth guard
- Shin guards
- Turf shoes
- Field hockey stick
- Socks



- **Goalie**

- Turf Shoes
- Kicker
- Leg guards
- Pelvic guard
- Over pants
- Right and left hand protectors
- Stick
- Elbow protector
- Chest protector
- Throat protector
- Helmet



The Field



- There are different types of fields: Grass, Field Turf, and Astro Turf
- Goals / Cages / Shooting Circle at both ends
- Play: 11v11, 7v7 and hockey 5's (new)

Playing Structures

- There are many different ways to structure players on the field. A few examples are:

3,2,3,2



4,3,3



3,3,4



3,4,3



Evaluations

What to expect during the evaluation days:

- During evaluations each player will be given a number and placed into a group.
- There will be multiple stations lasting 15/20 mins that each group will rotate through.
- A coach will be at each station to briefly explain the drill and then to watch the players in action.
- Coaches will have a sheet to grade each player.
- Players will be evaluated on the following:
 - Dribbling
 - Passing (push pass, sweep, hit, reverse)
 - Receiving/Trapping
 - Game knowledge
 - Fitness
 - Coachability
 - Attitude

Skill Development Plan

- a. Hands in proper position
- b. Run with ball
- c. Indian Dribble
- d. Pull right/left
- e. Spin right/left
- f. Lift the ball
- g. Push, sweep, reverse sweep
- h. Trap the ball (stationary and on the move)
- i. Block tackle
- j. Jab tackle



Drill Recommendations

Drill recommendations are to demonstrate drill ideas to be done at home or with a friend. They will prepare you for what to expect during tryouts and the season.

Dribbling & Skills

- <https://www.youtube.com/watch?v=LBKo9aRjB2E>
- <https://www.youtube.com/watch?v=Z4H7nFuQbOk>
- <https://www.youtube.com/watch?v=W8ITMHkGUx8>
- <https://www.youtube.com/watch?v=oVTh2gDYR5U>

Receiving & Passing

- <https://www.youtube.com/watch?v=ORghhycCHwE>
- <https://www.youtube.com/watch?v=7mq-ue92Dk8>
- <https://www.youtube.com/watch?v=l0f6Jv5KIAI&t=70s>

Shooting Drills

- https://www.youtube.com/watch?v=x_9YeM8keRE
- https://www.youtube.com/watch?v=-c_uB9nkLq8

Example Skill Videos - by Grade

Types of hits: https://www.youtube.com/watch?v=kK_QoCmTPE4

Goaltending videos: <http://aussiehockey.com.au/category/skills/>

Example Skill Videos – 5/6th

Push pass and sweep

<https://www.youtube.com/watch?v=-88mOGutFXE>

<https://www.youtube.com/watch?v=zuuXKVyeoig>

Receiving the ball

<https://www.youtube.com/watch?v=FgN2aydcfjc>

Dribbling Techniques

<https://www.youtube.com/watch?v=4E5Rnosbr7s>

Basic Defense

<https://www.youtube.com/watch?v=HFIBfncKn4o>

Example Videos – 7/8th

Basics

<https://www.youtube.com/watch?v=XEtPqpd95nM>

Touches/Control

<https://www.youtube.com/watch?v=Z4H7nFuQbOk>

Clover Drill

<https://www.youtube.com/watch?v=V-IUDD-2POE>

Basic Defense

<https://www.youtube.com/watch?v=HFIBfncKn4o>

Example Videos – High School

Dribbling Techniques

<https://www.youtube.com/watch?v=YSfZN-IgQuA>

Push, Sweep, Hit, Reverse

https://www.youtube.com/watch?v=RO_wD9MT4H4

3D Skills

<https://www.youtube.com/watch?v=dYoGZnAvvMs>

Defensive Tackles and foot work

<https://www.youtube.com/watch?v=1o0cFEEnRI-8>