

Rec Hockey Coaching Tips & Tricks

- *Basic FH Rules*
 - Flat side of the stick ONLY
 - The ball cannot hit any part of your body, including feet
 - Keep sticks LOW – no backswings above your waist
 - No HACKING
- *Basic Skills*
 - Dribbling – you can never practice dribbling too much
 - Right hand LOW
 - Knees bent – “Public Restroom Position”
 - Head up
 - When weaving through cones, encourage NO reverse stick to help players learn to get their feet around instead of relying on a reverse stick
 - Pulls
 - BIG pulls – length of the player’s stick
 - Passing
 - Stay low
 - Follow through should point towards where you are passing the ball
 - Flats & Thrus
 - Low right hand on receptions
 - Stick down on the ground
- *Positions on the field*
 - All players should be trying all positions, with the exception of GK
 - Defenders are NOT goalies, please encourage them to not stand on the goal line
 - Try to encourage “lines” supporting each other (for example: midfielders should not be more than 10 yards behind forwards, defense should not be more than 10 years behind midfielders, etc.)
 - Forwards are not “cherry pickers” – they should be the first line of defense on defensive free hits
- *Game Play Tips*
 - LOW right hands at all times – sometimes putting a piece of tape or a large sticker on a player’s stick will help them remember to keep their hand on that spot
 - GO RIGHT – tougher to defend, keeps players on the strong side of their sticks
 - Stay low on defense
 - Sticks down in the circle defensively
 - Try to take free hits quickly
- *Fun games to play at practice*
 - Steal the bacon
 - Split the group up into two teams; one team will go on one sideline, and the other will go on the opposite sideline
 - Number each player on each team (EX: if each team as 5 players, label each player 1-5 on each team)
 - Roll a ball out into the middle of the field & yell a number

- The player from each team assigned that number will play 1v1 until the ball goes out of bounds or a goal is scored
- Duck, Duck, Goose; Field hockey
 - Line up all sticks and place beside a pile of balls; also set up two goals for players to dribble up to
 - The ducker will select a player and yell “goose!”
 - The ducker and the “goose” will run over, find their stick, and dribble a ball into the goal
 - The “goose” will become the new ducker & you can repeat duck, duck goose 😊
- Dribbling competitions/relays

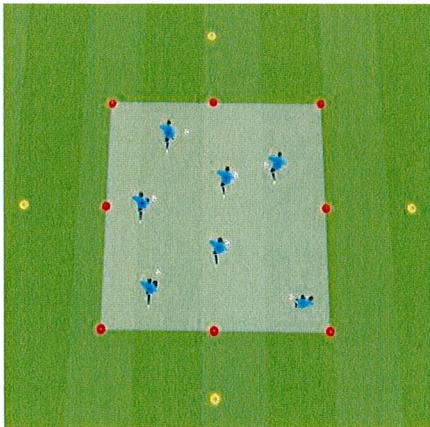
1. **No LAPS, LINES, OR LECTURES**
2. **10,000 Touches (Work towards it every practice)**
3. **Focus on Development and Skill (More important than wins)**
4. **Make everything a GAME**
5. **Foster A Love of the Game. Have Fun!**

STRUCTURE OF A PRACTICE:

PICK A TOPIC (Dribbling, Turning, Finishing, 1v1, etc); TEACH one per week

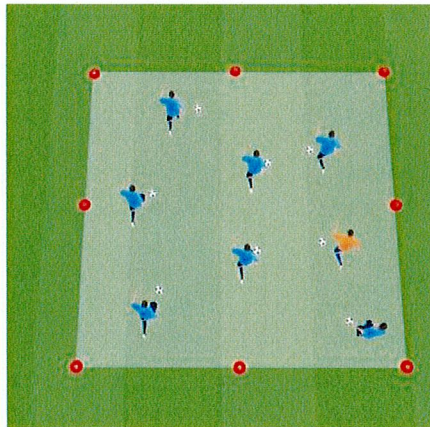
- **PHASE 1: Me and the Ball**
- **PHASE 2: Introduce Defenders**
- **PHASE 3: Small Group Games**
- **PHASE 4: Full Game**

Ball Warmup



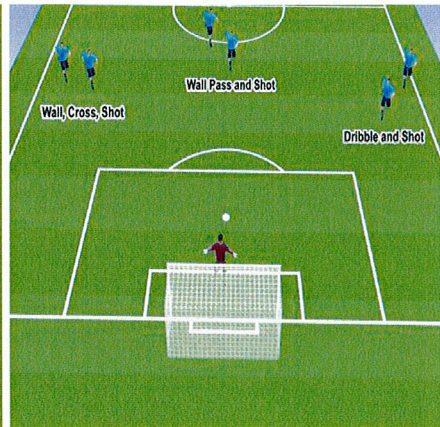
- Large square
- Ball Mastery, Race Around cone

Freeze Tag



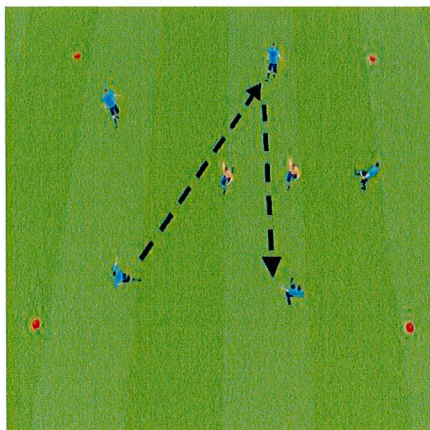
- Large Square
- All With a Ball; To be unfrozen, must perform move

Shooting (No Lines)



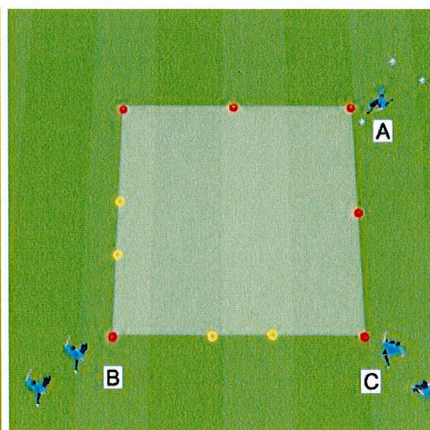
- Three Lines; Keeper; 1 ball
- Dribble and shoot; then receive wall pass and 2nd player shoots; Then wall pass, crosser, 2 shooters

5v2 Rondo



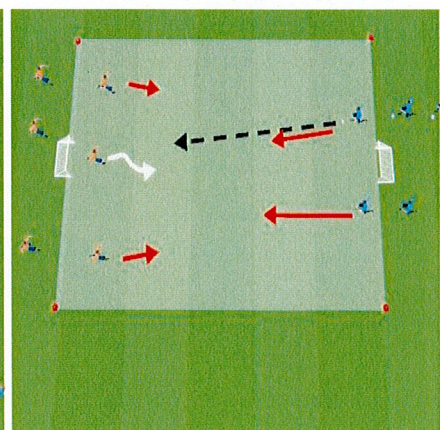
- Medium square; 1 ball
- Pass trying to keep ball; From defenders; go to Middle if lost. 2 touch

1v1 Turn Game



- 15x15 square; A has balls
- B runs into square; C allowed to run to defend once B starts; A pass to B and B try to score

3v2 Continuous



- 30x30; 6 on each side
- 2 defenders pass to 3 attackers; goal and counter goal