

Chelmsford Hockey Club

Indoor Hockey

How to Coach the Indoor Game



Revision History

Version	Date	Author	Description
1.0	November 2005	Lisa Wooding	Original Version
1.1	December 2011	David Kitchiner	Updated
1.2	November 2013	David Kitchiner	Updated to reflect 5v5 rule change



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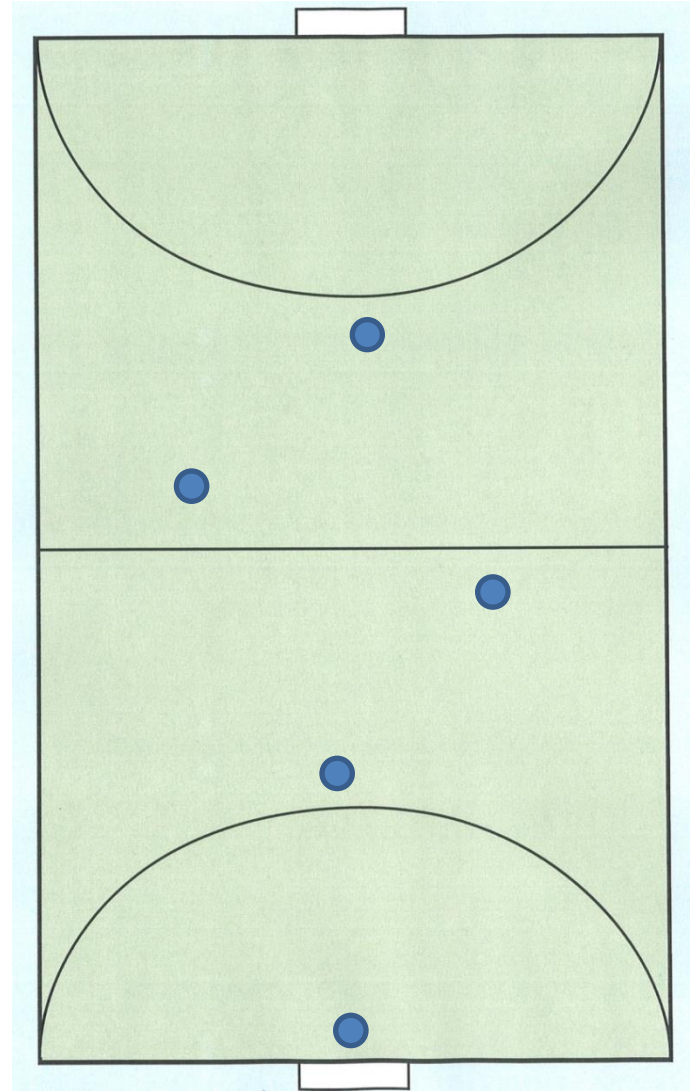
The Rules

- Differences from the Outdoor Game.
- Only 5 players on the field, one of which is the GK.
- 12 players in a squad.
- 20 mins each way, 5 mins at half time.
- Use the boards.
- No lifting the ball in open play, only lift the ball when shooting.
- No hitting of the ball.
- Penalty corners (defence) all the outfield players have to run from the opposite side of the goal from which it is being taken.
- When the ball crosses the back line it is always the defending team's hit out i.e. there are no long corners.
- Opponents must be 3m away from free passes.



Systems & Positions

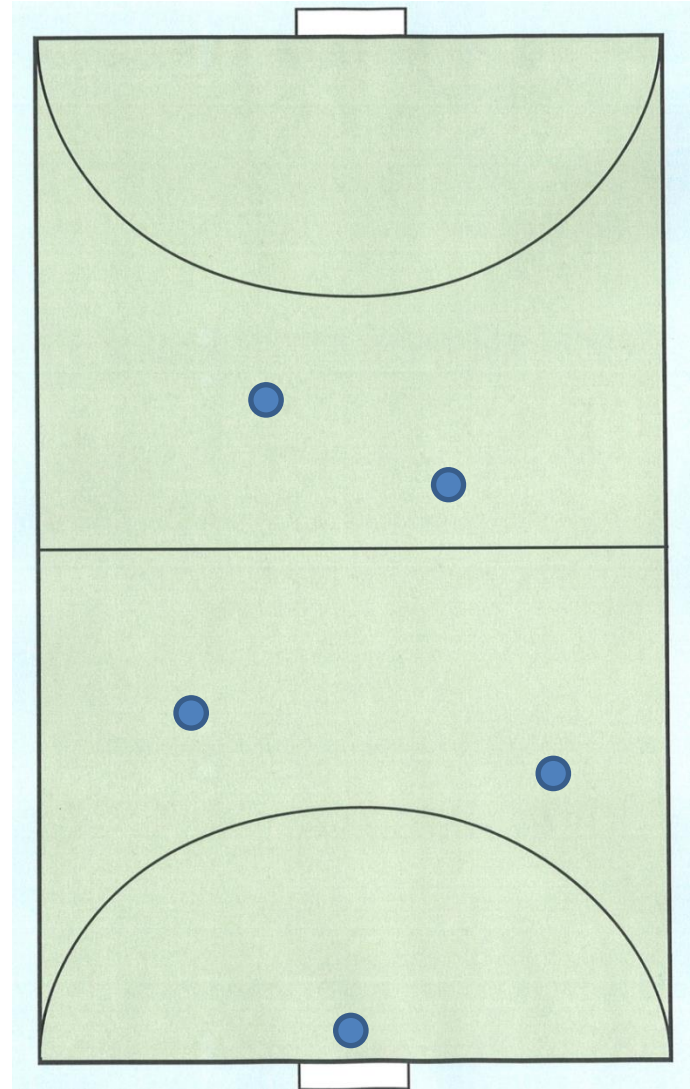
- 1-2-1.
- May switch between 1-2-1 and 2-2 i.e. 1-2-1 in defence, 2-2 in attack.
- D – player with vision, play maker, good tackler, controlled on ball.
- LM – excellent at scoring sweeping goals, good tackler, skilful, fast.
- RM – player with skills, fast, controlled on ball, good reverse stick pick up.
- F – excellent at scoring sweeping goals, skilful, fast, good reverse stick pick up.





Systems & Positions

- 2-2.
- May switch between 1-2-1 and 2-2 i.e. 1-2-1 in defence, 2-2 in attack.
- LD – player with vision, play maker, good tackler.
- RD – player with skills, fast, controlled on ball, calm under pressure, play maker.
- LF – excellent at scoring sweeping goals, skilful, fast.
- RF – good reverse stick pick up, skilful, fast.





The Basic Skills

- **Defending**

- The “Indoor Position” – see pictures.
- Protecting the left foot (need to wear a left handed glove!).
- Turn stick to trap ball so doesn’t ping straight back.
- Really strong left hand – no limp wrists!

- **Practices:**

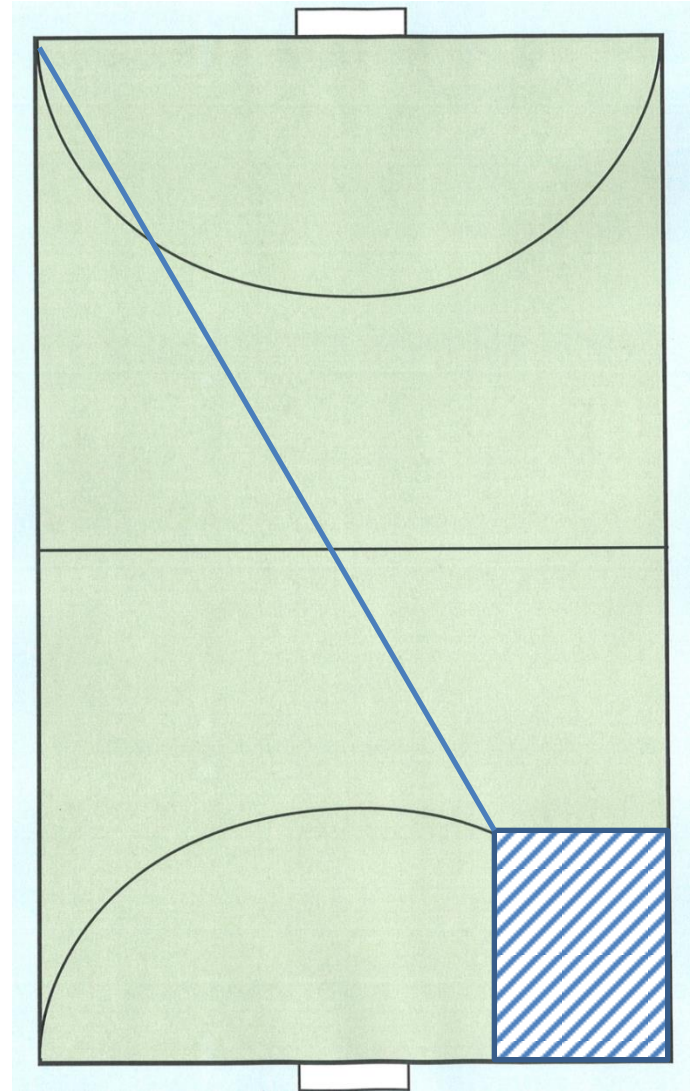
- Left hand down.
- In pairs “wanging” ball at each other from only 2 yards away!
- Moving towards a player with the ball and being stationary in this position as ball is played.





The Basic Skills

- **Defending**
 - Channel the opposition.
 - In principle get the opposition to go down our open stick or shoot from wide at the very least.
 - How?
 - Take an extra step left.
 - Angle body position.
 - Don't dive in to win tackle.
 - Let them die in the corner of the pitch.
- **Practices**
 - Defend in channels on right.

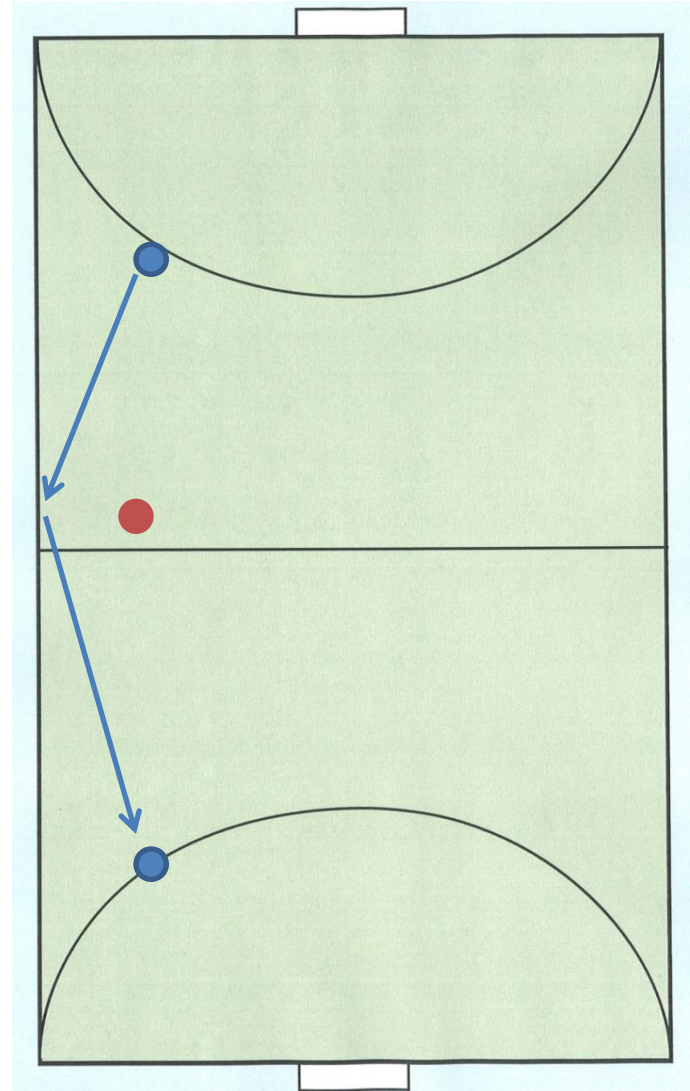




The Basic Skills

- **Attacking**

- The Push Pass
 - Low.
 - Turn stick over to prevent lift.
 - Left arm lead to prevent lift (right hand only push!).
 - The disguise pass.
- Use of the boards.
- Angles of passing the ball (snooker).
- Pass the ball to hit the wall where the opposition are standing (see diagram opposite).





The Basic Skills

- **Attacking**

- Picking the ball up off the boards.

- Face forwards if attacking and no pressure from defence.
- Strong pick up if pressured, meaning:
 - Low body position.
 - Stick parallel to floor.
 - Trap ball, then move.
- If near the back line turn to pick it up facing the rest of the pitch.

- Turn Strong

- When defending we are trying to force opposition down our open side which is weaker for the attacker. So, when attacking we want to turn strong and make it hard for the opposition by attacking their reverse side.
- No reverse stick weak shots!!!!



The Basic Skills

- **Goal Scoring**

- Drag push/flick

- Technical skills.
- Hard push indoors is best.
- Teach from knees.

- Quick sweep shots

- Majority of goals scored indoors are quick sweep shots as the ball comes across the "D".
- Low.
- Side on.
- Strong grip.

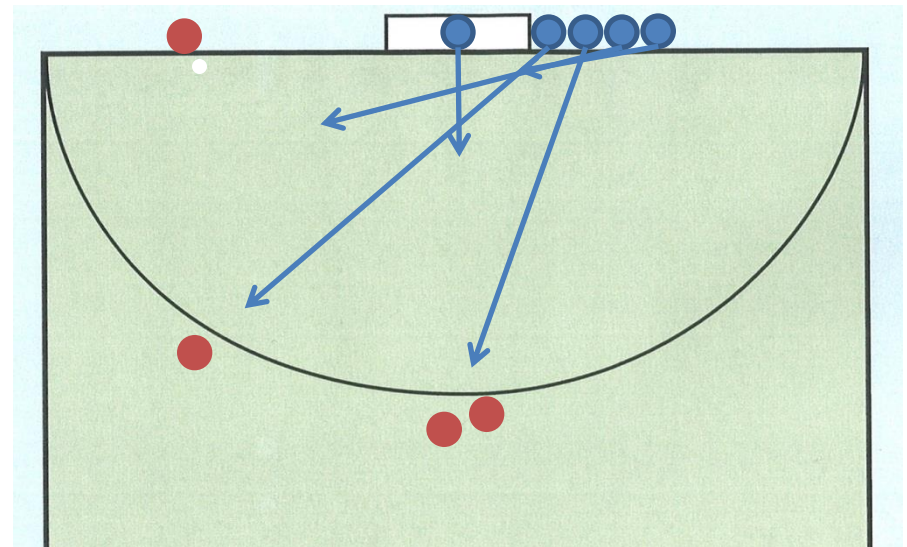
- Tip-ins

- Correct positioning.
- Stick grip on open and reverse.
- Attack the ball.
- Don't be scared.



Penalty Corners - Defence

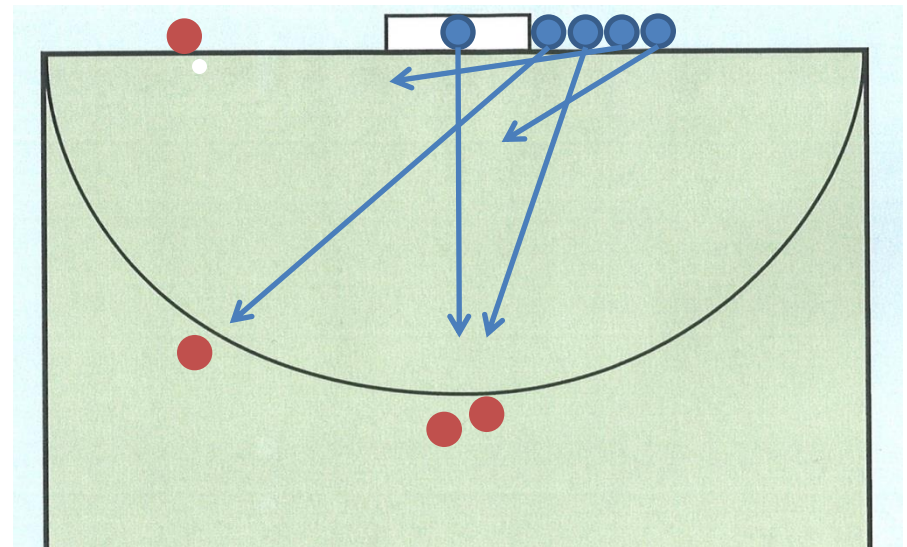
- GK few paces (staying – basics).
- No:1 flies to the slip.
- No:2 flies to the top.
- No:3 back to injector.
– Behind GK!
- No:4 left post.





Penalty Corners - Defence

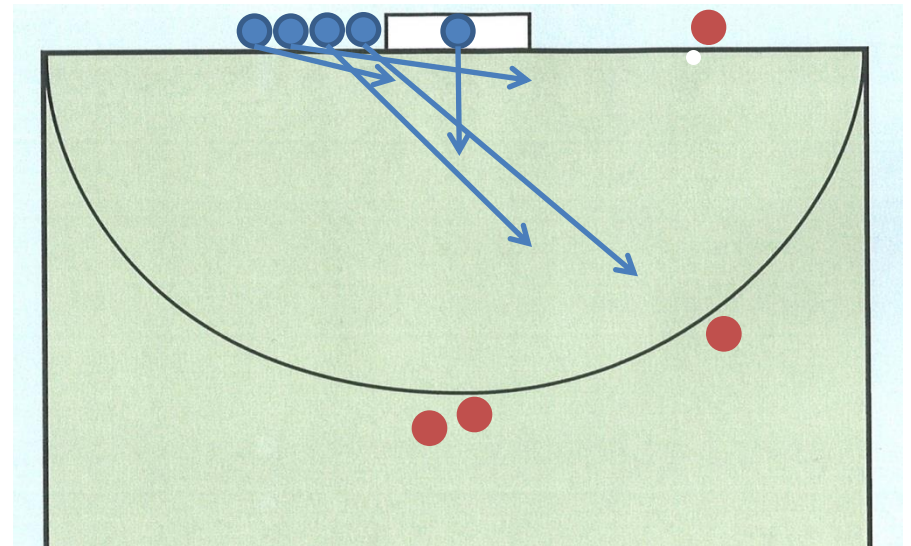
- GK flies.
- No:1 to the slip.
- No:2 left shoulder of the GK.
- No:3 right post & back to injector.
- No:4 left post and bits & pieces.





Penalty Corners - Defence (Funny Side)

- GK stays.
- No:1 pressure to the furthest round.
- No:2 between the two.
- No:3 far post (behind GK) watching back to injector.
- No:4 right post.





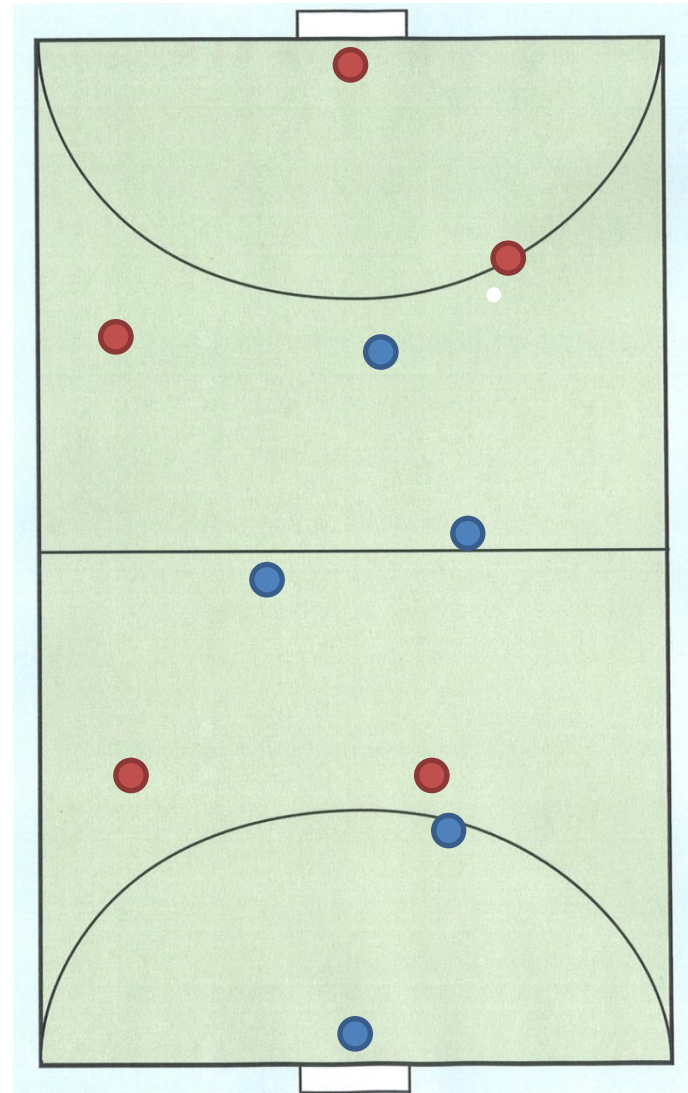
Penalty Corners - Attack

- Youngsters – go from funny side, easier to get a shot away.
- Push out/shot.
- Push out/slip.
- If you have an exceptional push out & stick stopper then normal side and get shot away or slip.
- Can go back to injector both sides.



The Basics – Team Play

- **Defending**
 - 1-2-1.
 - Setting up press.
 - Simple. See-saw if ball switched to open defender.
 - Forward steps up to threaten pass to other side.
 - Midfielders narrow, ensuring no diagonal/through passes, while encouraging pass to open side.
 - Defender man marking forward and reacting to close down forward receiving ball in space.
 - Set up to go into dead space.
 - Encourage teams to go down open side and die in space left for them.

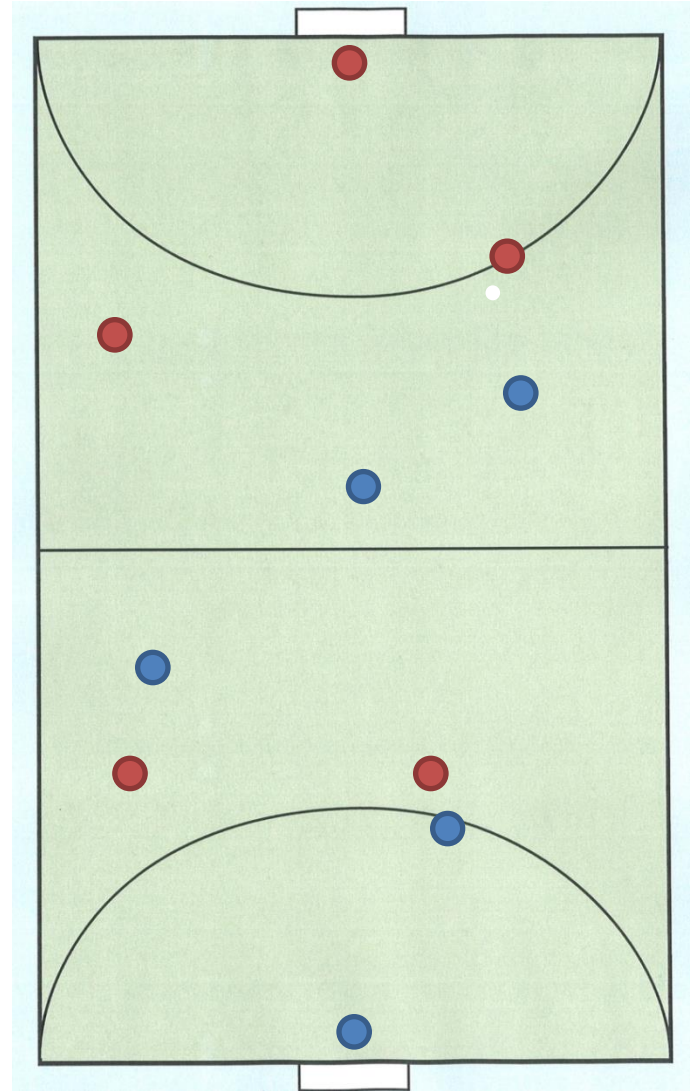




The Basics – Team Play

- **Defending**

- 2-2.
- Setting up press.
- Simple. See-saw if ball switched to open defender.
- One forward puts pressure on ball, while covering boards pass.
- Other forward drops deeper, cutting out diagonal/through pass.
- One defender covers boards pass on opposite side while zonal marking forward.
- Deeper defender man marks other forward.
- Encourage teams to give ball to free defender, then all swing round to apply same press on the other side.





The Basics – Team Play

- **Attacking**

- Height & Width
- Movement into space
 - Switching positions.
 - Rotation (churn it up!!!).
 - Confusing defenders.
- When to come back for the ball
 - Clogged up.
 - Can't see a pass.
 - When being closed down.
- When to see space ahead for the ball.
 - When running forward with ball.
 - Unopposed.
- Don't cramp play.
- Recycle ball (don't have to attack all the time).