

1-2-1 Hockey Coaching

#BeYourBest

MODULE 4 TACTICS

This module aims to:

- 1. Provide a common language for players and coaches at your club or school to use when talking about tactics*
- 2. Provide an approach to team tactics*
- 3. And to suggest ways to practise and improve your team tactics*



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MODULE 4 TACTICS

Pressing.

1) *What does it mean?*

2) *What are you trying to achieve?*

3) *How ?*

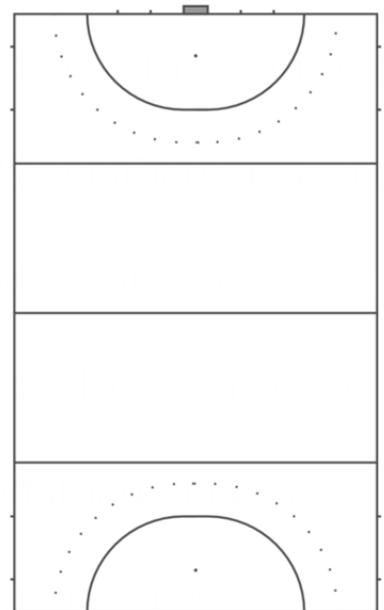
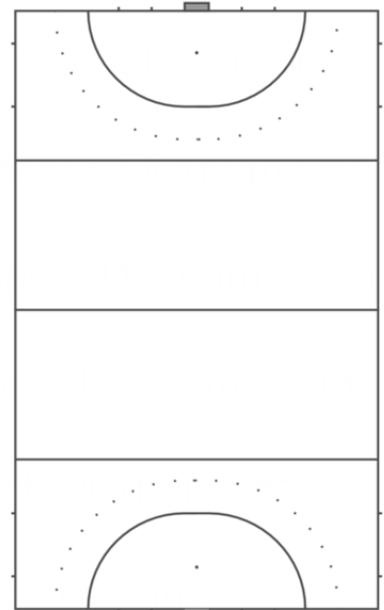
MODULE 4 TACTICS

Scenario 1

Key messages

Scenario 2

Key messages



MODULE 4 TACTICS

Outletting.

1) What does it mean?

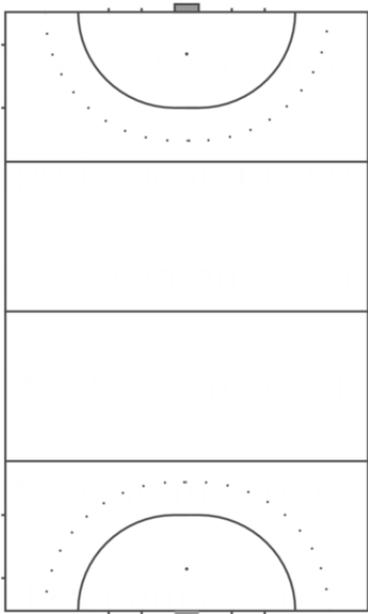
2) What are you trying to achieve?

3) How ?

MODULE 4 TACTICS

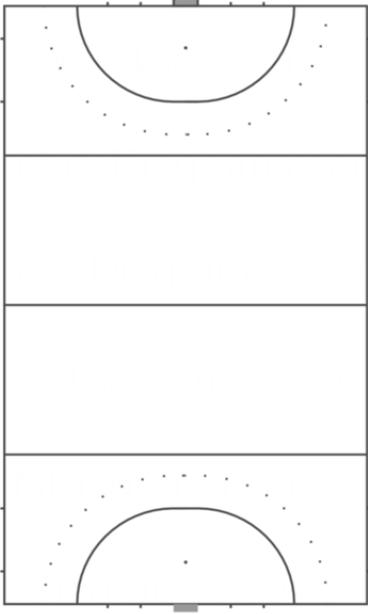
Scenario 1

Key messages



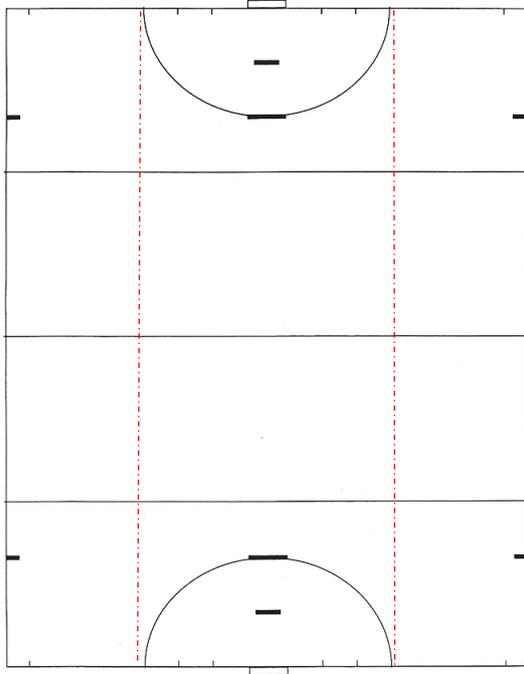
Scenario 2

Key messages



MODULE 4 TACTICS

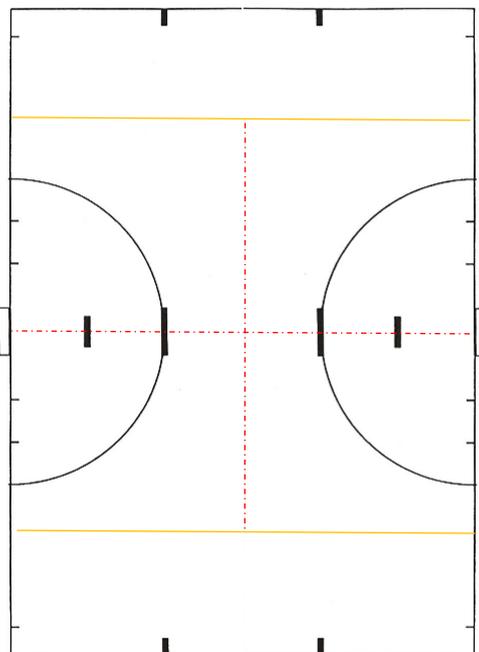
Putting it into practice...



1

If either team plays the ball into the wide channels (between the red dashes and the sideline) the other team score a bonus point for winning the ball in that channel.

Good for: Defending the middle of the pitch.



2

Divide the pitch into four zones.

Winning the ball in the opposition half = one bonus point this will emphasise ball-winning intent.

3

Each team chooses one zone without telling the other team. If they win it in that zone they get a bonus point. Provides a challenge and leads to self-organising players, good communication and quick closing down.

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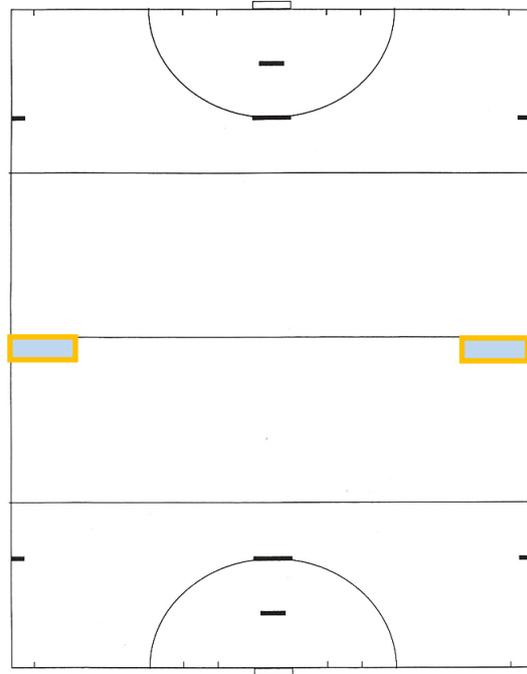
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MODULE 4 TACTICS

4

Using one half of the pitch; one team attacks the goal and the other attacks the two wide goals on the half way line. If they successfully carry the ball through these goals they become the attacking side.

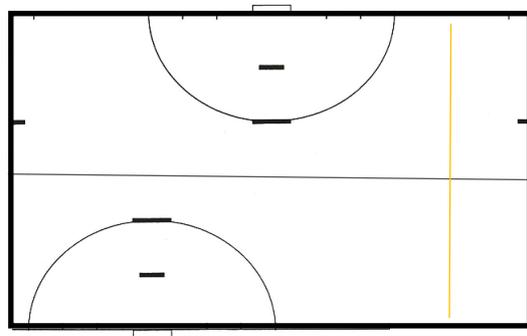
Good for: outletting at pace through half back



5

Offset goals encourage play down the right hand side for both teams

Good for: outletting quickly down the right hand side of the pitch



Coaching challenge:

Ask a different player to lead each team talk. This will challenge players to think about the game and reveal how well they understand the

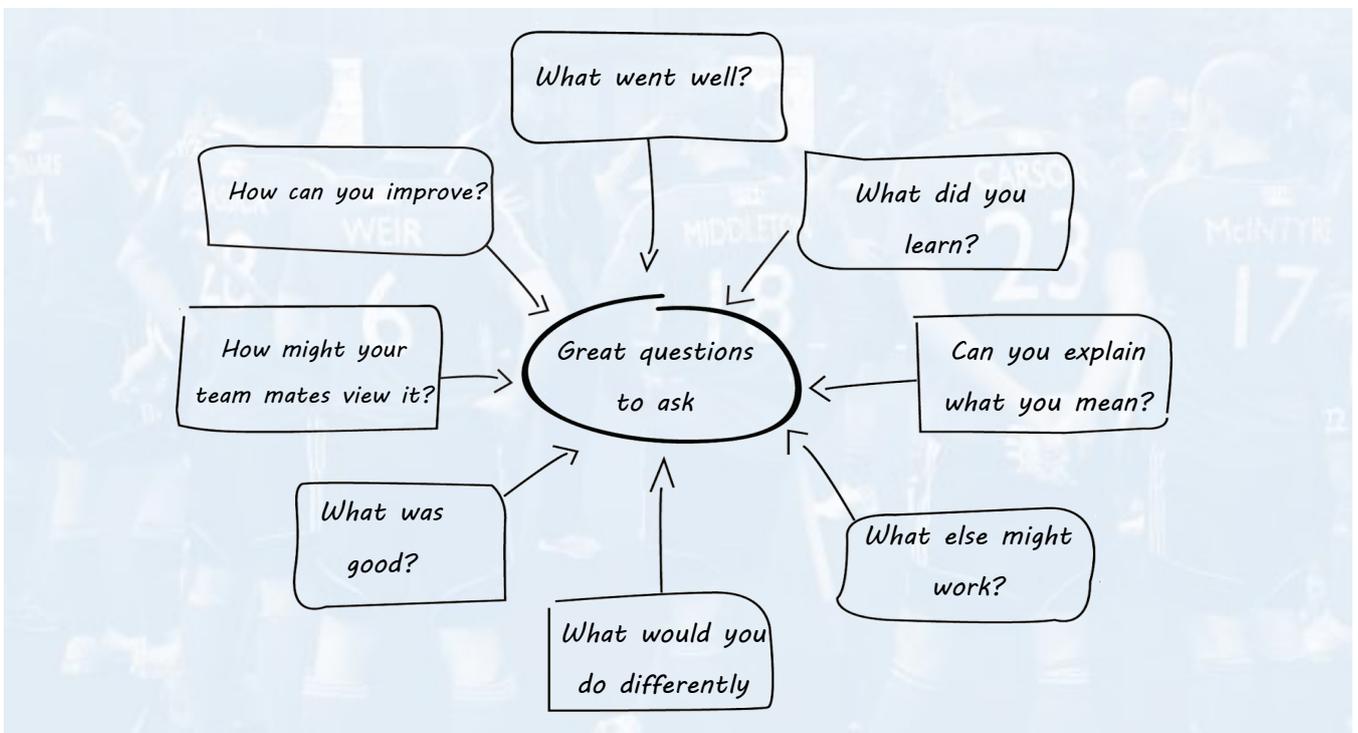
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MODULE 4 TACTICS

Give a great team talk

- 1) **Be specific, be precise.** After three pieces of information nobody is listening
- 2) **Self-organising players are the most effective.** Players that plan how they are going to play, practise leading their own debriefs and are given the opportunity to lead (not just contribute to team talks) will be most effective
- 3) **Focus on your game not the opposition.** Find the solutions rather than the challenges.
- 4) **Variety.** Don't be afraid to do something different. Talk, draw, demonstrate, show, use video, use small groups, use different players, be creative and be inventive.
- 5) **Link training and gameplay.** Can you transfer what you do in training into games?
- 6) **What can you measure?** Are there things in the game that you can measure and review
- 7) Most importantly. **BE POSITIVE. BE ENTHUSIASTIC and BE PASSIONATE.** Players love to know that you care, but they also love to hear positive feedback about what went well.



Reflections

What Have I learnt...?

How can I use this...?

1-2-1 Hockey coaching from Olympic stars

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