

1-2-1 Hockey Coaching

#BeYourBest

MODULE 6 DEFENDING PRINCIPLES



WIN THE BALL BACK

PUT PRESSURE ON THE BALL (DENY SPACE and DENY TIME)

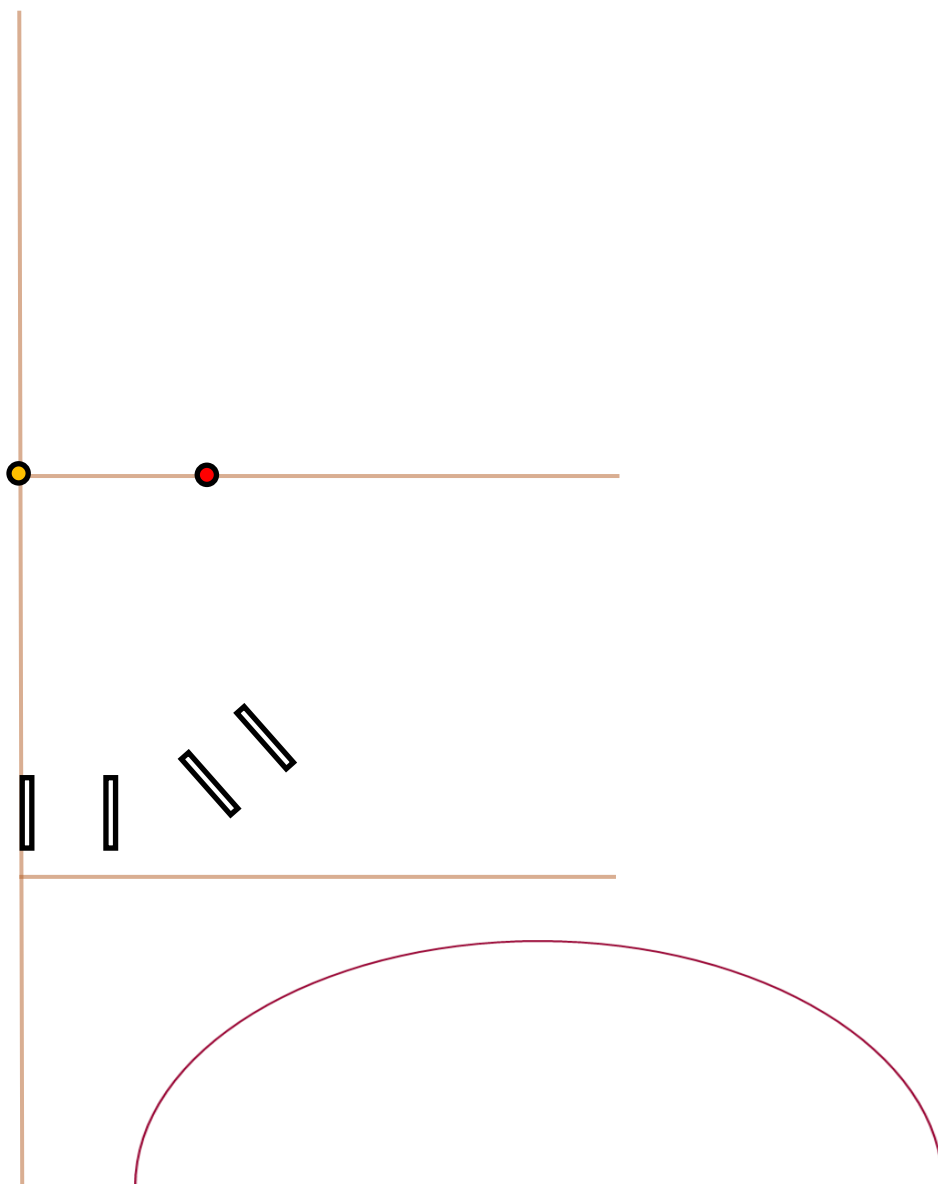
HAVE A BALL WINNING INTENT

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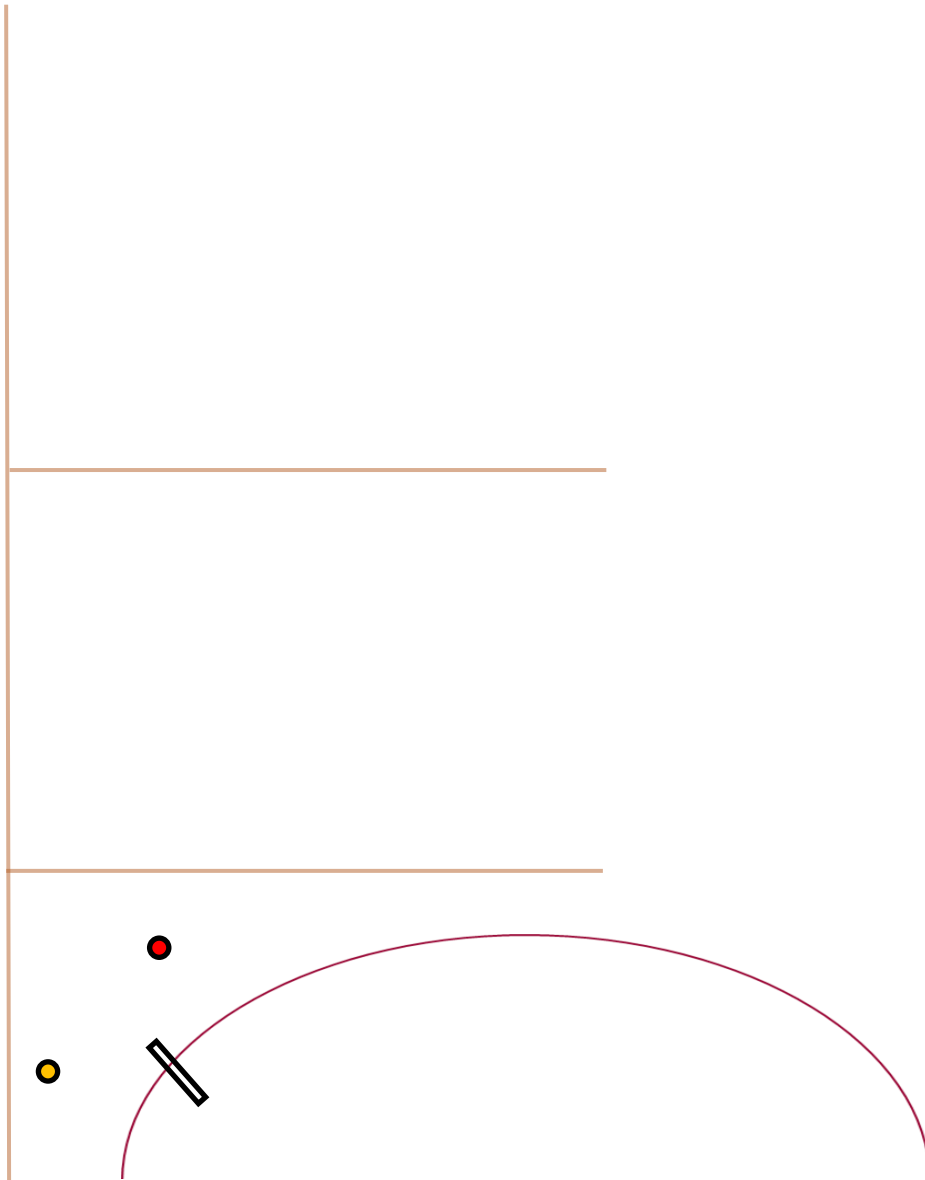
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Notes



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TRANSITION

Transition is the name we give to changing from attacking to defending or vice versa. Reacting quickly in transition provides opportunities to attack quickly against low numbers and disorganised defence. It also provides the opportunity to stop opposition teams going forward quickly by putting pressure on the ball, denying space and winning the ball high up the pitch. After winning Gold in Rio Great Britain Head Coach Danny Kerry said;

“Before Rio we focused on one thing; transition”

Coaching Defending through Gameplay

Try these bonus point games to create emphasise great defending

- * Winning the ball in the attacking half
- * A two-handed tackle
- * A double-team tackle
- * A clean win
- * An open stick tackle
- * An interception
- * A tackle outside of the D
- * Winning the ball back within 8 seconds

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Reflections

What Have I learnt...?

How can I use this...?

1-2-1 Hockey coaching from Olympic stars

Coach education for clubs and schools

Masterclass coaching sessions

Elite Hockey courses delivered at your club or school

Find out more and keep up to date...



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