

Teaching the basics

Teaching the basics is a massively important part of our role as coaches and it is worth considering what the difference is between technique and skill

TECHNIQUE – how to physically organise body and stick to execute a particular set of movements

SKILL – How to apply different techniques within a game

In successful sessions children;

- Feel involved*
- Have lots of touches of the ball, play small sided games*
- Score lots of goals, achieving tasks increases fun and enjoyment*
- Know that winning isn't crucial, everyone plays*
- Follow simple rules*

These cards are meant purely as prompts; some good phrases. On their own they aren't very meaningful. Players will discover the best way to execute these skills and perfect the technique required to be successful in a game, which is great as coaches because we don't need to be prescriptive.

BALL CARRYING – DRIBBLING: **FIRST, FORWARD, FAST**

Technical points

- Right hand low for strength and higher up the grip for speed
- Bent knees let you look forward whilst still seeing the ball
- Challenge the players with an objective and they will find the best way of running with the ball to achieve it e.g.
 - *Run as fast as you can, spin around with the ball, lift the ball, stop and then speed up, be strong on the ball*

Key Idea: Dribble from left to right to attack reverse stick side. Turn over your left shoulder for the same reason.

STOPPING THE BALL

Technical points

13. Hands apart
14. Trap the ball inside the line of your feet
15. Stick upright

Key Idea: Upright stick and low right hand makes stopping the ball more consistent and allows you to move onto the next skill quickly

HITTING THE BALL

Technical points

11. Hands together
12. Step towards the ball, left foot forward

Key Idea: Start with the ball a long way away from your feet, which forces a wide natural swing of the stick

SLAP HITTING THE BALL

Technical points

8. Like a hit; start with your hands together
9. Step towards the ball, left foot forward
10. The stick stays in contact with the floor in a big sweeping motion

Key Idea: the most consistent way to pass the ball at speed and over distance

REVERSE STICK HITTING THE BALL

Technical points

4. Hands together
5. Left or right foot forward
6. Hands by your shoelaces
7. Practise this on the run

Key Idea: imagine the floor is a pane of glass. If the stick crashes into it then it will smash

TACKLING

Technical points

1. Always aim to have two-hands on the stick
 - a. Move your feet
 - b. Stay sideways on
 - c. Get close, quick
 - d. Put your left hand on the floor

Key Idea: If you challenge players to tackle with two hands the rest will follow.

PUSHING THE BALL

Technical points

1. Hands apart
2. Feet sideways on, left foot forward
3. Stick starts on the floor, but not touching the ball

Key Idea: the most consistent way to pass the ball

30 QUESTIONS TO ASK ATHLETES WHEN COACHING



- What went well? ● How did that make you feel?
- When did it happen? ● Can you remember when?
- What can you do to improve? ● What did you learn?
- What will you do next time? ● Can you tell me more?
- What was good? ● Can you explain what you mean?
- Why do you think that? ● What happened and why?
- What didn't go so well? ● How did you learn that?
- How else could this have been handled? ● What were you thinking when_____
- How else could you solve the problem? ● Can you remember when_____
- What was bad about the experience? ● What did you base your decision on?
- What could you have done better? ● Are you happy with how that went?
- What other ways could you have overcome this? ● How will you solve that?
- If you had done x how would that have changed y?
- How might your teammates view this situation?
- How did you feel when? ● How else could this have been handled?
- If you were to encounter a similar situation, how would you handle it?
- What would you do differently? ● How will you overcome that obstacle?

