

PMHHA Minkey Program

Introduction

This is a program to introduce the basic skills of hockey to kids. It included 15 weeks of skills, with the remaining few weeks of the season for modified games.

The skills are mostly completed as an individual. This is to enable players to get as much time on the ball as possible. It also allows for players to only “compete” with themselves with regards to improving their skill levels. As there is a large variance in age between players, the level of skills should be quite varied too, therefore individual drills are recommended

Format

WEEK	SKILL LEVEL	FOCUS SKILL	NEW RULE/CONCEPT INTRODUCED IN GAMES
1	Introduce	Dribbling	Safety only. Allow any/all touches on the ball
2		Pushing	“Pass to your team-mate” on free-hits.
3		Dragging	Enforce Safety rules + Encourage passing to team-mates
4		Trapping	Encourage linking passes together (push + trap)
5		Tackling	Enforce only 1 player from each team in the tackle
6	Practice	Dribbling	“Intentional Foot” penalty
7		Pushing	Passing the ball to every player before scoring
8		Dragging	Dragging the ball away from a defender to avoid a tackle
9		Trapping	Players moving into space to receive safe passes
10		Tackling	Introduce only being able to score inside attacking half
11	Refine	Dribbling	“Back of the stick” penalty
12		Pushing	Passing the ball backward to a defender
13		Dragging	Drag to eliminate/pass a defender
14		Trapping	“half-way restart”; ball over backline from defender
15		Tackling	Introduce the concept of positions (Striker, Mid, Def)
16	Game-knowledge	Modified Games	
17		Modified Games	
18		Modified Games	

Roles of Coaching Staff

- Program Coordinator
 - Organises the set-up of drills and the conduct of each session
 - POC for parents and the “face” of the program
- Club Coaches
 - Conduct the drills/activities with the kids
 - Provide instructional coaching to the kids on technique/skills
 - Coach + Umpire the games
- Instructional Umpire
 - (For weeks 16-18 only)
 - Introduce the rules of hockey during modified games.

Coaching Ratios

- 1x coach for every 4x players from each club

Equipment

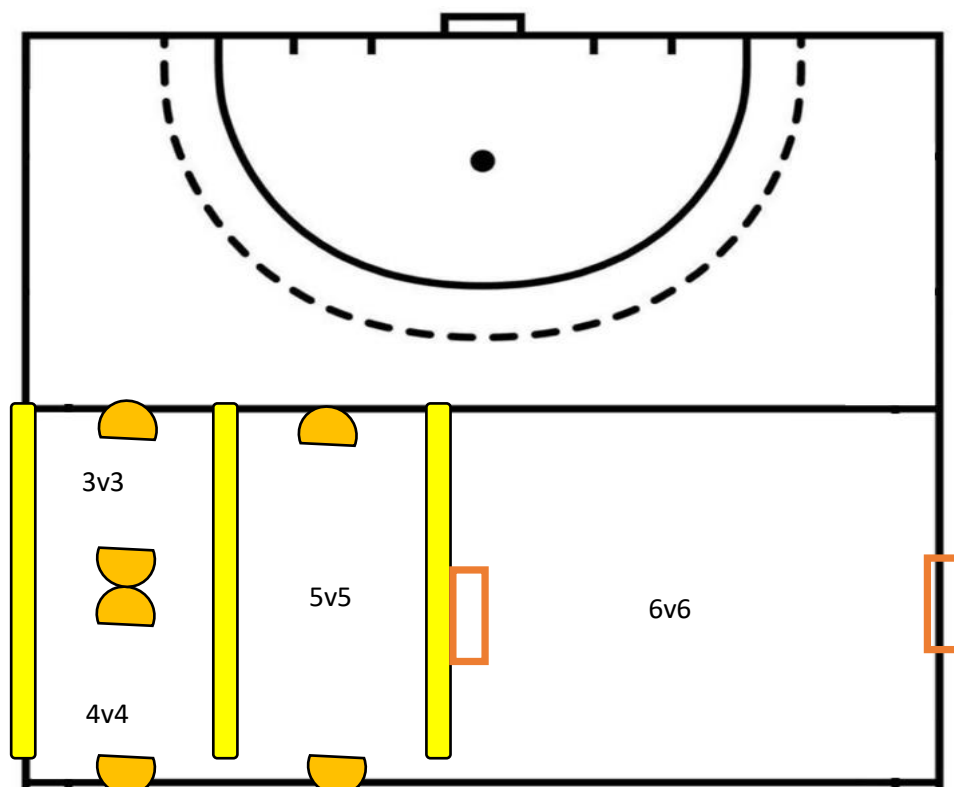
- Joey Balls (at least 1 per person)
- Cones, various colours
- Bibs
- Fold-up goals
- Juniors Goals (approx. 2)
- H2H aqua hockey sticks (1 between 2pp)
- Ag-drain field barriers

Field Set-up / Rules

- Running of drills on one quarter of the field
- Conduct of games on the other quarter of the field
 - Use of Ag-drain to keep the ball in
 - 3v3 or 4v4 games = 32th of a field
 - 5v5 games = 16th of a field
 - 6v6 games = 8th of a field
- SAFETY RULES
 - No stick swinging or hacking
 - 1 player from each team in the tackle

Game Play

- Small sided games to increase touches on the ball and participation
 - 3v3 & 4v4 games with ag-drain | recommended for weeks 1-10
 - 4v4 & 5v5 games with ag-drain | recommended for weeks 11-15
 - 4v4 or 6v6 hockey games as part of weeks 16-18
- Each week a new rule or concept in introduced.
 - Once introduced, continue to enforce/encourage it in subsequent weeks



Dribbling

Week 1, Week 6, Week 11

10minutes	WARM-UP	<ul style="list-style-type: none"> • “Bullrush” running game <ul style="list-style-type: none"> - One person is the tagger. When they call ‘Bullrush’ runners have to get to the other end without being tagged. - If a runner is tagged, or if they run outside the boundaries then they become a tagger. - Last kid to be tagged wins.
	INSTRUCTION / REVISION Verbal instruction + coaches demo	<ul style="list-style-type: none"> • How to hold a hockey stick • How to dribble a ball <ul style="list-style-type: none"> - Ball out in front of body - Left hand top of grip, Right hand at bottom of grip - High left elbow to get ball in front of feet - Stick drags along the turf and stays on the ball - Eyes up, with full vision forward
15minutes	DRILL 1	<ul style="list-style-type: none"> • Dribble in a straight line from baseline to quarter-line <ul style="list-style-type: none"> - Start walking, then jog, then at a run - Start ball on the stick, then small taps when running - Practice eyes up and not looking down at feet
	DRILL 2	<ul style="list-style-type: none"> • Stopping the ball. Dribble 1m then stop the ball dead; going from baseline to quarter-line <ul style="list-style-type: none"> - Roll the stick over the top. - Left-hand rolls the stick, Right-hand allows the stick to rotate through an open grasp - Walk, jog, run. • Play “statues”. One whistle to dribble, next whistle to stop. Aim is to stop the ball dead.
	DRILL 3	<ul style="list-style-type: none"> • Wk 1: Relay races. • Wk 6: Rob the nest • Wk 11: Bullrush with dribblers and tacklers.
2minutes	<i>Drinks Break</i>	
15minutes	GAMES 3v3, 4v4	<ul style="list-style-type: none"> • <u>Praise kids on their DRIBBLING skills during games.</u> • Wk 1: Participation. Only rules are safety (stick hacks, only 1 of each team in the tackle, etc) • Wk 6: Introduce “intentional foot penalty”. Other team gets the ball if you kick the ball. • Wk 11: Introduce “back of the stick penalty”. Other team gets the ball if it hits bac of your stick.
3min	CLOSURE	<ul style="list-style-type: none"> • Test the kids on what they learnt <ul style="list-style-type: none"> - How to hold a stick - How to dribble - How to stop the ball - (Rules of hockey)...“what happens if I kick the ball..?”

Pushing

Week 2, Week 7, Week 12

12minutes	WARM-UP	<ul style="list-style-type: none"> Agility Ladders (over hockey sticks) <ul style="list-style-type: none"> Create a few lines of parallel sticks about 50cm apart Complete dynamic exercises through the ladder, then run around and join the back of the line Step, jump, hop, high-knees, bum-kicks, etc
	INSTRUCTION / REVISION Verbal instruction + coaches demo	<ul style="list-style-type: none"> Recap last week's skills (dribbling, hand positions on stick). How to push a ball <ul style="list-style-type: none"> Side on stance. Hands at top and bottom of the grip Ball starts in line with back foot. Ball on the stick, drag from back foot to front foot, then push towards target Stick drags along the turf Power comes from weight-shift back leg to front leg
15minutes	DRILL 1	<ul style="list-style-type: none"> Push against the wall. <i>Coaches correct players technique</i> <ul style="list-style-type: none"> Start 2m from the wall Progress back to 4m, 6m, 8m, 10m, etc
	DRILL 2	<ul style="list-style-type: none"> Push at Goals. <ul style="list-style-type: none"> Break up into groups of ~4 players. Take turns Dribble ~5m then push at the goal.
	DRILL 3	<ul style="list-style-type: none"> Passes and Pushes / Follow your pass <ul style="list-style-type: none"> Set up ~3 cones in a zig-zag. One player on each cone Follow your pass, then push at goal
2minutes	<i>Drinks Break</i>	
15minutes	GAMES 3v3, 4v4	<ul style="list-style-type: none"> <u>Praise kids on their PUSHING skills during games.</u> Wk 2: Instruct "Pass to your team-mate" on free-hits. Discourage passes to no-one or directly towards goal. <i>Coaches ensure each kid gets a turn at a free-hit</i> Wk 7: Encourage passing the ball to every player before scoring. Wk 12: Encourage passing the ball backward to a defender, then transferring to the other side of the field (instead of always going forward toward the goals).
3min	CLOSURE	<ul style="list-style-type: none"> Test the kids on what they learnt <ul style="list-style-type: none"> How to push

Dragging

Week 3, Week 8, Week 13

12minutes	WARM-UP	<ul style="list-style-type: none"> • “Simon Says” <ul style="list-style-type: none"> - Kids spread out more than an arm’s space distance - Complete an exercise until the next instruction is given with the pre-fix “Simon Says” - Running on the spot, jumping, hop on one leg, spin around, boxing punches, star-jumps, high-knees, bum-kicks, etc
	INSTRUCTION / REVISION Verbal instruction + coaches demo	<ul style="list-style-type: none"> • Recap last week’s skills (pushing) • How to drag <ul style="list-style-type: none"> - Have spare sticks laying on the ground. One kid on each side of the stick - Standing facing the spare stick. Feet wider than shoulders. Hands at top and bottom of grip. Squatting (like sitting on a toilet). - Ball out in front of feet. Drag front left to right. - Left-hand rolls the stick, Right-hand allows the stick to rotate through an open grasp. - Stick drags along the turf. - Stick rotates over the top of the ball on the away-side of the ball (not on the body side). - Minimise “taps” and watch for keeping the ball on the stick throughout. - Encourage weight shift from left leg to right leg.
15minutes	DRILL 1	<ul style="list-style-type: none"> • Race to complete X number of drags. <ul style="list-style-type: none"> - One kid drags while the other kid sits on the ground and counts out loud. - Drag only counts if it travels the full length of the stick
	DRILL 2	<ul style="list-style-type: none"> • Indian Dribble <ul style="list-style-type: none"> - Complete drags while walking forwards - Walk from base-line to quarter-line - Increase speed with repetitions
	DRILL 3	<ul style="list-style-type: none"> • Indian Dribble through cones <ul style="list-style-type: none"> - Set up ~6 cones - Indian dribble with the ball, while keeping feet either side of the cones.
2minutes	<i>Drinks Break</i>	
15minutes	GAMES 3v3, 4v4	<ul style="list-style-type: none"> • <u>Praise kids on their DRAGGING skills during games.</u> • Wk 3: Enforce Safety rules + Encourage passing to team-mates • Wk 8: Encourage dragging the ball away from a defender to avoid a tackle • Wk 13: Encourage a drag to eliminate a defender, then accelerating away
3min	CLOSURE	<ul style="list-style-type: none"> • Test the kids on what they learnt <ul style="list-style-type: none"> - How to drag

Trapping

Week 4, Week 9, Week 14

12minutes	WARM-UP	<ul style="list-style-type: none"> “Grab reflexes” <ul style="list-style-type: none"> In pairs, with a cone between, on the whistle, pairs will try and snatch the cone to beat their partner. Change the starting position: front facing, one handed only, backs'-on, hands on head, hands on feet, push-up position, etc
	INSTRUCTION / REVISION Verbal instruction + coaches demo	<ul style="list-style-type: none"> Recap last week's skills (dragging) How to Trap <ul style="list-style-type: none"> Boxers stance: left foot forward and right foot ~30cm behind Squat like sitting on toilet Left elbow high (enough to fit head through the air-gap). Stick out in front (forward of left foot) and roughly in line with right foot. Trap in front of body. <i>Not to the side of the body</i> Watch the ball onto the stick. Foot-work to move to where the ball is coming in. Slight angle to the stick – left hand forward of right hand to ensure ball doesn't roll up the stick
15minutes	DRILL 1	<ul style="list-style-type: none"> Push and Trap in Pairs (2m apart) <ul style="list-style-type: none"> Reinforce traps in front of the body, then stepping and pushing from a side-on position
	DRILL 2	<ul style="list-style-type: none"> Push and Trap over distance in pairs <ul style="list-style-type: none"> 4m, 6m, 8m, 10m. Focus is on foot-work to move to meet the ball
	DRILL 3	<ul style="list-style-type: none"> Push and trap on the move <ul style="list-style-type: none"> Push/trap in pairs, travelling over a 10m distance within a defined channel (3m apart), then push at goal
2minutes	<i>Drinks Break</i>	
15minutes	GAMES 3v3, 4v4	<ul style="list-style-type: none"> <u>Praise kids on their TRAPPING skills during games.</u> Wk 4: Encourage linking passes together (push + trap) Wk 9: Encourage players moving into space to receive safe passes Wk 14: Introduce a “half-way restart” when the defenders put the ball over the backline
3min	CLOSURE	<ul style="list-style-type: none"> Test the kids on what they learnt <ul style="list-style-type: none"> How to trap

Tackling

Week 5, Week 10, Week 15

12minutes	WARM-UP	<ul style="list-style-type: none"> • “Stuck in the Mud” running game <ul style="list-style-type: none"> - Run around inside a box while a nominated tagger tries to tip players - Once tipped, a player is “stuck” in that spot. - To become un-stuck, a player is released if another player double high-fives them.
	INSTRUCTION / REVISION Verbal instruction + coaches demo	<ul style="list-style-type: none"> • Recap last week’s skills (trapping) • How to Block Tackle <ul style="list-style-type: none"> - Push stick towards the ball with both hands on the stick (NO swinging) - Once contact is made, move away from the opponent - Only 1 from each team in a tackle.
15minutes	DRILL 1	<ul style="list-style-type: none"> • Wk 5: Coach dribbles the ball while a player practices a block tackle. Players take turns. • Wk10/15: Dribble and tackle in pairs <ul style="list-style-type: none"> - One player dribbles the ball in a straight line while the other tackles. Repeat and re-enforce <i>Coaches to ensure the dribbler is being “nice” and letting the tackler practice by dribbling passively.</i>
	DRILL 2	<ul style="list-style-type: none"> • “Survivor” <ul style="list-style-type: none"> - Players each have a ball and must dribble around inside a 15mx15m box. - Tacklers try to take a players ball and push it out-of-bounds. - If your ball goes out-of-bounds you become a tackler.
	DRILL 3	<ul style="list-style-type: none"> • “Fruit-Salad” <ul style="list-style-type: none"> - Players are divided into 2 team which stand in parallel lines facing each other. - A player on each team is given a fruit name. - Ball is placed in the centre. Goals at either ends - Coach calls the fruit name, then the players from opposing teams run to get the ball and try to score it in their goal while the other player tries to tackle and do the same
2minutes	<i>Drinks Break</i>	
15minutes	GAMES 3v3, 4v4	<ul style="list-style-type: none"> • <u>Praise kids on their Tackling skills during games.</u> • Wk 5: Enforce only 1 player from each team in the tackle • Wk 10: Introduce only being able to score inside attacking half • Wk 15: Introduce the concept of positions (Striker, Mid, Defender).
3min	CLOSURE	<ul style="list-style-type: none"> • Test the kids on what they learnt <ul style="list-style-type: none"> - How to Block Tackle

Modified Games (Finals Weeks)

Under 6s
<ul style="list-style-type: none">• 16th of a field• Normal sidelines marked by cones (no Ag-drain to keep the ball in)• 4x field players• Joey (soft) ball + fold-up goals• Coaches umpire the games• Able to score from anywhere inside the half• Half-way restarts for “long-corners”• Free-hit on the “ 5m circle-dots” instead of “penalty-corners”• Normal penalties (foot, stick-obstruction, back of the stick, body-obstruction, danger, etc)• NO self-play from a free-hit. Player must pass the ball
Under 8s
<ul style="list-style-type: none">• Quarter field + use of Blue circle• 6x field players• Umpires ref the game; while Coaches organise the players.• Reinforce concepts of Forwards + Mid-fielders + Defenders• Joey (soft) ball + Junior Goals• Only able to score inside the circle.• Half-way restarts for “long-corners”• Free-hit on the dots instead of “penalty-corners”• Normal penalties (foot, stick-obstruction, back of the stick, body-obstruction, danger, etc)• NO self-play from a free-hit. Player must pass the ball