



U8/U10/U12 Mini Hockey Programme

28 Week Linked Session Programme for small groups of players (8-12 players per group)

U8/U10 Mini Hockey Programme



U8s & U10s – Develop the Basics - ‘Work Hard. Be Nice.’

Technical and Tactical	Physical	Social and Psychological
<p>Overarching Principles:</p> <ul style="list-style-type: none"> - Development of Basic Skills. - Fun. - Simple ‘with the ball / without the ball’ game awareness development. - Introduction to team problem solving. 	<p>Overarching Principles:</p> <ul style="list-style-type: none"> - Development of FUNdamental Movement Skills in sessions. - Encourage participation in other sports and activities to build General Movement Ability (GMA) 	<p>Overarching Principles:</p> <ul style="list-style-type: none"> - Manners. - Sportsmanship. - Introduction of Growth Mindset.
<p>Experiences and areas of focus:</p> <p>Basics:</p> <ul style="list-style-type: none"> - Passing and trapping. - Tackling to win the ball. - Goal scoring. - Elimination skills – change direction and speed. <p>Messages:</p> <ul style="list-style-type: none"> - Importance of space – what is it? How can you use it? - No set positions – with the ball / without the ball focus areas. Play out of position. - Introduction of basic rules – Self Pass / Side-lines / Free hits / ‘16s’. <p>Fun Games: unopposed / semi opposed / opposed:</p> <ul style="list-style-type: none"> - A lot of game play – 3v3 / 4v4. - Overload / underload. - Hockey based problem solving sessions. - Practice Design – use of the space / constraints to develop opportunities to learn. 	<p>Experiences and areas of focus:</p> <p>FUNdamental Movement Skills:</p> <ul style="list-style-type: none"> - Locomotion - Manipulation - Stabilisation <p>Encouraging other sports:</p> <ul style="list-style-type: none"> - Swimming - Gymnastics - Other ball striking games (hand eye coordination) - Gross Motor Skills – whole body movement <p>In Sessions: Encourage the development of FUNdamental Movement Skills through ‘warm up’ games: Tag / Hand Ball / Chase / Stuck in the mud / dancing / follow the leader. Any games that involve the movement skills listed.</p>	<p>Experiences and areas of focus:</p> <p>Install basic manners and sportsmanship during games and sessions:</p> <ul style="list-style-type: none"> - Helping collect equipment. - Shaking hands/recognising opposition after the games (game day or training). - Recognising the contribution of others – who did well in that game/exercise? <p>Encourage through coaches setting the example and asking players to join them.</p> <p>Introduction of a Growth Mindset:</p> <ul style="list-style-type: none"> - Willingness to give it a go (Bravery / Determination). - Confidence to keep trying (Resilience) <p>Encourage through ‘effort-based language’ – praising and acknowledge players that work hard, fail but give it another go, try something difficult.</p>

U12 Mini Hockey Programme



U12s – Develop the Game - ‘T.E.A.M: Together Everyone Achieves More.’

Technical and Tactical	Physical	Social and Psychological
<p>Overarching Principles:</p> <ul style="list-style-type: none"> - Continued development of Basic Skills and exploration of ‘advanced’ skills. - Fun. - Team focused ‘with the ball / without the ball’ game awareness development. - Development of team problem solving. 	<p>Overarching Principles:</p> <ul style="list-style-type: none"> - Transition from FUNdamental Movement Skills to Sport Specific Skills. - Introduction to 4 S’s. - Develop a work ethic (can you keep going?) - Build personal reference (can you improve on what you did?) 	<p>Overarching Principles:</p> <ul style="list-style-type: none"> - Development of Growth Mindset. - Teamwork behaviours. - Goal Setting.
<p>Experiences and areas of focus:</p> <p>Basics:</p> <ul style="list-style-type: none"> - Passing – Into space/to a lead/on the run, long range/short range. - Receiving – on the move, reverse stick, back to goal, ‘open’, marked / unmarked. - Goal scoring – how / where in the D. - Defending – engaging / when to engage / deny space / winning to ball. - Elimination skills – moving with the ball quickly. - Exploration of PCA/PCD skills. <p>Messages:</p> <ul style="list-style-type: none"> - Attack and defend as a team. - Importance of pre scanning / early decision making. - How to defend from the front – pressing. - How to play out from the back – out-letting. <p>Fun Games: Scenario Games (problem solving):</p> <ul style="list-style-type: none"> - 3v3/4v4 – small sided. - Lots of overload games – challenge and game related. - Constraints to develop in game experiences. 	<p>Experiences and areas of focus:</p> <p>FUNdamentals:</p> <ul style="list-style-type: none"> - Continue with Movement Skills as ‘warm up’ exercises. <p>Introduction to 4 S’s:</p> <ul style="list-style-type: none"> - Speed - Strength - Suppleness (Agility) - Stamina – (not usually focussed on until U16s / U18s for later ‘specialisation’) <p>Some Ideas for in sessions: make it a personal challenge – e.g. can you beat your last score?</p> <p>Speed and Agility – races / footwork / change of direction reaction games – can be done with or without hockey ball.</p> <p>Strength – introduction to plyometrics / handling body weight / dynamic lunges / box jumps etc.</p>	<p>Experiences and areas of focus:</p> <p>Development of Growth Mindset:</p> <ul style="list-style-type: none"> - Messages from the environment that talent and success can be developed over TIME with EFFORT. Its ok to make mistakes. - Feedback – praise the process not the result. - Turn focus away from wins/losses. - Promoting concepts that players can control: work ethic / practice / effort / positivity. <p>Promote Teamwork Behaviours:</p> <ul style="list-style-type: none"> - ‘What makes a good team player?’ – Group work – Together We Are Stronger. - ‘What can I do to help my teammate?’ – Self awareness of what they can affect. - ‘How well did I help my teammate in that game / exercise?’ – start of basic reflection. <p>Team Goal Setting:</p> <ul style="list-style-type: none"> - Start of basic team goal setting – based around what they can affect (work rate etc – not outcome). - Players taking ownership / control.



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Main Aim (The 'Why') – Develop the Individual. Help them reach their potential. On and Off the pitch.

Programme Focus Points / Principles of Play (The 'What'):

- Fun / Positive Energy
- Simple
- Players always involved and moving
- Lots of touches of the ball and game relevant
- Language and praise focused around Effort, Team Work, Work Ethic and Positive Attitude
- A Challenge and Supportive learning environment:
 - Simple Problem Solving – individual and team challenges
 - Process focused 'goals'
 - Its Ok to make mistakes – learning opportunities
 - Autonomy
- Building Blocks for Tactical/Technical, Physical and Psychological parts of the game
- Foster the development of the 4C's during the delivery and learning – Critical Reflection / Creativity / Collaboration / Communication



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Tactical Messages – with the ball:

- Always moving
- Get – Give – Go
- Importance of Space:
 - Can you pass to space?
 - Can you lead to space?
 - Can you carry the ball to space?
- Patience
- Support your pass

Tactical Messages – without the ball:

- You don't have to tackle to win the ball
- Patience when tackling and defending (don't dive in)
- Where is the immediate danger?
- Can you apply pressure on the ball?
- Can we deny their space going forward?



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Delivering Mindset Messages:

- Learn to play all positions (emphasis on everyone attacks/everyone defends) – swap defenders/attackers regularly and not set positions in small games (3v3 or 4v4). Encourage everyone to try different positions.
- Coach / coaching helpers can join in – can demonstrate desired skill processes, decision making and reaction to changes in a game like scenario rather than ‘static demonstrations’. Coach / coaching helpers enforce desired behaviours by subtly demonstrating them and regularly ‘living them’, plus giving praise to those that demonstrate the same behaviours.
- Involve the players in the Plan – Do – Review process. This is what we are doing, this is why we are doing it. This is what we would like achieve (simple and process driven). Give it a go. Positive and effort based reinforcement and praise. Joint end of session reflection process.

Delivering Tactical Messages and Awareness:

- Use of two attacking goals and defensive goals – helps develop the understanding of space, scanning (where is the space / where is the danger) and moving the ball to change the attacking direction and changing angles.
- Use of markers to change the pitch geography – helps develop an understanding of positional play awareness and the different advantages, disadvantages and options of attacking and defending in that area. Can divide the areas of the pitch to help develop the understanding of the tactical and playing behaviour related to that area.

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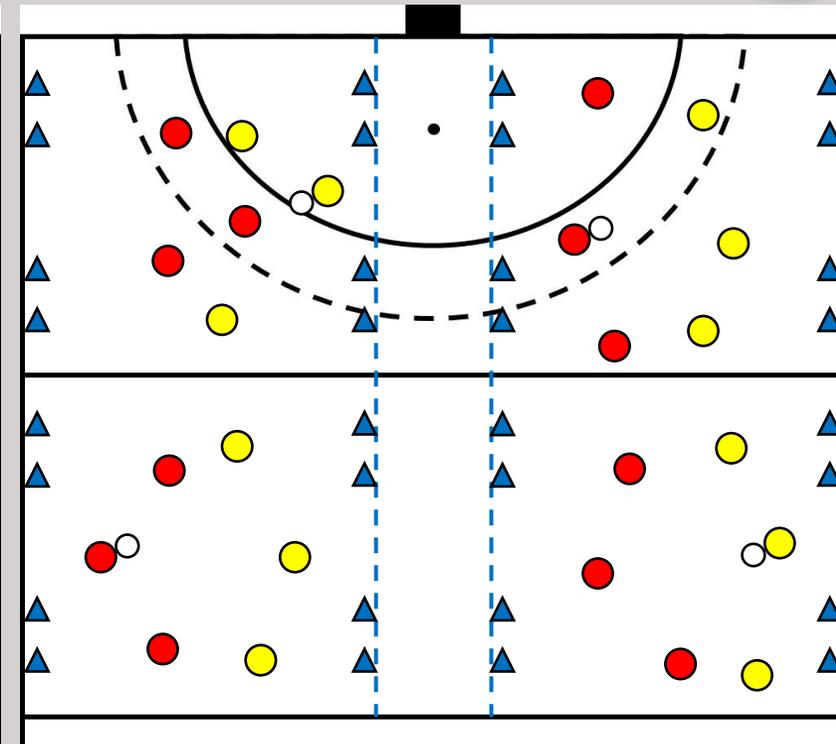
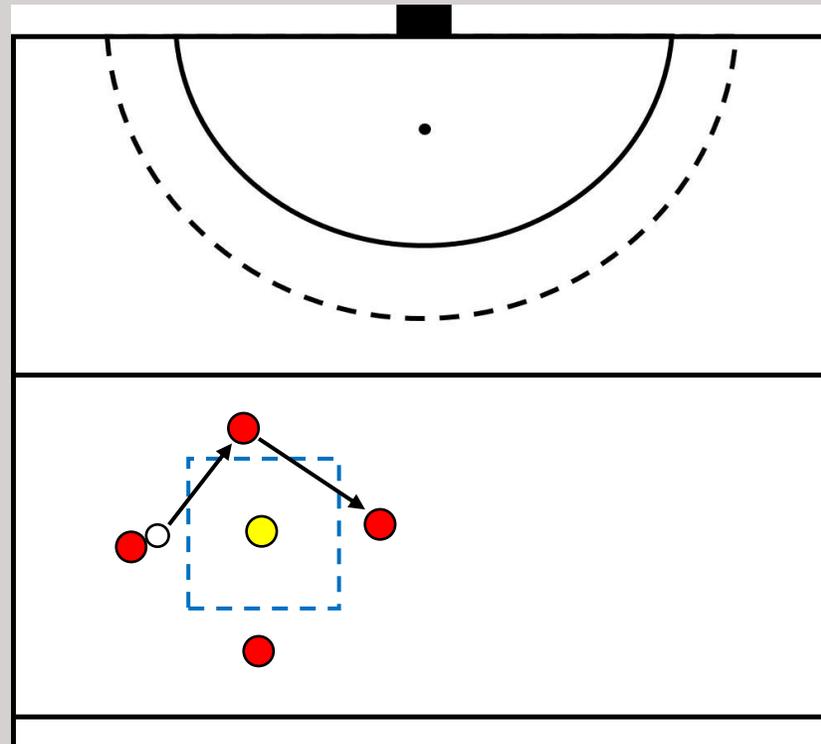
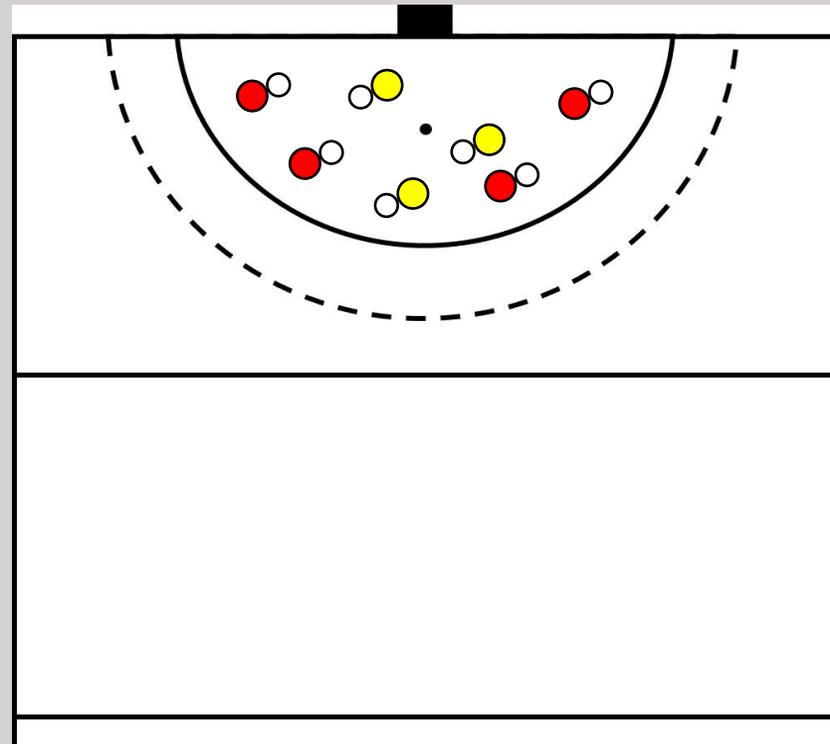


Season Plan

- Weeks 1-7 (sessions 1-7) – Passing and Moving off the Ball (Get – Give – Go).
- Weeks 8-15 (sessions 8-15) – Goal Scoring and Moving with the Ball.
- Weeks 16-19 (sessions 16-21) – Defending (with implicit attacking).
- Weeks 20-28 (sessions 22-28) – Problem Solving (with and without the ball / transition).
- Extra Sessions 29-31 – Transfer Session / Pre-scanning Session / Supporting Session

Session 1 – Passing Session One - Introduction of passing and use of space.

- 75mins



Title: Ball Each Time (10/15mins with warm up)

Description: Everyone with a ball, in a confined area (maybe D). Practice moving with the ball, change – direction / speed / use of skill. Opportunity to exchange passes. Take balls out for passing opportunities – can pass to anyone.

Notes: Keep your head up, don't collide. Ask players for suggestions of skills to practice. Opportunity to play keep ball against players without ball.

Title: Square Game (15/20mins)

Description: One player in the square the others around the outside. Players on the outside play ball across the square to others. Player in the square wins the ball they swap out with another. Add time constraints (how many times you can pass in 60 sec).

Notes: How quickly can you pass the ball? Can you move the ball to move the player in the middle? Make your decisions early. Easy passes.

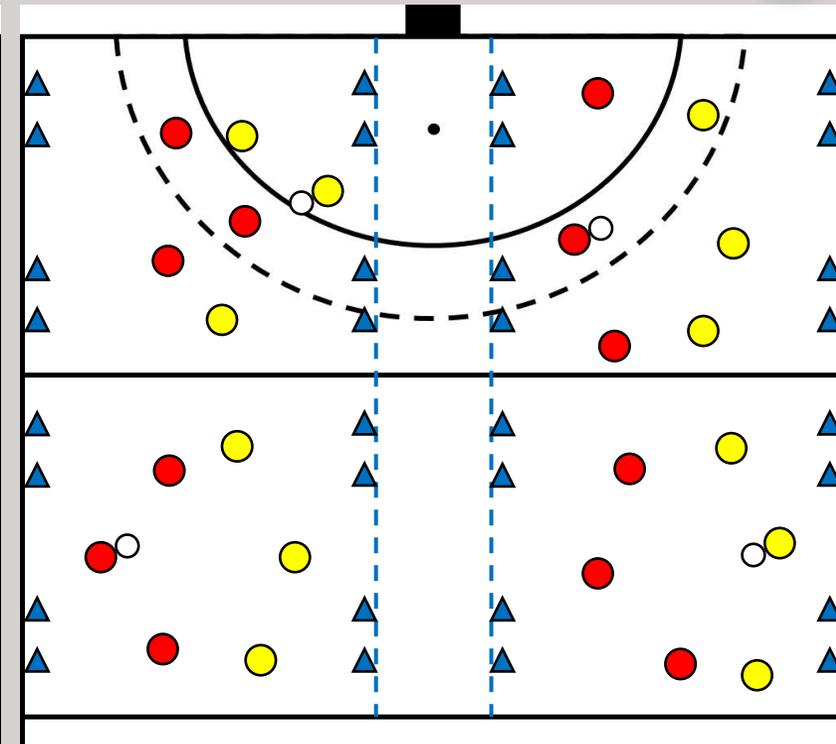
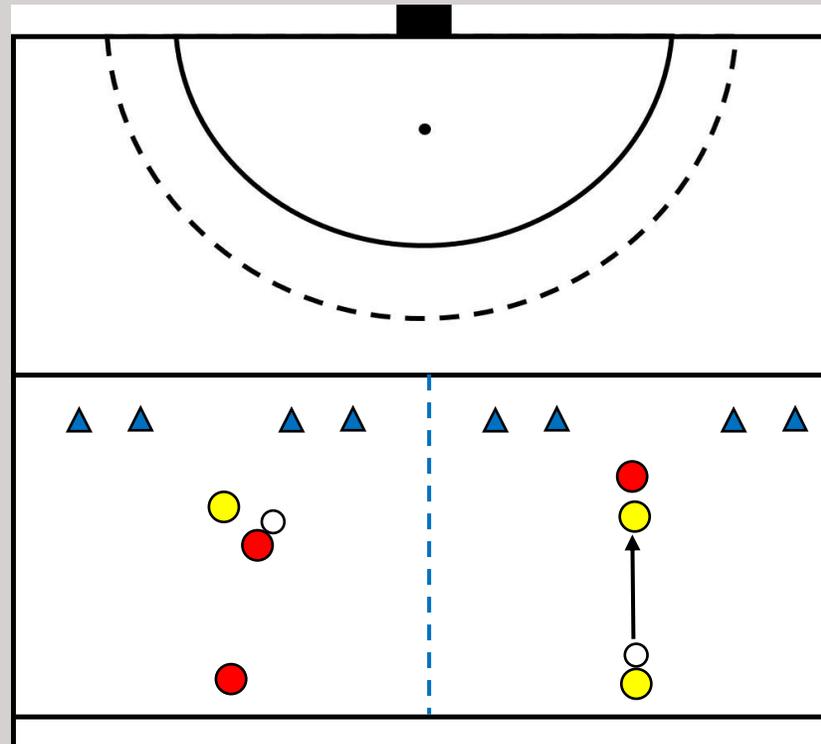
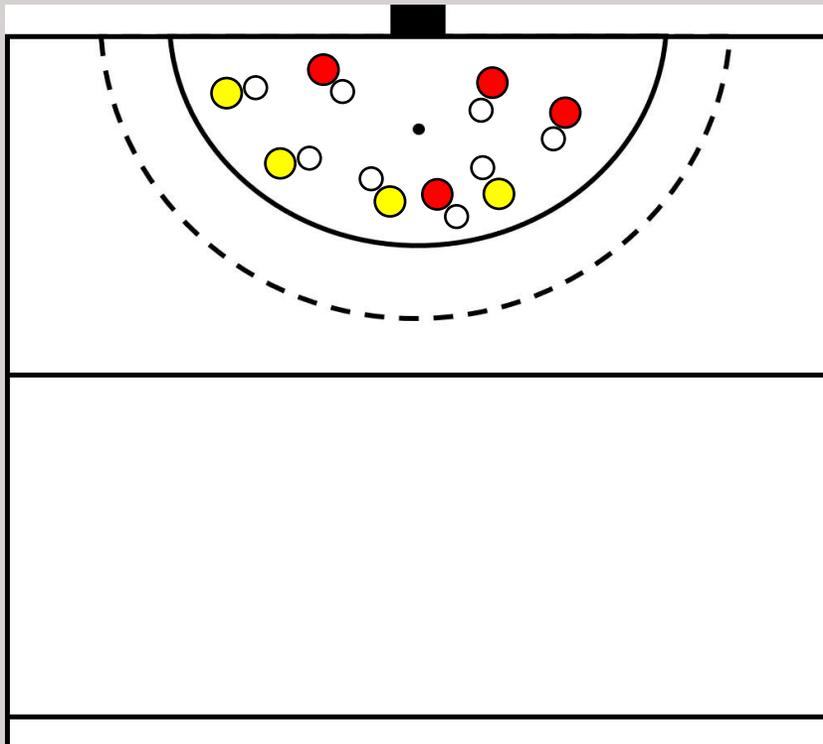
Title: 3v3 Tournament (35/40mins)

Description: 3v3 in specific areas. Two goals to score in by dribbling through the gates. Can have 4 on each team (1 sub) so that player that scores subs off. Play for 5mins and then swap around.

Notes: Introduction of space and passing / running to space. If one goal is blocked where can you go? How can you help your team mate. Can be mixed or set ability groups.

Session 8 – Ball Carry Session One – Focus on use of space in ball carrying. Where is the space? Change of speed and direction.

- 75mins



Title: 'D' Dribbling (10/15mins with warm up)

Title: 1v1 Into Gates (15/20mins)

Title: 3v3 Tournament (35/40mins)

Description: Use the D or marking out an area of a similar size. Every player with a ball. Players move around the area, carrying the ball into space and away from other players. Make the area bigger or smaller to control the space available to the players.

Description: Mark out an area between the 25 and halfway. Two gates on each pitch at one end. Ball starts with passing player at the other end. 1v1 in front of the gates. Ball is played to attacking player of 1v1 and they look to carry the ball through a gate.

Description: 3v3 in specific areas. Two goals to score in by dribbling through the gates. Can have 4 on each team (1 sub) so that player that scores subs off. Play for 5mins and then swap around.

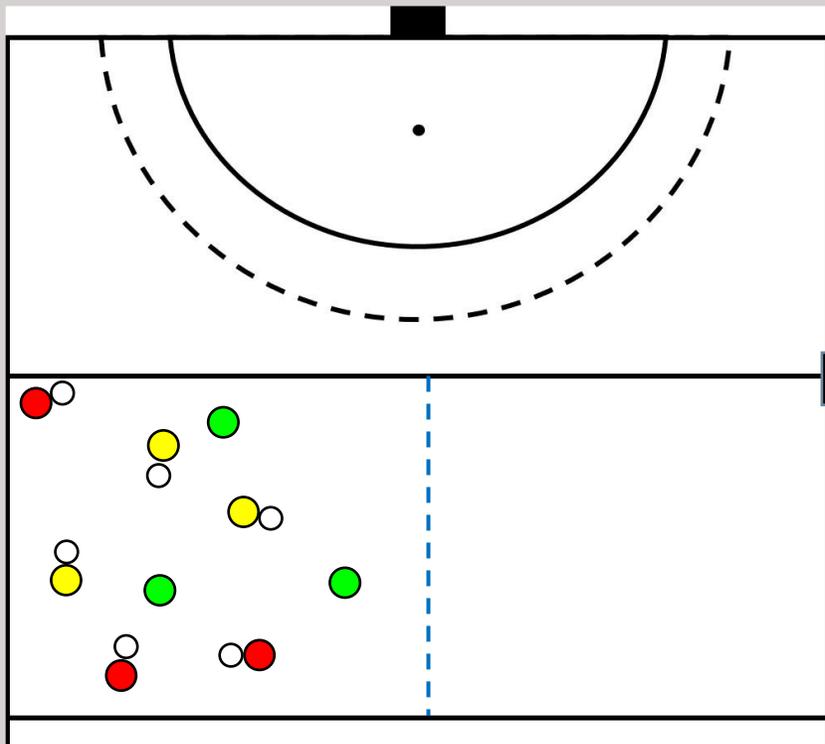
Notes: Change the skill being practiced (2D/3D). How quickly and sharply can you change pace and change angle of ball carry. Can add players to tackle.

Notes: Positive leading to space. Strong receive of the ball. Carry to space to eliminate player. Option to add gates / change size of the pitch.

Notes: Introduce the use of space of ball carry (stay out of contact). If one goal is blocked where can you go? How can you support your team mate with their ball carry. Can be mixed or set ability groups.

Session 12 – Goal Scoring Session One – Focus on being in the D / creating space / getting something on target.

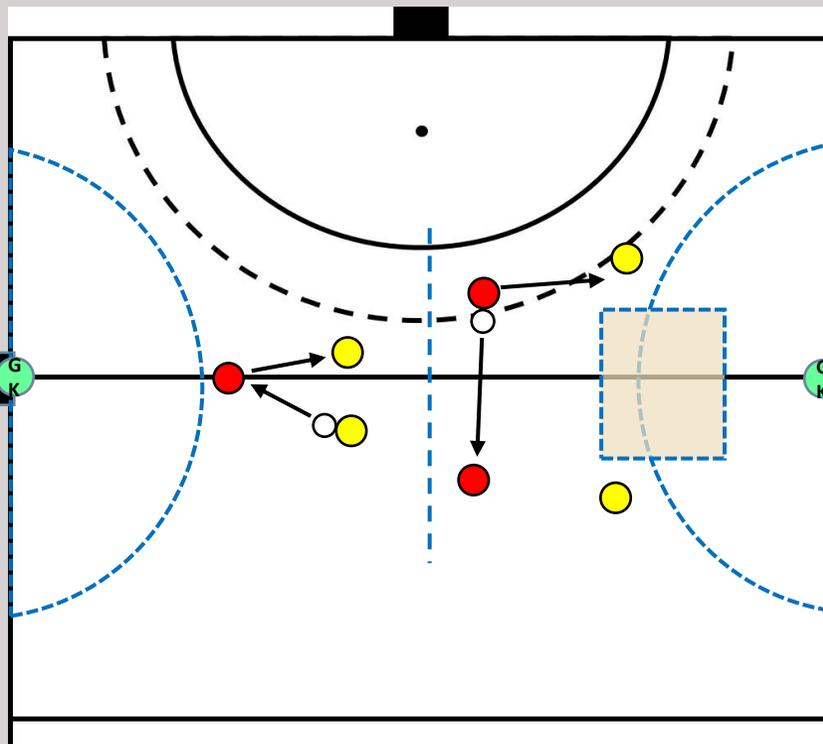
- 75mins



Title: Keep Ball Challenge (10/15mins with warm up)

Description: Mark out an area large enough for 9-12 players (X3 Teams of 3). Two teams of 3 – all with balls and One team of 3 without. Aim is to keep hold of your ball by carrying to space and using the body to protect the ball. 3 Defending players aim to ‘steal’ the ball and keep it for themselves until time is up.

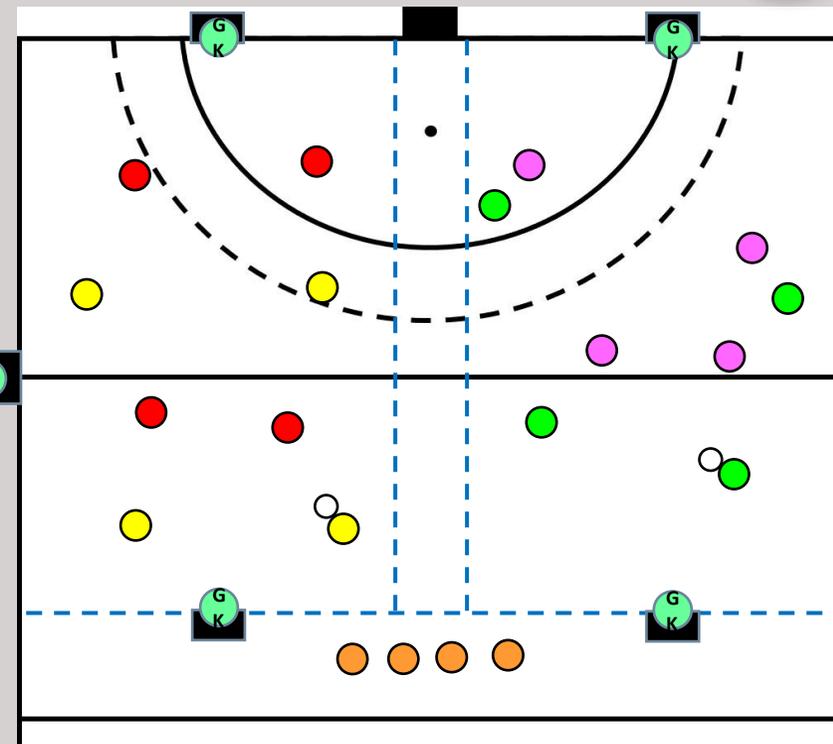
Notes: Can change the space / players / balls. What is the best way to carry the ball to protect it?



Title: 2v1 and 2v2 Goal Scoring (15/20mins)

Description: Mark out X2 Ds and Goals on the main pitch side line (7 a-side pitch). One ‘D’ has a boxed off area at the top – 2v2 in this D. Ball starts outside attackers play 2v2 into goal – ball and players can’t go through the box. At the other ‘D’ 2v1 into goal.

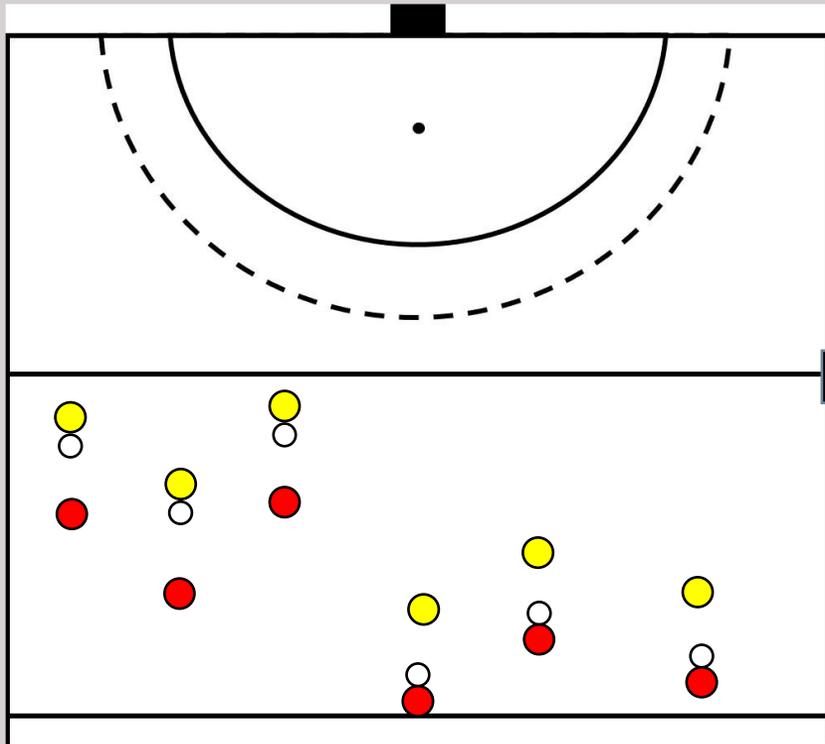
Notes: Where is the space in the D? Can you get a ‘shot’ on target when in the ‘D’? Where and how can you support the player on the ball whilst in the ‘D’?



Title: 5 Team 4v4 (35/40mins)

Description: Mark out two pitches from the baseline to near the half-way line. X2 goals and GKs (or mini goals) on each pitch. X5 Teams of 4 players. 4v4 on each pitch with one team waiting. Soon as a goal is scored on either pitch the conceding team swaps with the waiting team. Lots of goal mouth action.

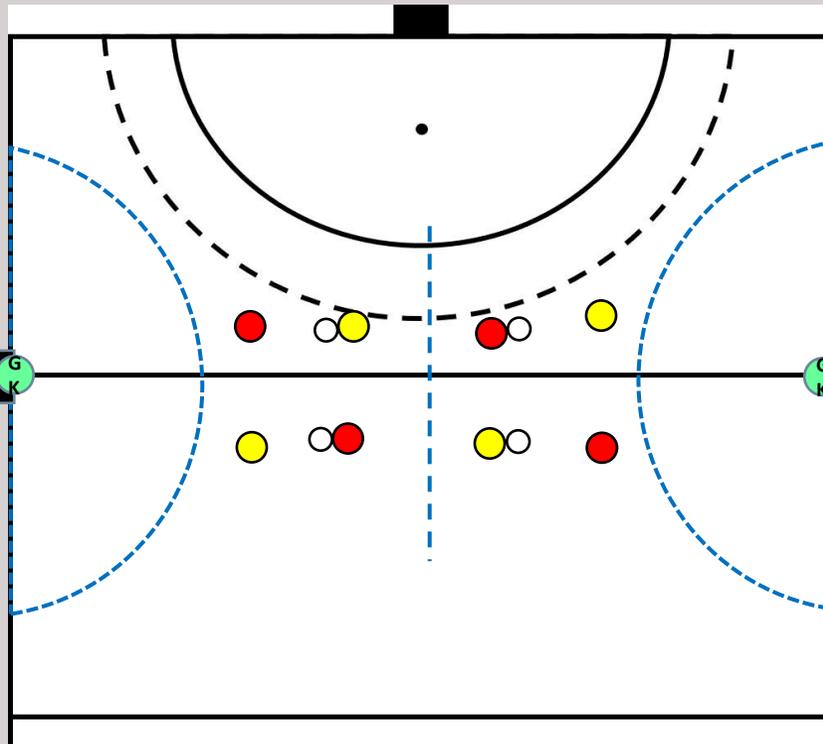
Notes: Can you get into a goal scoring position in the D? Can you find space to get a shot on target?



Title: 1v1 Not Diving In (10/15mins with warm up)

Description: Players in pairs, one ball per pair. One player with the ball starts on the halfway and aims to carry the ball to the 25 line. The 'defending' player aims to stay with the player, always in front and 'in range' to make a tackle but is not allowed to tackle (shadowing). Swap roles at 25 line for the way back.

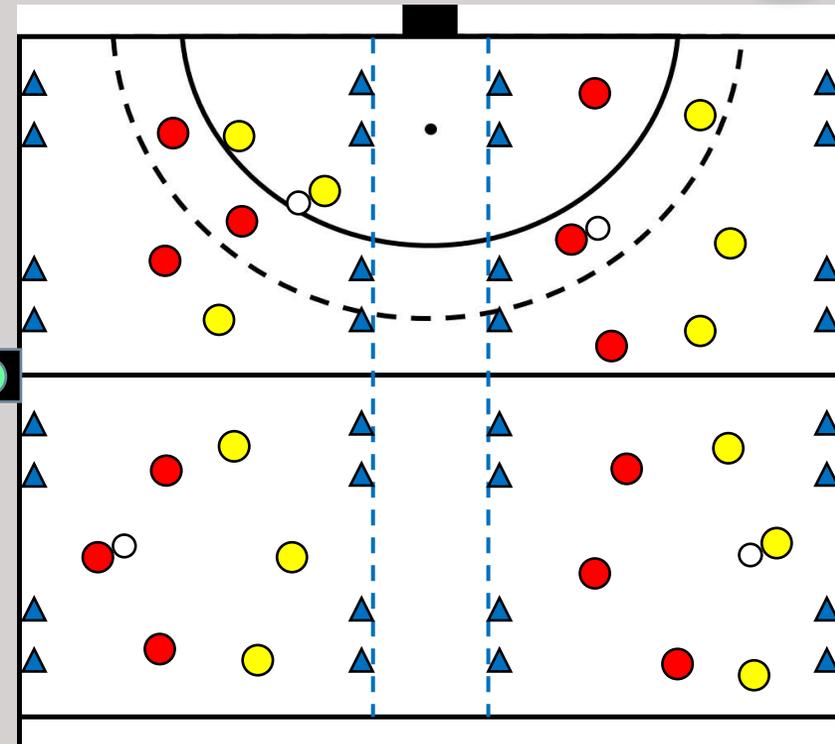
Notes: Can you stay in the tackle? Can you make your partner move in a certain direction?



Title: 1v1 into goal (15/20mins)

Description: Mark out two Ds and goals in half a pitch (7-a-side sized pitch). Use the 25 line to divide each D in half for right/left side attacks. 1v1 right and left side in each D. Take in turns and swap roles.

Notes: Where does the attacker want to go? How can your position make the ball carrier move to a certain space on the pitch? Deny space / slow the attacker / be patient / control the situation. Do 2v2.

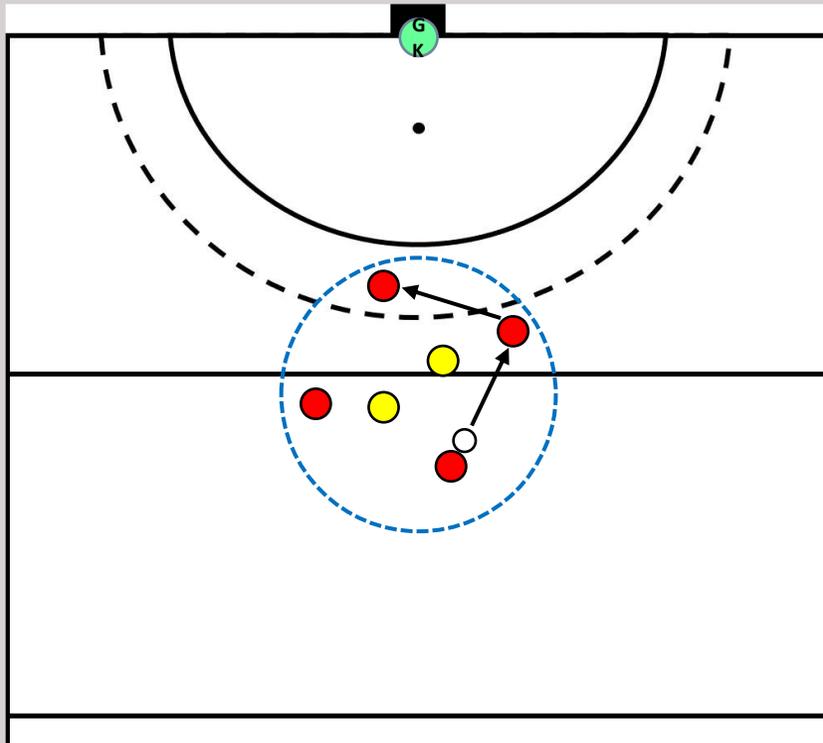


Title: 3v3 Games (35/40mins)

Description: 3v3 in specific areas. Two goals to score in by dribbling through the gates. Can have 4 on each team (1 sub) so that player that scores subs off. Play for 5mins and then swap around. Goal is worth number of players goal scorer dribbled around.

Notes: Ball carriers get extra points for dribbling around players – how do you look to stop that happening? Can you support 'tackling' player?

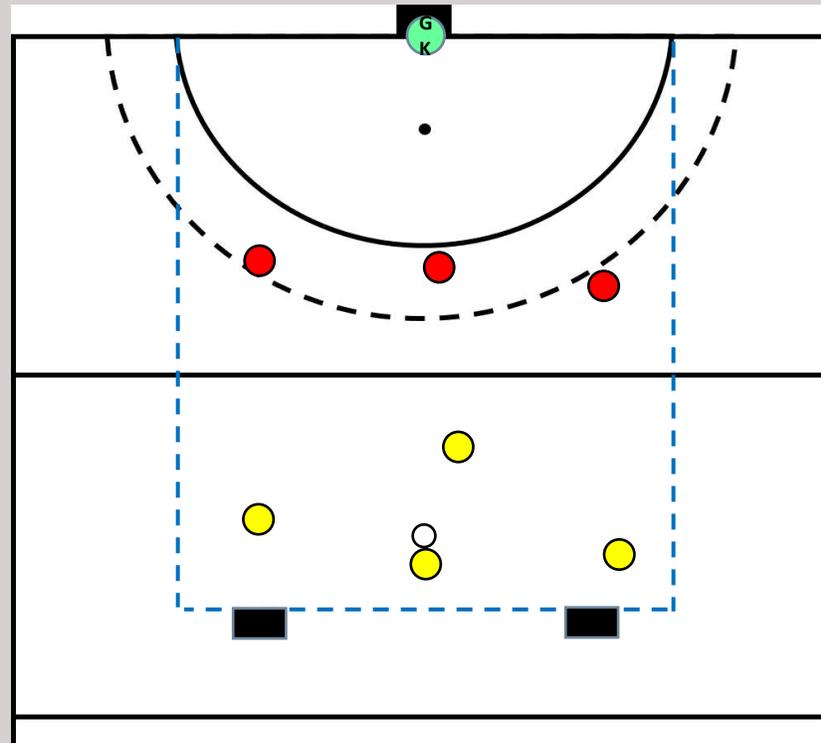
- 75mins



Title: 4v2 Keep Ball (10/15mins with warm up)

Description: Mark out a circle on the 25 line, large enough for 6 players and short passing options. 4 ‘attacking’ players play keep ball vs 2 ‘defending players’. Once every ‘attacking’ player has touched the ball they can leave the circle to score in the D vs the GK. Touches ‘reset’ if defenders touch the ball.

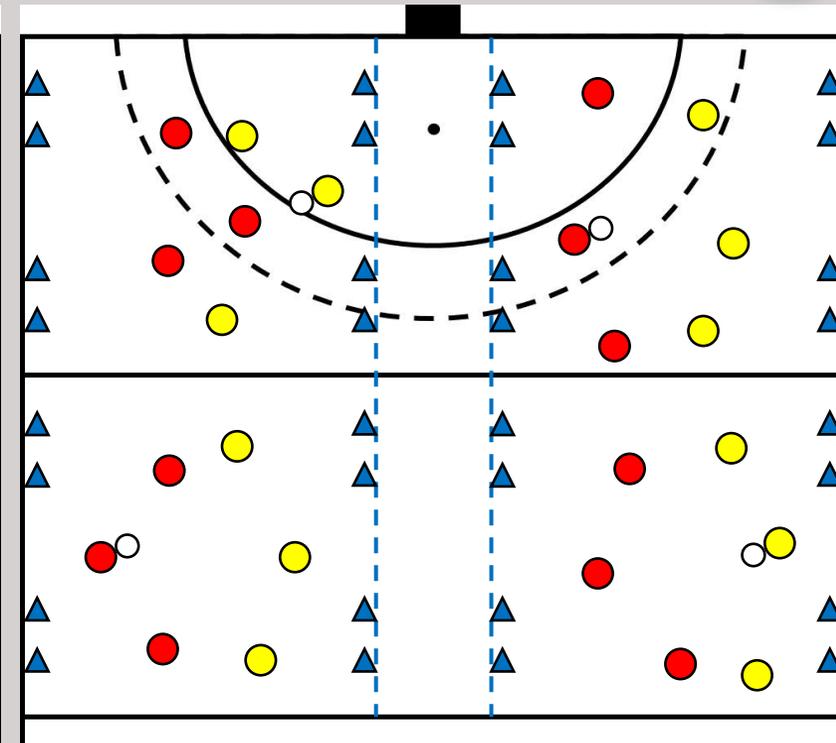
Notes: Defensive reaction to circle breakout from defenders. Work together to achieve the passing.



Title: 4v3 Passing (15/20mins)

Description: Mark out a small pitch, D-Width from the baseline to just pass the 25 line with X1 Goal with X1 GK and X2 mini goals opposite. 4 ‘attackers’ start with the ball vs 3 ‘defending’ players, aim to score in the main goal. Ball can only be passed forward or sideways. Can dribble backwards.

Notes: How can you move to offer a forward pass? Can you create space for forward pass? Organise.



Title: 3v3 Games (35/40mins)

Description: 3v3 in specific areas. Two goals to score in by dribbling through the gates. Can have 4 on each team (1 sub) so that player that scores subs off. Play for 5mins and then swap around. Players can only pass over a distance of 5m, so no pass longer than 5m. No long distance passes. Swap teams.

Notes: How do you achieve 5m only passes? Can you move to offer different angles and passing options?