



Introduction to field hockey for high school coaches and players September 2016

Learning some basic foundation field hockey skills will ensure players improve quickly and enjoy playing field hockey.

The foundation skills are shown in the TFHC Coaching videos which can be found at <http://torontofield.com/junior.html>, so please provide the coaching video link to your players. These foundation skills will also teach players how to act with safety in mind first.

1. Goalkeeper equipment
 - a. The pads, kickers and gloves are designed for the left and right side.
2. Goalkeeper
 - a. Stays on her feet to save and clears the ball by kicking it
 - b. Footwork is like a soccer goalkeeper and not at all like an ice hockey goalkeeper as the field hockey goalkeeper has to move to cover a large goal area.
3. Holding the stick properly (*all these are shown in the videos*)
 - a. When controlling the ball
 1. The left hand turns the stick, the right hand acts as a guide and does not turn the stick
 2. The right hand must be held just above the half point of the stick
 - b. One hand reach, i.e., the left hand at the top of the stick increases the player's range of control and is the default position for holding the stick when not doing most skills
 - c. Pushing the ball
 - d. Hitting the ball
4. Tackling (*shown in the videos*)
 - a. Be aware when the defending player is on the left side of the player with the ball to avoid the follow through from a hit or a push
5. Avoid getting into a scrum (IMPORTANT SAFETY ISSUE)
 - a. Do not keep going forward, "Do not keep bashing into the wall!"
 - b. Retreat or move the ball to the right to get away from players directly in front
6. Trap on the reverse stick side so that attacking player receives a pass while facing towards the attacking goal (*shown in the videos*)
 - a. Huge benefit for attacking play