



## Introduction to field hockey for school coaches and players September 2018

Learning some basic foundation field hockey skills will ensure players improve quickly and enjoy playing field hockey. The basic foundation skills will teach players how to act with safety in mind first.

All 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. The next page has list of videos of the basic foundation skills taught in a clinic for school coaches and players. Please email [password\\_please@torontofield.com](mailto:password_please@torontofield.com) to get the password to watch the videos.

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
  - 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 doing most skills
  - c. Pushing the ball
  - d. Trapping (receiving) the ball
  - e. Hitting the ball
4. Tackling
  - 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 into one or more opposing players, "Do not keep bashing into the wall!"
  - b. Retreat or move the ball to the right to get away from opposing players directly in front
6. Trap on the reverse stick side so that attacking player receives a pass while facing towards the attacking goal
  - a. Huge benefit for attacking play

## Introduction to Field Hockey Video Lessons

### Controlling the ball

- A 2 [Left Hand Control Position](#)
- A 2.1 [Left Hand Control Position - Getting it right](#)
- A 3 [Right Hand Control Position](#)
- B 2 [One Hand Reach](#)
- C 1 [Straight Line](#)
- C 2 [Stop & Start](#)

### The Push Pass

- A 4 [Push Grip](#)
- F 1 [Push - The Basics](#)
- F 1.1 [Push - Straight Ahead](#)
- F 9 [Flip Pass](#)
- A 6 [Changing the grip from Push & Hit to Left Hand Control](#)

### Hitting the ball

- F 11 [Hit - Straight Ahead](#)
- F 12 [Hit - Left to Right](#)
- F 13 [Hit - Right to Left](#)

### Trapping (receiving) the ball

- E 1 [Forehand Upright Trap - The Basics](#)

### The Reverse Stick Trap

- E 6 [Reverse Stick Upright Trap - The Basics](#)
- E 10 [Reverse Stick - Behind the Back \(Spin\)](#)

### Tackling

- G 0 [An Introduction to Tackling](#)
- G 1 [Tackle in Retreat - Forehand side](#)
- G 2 [Tackle in Retreat - Reverse stick side](#)

### Skill Correction

- J 1 [Right hand turning the stick when doing the Single Dribble](#)
- J 2 [Right hand too low when controlling the ball - Stationary](#)
- J 3 [Guiding the ball instead of tapping it when dribbling](#)
- J 4 [Reaching to get the ball with two hands on the stick](#)
- J 5 [One Hand Reach with Push Position Grip](#)
- J 6 [Straight Line Running - Ball on the Right Hand Side](#)
- J 7 [Left Hand Grip wrong when running with the ball](#)
- J 8 [Tapping the ball instead of guiding when Running with the ball](#)
- J 9 [Right hand too low when running with the ball](#)