

# *EHF SKILLS CHALLENGE*

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Designed by Master Coaches for the  
European Hockey Federation

## The Reasons

- To introduce young players aged U12 and U15 to important skills in hockey.
- To give National Hockey Federations a consistent European approach
- To motivate young players to have a go and then improve
- To help popularise hockey and make it even more fun
- To allow all young players from across Europe to compare their skills levels

*Skills drills to bring fun to young  
hockey players*

**Sept 2003**

## HI THERE

Welcome to the **Skills Challenge** - the awards scheme that will encourage your young hockey players to work even harder on their core skills

Several European Master Coaches shared ideas to produce this pack which we hope helps you to make hockey even more fun for your Youth. You may even find some of your senior stars want to test their skills also!

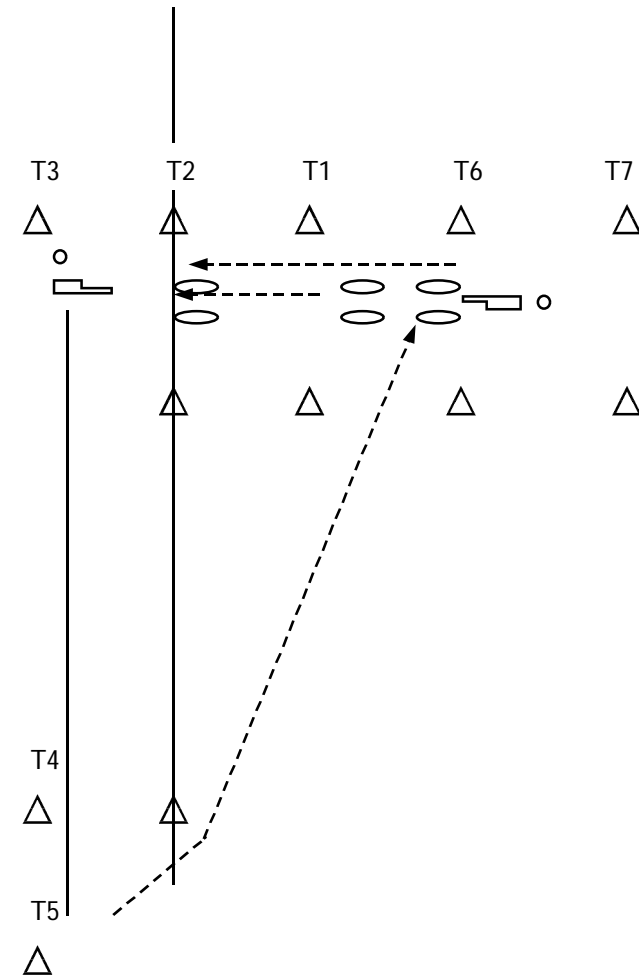
The challenge will test and isolate many basic skills of hockey and allow young players to check how they are progressing against other European players.

But most of all we hope it proves FUN to have a go!

## AIMS OF THE SKILLS CHALLENGE.

- To motivate young players to improve their skills level.
- The Skills Challenge tests many of the basic skills that are important for success and fun from hockey. They will over time show us if the level of ability in young players is improving.
- The skills can be completed all at one time or in bits over several weeks. Flexibility is important as different nations have different needs.
- This programme offers young players a chance to test their level of skill against players from other nations within Europe.
- By encouraging young players to take on leadership roles at each drill station we hope that they are training to be future leaders and captains.

***HAVE A GO. ENJOY EHF SKILLS CHALLENGE***



## **SKILL DRILL 8—TOMASZ TACKLING**

### **Guidance**

- Player starts with both feet behind gate T1 then runs to T2
- Player must ensure both feet stay behind gate T2 as he / she stretches for ball level with T3
- Using the block stick tackle player gathers the ball and dribbles it to leave it between T4 and T5
- From gate T4 player sprints to gate T6 and ensuring both feet stay behind line T6 jab tackles the ball out over line T7
- Player then sprints back to T2 to repeat the sequence

### **Points**

- 2 points for every ball successfully blocked and gathered into gate T4 / 5
- 2 points for every ball successfully jabbed over line T7
- 0 points if jab tackle does not cross line T7
- 0 points if feet cross line T2 or T5 before contact with the ball

### **What you need**

- 20 balls. 10 for T3 and 10 for T6 / 7
- 12 marker cones
- 1 scorer / drill master
- 1 clipboard and pencil

## **SKILL DRILL 1 –Indian Dribble**

Designed by Rolant Oltmans Netherlands Olympic Coach  
1996-2000

### **Guidance**

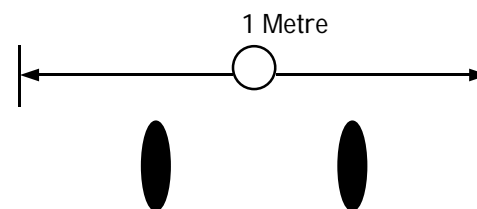
- Player stands in a comfortable position
- Start with the hockey ball just outside the white line to the right of the player
- Player uses the front open face and reverse stick dribble to move a hockey ball over the left and right white marker lines which are 1 meter apart.

### **Points**

- 1 point for every time the ball is moved over the meter course 0 points for movements that do not exceed the 1 meter course

### **What you need**

- Sticks of the right size for player completing the test
- 2/3 balls in case 1 runs far away
- 1 clipboard and pencil
- 1 scorer/drillmaster
- 4 ball boys/helpers



## SKILL DRILL 2 - Santi's Slalom

Designed by Santi Cortes Spanish Olympic Coach 1992-96

### Guidance

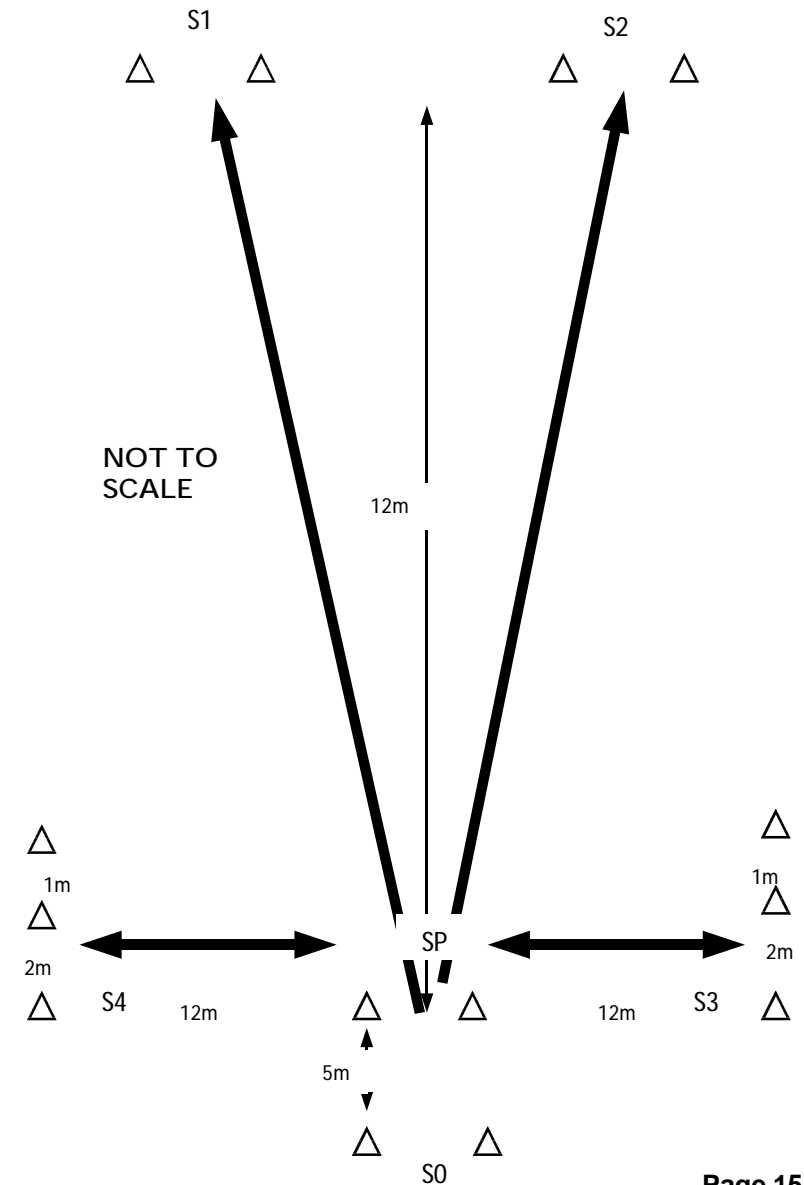
- Player stands with both feet behind the start line at S1.
- On signal player dribbles the ball up to and around S2 then runs diagonally back and around S3.
- Player dribbled in and out through S3 to S6 and back down to S3 before running diagonally up to and around S7.
- Player runs around S7 and back down and around S8 and returns to the start line S1 to continue the slalom until time runs out

### Points

- 2 points every time player passes a marker cone without ball or feet touching it
- No points at any marker touched by ball or feet
- No points at any marker missed by the player

### What you need

- 2/3 balls just in case 1 runs far away
- 8 marker cones
- 1 clipboard and pencil
- 1 scorer/ drillmaster
- 4 ball boys/helpers



## SKILL DRILL 7—SLAP PASS

### Guidance

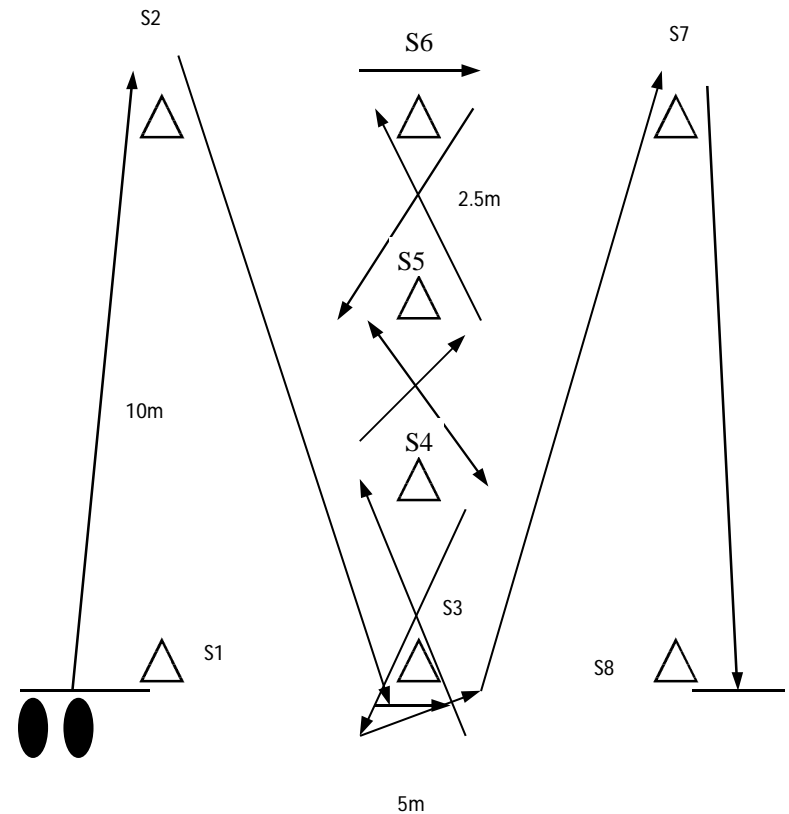
- Player starts with a ball at S0 and dribbles it through gate Sp
- When players feet and ball have passed through gate Sp player SLAPS the ball through gate S1
- Player sprints back and collects a new ball at S0, dribbles it through gate SP and slap passes the ball through gate S2
- Player sprints back and repeats the process for target gates S3 and S4 before continuing the sequence

### Points

- 3 points for slap passes going through targets S1, S2, S3 and S4
- 1 point for slap passes going through 1 metre gates alongside S1, S2, S3 and S4
- 0 points for all other slap passes
- 0 points if both feet and ball have not passed through gate SP
- 0 Points if any technique other than the slap push or slap hit is used

### What you need

- 20 balls at S0
- 16 marker cones
- 1 clipboard
- 1 scorer / drillmaster
- 4 ball people / helpers



## SKILL DRILL 3 - Norman's Zig

Designed by Norman Hughes Great Britain Olympic  
Coach 1989—1992

### Guidance

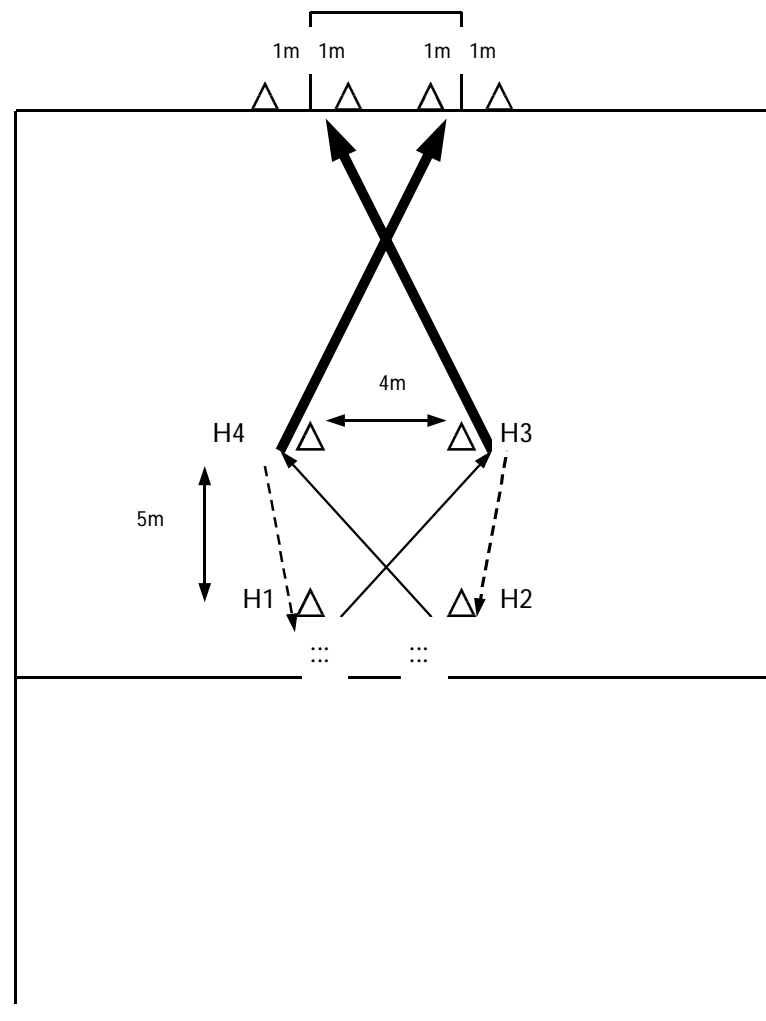
- Player dribbles ball from behind start line N1 along slalom course of marker cones before passing/crossing the ball through goal N7-N8
- Player returns to the start by sprinting from N5/N6 gate around N9 marker cone and back to start N1
- Player repeats the slalom until time runs out

### Points

- 2 points every time player passes a slalom marker without ball or feet touching it
- 0 points if feet or ball touch the marker
- 2 points if end pass goes through goal N7-N8
- 1 point if end pass hits either goal marker N7/N8
- All points cancelled if player fails to run around N9 marker cone
- Each successful slalom run should produce 10 points

### What you need

- 6 balls at N1
- 10 marker cones
- 1 clipboard and pencil
- 1 scorer/drillmaster
- 4 ball boys/helpers



## SKILL DRILL 6—HORST'S HOT SHOTS

Designed by Horst Wein—FIH Master Coach—German and Spanish Olympic Coach

### Guidance

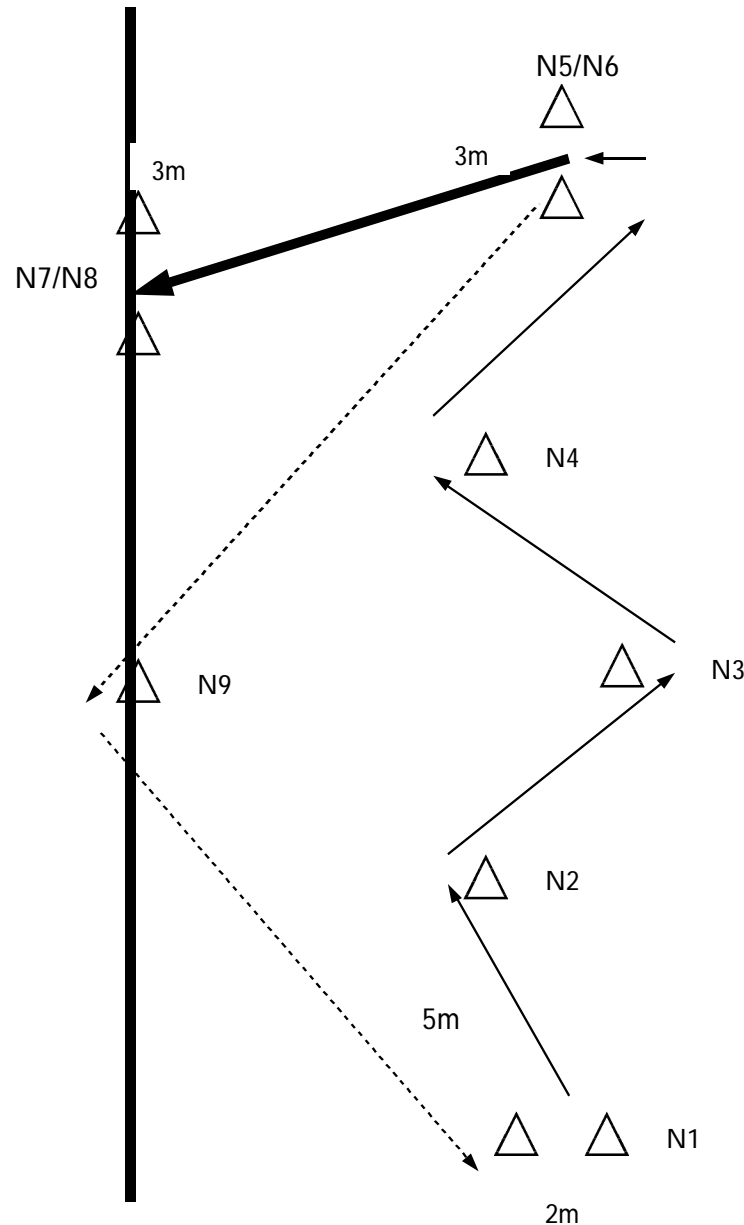
- Player starts with a ball at H1 and dribbles with the ball outside H3
- Player shoots on entering shooting circle then runs back outside H2 to collect a new ball
- Player runs with the ball diagonally outside H4 and shoots
- Player runs back outside H1 to collect a new ball and continues the sequence

### Points

- 3 points for shots into corners of the goal
- 1 point for shots into centre of the goal
- 1 point for shots 1 metre wide of the goal (tip in chance!)
- 0 points for shots wider than 1 metre of the goal

### What you need

- 12 balls. 6 at H1 and 6 at H2
- 8 marker cones
- 1 scorer / drillmaster
- 4 ball people / helpers



## SKILL DRILL 4 - Antonio's Avenues

Designed by Antonio Antonov – Bulgarian National Hockey Coach

### Guidance

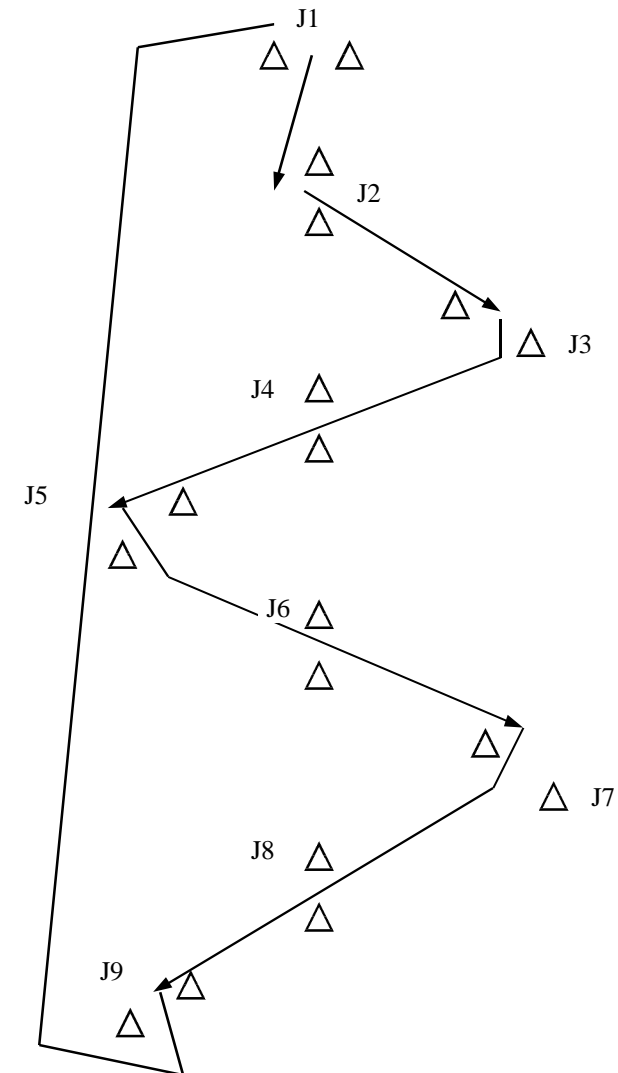
- Player starts with a ball at A1 and runs to crossroads at A2 before passing the ball down avenue A4/A5 using the right to left open stick pass
- Player then runs straight to A3 to collect the next ball and dribble it back to the crossroads at A2 before passing down avenue A4/A5 using the left to right reverse stick pass.
- Player then runs back to A1 and repeats the sequence.

### Points

- 2 points for each pass which goes through A4 and A5
- 1 point for each pass which goes through A4 but not A5
- 1 point for each pass which hits marker cones at A4 or A5
- 0 points if the pass does not go through A4

### What you need

- 16 balls 8 at A1 and 8 at A3
- 12 marker cones
- 1 clipboard and pencil
- 1 scorer/drillmaster
- 4 ball boys/helpers





## SKILL DRILL 5 - Jose's Ole

Designed by Jose Maria Server Fernandez– Spanish  
National Development Coach 2001– 2003

### Guidance

- Player starts with a ball at J1 and dribbles with the ball through gate J2 before dodging left to J3
- At J3 player must lift the ball over the stick regather the ball and dribble it through gate J4
- Player then dodges right to run with the ball through gate J5
- Player then dodges left to run with the ball through gate J6 and onto J7 wide left gate
- After running with the ball through gate J7 the player dodges right to run with the ball through gate J8
- The player then dodges right to gate J9 where the ball must be lifted over the stick.
- Player sprints with the ball back through gate J1 and repeats the sequence.

### Points

- 2 points for every gate succesfully passed through
- 1 point if marker cone is touched by ball or feet
- 2 points if ball is successfully lifted over flat stick at gates J 3 and J9
- 1 point if ball touches the flat stick but does not knock it off cones
- 0 points if gate missed or sticks dislodged from cones

### What you need

- 2/3 balls at J1
- 18 marker cones
- 1 clipboard and pencil

