

Forward

The following hockey drills were designed by Level 3 hockey coach, Beth Shea and her NSW colleague Jenny Baxter. They were developed for use when coaching a NSW Under 21 women's team, and were designed to suit a specific purpose or training need relevant to the team.

Hockey drills should always be designed with a specific purpose in mind e.g. to sharpen a forward's shot on goal, to develop better passing accuracy under pressure, to increase the reaction time of a goal-keeper. Use the drills on the following pages, or create your own to work on the specific requirements of your team in the lead up to finals.

Good luck and happy training!

Drills Legend



Goalkeepers



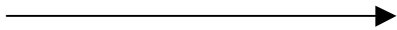
Balls needed here!



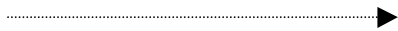
Players of various types



Individual ball needed here



Player passes the ball



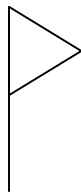
Player moves or leads without the ball



Player dribbles the ball



Player moves without the ball



Marker or cone