

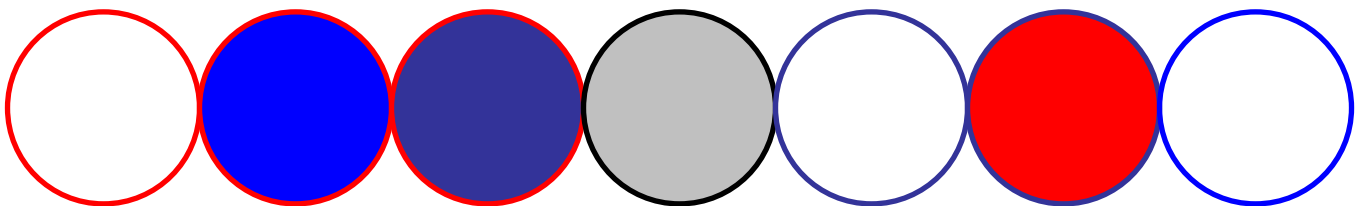
HOCKEY COACHING UK



Team Defence Workshop

Course Content

Course Delegates Pack



HOCKEY COACHING UK

Developing Team Defence

Duration: 3 hours

Target Group: Level 2/3 coaches

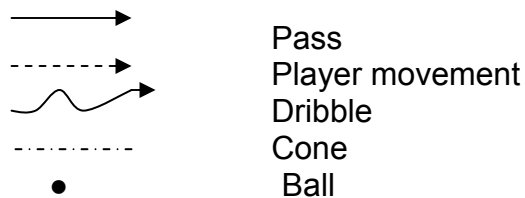
Course Focus

To increase the understanding of the basic structure of the team defensive principles used by many International teams, and how these principles may be coached.

Course Learning Objectives

- To develop an understanding of the basic team defence structure
- To develop an understanding of pressing defences
- To develop an understanding of defending free hits in the circle
- To develop an understanding of how to coach team defence principles

Key



The Theory Session

Team Defence

This will be based around the 2-3-5 system.

Principles of Team Defence

.

Delegate Task

Write down as many principles of team defence that you can think of.

Delegate Task

What do you understand by “pressing”?

When would you choose to press?

What do you understand by the following terms?

Zonal Marking

Man-for-man marking.

No off side

What is the impact of this rule in hockey?

The British Style of Defence

A combination of zonal defence in the front two-thirds of the pitch and man-for-man in the defensive third.

In the defensive third, the player will be passed on if they are remote from the play.

Staying compact over 55/60 yards

This is dictated by the opposition, i.e. if their forwards are no higher than our defensive 25 yard line, we may defend from nearer their 16 yard line.

Protecting the middle first

When opposition are in possession, this is the defence's priority. There will be special defensive roles on immediate loss of possession. There might also be tactics that require opponents to be forced to the middle.

Keep the ball on one side of the pitch try to compact play that side.

Only give up the deep transfer as that will be slow and allow the defence to shuttle to the other side of the pitch.

The Block

Against the free hit outside the D, three players form a zone, the rest mark man-for-man.

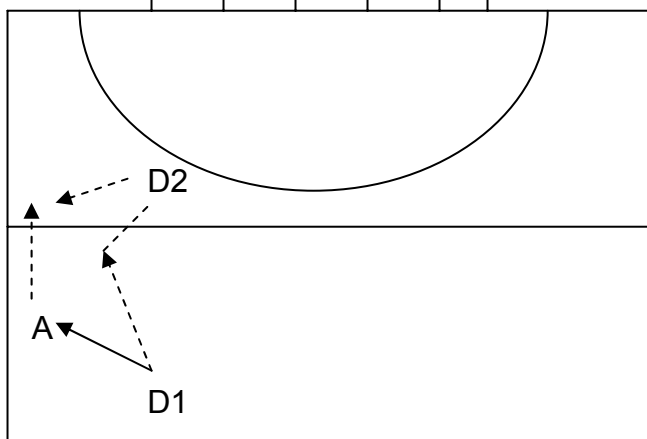
Get in front when the angle is flat.

The safest time to get in front of opponent is when passes are made parallel to the side line

Practical Session Building the Team Defence

Practice 1

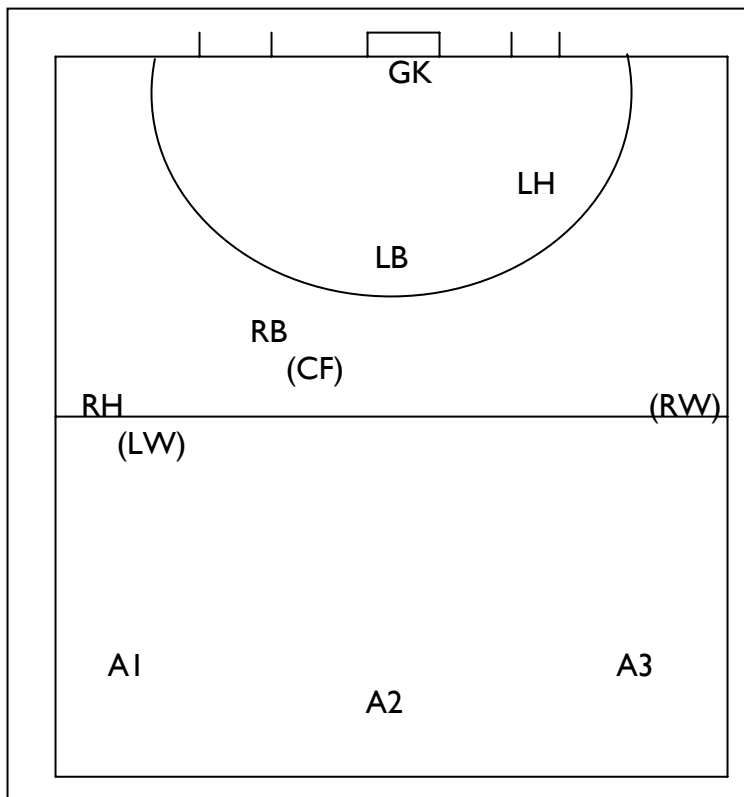
Combining defensively 2 v 1



D1 passes to A and chases making A stay on the outside
D2 closes A down
D1 covers D2

Practice 2

Back 4 positioning



The ball is placed at A1, then A2, then A3

The coach positions the back 4 according to where the ball is.

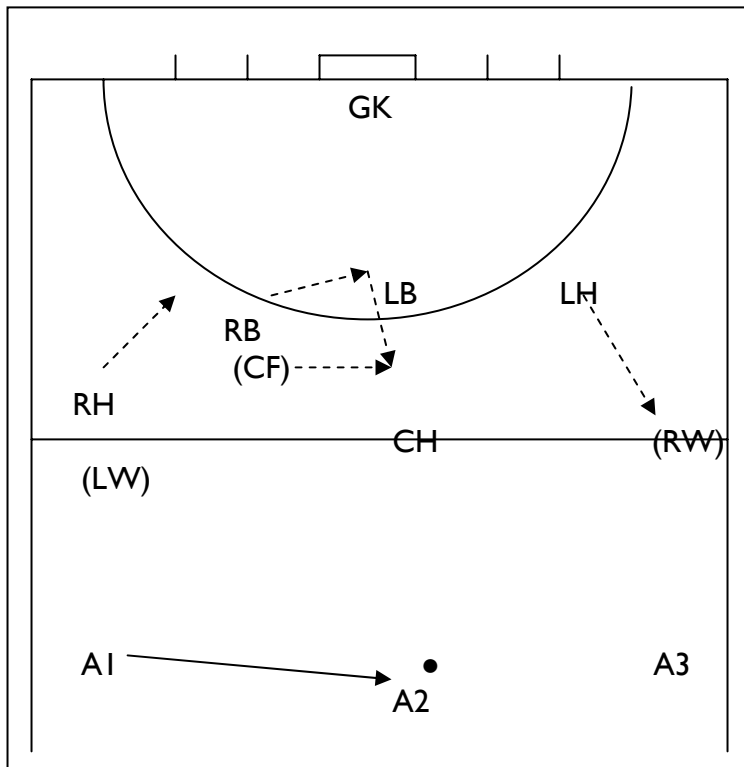
Progression 1: the ball is then passed A1 to A2 to A3 and defenders re-position accordingly

As the ball is passed, the CF runs laterally so that (in this diagram) the LB marks the CF and the RB covers. It is possible for the 'cover' FB to play in front of the marking FB. The LH gets closer to the RW and the RH starts to take a covering position.

Progression 2: At any time A1, A2 or A3 can pass to a forward and the three forwards attack the back 4. The A's do not join in. If defenders win the ball they play it out to the A's and the practice starts again.

Practice 3

The role of the centre half in relation to the two full backs

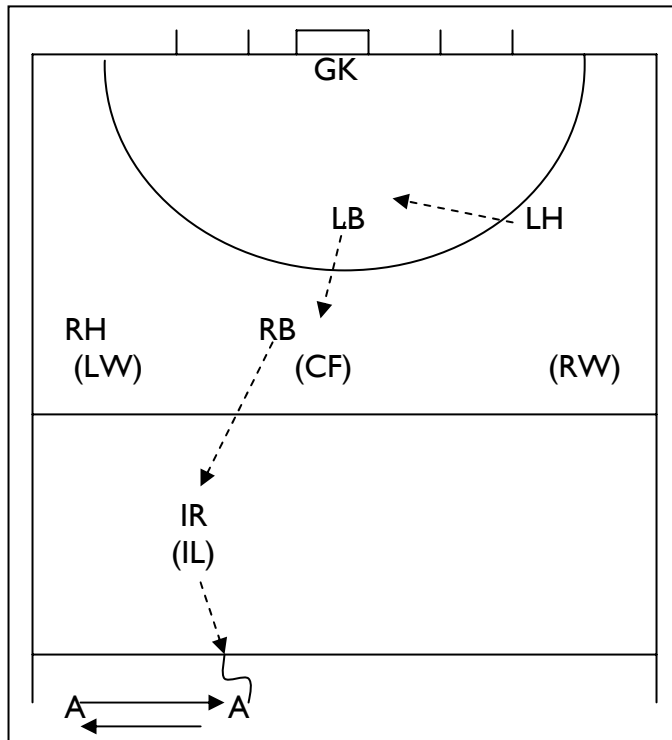


The ball is passed around the A's who try to pass to the CF. If the defenders win it they play it to the A's and the practice starts again. The CH's role is to protect the space between the two FB's so that when the LB becomes the marker and the RB the cover defender, a pass cannot be made to a free centre forward who is between the two FB's.

Progression:

If a pass is made to the CF outside the area the CH is protecting, the A who passed it joins in the attack.

The role of the IF's in dealing with the free running mid field player

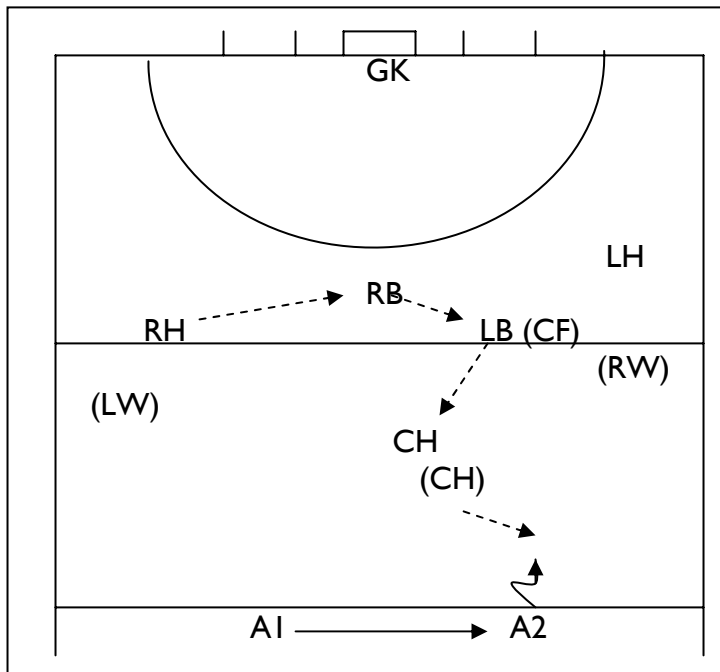


The ball is passed between the A's. One of them then dribbles to start the attack.

The IR closes down, the RB, takes the IL, the LB marks the CF and the LH covers, leaving the least dangerous attacker.

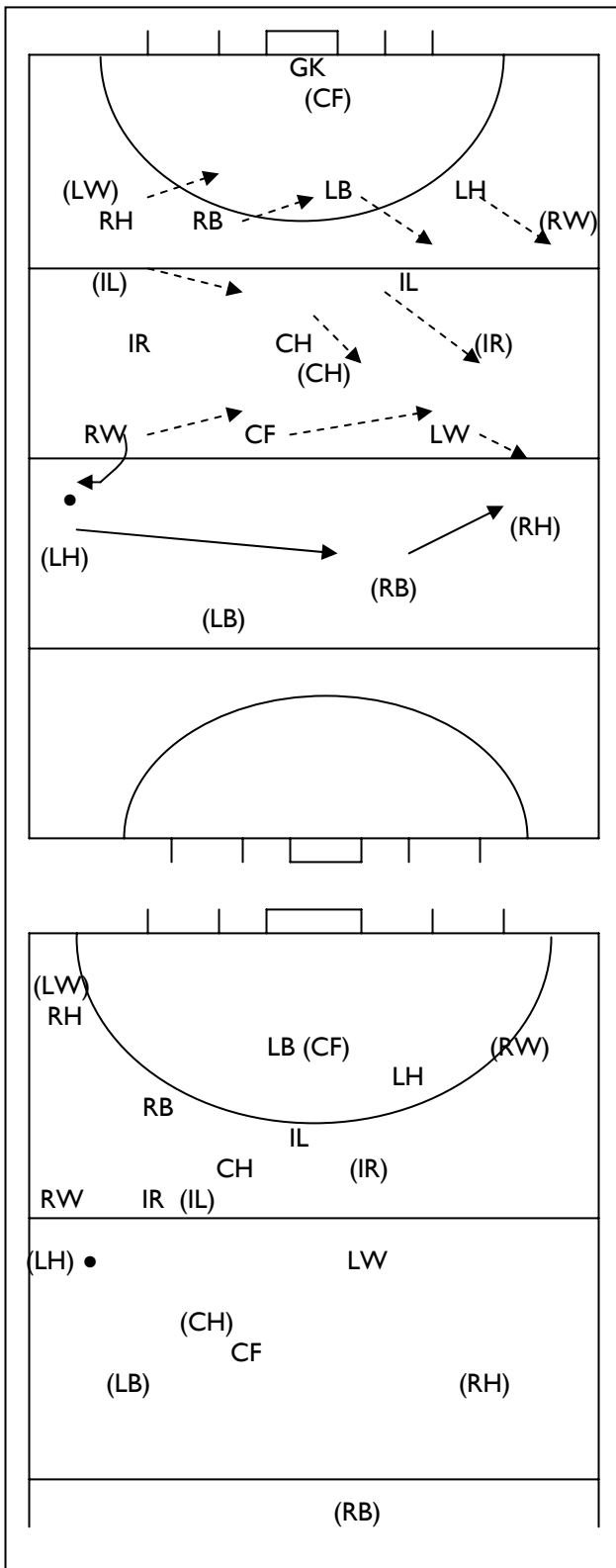
Practice 5

The role of the centre half in dealing with the free running opposite mid field player



The ball is passed between the A's. In this diagram A2 has dribbled. CH closes down LB takes attacking CH; RB marks CF; LH closes on RW; RH leaves the least dangerous attacker and covers.

The role of the front three within the whole team defence



The ball starts at LH then is transferred RB to RH; RH to LB to LH.

Coach checks positioning of the players at each position.

Progression 1:

Ball is moved continuously around the back 4.

Progression 2:

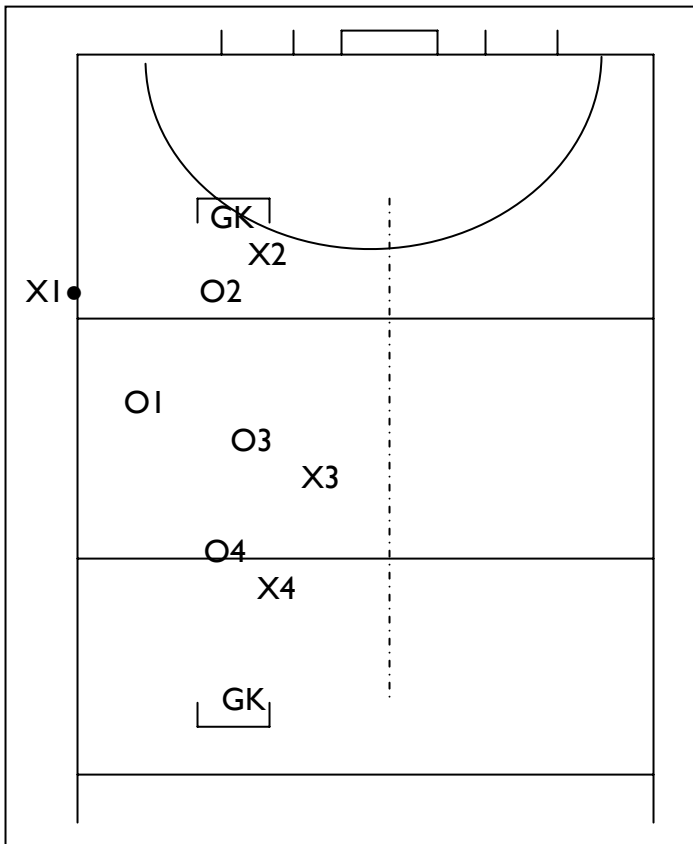
Back 4 players then try to play the ball forward. If defenders win it they try to play the ball out past the halfway line.

Ball with opposition back 4. Ball at LH, RW closed down CF and LW have shuffled across the pitch to restrict space through which the ball can be passed. As ball is transferred to RH, RW and CF shuffle across the pitch, LW closes down RH. All other defenders alter their positions.

Ball on the side of the pitch RW has closed down LH. LW and CF have stopped the flat transfer of the ball across the pitch.

The whole team are working to keep the ball on that side of the pitch, only giving up the deep, and therefore slow transfer. This will allow the team to retain their defensive shape.

Pressing the ball in opponent's defensive 25 yard area General principles using 4v4 game



- close
- deny
- seal
- get in front

The pitch used is 57 yards by 30 yards.

Ball with X1 – O1 stops the forward pass (close)

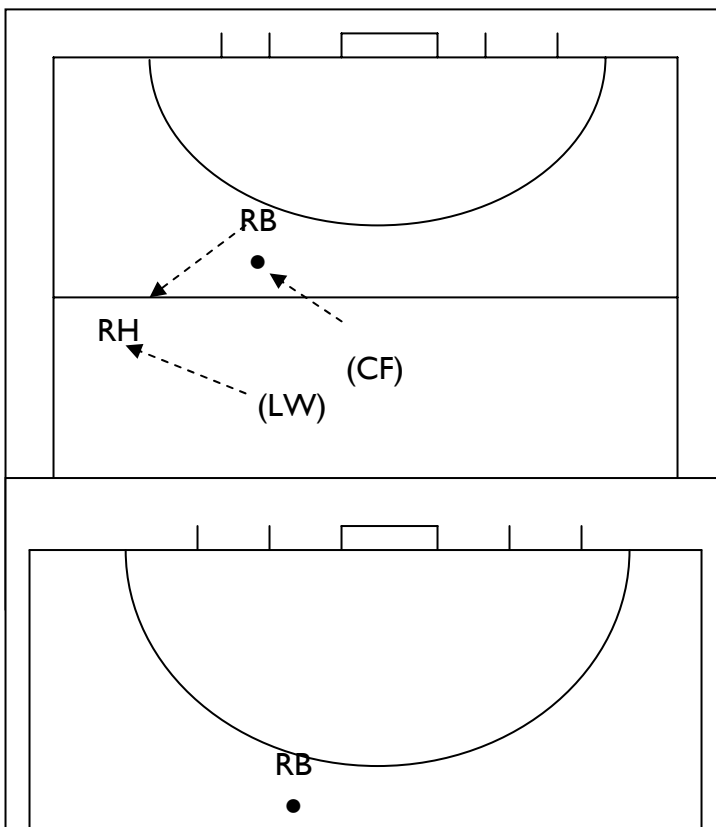
O2 stops the pass to X2 (deny)

O3 stops the cross field pass (seal)

O4 stops X4 receiving (get in front)

Practice 8

Building the Press Structure



This practice starts with a pass to RH from RB.

LW has dropped off to allow this pass.

RH has to try to pass to RW but can pass back to RB

Roles: LW close down

CF deny pass back to RB

LH get in front to intercept

If attackers get the ball back they counter attack with the first option of trying to pass to CF.

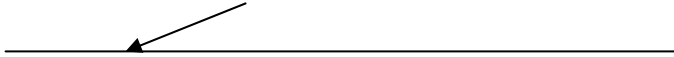
Now add attacking IR and CH
Defending IL and CH

Ball played to RH. RH can pass to RW, IR, CH or RB

Additional roles:

IL and CH get in front of IR and CH respectively.

1st option for counter attack is look to pass to CF.

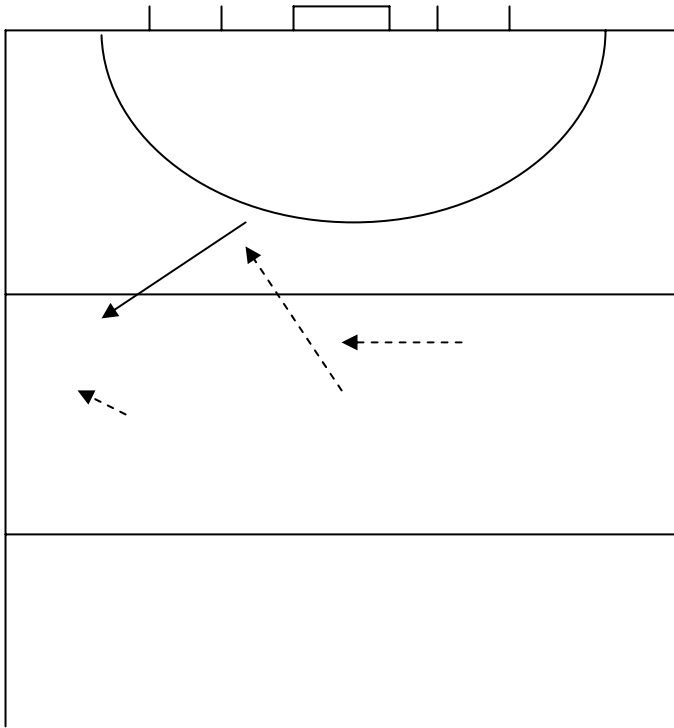


Now add the rest of the players.

Additional roles:

The RW seals to stop the direct pass to LH. All other players get in front of their opponents except RB who covers space.

1st option for counter attack is to look to pass to CF.



Progressions:

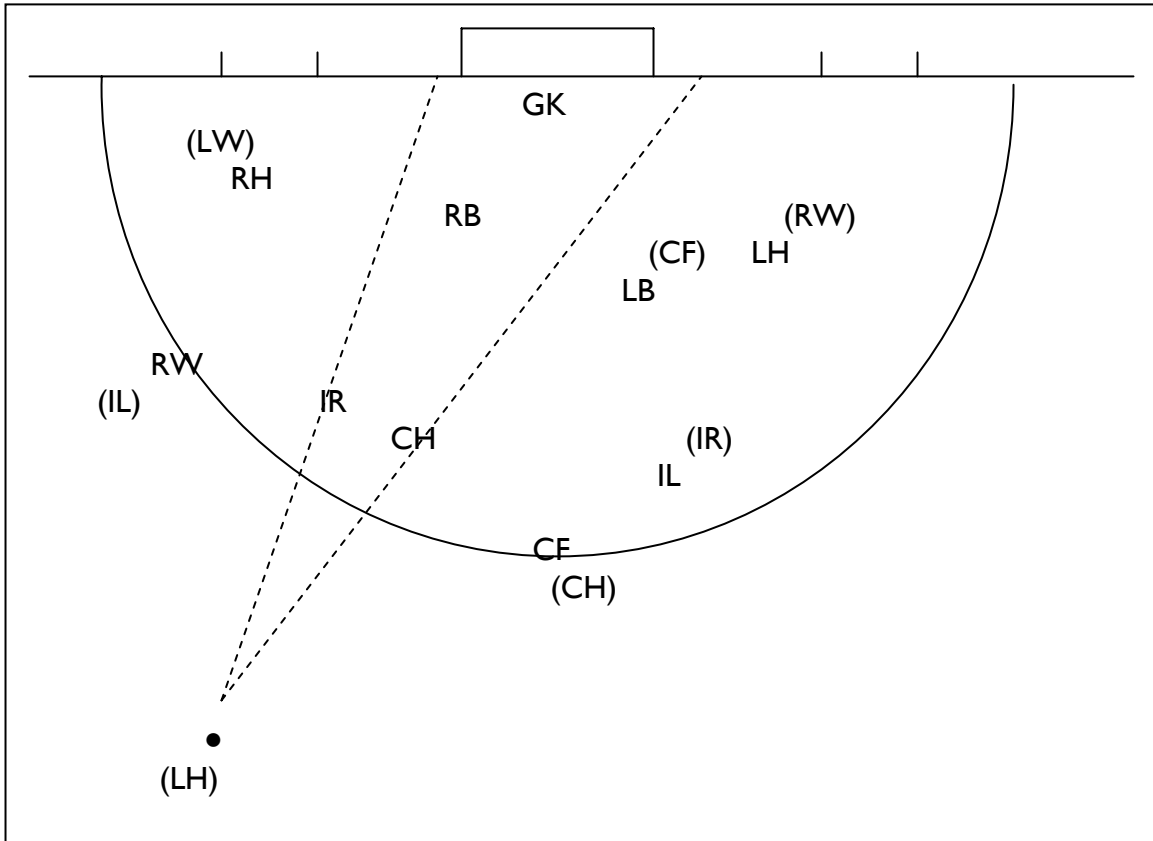
1. Starting the ball in different positions
2. Playing the ball anywhere. The coach goes through the 'what if' options.

Delegate Question

Why is it difficult to press when the ball is in the middle of the pitch?

Practice 9

Defending free hit outside the D. The block



The method is to combine zonal and man for man principles.

In the diagram the zone is formed by the IR, CH and RB. Their task is to stop any hard hit passes through the marked area to deny the opposition tip in opportunities.

All the other defenders mark man for man.

Practice

The coach puts the ball in different places around the circle, giving the defence time to set up correctly, and the coach the opportunity to correct any positional errors.

Progression 1

When the players have learned their roles, the coach puts the ball down quickly in different areas, and allows the attackers to play the ball immediately.

Progression 2

Conditioned game. Attackers start at the 25 yard line. When the coach blows the whistle (whether or not a free hit has occurred) a free hit is taken.