

# Chapter 1

## Introduction to mini hockey

### What is mini hockey?

It is a smaller version of the big game, which is tailored for the needs of the young hockey players.

To play and learn the art of playing hockey, while having Fun!

### Why play mini hockey?

To develop basic skills and game intelligence through modified mini game situations.

### What specific Technical skills are learned?

- Passing and receiving
- Angles and positions of passer and receiver
- Dodging
- Tackling
- 2 on 1, 3 on 2, 3 on 3, and 4 on 4 game situations
- Goal scoring

### What specific tactical skills are learned?

- Space awareness. Strategic importance and purpose of various space zones
- Concepts of creating and closing space
- Principles of width and depth
- Offensive principles
- Defensive principles

On top of all this the game understanding and decision making ability, which separates the good players from the great ones. As we know that it is equally important to know, what to do and what not to do.

Knowledge is power

### How mini hockey helps?

Mini hockey is a vehicle which facilitates more touches on the ball, encouraging passing and receiving. It also creates tight game situations, where players are forced to maintain possession and think under pressure, to make effective decisions and moves ... an ideal learning environment. When these mini hockey game situations and concepts are translated to the bigger field, the young players, feel as they have more space and time to perform the skills effectively. Moreover, they have also developed a better understanding of the game and how to read it and make intelligent decisions. What can be better than this!

- More touches on the ball
- Passing and receiving
- Operate under tight game situations
- Learn to think and maintain possession under pressure
- On a bigger field perform effectively

## Praise for mini hockey

Almost all of the first three years of my hockey career was spent just playing mini-hockey. We played 4 on 4 or 5 on 5 on a lawn of 40m x 20m. At this stage we had no coach or mentor; we just tried to emulate what we saw the adults playing on the big field across the street. We developed the basic skills over time and adapted the rules. It was only in our third year, aged 10-11, that we went out onto the big field and played full-pitch hockey. In the next half-dozen years, as well as playing weekly 11-a-side fixtures, and practicing full-pitch a couple of mornings per week, we still played mini-hockey most afternoons after school during the week. It can't have been too bad a way to develop; of the dozen or so lads who played mini-hockey, 5 went on to play for Queensland, 3 of who played for Australia, collectively bagging a total of 3 Olympic medals.

**John McBryde, Captain, Australian Olympic bronze medal winning team, 1964 Tokyo Olympics, and Former Canadian national team coach**

“My most enduring memory of my time with Shiv was playing 3 on 3 in an outdoor, covered gym with an asphalt surface-we called it ‘Mini Hockey’. It was in university of BC, Gym F where Shiv taught all the skills we needed to succeed, and where we experienced his passion for teaching the finer points of the game. Playing in a confined area, with constant 2 on 1’s and 1 on 1’s was the perfect venue for improving ball handling, passing and tackling skills, and gave Shiv the opportunity to refine the techniques that became the basis of our skill set”.

**Olympian Rob Smith, member of the Canadian national team, which won the 1983 Pan Am Gold and played in the 1984 Los Angeles Olympic Games.**

The other day I was thinking of how I started playing hockey when I was 9 or 10 years old. My elder brother at that time was training for the 1983 Pan American and 1984 Olympic games. During rest days, we all used to play mini hockey on the tennis courts. We had so much fun that we didn't even realize that Shiv was teaching us the fundamentals of the game and how to play the game. The skill and knowledge that Shiv taught me helped me in respect, to make the Canadian Junior World cup team in 1985 and the Olympics in 1988. I have great memories!

**Olympian Ranjit Rai**

Another name for mini hockey is Futsal. This is how the most respected Brazilian soccer players are and were developed. This is what they have to say about the role of futsal in their development ...

“Futsal was important in helping to develop my ball control, quick thinking, and passing”

**Pele, the wizard who needs no introduction**

“Futsal is how I really got started. This is my love, the thing that I enjoyed the most”

**Ronaldo, the highest goal scorer in the history of soccer world cup**

# Chapter 2

## Know your Terrain... Battlefield

### Strategic Rules

Know your battlefield

Obey the laws of leadership

Fight only the battles, you can win

Know yourself; know your opponent

Sun Tzn

### Space awareness:

Space plays a vital role in the Tactical maneuvers of the game. It is important to develop a clear understanding of the available space on the field and its role and value. Please refer to diagram 1 and the introduction of them below

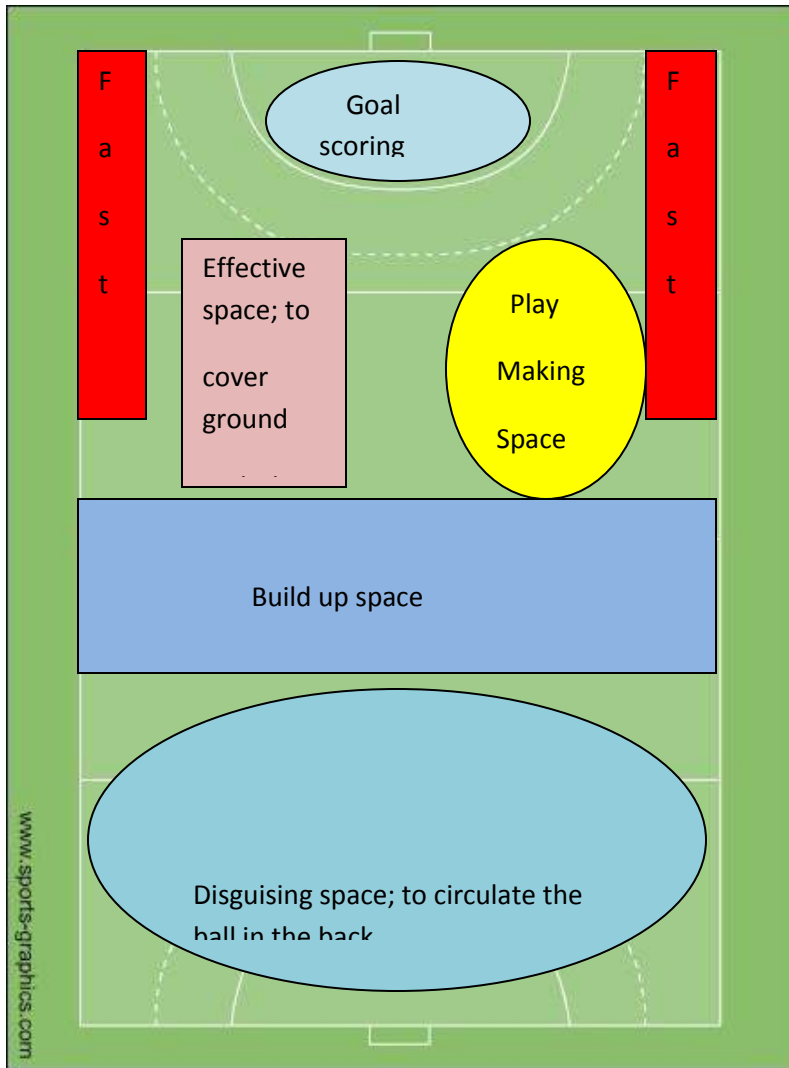
#### 1. Disguising Space; Circulating the ball in the back

This is the space located in one's own defensive zone. It is used indirectly to generate the attack as it is located away from the opponent's goal; it helps in disguising the hidden motives and intentions of the team. In the 80's European teams, especially the Dutch and the Germans, took maximum advantage of it. To open up the game, control the pace and to change the focus of play. Now, all the team's use this space, to maintain possession, control pace, change focus and open the game.

This space was not used enough when the game was played on the natural surface. As the defenders were cautious of making a mistake in this critical zone. On the artificial surface the things have changed. There is hardly any team in the top 16 of the world rankings, which does not use this space, for maximizing their advantage

#### 2. Build Up Space

This is the space which is used to build up the attack or entice the opponents to come out of their deep defensive zone and open up, especially, when the opponents have packed their deep defensive zone, reducing the chances of a quick and fast attack. It is located between one's 23 and center line. Players playing in the midfield positions explore this space to slowly and systematically move ahead and create openings.



**Diagram 1**

3. Play Making Space

This is the space from where the most effective defense splitting passes are made. More assists in field goals scored, are made from this zone. Usually the player playing in this zone – position – is Right inner and called the play maker and considered the brain of the team

4. Penetrating Space

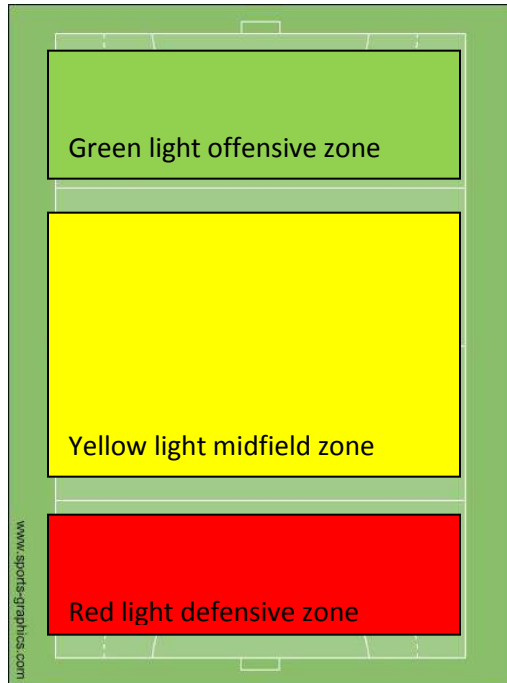
This is the space, from which the forwards with the ball, can penetrate easily and effectively. It is located in the middle and towards the left of the field goals. C.F. and L.I. are the positions, who play in this space.

5. Game Opening Space; fast lanes

The space located near the sidelines of the field is known as the game opening space. At it adds width to the attack, creating more openings in the middle. Players taking an active role in doing so are both wingers and they are usually very fast and play a penetrating style of hockey.

## Know your field and the zones of operations:

More views to develop terrain awareness and tactical thinking. The field is divided into 3 zones. Please see diagram



### Diagram 2

#### Red light defensive zone:

This is the zone near one's base line and the goal

When one has the ball in this zone, after intercepting or tackling

- Play it safe
- Avoid running with the ball too fast
- Look for a safe and sure pass
- If there is a big lane open for a through pass make it

#### Yellow light midfield zone:

This is the one third zone - in the middle - between both the base lines

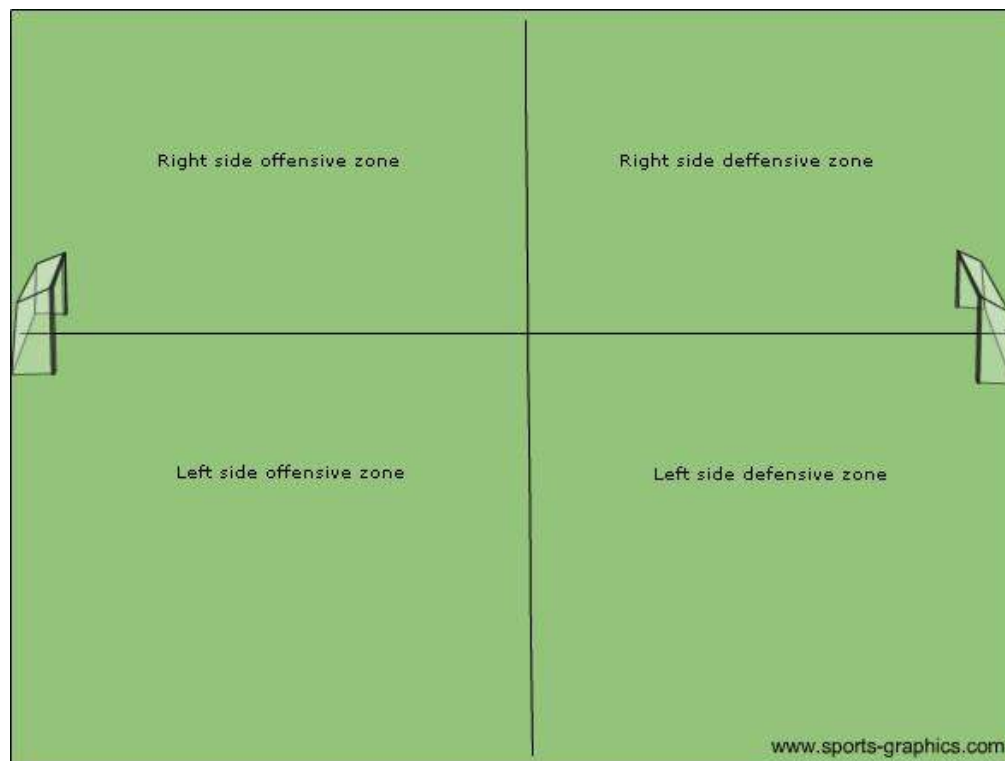
- Build up and play making zone
- Facilitates creativity
- Encourages to take calculated risk
- Provides opportunity for play making through passes

### Green light offensive zone:

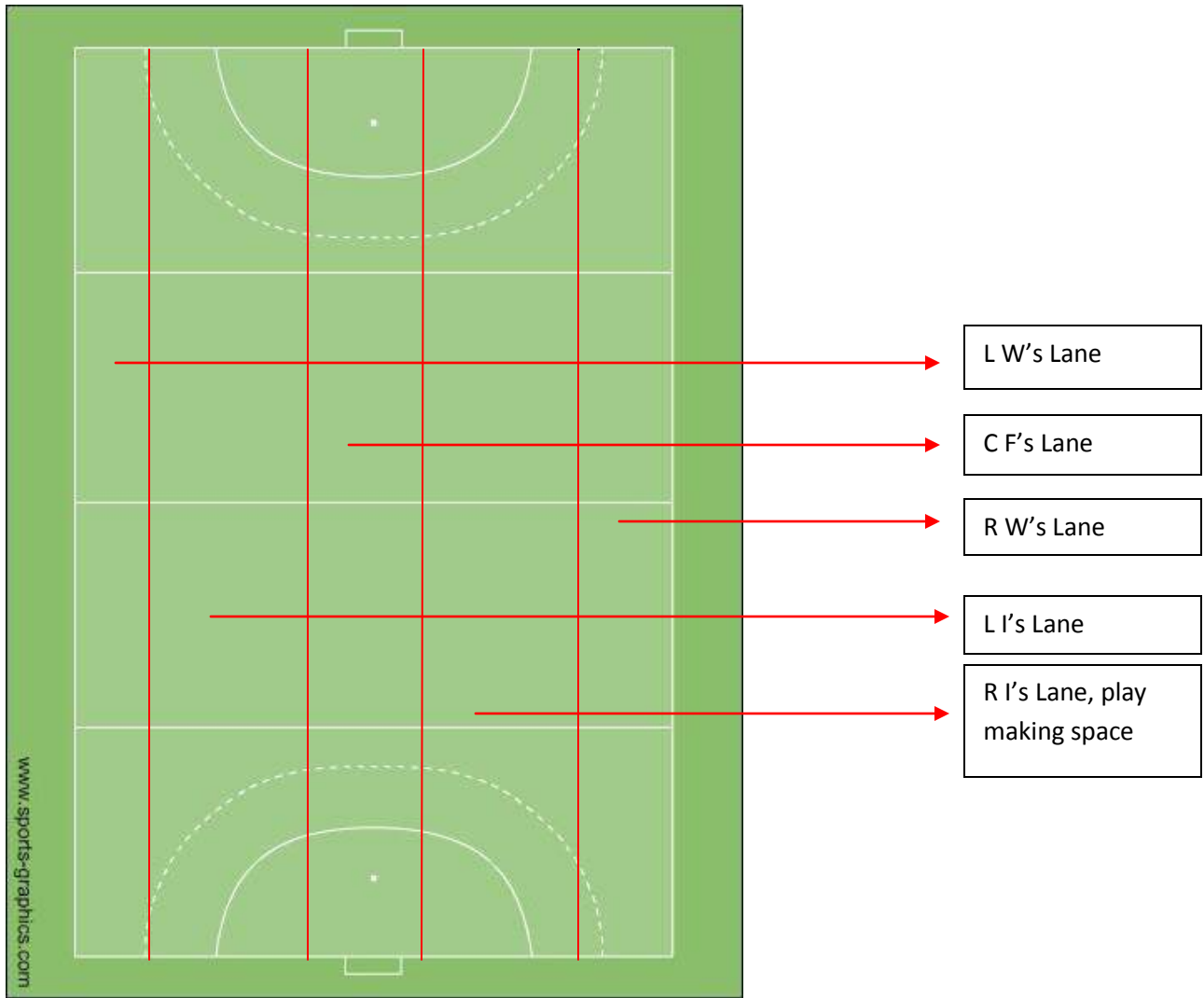
This is the zone between the opponent's goal line and boundary of Yellow light zone

- One has to operate in this zone with a attacking mentality and positive expectancy
- Go all out, especially on a counter attack situation
- Take risk
- This is where all the marbles are

### Further division of the mini hockey field to develop better understanding:



**Diagram 3**



**Diagram 4**

The field has been divided into 5 lanes for the forwards, namely LW, LI, CF, RI, and RW. This does not mean that they do not have the license to change the lanes. In fact at the highest level of the competition players change these lanes, frequently. Some times too frequently, while over speeding with the ball and get involved in accidents. In the beginning guide the players to play in their lanes and how and when to change the lanes, to optimize their performance and not get into accidents. We will cover this in the various chapters, while going through the concepts of interchanging and overlapping positions.



# Chapter 3

## Mini hockey games and their specific purpose:

Please take into consideration, the following points, while planning and organizing mini hockey games.

### Organization:

- Age group of the players =
- Number of players on each team =
- Duration of the game =
- Field size =

### Rules:

- One, two or three touches allowed on the ball. For beginners allow more touches
- Goal scored from how far? 1, 2 or 3 meters
- When certain players from the opponent team can touch the ball or not
- Which players in the triangle have the ball

### Purpose:

- Each mini game has a purpose
- Identify the skill and tactic we are trying to develop?
- Define each player's role individually and how it fits in the mini team
- How this mini team fits into the full team. Small picture and Big picture theory
- What to do, when we have the ball
- What to do, when the opponents have the ball
- Principles of attack and defense

### Number of players and the field measurements for playing mini hockey

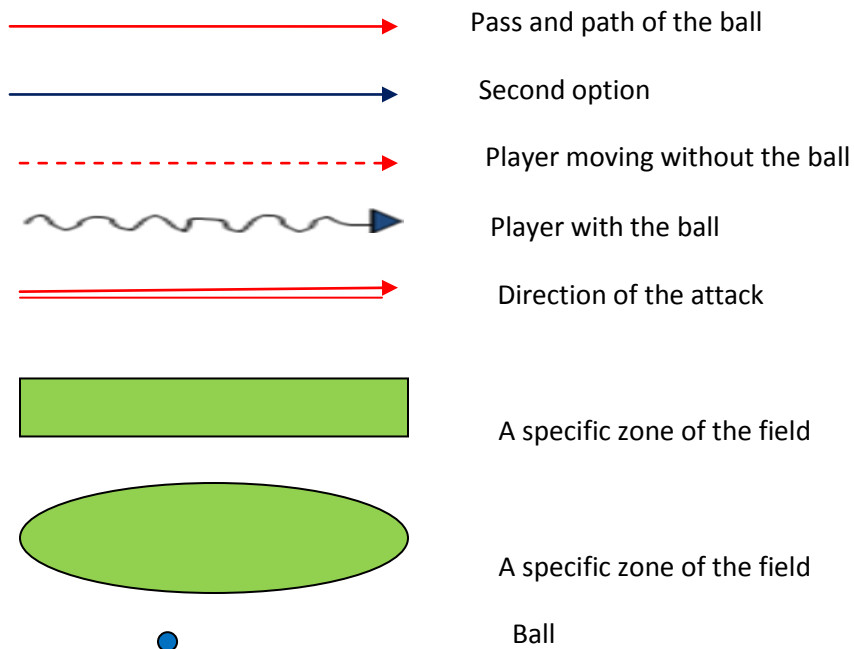
Number of players	Mini game	Size of the field
3	2 on 1	10 x 7 meters
4	2 on 2	12 x 8 meters
4	3 on 1	15 x 10 meters
6	3 on 3	25 x 15 meters
7	4 on 3	30 x 20 meters
8	4 on 4	30 x 20 meters

7	5 on 2	30 x 20 meters
10	5 on 5	30 x 25 meters
14 + 2 goal keepers	7 on 7	50 x 35 meters

Table 1

Please adjust the field size according to your needs, keeping in mind the age and skill level of the athletes

**Key to symbols**



**Players Positions in the system 5-3-2-1 and 3-3-3-1-1**

Goalkeeper	GK	Goalkeeper	GK
Right full back	RF	Sweeper	S
Left full back	LF	Center back	CB
Right half	RH	Right back	RB
Center half	CH	Center Link	CL
Left half	LH	Left Back	LB
Right inner	RI	Right link	RL
Left inner	LI	Left link	LL

Right wing RW

Center forward CF

Left wing LW

Right Striker RS

Center striker CS

Left striker LS

# Chapter 4

## Triangle play; fulcrum of tactics

### Game number 1:

### 3 on 1 mini hockey for attacking players:

#### Objectives:

- How to receive a pass coming from the left at an angle and pass it back
- How to receive a pass coming from the right at a angle and pass it back
- Introduce the concepts of triangle play
- Importance of width and depth
- Importance of 45 degree angle

#### Mini hockey field size:

Please refer to Table 1, for the recommended measurement of the mini field, for the various mini hockey games. Please feel free to adjust the field according to your needs, depending upon the age and the skill level of the athletes

#### Objectives from the attacking team's point of view

- Learn to pass and receive the ball in a triangle
- Running off the ball
- How to maintain the width and depth of the triangle
- Developing a style of playing first time

#### Objectives from the defender's point of view

- Shadow and delay the attack as much as one can
- It is not an easy situation for the defender to be in, where it is outnumbered, 3 on 1
- The longer the defender can delay the attack, the better he is doing
- Try to channel 1 forward, LI or RI in a corner, and not allow him to get out of that corner

#### Plan of action:

##### Step 1:

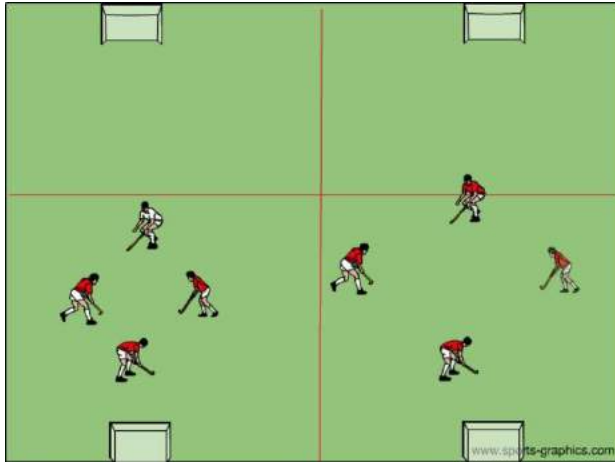
- Position the attacking players in a triangle formation while being 1 yard away from each other. Please refer to Diagram 5 step 1 and 2
- Please see diagram 1 as it further explains the positional play. E.G. LI, CH, RI
- Attacking players start from their half, about a yard away from the goal line
- The opponent defender has to be passive, in the beginning, while just shadowing the forwards
- The defender becomes active, once the forwards cross the center line of the mini field



### Slide 1

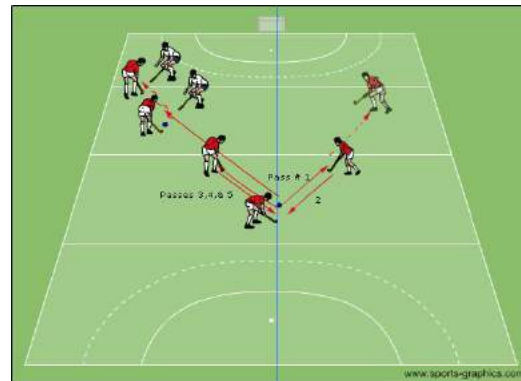
#### Movement of the ball:

- CH passes the ball to the RI and gets it back
- Next he passes the ball to LI and gets it back
- This way they cover the ground, while gaining territorial advantage, and RI and LI, lead wide to add width to the attack
- Encourage the inners to touch the ball 2 - 3 times each, before they reach the center line
- Further, make sure that the forwards lead wide at a 45 degree angle, while taking baby steps
- Compare step 1 and 2 in the Diagram 1



**Diagram 1. Step 1**

Step 2



**Diagram 2**

**Step 2:**

- Once the forwards have reached the center line, the defender becomes semi active putting fake pressure, but not tackling, to steal the ball
- Encourage the forwards to use the whole width of the field, this way making it harder for the defender to cover a wider space
- Moving the ball among themselves sharply and crisply
- C.H. is the pivot for all these passes. Please make sure he stays at a 45 degree angle

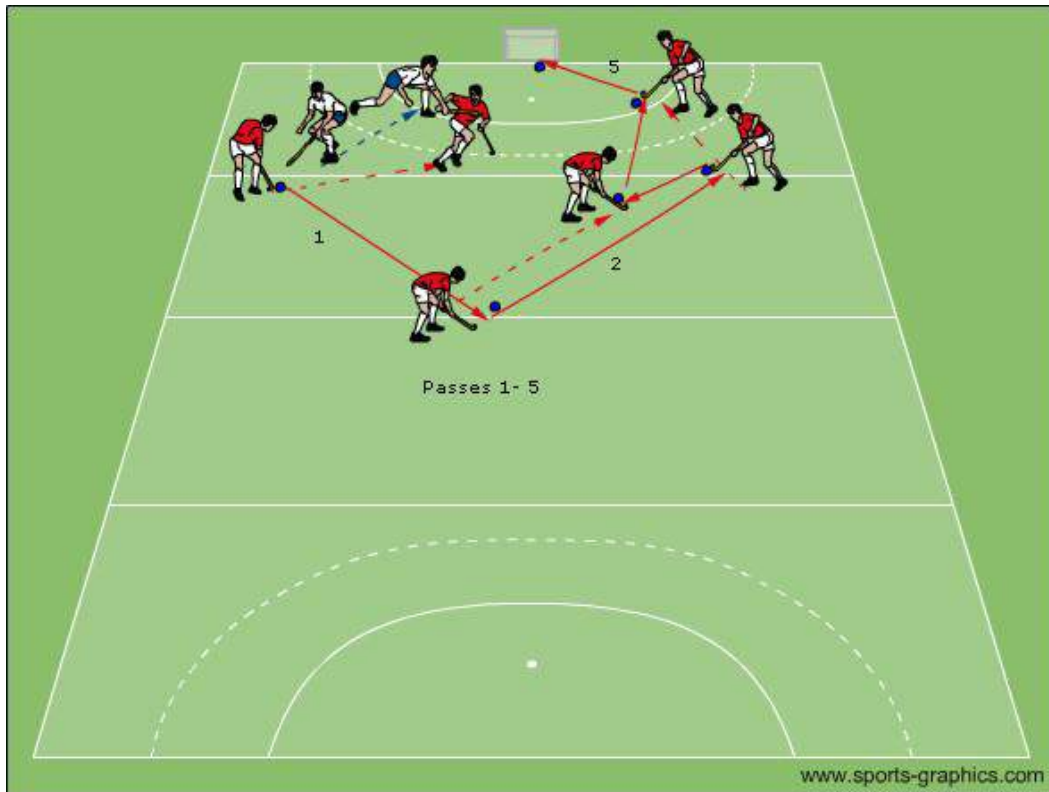
**Key strategy:**

- Strategy is to drag and isolate the defender, on one side of the field and quickly change the point of attack to create a 2 on 1, on the other side of the field and score
- Please refer to the mini hockey game strategies, tactics and space awareness article
- Remember to change the opponent's defender after every 5 – 7 minutes

**Step 3:**

- In diagram 2 the LI has executed a give and go pass and then started dribbling to his left at an angle to draw the defender away in the corner
- As shown in diagram 3, the LI quickly makes a reverse stick pass to his CH
- CH passes the ball to the RI first time, who already has floated away to optimize the width of the field
- CH follows his pass, while maintaining the 45 degree angle
- Another give and go and the RI is ready to take a shot on the goal

Please study the diagrams 1 – 3 closely, as they are self explanatory



**Diagram 3**

**Strategic teaching point from the **attacking player's** point of view:**

- Remember the technical coaching points, which were covered, in the 6 steps Player development model (PDM) to develop a young player and the ABC drills. For example; when the pass comes to the LI from the CH, encourage him to receive it on the reverse stick and pass it back also with the reverse stick.
- Please refer to the article advantages and disadvantages of receiving a pass on the reverse stick. This has also been the intent to demonstrate in the diagrams via the sketched photographs

# Game number 2:

## Mini hockey 3 on 2

### Objectives from the attacking team's point of view

- Pass the ball around in the shape of a triangles quickly and sharply
- Develop the first touch
- Passing and receiving skills on the run
- How to employ the width and depth principle while attacking
- Timing of penetration principle

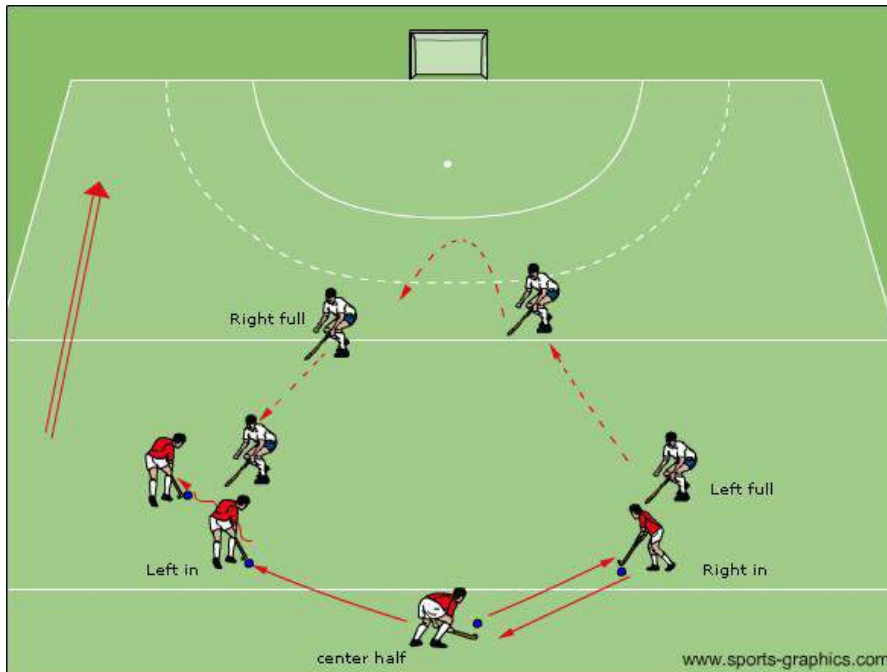
### Objectives from the defending team's point of view

- **Introduce the concepts of zonal marking**
- **Positional play**
- When and how to step up to employ shadow, delay, and cover tactics
- How to delay, delay, shadow, delay and channel the opponents to one side – corner – where you want them to go
- How the 2 defenders communicate and cover each other
- Which ever side the ball goes, the defender from that side, steps up and the other drops back to cover
- How not to get caught square
- What to think and be aware of what they are doing correctly
- Patience and timing of committing



Diagram 4





**Diagram 5**

**Plan of action:**

**Step 1:**

- Position the players in a triangle formation while being 1 yard away from each other, just like in the game # 1. E.G. LI, CH, RI. Please refer to Diagram 4
- Start from your half, about a yard away from the goal line
- The opponent defenders have to be passive, just shadowing the forwards
- CH passes the ball to the RI and gets it back
- Next he passes the ball to the LI and gets it back
- This way they cover the ground, going up and leading wide

**Defending team:**

- When the RI, receives the ball the LF steps up and the RF drops back, to cover. When the LI gets the ball the RF steps up and the LF drops back to cover. Please refer to Diagram 5
- Once the 3 forwards approach the center line, the defenders become semi active
- Putting fake pressure, but not tackling to steal the ball
- Forwards lead wide to exploit the whole width of the field
- Attacking players move the ball among themselves quickly and sharply  
CH, is the pivot for these passé

**Strategic teaching point from the **defending player's** point of view:**

- Define and educate the defenders that
- Square ball is less dangerous than the through – penetrating - pass

## Step 2:

### Key Strategy for the attacker:

- Isolate one defender and create a 2 on 1

## Step 3:

- When the pass comes to the RI from his CH, the opponents left side defender (L.F.) steps up and puts pressure on the RI ... shadowing and delaying
- Same, when the pass comes to the LI from his CH, the opponent's right side defender (R.F.) steps up and puts pressure on the LI. ... shadowing and delaying
- Now, the L.F. pedals back quickly to cover his teammate
- Keep repeating this exercise, till the defense has channeled, one of the inners in a corner and isolated him
- Create a defensive 2 on 1 net, on the forward and don't allow him to pass the ball back to his CH, or to his RI, and regain possession
- This is also referred as double tackle
- Pressure, delay, cover and close down
- Create a situation where there is **no space, no time and no vision**, for the attacking opponent. This is the optimum time, to regain the possession

### What does the defense do now, after regaining the possession?

- To make this mini hockey game interesting and challenging for both the teams, the defenders have to make 2 - 3 possession passes, between themselves and score a goal with a push from any where on the field
- This way there is a game and target for the defenders too
- The reason for defenders to make 2 -3 passes, is to develop their possession skills under pressure, which simulates a game situation
- Switch the defending team after every 10 minutes

#### Strategic teaching point from the **attacking player's** point of view:

- Passing and receiving the ball quickly
- Deliberately entice the defenders to one side of the field and quickly change the point of attack to exploit the open space in the opposite side
- The player on the opposite side should lead wide, to optimize the width of the field and score

**Strategic teaching point from the **defending player's** point of view:**

- When and how the defenders isolate the attacking player's in a small cornered space, in certain game situations, to take advantage of the side and goal lines
- After gaining possession the defender's should also know the value of non penetrating dodges, to maintain ball possession
- How the footwork and ball control skills are executed to maintain possession individually and as a team, in a confined space

## **Game number 3;**

### **Mini hockey 2 on 1; RI & CF**

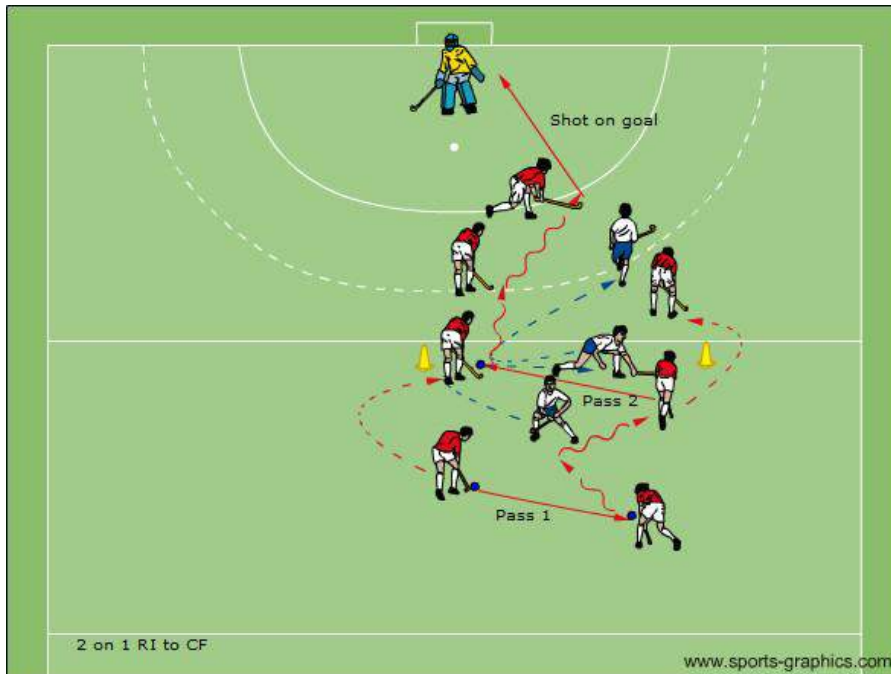
**Objectives:**

- How to create and execute a 2 on 1 on the right side of the field, from the play making space, by the RI and CF
- How RI, draws the defender, towards his right and placing him, in an awkward position, so the CF may have more time and space to receive the pass and exploit the situation to his maximum advantage
- Scanning the field and being aware of the optimum timing, to release the ball by the RI

**Plan of action:**

**Step 1:**

- CF passes the ball to the RI at a negative angle. Please refer to Diagram 6
- The RI reads the positional play of the defender, LF
- If the defender is out of position, RI moves the ball, with his reverse stick, to the right, he either takes off – depending upon the reaction of the LF - and suddenly stops to pass the ball to the CF
- In case if the LF, is in a close range, go direct to him, while keeping the ball near the left foot
- Strategy is to jockey him back on his heels
- As soon as this happens and the RI is close to the LF, he makes a quick move to his right, with the reverse stick and takes off



**Diagram 6**

**Step 2:**

- RI analysis the position of the LF, and if he does not come towards him, he keeps on going to his right, leaving the LF, biting the dust and recovering
- Most likely the LF will open his left foot and chase the RI, while facing the side line
- RI should see where and at which angle the LF's stick is and also how wide his feet are
- While keeping in mind these observations, he should softly pass the ball to the CF

**Key strategy:**

- When RI, has the ball, his plan is to move the defender in a position, where he is facing the side line, with his back towards the CF
- CF should hold his lead, as he may get a square pass or a through pass from his RI, depending upon the LF position
- Timing of releasing the ball by the RI and the timing of taking the lead by CF are critical, for the success of this 2 on 1. They must synchronize. And for this to happen, deep and clear understanding is required

Remember: Please refer to the drills of running with the ball to improve ball control and vision. Correlate drill # 2 for CF and drill # 4 for RI moves

**Strategic teaching point from the attacking player's point of view**

- Foot work and shuffling to the right
- Body feints and deception in passing

**Strategic teaching point from the **defending player's** point of view**

- Quick footwork
- Delaying
- Channeling the forward to one side
- Timing of committing

## Game number 4;

### Mini hockey 2 on 1; LI & CF

**Objectives:**

- How to create and execute a 2 on 1 on the left side of the field, from the Penetrating space, by the LI and CH
- How LI, draws the defender towards his left, forcing him to face the side lines, to pass the ball with his reverse stick at a 45 degree negative angle to CH
- Learning the timing of releasing the ball with the reverse stick by LI and getting it back, with one touch in the space behind the RF, to exploit it.



**Diagram 7**



**Diagram 8**

**Plan of action:**

**Step 1:**

- CH passes the ball to the LI, with an open stick. Please refer to Diagram 7 and 8
- The LI reads the positional play of the RF, depending upon it ...
- He starts dribbling the ball to wards his left side, while taking baby steps and shuffling his feet. This footwork is critical to unbalance the RF
- Strategy is to drag the RF out of position, to create space, while forcing him, to face the side lines
- As soon as this situation occurs, the LI fakes a pass with his reverse stick, to the CH.
- Putting the RF, in a awkward and no win situation
- If the RF commits to intercept this pass to CH
- LI can take off, to wards the goal
- A wise RF will most likely not commit, he can pass the ball to his CH
- CH can pass the ball first time in the open space, behind the RF, for the LI to pick it up on the run
- Or he can change the focus of play to wards the Right side, as the situation demands

Please study the Diagram's 7 and 8

**Key strategy:**

- When LI, moves the ball towards his left, the key strategy, is to draw the RF out of position, while forcing him to face and move towards the side lines
- This creates an alternate choice for the LI, pass the ball to CH for a return pass or take off on his own, depending upon the positional play of the RL

Remember: Please refer to the drills of running with the ball to improve ball control and vision.

Correlate drill # 5 for LI moves

**Strategic teaching point from the attacking player's point of view**

- Drawing the defender to one side
- Foot work shuffling
- Stick feints and using the reverse stick for passing

**Strategic teaching point from the defending player's point of view**

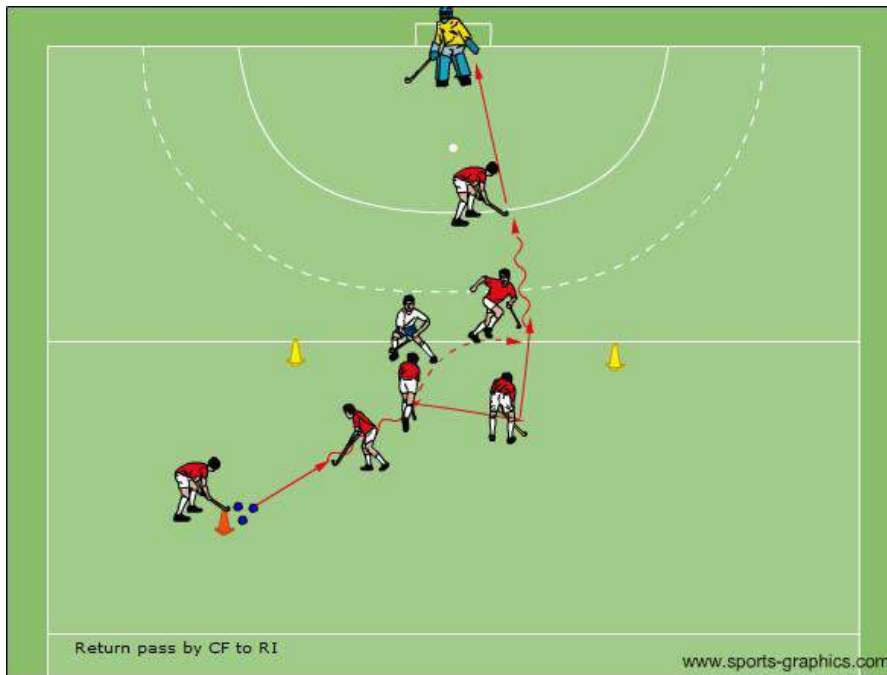
- Quick footwork
- Delaying
- Channeling the forward to one side, defenders strong side
- Timing of committing

# Game number 5;

## Mini hockey 2 on 1; CF & RI

### Objectives:

- How to create and execute a 2 on 1 on the center of the field, by the CF and RI or CF and LI
- How CF, draws the defender towards his left, and makes a return pass with the RI
- Understand how the angle of this pass on this specific zone of the field, is different from the 2 on 1's in the play making and penetrating space



### Diagram 9

#### Plan of action:

##### Step 1:

- CF receives a pass on the open stick from his LH. Please refer to Diagram 9
- He brings it with one touch in front of him, creating options for him to go either right or left
- Depending upon the side he wants to go and make a return pass - to right or left - he goes in its opposite direction
- Yes, he can also cut across the FB, to his right while shielding the ball with his body and get a return pass in front of him, from the RI

- With reference to the diagram 9, he tilts a bit to his left and makes a return pass to his RI, with the open stick or reverse stick, preferably with the reverse stick
- He leads behind or in front of the FB, depending upon FB's body position and picks up the ball on the run

**Coaching tip:**

- Develop the first touch – receiving skills - of the CF in such a way that he is able to execute the next move most effectively and efficiently, which may be either a dodge or a shot on the goal

**Key strategy:**

- When CF, tilts with the ball towards his left, the key strategy, is to draw the FB, out of position, and draw him away from the player, with whom the return pass is to be made. This way more time and space is created, if possible. More over, this move will force the FB to also face and move towards the side lines
- When CF goes to his right, he should shuffle and open his left foot, to plant a seed of doubt, in the FB's mind and freeze him. So he becomes double minded and not knowing should he go to the CF or not? And this split second confusion is what is needed and it makes a big difference, during the run of play. Now the CF can either, pass the ball with his open stick to LI and get it back in the space, behind the defender or he can take off on his own

**Strategic teaching point from the **attacking player's** point of view**

- CF keeps the ball in front of him, so he can make a move on both sides
- Encourage him to use stick feints and body feints

**Strategic teaching point from the **defending player's** point of view**

- Quick footwork
- Delaying
- Channeling the forward to one side, defenders strong side
- Timing of committing



# Game number 6;

## Mini hockey 3 on 3

### Objective:

- Employ the concepts of mini game # 1 and 2 under more pressure, with equal number of players



### Photo 1

The young hockey players U 14, are playing mini hockey 3 on 3. Please observe the triangle formation of both the teams in yellow pennies and whites. As the whites + 1 red shirt, have the ball they have spread out to exploit the width and depth of the field. The pennies, on the other hand, have covered the middle to cut the through pass, which is generally dangerous, as being the shortest distance to the goal

### Plan of action:

#### Step 1:

- Add a another player on the team which had 2 players
- This way the teams are even
- Play the game with the same objectives as in game number 2
- Maintain the triangle play, this way the CH on both teams will be free
- Encourage CH to stay in the triangle, behind his inners at a 45 degree angle
- It won't be easy for the young players ... keep a eye and develop self discipline
- CH's role is to be supporting his inners, with quality passes, first time

## Step 2:

- Strategic objective is to spread the opponents using the length and width of the field
- Each team picks a appropriate moment to create 2 on 1 on left or right side
- It is easier to make a return pass with the LI pass to CH. Give and go
- When RI is ready to attack, as he has drawn his marking LI and CH to his right
- RI should pass the ball to CF, as LI has become a CF. This is a effective move
- Another effective strategic move is when the CH, becomes RH, while overlapping the RI, on his right shoulder side
- These intelligent plays also provides a opportunity for the opponents to counter attack, when a mistake is made by the attacking team

Germany's system emphasizes development in elite centers from a slightly older age, and focuses on small-sided skills at younger ages. Via Honigstein:

"We start with the U-9s. They play four-a-side, on small pitches, to encourage individual skills. We then add players every year, only the U-13s are playing with full teams."

Thomas Albeck, head of youth development at Stuttgart, Germany

# Chapter 5

## Game number 1:

### Mini hockey 4 on 4

Objectives of this mini game are to learn what to do?

- When we have the ball; Understand and employ the **principles of Penetration, width, depth and support**
- When the opponents have the ball; Understand and employ the **principles of Pressure on the ball, cover, Balance in defense – width and depth**
- The moment the possession is lost or gained

When we have the ball - possession

Objectives:

- Build up, while playing in triangles and a diamond
- Develop first touch and one or two touches style of play
- Short range and long range passing and receiving
- Controlling the ball
- Which moves to employ on the right and left side of the field, while playing in various zones
- Adjusting speed and accuracy of the passes
- Finish with a shot on goal

Positional and possession play:

- How to maintain the structure – width and depth - of the triangle and diamond
- When to play square, negative and through passes, with meaning and purpose
- Please note the lead of the CF In red shirt, to the right side and generating the attack
- He is receiving the ball on the reverse stick, while holding the stick with one hand
- The RI, after receiving the ball, from his CH, passes the ball to the CF, in the space, so he can receive it on the run. Diagram # 11
- The CF takes the role of a RW and has the options to cross the ball to his LI or RI, who is supporting at a 45 degree angle. He can even pass it back to his CH, who has taken the role of a RF. Diagram 1
- Please note who smoothly the players have interchanged their positions, while taking simple leads and avoiding crisscross leads, which are a subject for advanced leads.

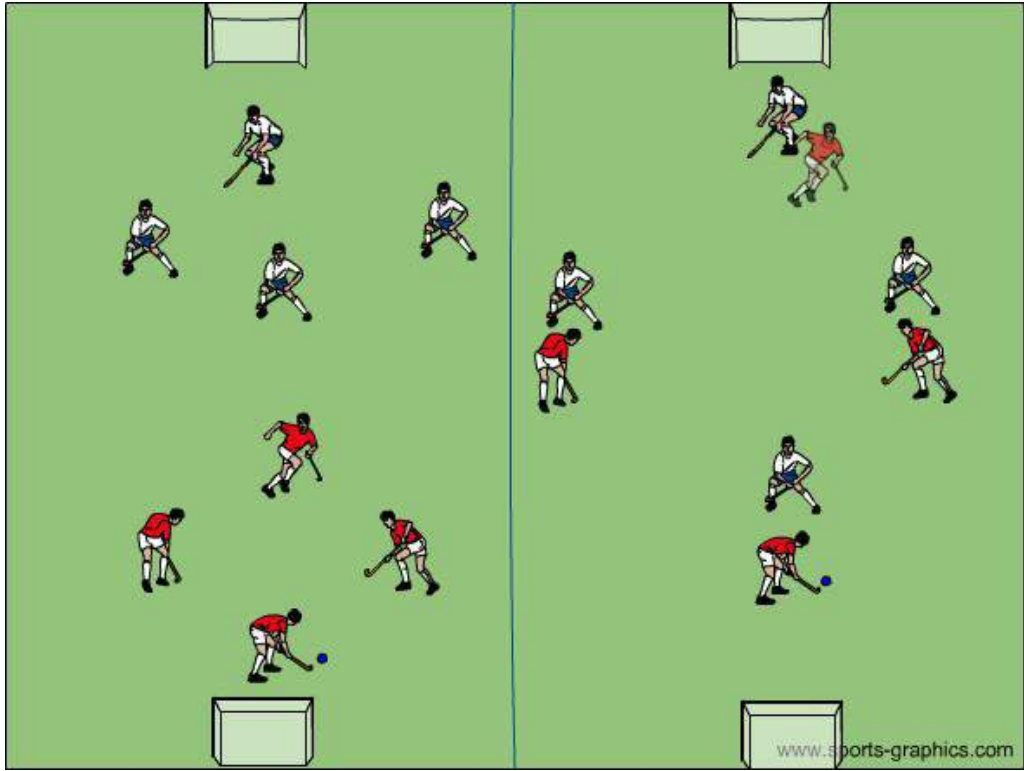


Diagram 1; Phase 1

Phase 2

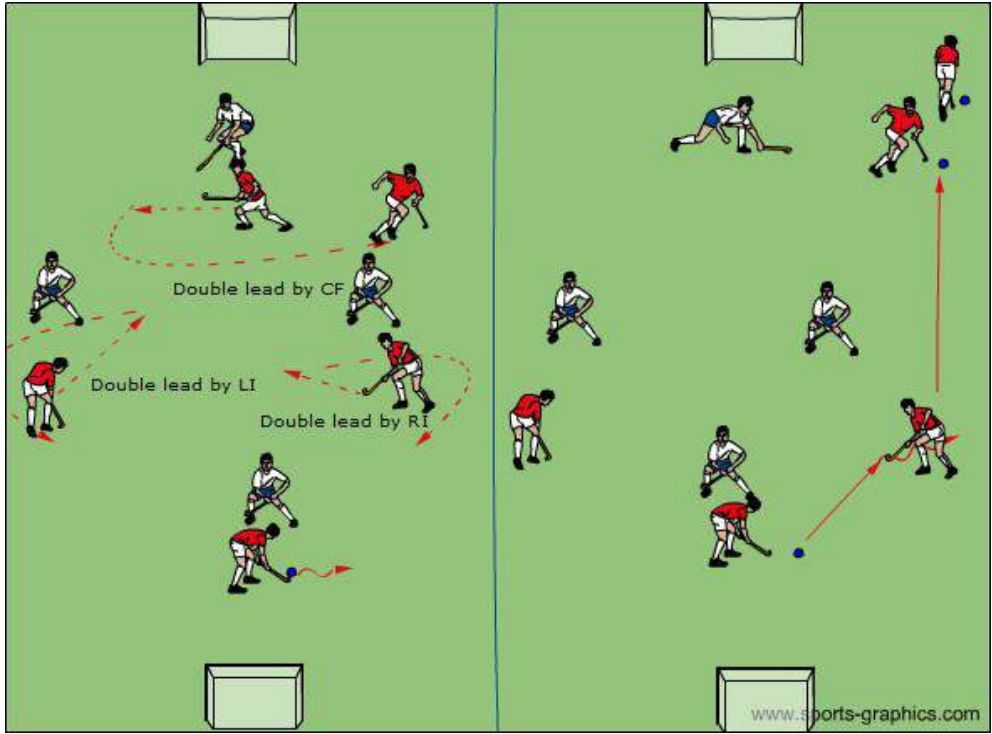
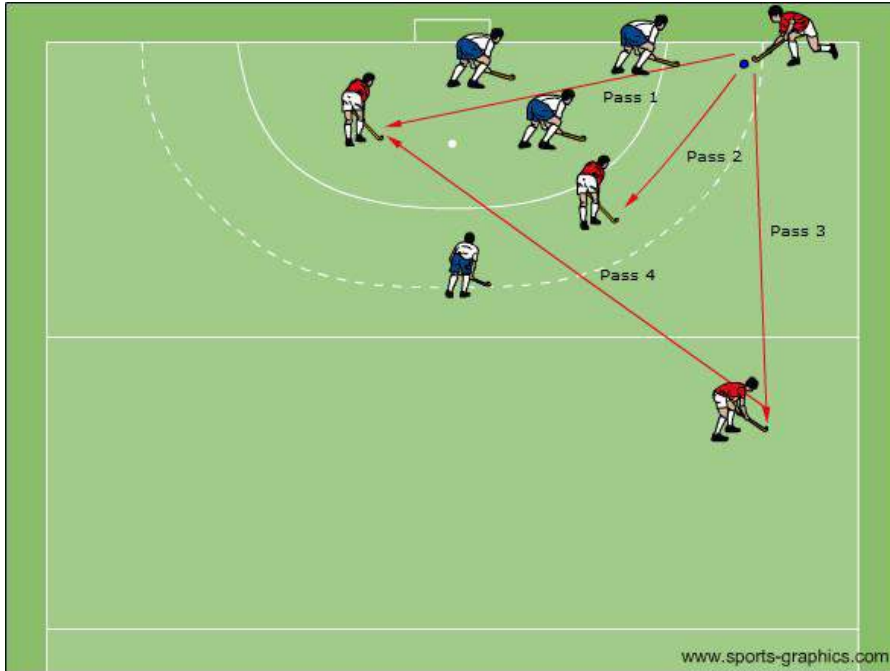


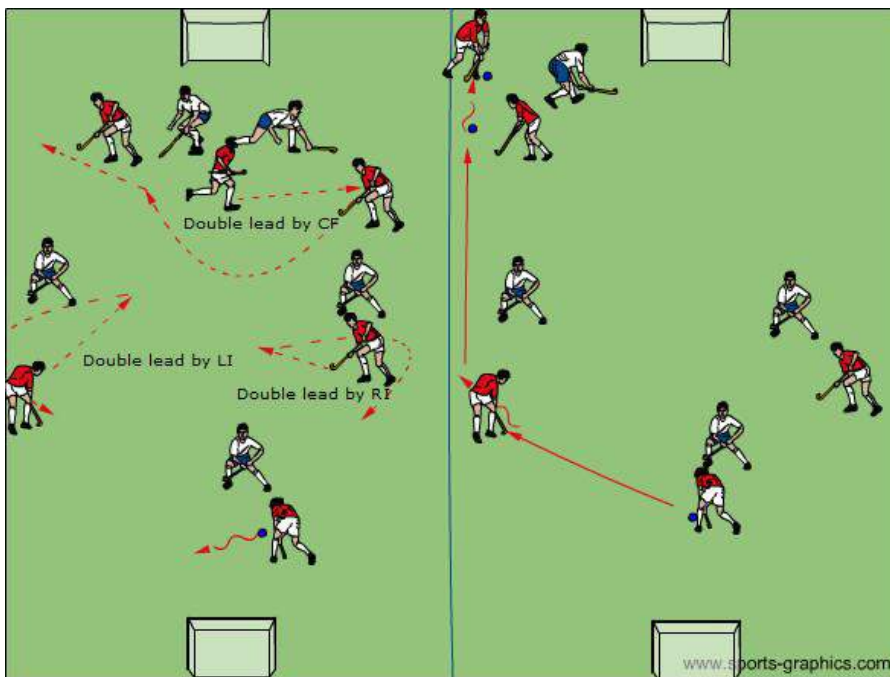
Diagram 2 Phase 3

Phase 4



**Diagram 3; Phase 5**

**Leads of the CF to the left side and generating the attack from the left side**

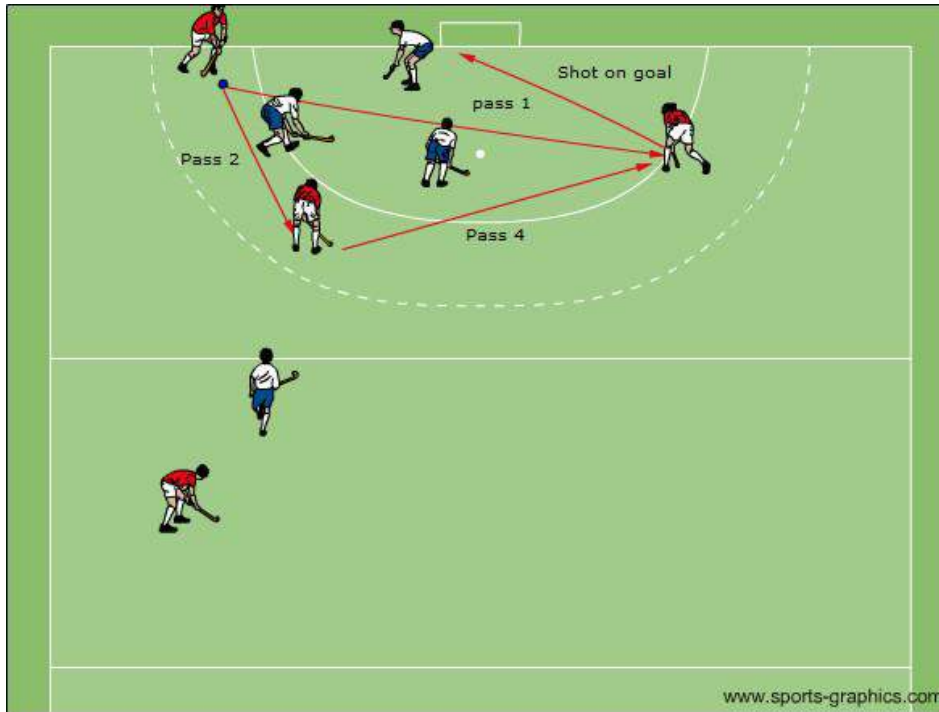


**Diagram 4      Phase 3**

**Phase 4**

- The CF has taken a double lead to position himself in a LW's position

- Please note that he has taken a lead in such a way, that after receiving the pass, how he quickly turns around to face the attacking goal, rather than the other way, where the LW, receives a pass with his back towards the attacking goal, and stays that way, while bulldozing his way, along the side line. Please refer to the diagrams 13 and 14
- Please note the passing options of the CF, turned LW and the way his teammates, LI and RI are supporting him, and an optimum angle and position



**Diagram 5; Phase 5**

**What are we trying to achieve from these mini hockey games?**

- Develop game understanding
- How to read the play
- Recognize the various fast changing game situations
- Where to lead and when to call for the ball
- When to hold the ball for a split second and when to release it instantly

- When we have the ball, stretch the field and scatter the opponents, all over the field. making the field BIG
- When opponents have the ball, play compact and make the field SMALL

The way the forward will position himself will directly influence the positional play of the defender. The defender is in a way at the mercy of the forward when they have the ball, and has to react accordingly

#### **SPACE AWANESS:**

These very principles of creating space are employed in a big game, with only difference being that the mediocre teams forget these simple and powerful principles and try to do too much, individually and as a team, and become their own worst enemies. The tragedy is that they are not even aware of this. The great teams are aware of the importance of these simple and powerful principles and hardly ever deviate from them. They are self-disciplined. The shining example of this is the Spanish national soccer team and the Barcelona football club, who are breaking all winning records