



## Worcester County United Field Hockey Academy

### Coaches Corner #2 – POSITIONAL PLAY COMMON FAULTS

<p><b>General</b></p>	<ol style="list-style-type: none"> <li>1. Not scanning before passing.</li> <li>2. Delaying the pass too long.</li> <li>3. Holding possession for too long a period.</li> <li>4. Failure to re-adjust position when <i>off the ball</i>.</li> <li>5. Not taking free hits quickly.</li> </ol>
<p><b>Goalkeeper</b> Dedicated to Dani, Shauna, Emily, and Sarah P</p>	<ol style="list-style-type: none"> <li>1. Not covering the goal or narrowing the angle in order to give a forward the smallest possible gap through which the offense can score.</li> <li>2. Not keeping pads together when stopping a shot straight at them.</li> <li>3. Lifting the head when kicking, causing mis-kicks and resulting goals.</li> <li>4. Not killing a shot when necessary, by bending knees forward while stopping the ball, minimizing the possibility of a rebound.</li> <li>5. Not clearing the ball quickly enough to the nearest wing after stopping a shot on goal.</li> <li>6. Not coming out quickly enough when confronted by a forward in a one on one situation.</li> <li>7. Coming out of the goal to tackle an opponent when another team member has already engaged that player in defense.</li> <li>8. Hitting the ground unnecessarily (as in sliding or blocking)</li> </ol>
<p><b>Backs</b> Dedicated to Bec, Rikki and Skyler</p>	<ol style="list-style-type: none"> <li>1. Playing square with partner.</li> <li>2. Not marking opponents with sufficient ease.</li> <li>3. Not channeling an opponent when they have the ball under control.</li> <li>4. Not changing the point of the attack after gaining possession.</li> <li>5. Hitting long cross passes which are easily intercepted.</li> <li>6. Not co-operating or relating with wing-half failing to produce good cover.</li> <li>7. Not alert enough on sideline restarts and 16 yard hits.</li> <li>8. Hitting up field indiscriminately.</li> </ol>
<p><b>Halfbacks</b> Dedicated to Michelle and Kel</p>	<ol style="list-style-type: none"> <li>1. Not marking own opponent, e.g. wing-half tackling inside-forward in normal midfield play.</li> <li>2. Not holding position in lane, e.g. center-half wandering out to wing.</li> <li>3. Not protecting the gap to the player while marking when there is any likelihood of that player being brought into possession.</li> <li>4. Not supporting the forwards.</li> <li>5. Hitting long passes across the face of the forehead of the defense.</li> <li>6. Wing-half not varying their sideline restarts.</li> <li>7. Not tight marking opponents in defensive zones.</li> <li>8. Wing-halves not providing early cover defense.</li> <li>9. Running the ball out of defense.</li> <li>10. Not observing the “obvious player” for the “obvious pass” and in turn not presenting as an “obvious alternative” to retain possession.</li> </ol>

<b>Forwards (as a line)</b>	<ol style="list-style-type: none"> <li>1. Not keeping well spread out.</li> <li>2. Incorrect positioning to receive cross passes, especially those from backline.</li> <li>3. Lack of flexibility to interchange with other team members.</li> </ol>
<b>Outside Forwards</b> Dedicated to Lyndsay and Kath	<ol style="list-style-type: none"> <li>1. Taking width off the game.</li> <li>2. Not working back to be available for passes and free hits out of the defense.</li> <li>3. Not enough variety of attack – running with or to receive ball and passes.</li> <li>4. Throwing possessions away with passes to no one.</li> <li>5. Not making a run at the net when in clear space inside attacking half.</li> <li>6. Not working back on opposing wing-half, when possession has been lost.</li> <li>7. Left-wingers who allow themselves to be channeled deep into left hand corner.</li> </ol>
<b>Inside Forwards</b> Dedicated to Leti and Liz	<ol style="list-style-type: none"> <li>1. Not working back into clear space to be available for a shorter ball from the defense.</li> <li>2. Not varying passes.</li> <li>3. Not assisting or supporting the ball carrier.</li> <li>4. Crowding the center-forward to contest possession.</li> <li>5. Not dropping out of the attack to create opportunities for the square pass with other inside the midfield attacking zone.</li> <li>6. Not working back after being dispossessed.</li> <li>7. Not picking up your opposite in tight marking when on defense.</li> <li>8. Not looking for rebounds following any shot on goal.</li> <li>9. No variety or accuracy in goal shooting.</li> <li>10. Taking too long to have a shot on goal.</li> <li>11. Trying to get in too close for a shot on goal when inside the circle.</li> <li>12. Being dispossessed in or near to the defending 22m.</li> </ol>
<b>Center Forwards</b> Dedicated to Nat and Meg	<ol style="list-style-type: none"> <li>1. Not creating space to work back to receive clear ball.</li> <li>2. No acceleration, especially when near or in the circle.</li> <li>3. Not giving return passes to insides and center-half to relieve pressure and retain possession.</li> <li>4. Not working back on opposing center-half, when that player is dominating play.</li> <li>5. No percentage in shooting on goal.</li> </ol>



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