**Coaching Principles for the new rules, from England Hockey Coaching Team**

Following the decision to adopt the FIH rule changes within England Hockey’s League structure, England Hockey’s coaching team has established some attacking and defending principles to support coaches with their thinking and practices.

The principles have been developed with a specific focus on the following rule changes:

* The ability to take attacking free hit, awarded within 5 metres of the edge of the circle, from the point of offence. The ball still has to travel at least 5 metres before it can be played in the circle, or alternatively has to be touched by another player of either team, other than the player taking the free hit
* When the ball is played unintentionally by a defender of deflected by a goalkeeper of player with goalkeeping privileges, play will be re-started with the ball on the 23 meter line and in line with where it crossed the back-lin and the procedures for taking a free hit will apply. This prevents the ball from being played directly into the circle  The principles are there to provide coaches with the framework to be creative in developing practices based on their own coaching philosophy, style of play and specifics team dynamics.  **Defending principles**  1. **Line to goal** - Establish someone early (as a priority) on the line to goal. There is a subtlety to the positioning in ensuring the most critical line is protected by the forehand side, and anything that goes down the left foot is definitely going away from goal.

2. **Inside of the opposition** - Establish the concept of the defending team being on the inside of the opposition – this will force play to the outside, and be prepared to push out as a team as ball is played out to the sides.

3. **Marking positions** - The marking positions in circle should allow the defender to be able to see the ball and their player, and to physically dominate the space the attacker wants to use within the laws of the game.

4. **Position Team Defence** - In positioning the team in defence the players should be ready from their initial ‘inside the opposition’ positions to react and adjust their positions to run-away moves, drop ball moves, that the attacking team may employ



***COACHING PRINCIPLES FOR THE NEW RULES***

**Attacking principles**

1**. Late numbers** - Moving player numbers inside and outside the ‘D’, and to areas of the pitch ‘late’ will require fast late organisation of the opposing defence in ensuring that numerically the defence balances up, they retain their inside line positions and in ensuring cover can get in place appropriately.

2. **Reverse play** - Carrying the ball from the restart that is then dropped to a player moving in a counter-direction, which looks to exploit potential space opened by the carry. Ball carrier makes decision on whether to use the drop option dependent on the reaction of the opposing team to the carry.

3. **Run-off moves** (and reverse play from run-off moves) - Player over ball runs-off ball to be replaced from a player coming from elsewhere with the intent to create a momentary player overload against the defence. Attacking teams may also have the option in playing to the reverse direction to the run-off move if the defence over commits numbers to the side that the run-off occurs.

4. **Using the width** - Given that teams will likely employ a narrow strategy to prevent more direct play into the circle their is potential for fast play to the width. The aerial option may prevent the need for transfer play (extra passes) and thus lead for a direct play to width, stretching the opposition defence and giving the option to play in from positions of width.

5. **The direct route** - It will be difficult for defending teams to ‘mark’ an attacking player setting up 5m behind the ball without sacrificing numbers elsewhere that may be critical in protecting the direct route to the circle. Attackers passing the ball back, and then playing direct toward the circle may become the most simple and potentially effective route of getting the ball into the circle. To add to the difficulty level of defending attacking teams may send players toward this direct pass to deflect the play into the ‘guts’ of the circle.

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