



**DRILLS!**

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Presenting the 2022 NFHCA Drill Booklet  
Brought to you by the National Field Hockey Coaches Association  
Sponsored by Penn Monto

# Thank You!

Thank you for being a member of the National Field Hockey Coaches Association!

Our mission is to champion, strengthen, and celebrate field hockey coaches and the game. We hope this year's Drill Booklet strengthens your confidence on the field and allows you to thrive in your craft. Continue to learn and grow by engaging with the NFHCA throughout the year as we present a variety of educational offerings.

## How to Use This Booklet

The 2022 NFHCA Drill Booklet provides 15 drills covering a variety of topics that you can implement with your team.

The coaches who have supplied these drills have provided you with a starting point in regards to dimensions, rules, and numbers, but feel empowered to make the drills your own and make them work for your team!

Please enjoy this year's NFHCA Drill Booklet.

## Official Sponsor — Penn Monto

We want to express our gratitude to this year's NFHCA Drill Booklet sponsor, Penn Monto.

When you think of field hockey balls, you think of Penn Monto — NCAA Championship balls, youth development balls, indoor, outdoor, dimpled, turf...they've got them all! Visit Penn Monto ([penn-monto.com](http://penn-monto.com)) today for all of your field hockey ball and equipments needs.





## More Thanks

The coaches who supplied the drills for the 2022 NFHCA Drill Booklet have our gratitude. They are:

- Amber Beaudoin, Varsity Head Coach, Fairfax High School (VA)
- Janelle Benner, Head Coach Ursinus College
- Pam Bustin, Head Coach, Duke University
- Amy Cohen, Head Coach, West Chester University
- Kelsey Devine, Assistant Coach, Dension University
- Michelle Finegan, Director, FSC
- Christine Kemp, Head Coach, Wesleyan University
- Brandi Kist, Head Coach, Queens University of Charlotte
- Nina Klein, Assistant Coach, Boston College
- Heidi Lewis, DC Area Director, Beyond Sticks
- Adam Matter, Coach, Texas Pride Field Hockey Club
- Sandy Miller, Head Coach, East Stroudsburg University
- Anne Parmenter, Head Coach, Trinity College (and our President!)
- Michael Warari, Head Coach, Vassar College

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### Drill Booklet Key

-  Pass
-  Run without the ball
-  Dribble
-  Shot



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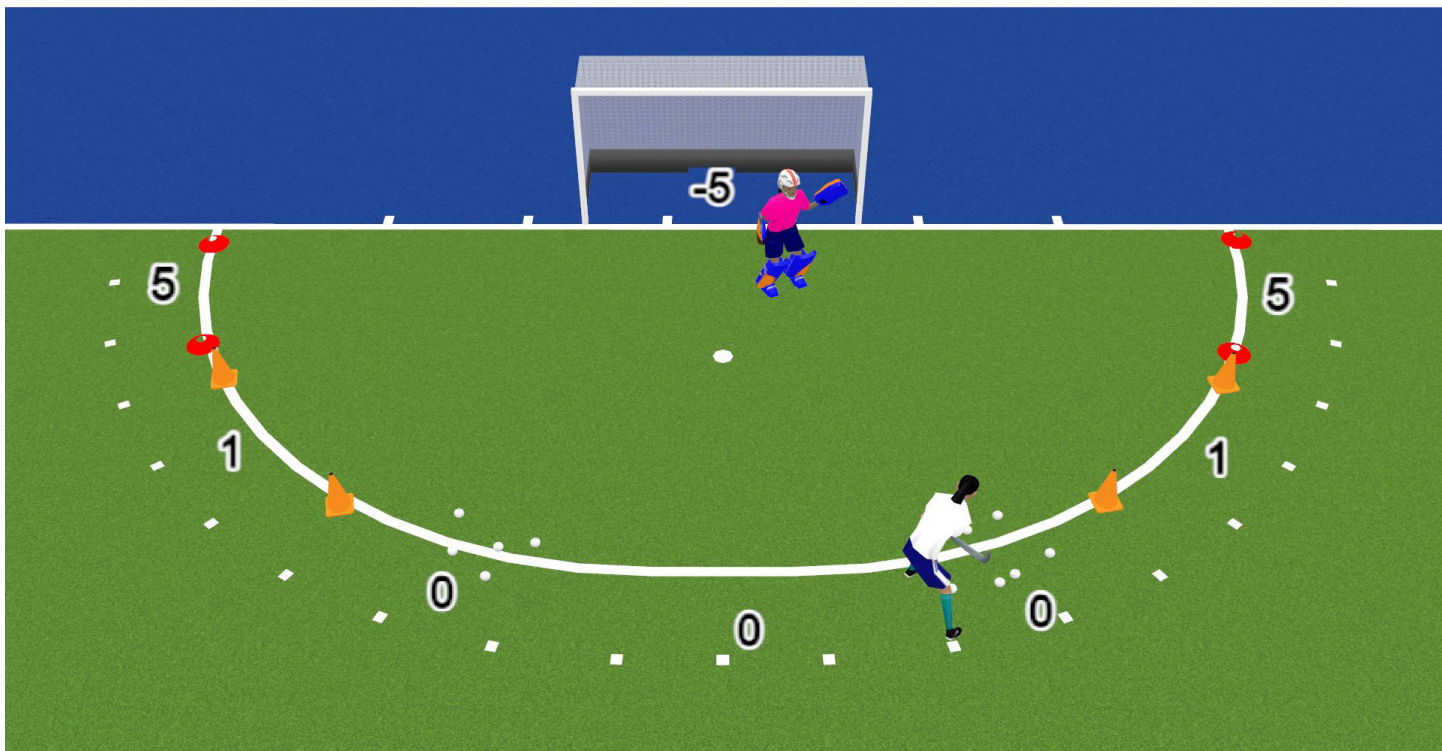
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# Three-Gate Soccer

Submitted by Nina Klein, Boston College

Goalkeeping, Technical | Beginner — Advanced

Objective: Rack up the most points with six balls.



## Prep Work

Numbers	1-4 goalkeepers
Dimensions	Within the circle
Time	Coaches discretion, 6 balls per set, 2-5 sets





## The Drill

1. Each goalkeeper gets 6 balls per set.
2. The coach shoots the ball at the goalkeeper and the goalkeeper attempts to clear it out of the circle, aiming for gates around the circle edge.
3. The most ideal clears garner 5 points (the lowest gates), the higher clearing gate will get the goalkeeper 1 point, if they clear it up the middle, they get no points. If the ball goes in the goal, they lose 5 points.
4. Each goalkeeper should keep track of their own points.
5. Rotate after 6 balls.
6. Decide before the drill begins if points will reset between sets or not.

## Nina's Notes

- This drill rewards solid footwork, powerful clear technique, and accuracy. Make sure to emphasize body mechanics and follow-through of movement to create an accurate and powerful clear.
- As you deliver shots check to make sure your goalkeepers are set for the shot and they are on angle. Offer corrections if they are not.
- If you are working with beginner goalkeepers, you can move the gates closer to the goal, make the gates bigger, give them more time to get set between shots, and deliver your shots at a slower pace.
- For more advanced goalkeepers, you can use 2 shooters who are alternating shots from either side of the circle, vary shots to include lifted and bouncy balls, or shorten the time between shots your goalkeepers have less time to get set.

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