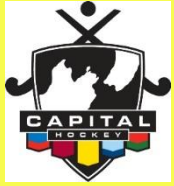


# CAPITAL HOCKEY



## PENALTY CORNER RESOURCE



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# Important points for PCA

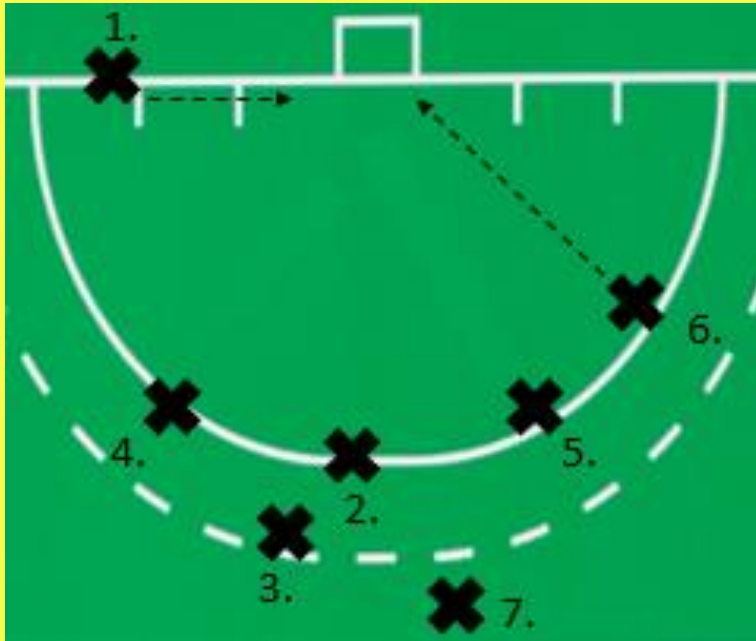


- **Crucial opportunity to score a goal –** converting a PCA can be the difference between winning and losing a game
- **Must be able to execute PCA well under pressure**
- Even if you aren't receiving the ball you need to act like you are – this ensures that the defence don't know which option your team is going to take
- Every player needs to develop PCA skills to ensure we can always fill all of the positions

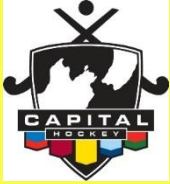




# Basic PCA set-up



1. Injection
2. Trap
3. Hit
4. Left lay off
5. Right lay off
6. Right post
7. Back up



# Key points for PCA positions



## 1. Injection

- Needs to be flat, accurate and fast
- Low body position and weight transfer are important for generating ball speed

## 2. Trap

- Two different ways to trap – either hands together or apart
- Trap ball as close to the line as possible and then bunt forward

## 3. Hit

- Timing between the trap and the hit is crucial
- Hit must be flat and powerful, aiming for corners of the goal



# 1. INJECTION COACHING POINTS:

- The injection should be one movement on a straight line to the target not a double movement curving around the body.
- Players must have their right foot outside the field of play and their left foot pointing at the target at the top of the circle
- Players need to have **a low body position** and have their right foot, hips and shoulders in line with the target
- Left hand at the top of the stick, and right hand a third of the way down
- Ball is placed on the baseline, then is **gathered in the hook** of the stick and dragged for as long as possible
- The left forearm acts as an extension of the stick, and the **follow through** of the stick needs to run in line with where you want the ball to go
- **Transfer of weight** from the back foot to front foot is necessary in order to generate power
- If issues with accuracy – place your stick on the toes of your front foot and back foot when positioning for an injection and draw an invisible line to the target. If your invisible line is connected to your stick between your two feet your injection should follow a straight line to your target. If it doesn't – need to adjust feet to be in line with target.

## 2. TRAPPING COACHING POINTS:

- Hand position on the stick (either together or apart) depends on personal preference
- Body and arms need to stay steady and **eyes** must follow the ball onto the stick
- Do not **jab your stick** forward to trap the ball – you need to have soft hands to “catch” the ball with your stick
- Stick face should be at a **right angle** to the line of the ball, and slightly tilted forward to trap the ball cleanly with the shaft
- It is important to trap the ball **as close to the line** of the circle as possible, and to trap it off the right foot to allow the hitter a view of the ball
- Once the ball has been trapped, use the head of the stick to softly bunt the ball forward for the hitter to step on to and hit towards goal



# 3. HITTING COACHING POINTS:

- The player striking the ball needs to have the correct approach – they should do the three-step grapevine and then move into the box hit technique (with left foot pointing at the target)
- The three-step grapevine starts with left foot stepping forward towards the ball, followed by right foot crossing behind, then left foot taking the final step forwards before making contact with the ball
- The most complicated part of the striking action is getting the timing right – the less time between the ball being bunted forward and the striker making contact with the ball the better, as this gives the defenders less time to get a touch on the ball
- To begin with just encourage players to get the ball going goal wards. Once they have got good timing then they can start to aim for the corners of the goal, where it is harder for the goalkeeper to save





# Key points for PCA positions cont.

## 4. & 5. Right & Left Lay off

- Lay off – quick shot aiming for players on the post or corners of the goal

## 6. Right post

- Must get to the right post quickly and be prepared to dive
- Angle of the stick is important when making the deflection

## 7. Back up

- Prepared to trap the ball if there is a mistake with pull out/trap
- Watch how the defenders run to see where the space is – this will help your team determine the next PCA option

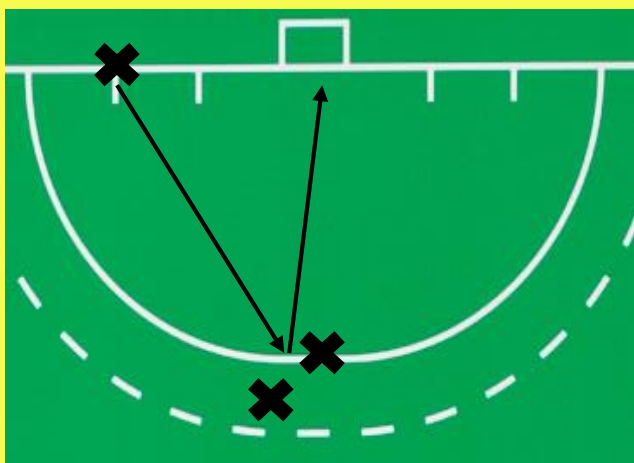




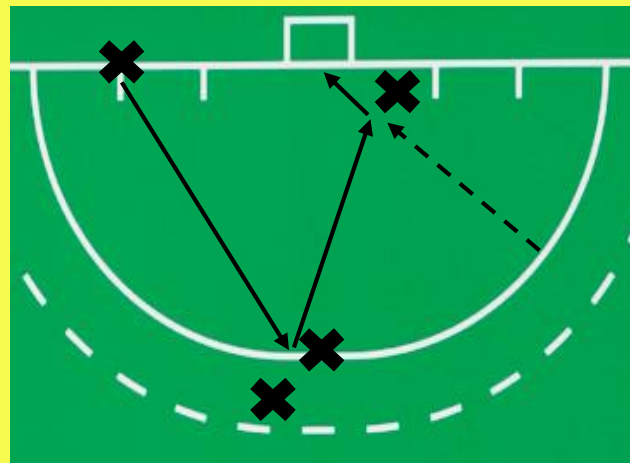
# Basic PCA options



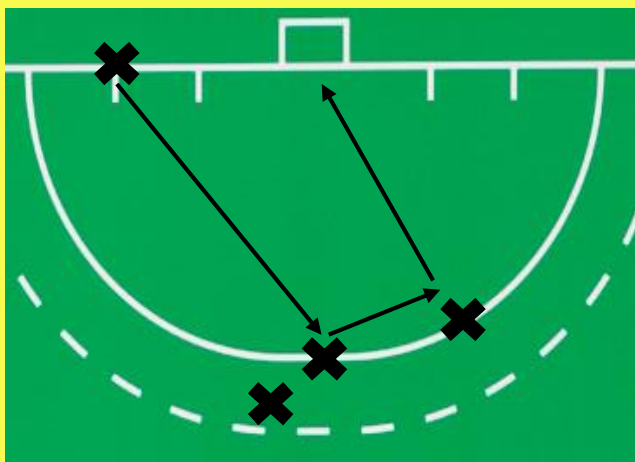
Straight  
shot



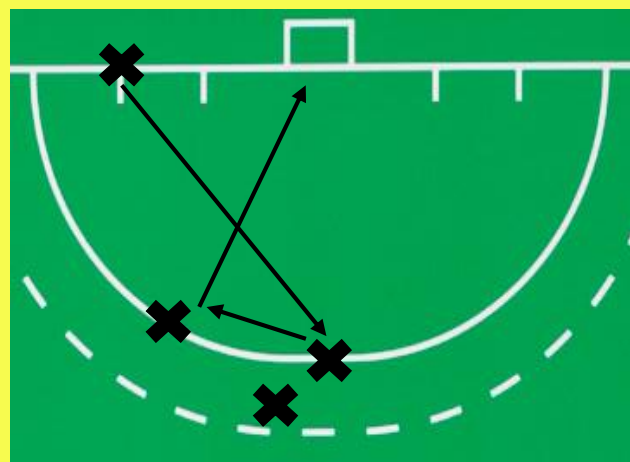
Right  
post  
deflec-  
tion



Right  
lay off

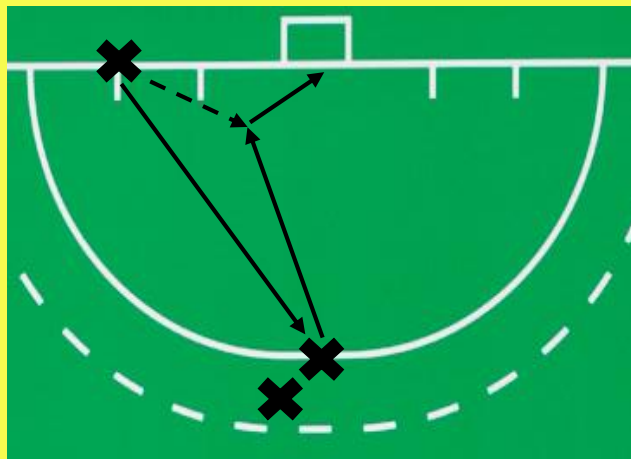


Left  
lay off

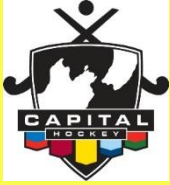




# Basic PCA options cont.



Back to  
the  
injector



# Important points for PCD



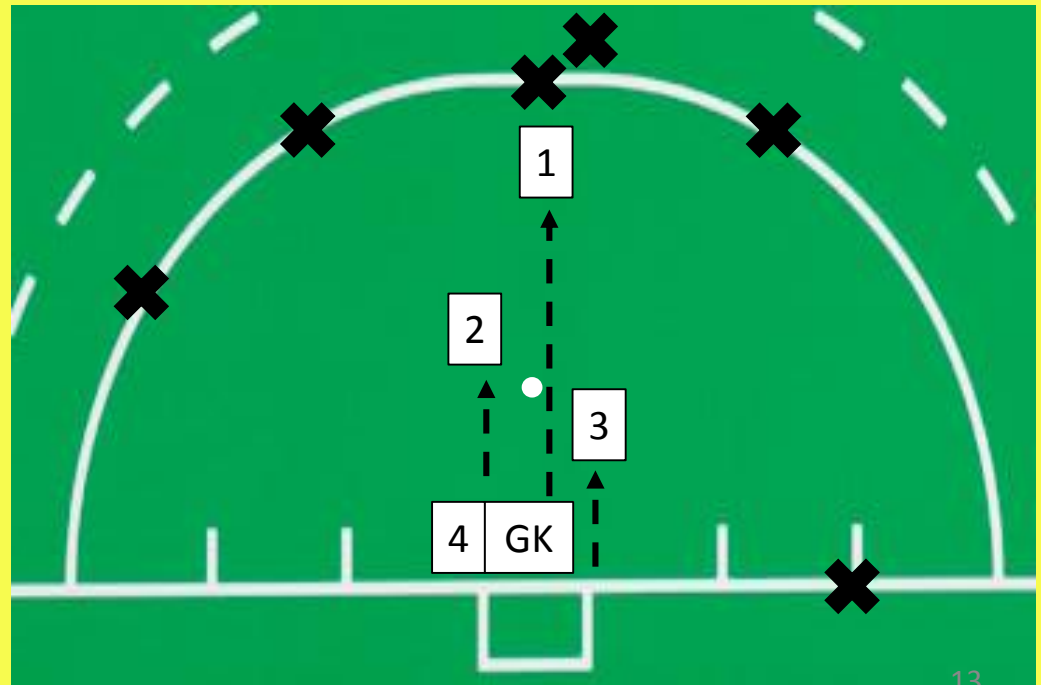
- The goal of PCD is to **prevent the opposition from scoring a goal**
- We want to **regain possession** and **clear the ball wide** to our players who are running back from half way (ensure at least 2 field players occupy a wide position when running back from halfway in order to receive the ball).
- The main PCD formation for small sticks level is **3:1**



# 3:1 PCD set-up



- **GK** – Takes a few steps forward off the goal line
- **1<sup>st</sup> runner** – Runs straight to the top of the circle
- **2<sup>nd</sup> runner** – Runs out until they are just in front of the spot, outside the line of the left post
- **3<sup>rd</sup> runner** – Moves a few steps forward, staying goal side of the spot, outside the line of the right post
- **4<sup>th</sup> defender** – Stays on the left post, level with the GK, facing slightly outwards of the goal to deflect the ball out of the goal.





# 3:1 PCD roles



- **GK** – Must be prepared to save the initial shot, and needs to direct the ball low and wide to prevent another shot at goal
- **1<sup>st</sup> runner** – Tries to disrupt the battery and block the direct shot
- **2<sup>nd</sup> and 3<sup>rd</sup> runners** – Responsible for stopping layoffs and players getting deflections or rebounds near the spot. **3<sup>rd</sup>** runner to be weary of the injector becoming a deflection option.
- **4<sup>th</sup> defender** – Responsible for making save on the line and clearing the GK's pads