



## GOAL KEEPER BALL MACHINE POLICY

Firstly HMI would like to acknowledge that the goal keeping ball machine, donated by Keith Smith and Family and OBO is owned by the New Zealand Hockey (HNZ) Goal Keeper School but is available for use by Hockey Manawatu (HMI) and Central Hockey (CH).

- The ball machine will be stored securely at the HMI pavilion (room 8) when not in use.
- The New Zealand Hockey Goal Keeper School will have priority to the ball machine at all times, followed by HMI and then CH if and when approved by the HMI Operations Manager (W Banks)
- A request for the use of the ball machine must be lodged in writing to the HMI Development Manager who will record the date, time and person in the HMI facilities maintenance register.
- The HMI Operations Manager (W Banks) or in his absence the HMI RDM (Greg Clark) will approve the request.
- The ball machine must be returned in good condition. Any damage (and the cost or repairs) will be the responsibility of the person hiring the ball machine.
- The ball machine **must not** be used in wet weather and must be cleaned and dried after use.
- Run **only** the red and yellow rubber balls through the ball machine. Normal Hockey balls will damage the machine over time.
- Do not put the swing function up past the green indicators at high speed.
- The ball machine must only be used by the designated user (who has been trained how to use the machine). Trainers are Steffan Fastier and Georgia Barnett.
- Directions on how to use the ball machine and some drills are attached.

## **Background and Drills**

It is expected that the ball machine will be used with goalkeepers only.

A ball machine is a fantastic tool for delivering consistent practice. You can aim at the same area/set speed and work with a keeper and get through hundreds of balls a session limited only by the keeper's endurance, motivation and time. So the ball machine provides coaches with a great tool to isolate technique and develop it.

There are some limitations however:

Coaches should keep in mind that with a ball machine there is no decision making for the keeper; nothing can replace the skill of selecting the right tool for the job.

Not only that but the ball machine covers only shots at the goal predominantly and if a Hockey game is what we are training for, we must mimic that in training as closely as possible. This includes closer in smothering work and movement around the goal in other trainings.

### **How to use the machine:**

- Unroll cables, connect power points and set out machine (two person job, it is heavy).
- Start the machine; start off speed is slow so you will want to adjust it higher.
- Fire a test shot without the keeper and adjust as necessary. Make sure they know when the speed is going up or down.
- Try to achieve a speed where there is minimal dip, as this will not promote ideal technique, so you may have to move the machine closer whilst keeping the speed down.
- When loading the ball machine make sure to raise your hand to show the ball to the keeper and then lower the ball into the machine with the as similar timing each time as possible for the keepers benefit.
- It would be advisable as well to set up the summer Hockey piping to collect the balls to improve efficiency.
- Be very careful handling the balls around the running machine as an accidental drop into the machine at the wrong time could be very dangerous.
  
- **Finishing with the machine:**
- Be careful putting any bags/plastic near the motor after sessions as it will be hot.
- Roll up cables to ensure no knots are formed for the next session and place everything back

**Drill examples:**

*Given that the majority of coaches will have limited access to the ball machine, it would be advisable to stick to using the machine for what it is best for, improving technique, so simply working on different saves for different areas of the goal might take up all of a coaches time.*

**Simple drills:**

Ball machine is placed at the top of the circle. Simply work each area of the goal for enough shots that the keeper is saving 4 or 5 out of each set of 6.

Start between the feet. Move to the right foot then left foot followed by left hand, central mid height, right mid height then work the top shelf.

This would be predominately what the ball machine is used for.

**Intermediate:**

(Ball machine is place on a 45 degree angle from the goal at the edge of the circle)

You might also use the Ball machine for angle work. Ask the keeper to start at the far post and move over as quickly as possible to cover the shot. Fire when they settle.

**Advanced:**

Using the deflector mat and place just in front of the ball machine, aim at deflector mat and fire sets of ten or so balls allowing the keeper to recover after each ball.

The deflector mat may be placed closer to the goal to work on reaction saves and saves from unstable positions or even just after moving into position.