

20 SKILLS ACTIVITY LESSON PLANS

The Mini-Hockey Lesson Plan

Introduction

A basic hockey session should be between 40-60 minutes. It should include the following format:

a. PREPARATION
prior to the lesson

b. INTRODUCTION
to the lesson
5-10 minutes

c. WARM UP
for the lesson
5-10 minutes

d. SKILL ACTIVITY
15-20 minutes

e. MINI-HOCKEY GAME
10-15 minutes

f. SUMMARY/CONCLUSION
5 minutes

a) Preparation prior to the session.

- Work out which hockey skill activities the coach or teacher would like to work with in this session.
- Read the objectives of the skill activities and determine which basic skills are highlighted.
- Use the section on basic hockey skills and techniques to familiarise yourself with the main points for demonstrating.
- Determine what equipment is required.

b) Introduction to the session (5-10 minutes)

- Assemble the players in a semi-circle so that they can all see the coach/teacher.
- The players must be quiet, watching and listening.

- Demonstrate to all the players the basic hockey skills used for the day's session.

c) Warm up (5-10 minutes)

- Easy jog to loosen up the muscles
- Some simple and easy stretches.

d) Skill-related activity (15-20 minutes)

- Follow the structure of the activity outlined
- Be aware of the points to look for from each activity.

e) Mini Hockey (10 minutes)

- Modified game of hockey

f) Summary/Conclusion (5 minutes)

- Collect gear (sticks, balls and cones).
- Assemble players in an orderly fashion - give some positive reinforcement regarding the hockey session and then dismiss.

Skill Activity 1 PUSHING AND TRAPPING

Objective:

To practise the technique of pushing and trapping.

Equipment:

Hockey sticks and 1 ball between two children, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Pushing and Trapping (see pages 7 and 9)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

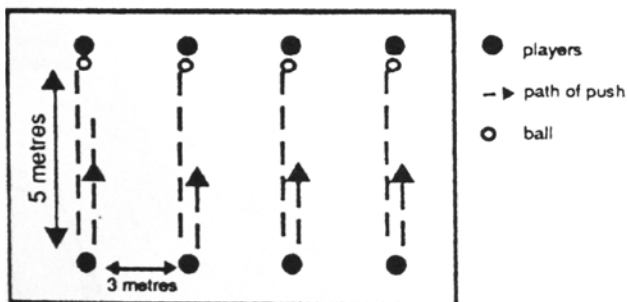
Skill Activity 1: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions

- (i) Organise the players into pairs facing each other - each member of the pair should be approximately 5 metres apart.
- (ii) Each pair will require one ball.
- (iii) Keep the lines orderly.



Points to look for:

- Ensure all players push the ball slowly to enable each player time to develop the correct techniques for trapping.
- The players must have a low posture when they are executing the push as this will enhance technique.
- The follow through for the push is just as important to enhance the technique.



Skill Activity 2 PUSHING AND TRAPPING

Objective:

To practise the pushing and trapping technique.

Equipment:

Hockey sticks and 1 ball between two children, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Pushing and Trapping (see pages 7 and 9)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

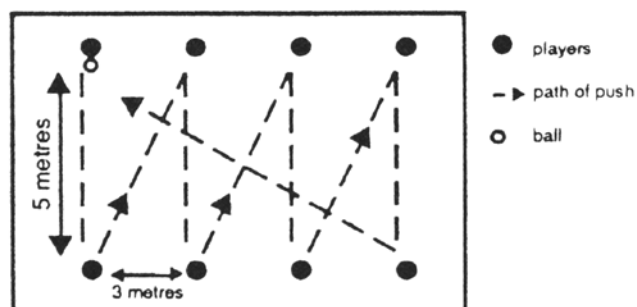
Skill Activity 2: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- (i) Organise the players into pairs facing each other - approximately 5 metres apart.
- (ii) Two balls are required.
- (iii) Introduce one ball first and then ask the player to push the ball in the pattern shown below.
- (iv) When one ball is approximately half way down the row of players introduce a second ball and continue in a similar pattern.



Points to look for:

- The players must trap the ball 'dead' before they pass onto the next player.
- Ensure the players have a low posture when they are executing the push.



Skill Activity 3

STOPPING THE BALL WHILE DRIBBLING

Objective:

To practise stopping the ball on the move

Equipment:

Hockey sticks and 1 ball per group of three, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with the Close Dribble (see page 10) and how to stop the ball on the move (see points below)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

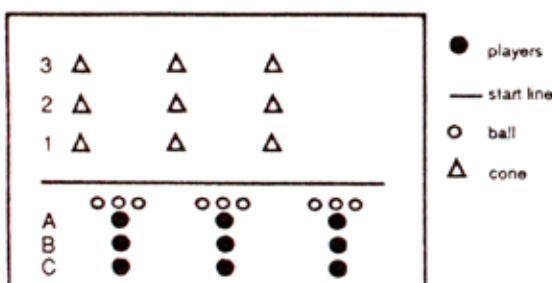
Skill Activity 3: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions: 'Shuttle Relay'

- (i) Organise players in groups of three as shown in the diagram below.
- (ii) Three balls per group.



- (iii) Players must dribble one ball and place it stationary at Cone 1, run back to get another ball and this time dribble it to Cone 2 and finally go back for the third ball and dribble it and place it at Cone 3.
- (iv) Player A must then run back to the start line. Once Player A has crossed the start line Player B must retrieve each of the balls one at a time and dribble them back to the start line and place them in a stationary position. Once Player B has completed this, Player C must repeat what Player A had done.
- (v) This can be done twice through.

Points to look for:

- Ensure the ball is placed in a stationary position before moving to get the next ball.
- The moving ball can be stopped 'dead' by placing the stick on top of the ball.



Skill Activity 4

PUSHING & TRAPPING ON THE MOVE

Objective:

To practice pushing and trapping techniques on the move.

Equipment:

Hockey sticks and 1 ball per group of three, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Pushing and Trapping (see pages 7 and 9)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

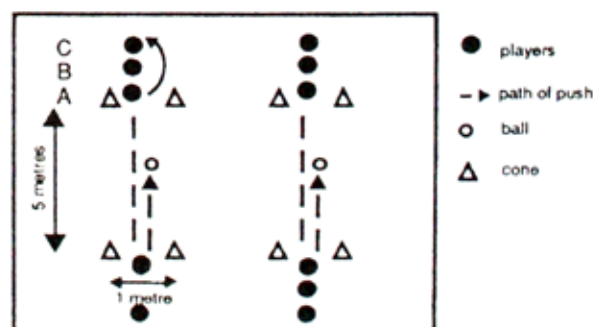
Skill Activity 4: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- (i) Set two cones one metre apart and place another two cones so they are immediately opposite 5 metres away.
- (ii) Three players are lined up in between each set of cones as illustrated below.
- (iii) One ball per group.
- (iv) The first player (A) with the ball pushes the ball endeavouring to get it between the opposite two cones and then immediately moves to the back of his/her group of three.
- (v) The group can be run in relays and once the first player (A) traps the ball the relay is completed.



Points to look for:

- The players must have a low posture when they are executing the push as this will enhance the technique and the direction.
- The follow-through is also important to enhance the technique and direction.



Skill Activity 5

PASSING

Objective:

To practise the art of passing.

Equipment:

Hockey sticks and 1 ball per group of three, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Pushing, Hitting and Trapping (see pages 7,8 and 9)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

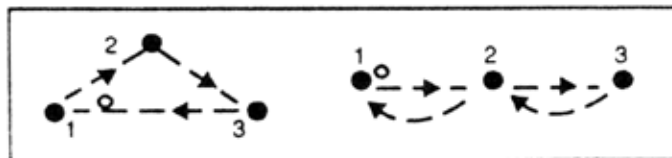
Skill Activity 5: (15-20 mins) See instructions below.

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

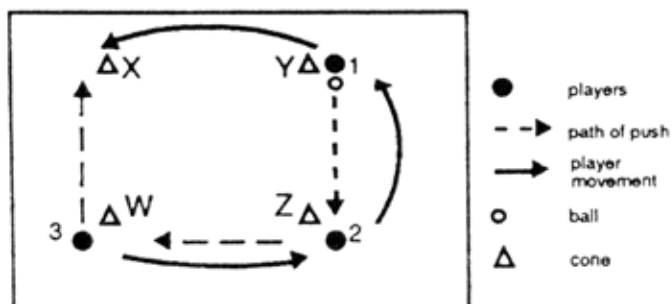
Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- Organise the players into groups of three.
- Each group is to have a ball.
- Organise the groups into pattern shown below.



Player 1 passes to Player 2 who traps the ball and then passes to Player 3 and then onto Player 1 and so on.



Player 1 passes firstly to Player 2 and then moves to Position X. Player 2 who has the ball passes to Player 3 and then moves to Position Y. Player 3 passes to Position X and then moves to Position Z. The ball moves clockwise and the players after passing move anti-clockwise.

Points to look for:

- A firm accurate pass following by a clean trap.

Skill Activity 6

PASSING

Objective:

To maintain possession by passing.

Equipment:

Hockey sticks and 1 ball per group of four, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Pushing, Hitting and Trapping (see pages 7,8 and 9)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

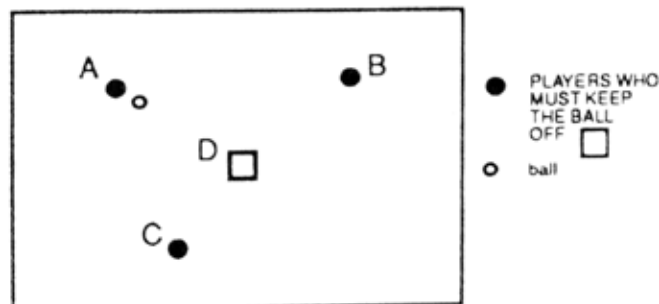
Skill Activity 6: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions: 'Piggy in the Middle'

- Organise players in groups of four.
- In 5 metre square grids 3 players must keep the ball off one player.
- Player A, B, C may pass the ball to each other in an endeavour to keep the ball off Player D.
- If the player in the middle manages to get hold of the ball, the player he/she intercepted the ball off, must swap with the player in the middle.



Points to look for:

- Players A, B, and C should move around to get into clear space to receive the ball.
- Ensure the players A, B, and C pass the ball amongst themselves regularly.

Skill Activity 7

HITTING

Objective:

To practise the technique of hitting.

Equipment:

Hockey sticks and 1 ball between two children, cones or markers



Introduction: (5-10 mins) Demonstrate the key coaching points associated with Hitting (see page 8)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

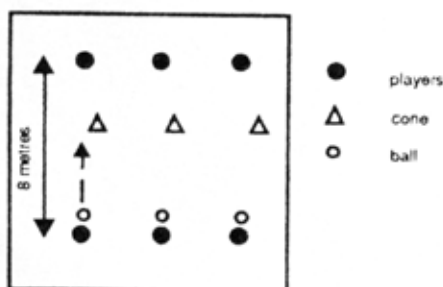
Skill Activity 7: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- (i) Organise players into pairs 5-8 metres apart and facing each other. One of the pair start with a ball.
- (ii) Place a cone in the middle of the pair as shown below.



- (iii) The players hit the ball to each other and at the same time try to hit the cone in the middle. A point is scored every time the cone in the middle is hit.

Points to look for:

- Ensure the players indulge in a controlled swing of the stick.
- The players shoulders should be in line with the direction of the hit.
- Hit the bottom of the ball.
- Hands are together at the top of the stick when hitting.

Skill Activity 8

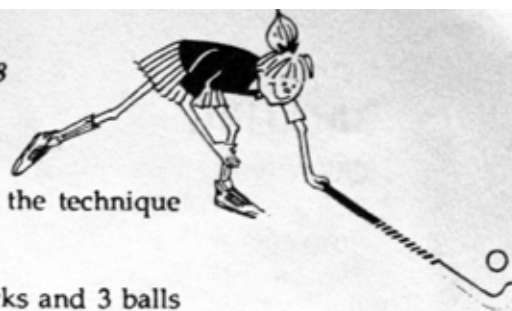
TACKLING

Objective:

To practise the technique of tackling.

Equipment:

Hockey sticks and 3 balls per group of four, cones or markers



Introduction: (5-10 mins) Demonstrate the key coaching points associated with Tackling (see page 12)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

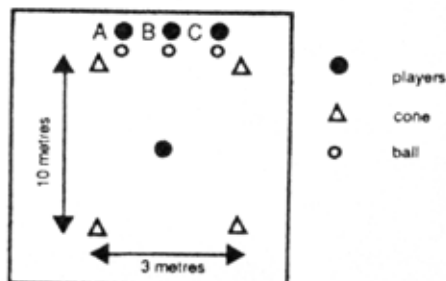
Skill Activity 8: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- (i) Organise the players into groups of four.
- (ii) Divide the area into grids of 3 metres x 10 metres.
- (iii) One of the four players should be placed in the middle as the tackler.
- (iv) The other three players each have a ball.
- (v) Player A try to dribble down to the other end while player D (tackler) tries to tackle.
- (vi) Whether Player A gets to the other end or not he/she must move down to the other end and wait until Player B and C have had their turn to join him/her.
- (vi) Player D (tackler) gets to try and tackle each of the players A, B, and C in turn.
- (viii) This can be repeated so that the tackler has 6 attempts to tackle.
- (ix) The player in the middle can then be changed with one of the other three and the activity continued.



Points to look for:

- Ensure the grids are thin enough to give the tackler more chance to practise and successful tackle.
- The stick must remain close to the ground and every endeavour should be made to dispossess the dribbler rather than just hit the ball away.

Skill Activity 9

TACKLING

Objective:

To enjoy a fun game and at the same time practise the art of tackling.

Equipment:

Hockey sticks and 1 ball per player, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Tackling (see page 12)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

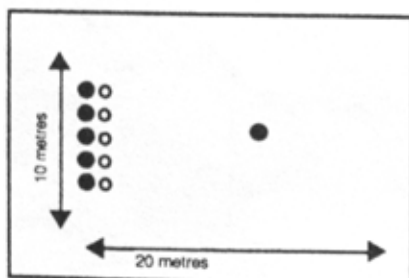
Skill Activity 9: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions: 'Bullrush'

- (i) A group of six (eight, ten...) players each with a ball are lined up at one end of the hockey area.
- (ii) The hockey area should be at least 10m x 20m.
- (iii) One player is placed in the middle.
- (iv) The player in the middle nominates a player with the ball to try and dribble through to the other end.
- (v) The player in the middle must endeavour to 'tackle' the nominated player.
- (vi) If the nominated player gets to the other end with the ball it is 'bullrush' and all the remaining players can go at the same time to get to the other end.
- (vii) If a player is tackled that player must join the player in the middle.
- (viii) Once there are two players in the middle 'bullrush' is called every time until every player is tackled or robbed of the ball.



Points to look for:

- The tackler in the middle should keep his/her stick on the ground and try to rob the ball carrier of the ball.
- The tackler should not hit the ball away but instead get hold of the ball.
- Don't rush into a tackle but be patient.
- Do not swing into a tackle.

Skill Activity 10

DRIBBLING

Objective:

To practise and differentiate between two means of moving the ball with a hockey stick.

Equipment:

Hockey sticks and 1 ball per group of three, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Dribbling (see page 10)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

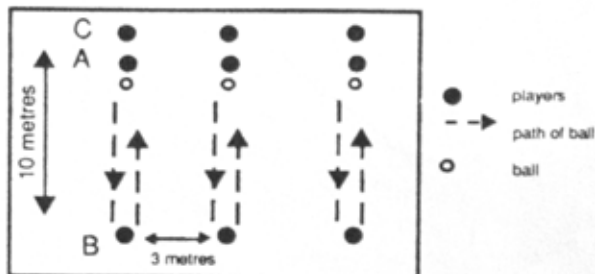
(Skill Activity 10: 15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- (i) Organise the players in groups of three as shown in the diagram below.
- (ii) Each group of three will require one ball.
- (iii) Player A in each group starts with the ball and uses a close dribble (i.e. with the stick 'hugging' the ball) down to Player B. Player B then uses a close dribble to hand over to Player C and so on.
- (iv) After two or three minutes use the same structure of the drill but this time employ the open dribble (i.e. where the ball is propelled by a series of taps).
- (v) Change this activity from the 'open' to the 'close' dribble as often as you please to bring variety as well as to learn the difference and advantage of these two forms of moving the ball.



Points to look for:

- Ensure for the 'close' dribble that the stick is in constant contact with the ball.
- Ensure for the 'open' dribble that the players move at speed so that they appreciate that this is a quicker way of moving the ball.

Skill Activity 11

INDIAN DRIBBLE

Objective:

1. To teach and demonstrate the basic grip for the Indian dribble.
2. To practise the Indian dribble.

Equipment:

Hockey sticks and 1 ball per player, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with the Indian Dribble (see page 11)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

Skill Activity 11: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- (i) All players should be placed in a semicircle around the coach/teacher so that they can all see.
- (ii) Show them how the stick should be laid down in front of them (see fig 1).



The stick is picked up at the top with the left hand. The left hand should now be locked into position.

- (iii) Once the left hand is locked into position all players should practise turning the stick over a stationary ball.
- (iv) Each player should count the number of times they can move the ball from their left foot to their right foot in one minute (see fig 2).

Points to look for:

- Ensure the left hand rotates the stick firmly over the ball and that the bottom half of the ball is moved.
- The players feet should be comfortably parted with their knees and back bent.
- The stick should rotate in the right hand. That is only the left hand rotates the stick while the right hand simply guides the stick.



Skill Activity 12

INDIAN DRIBBLE

Objective:

To practise the art and technique of the Indian dribble.

Equipment:

Hockey sticks and 1 ball per group of three, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with the Indian Dribble (see page 11)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

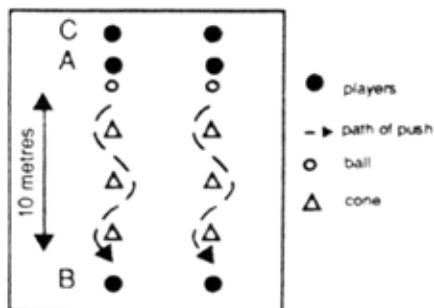
Skill Activity 12: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity instructions:

- (i) Organise the players in groups of three as shown in the diagram below.
- (ii) Each group will require one ball and several cones to dribble around.
- (iii) The cones can be placed approximately one metre apart.
- (iv) Player A in each group starts with the ball and moves the ball in a zigzag fashion (Indian dribble) to weave in and out of the cones down to Player B. Player B then uses the same dribble to hand over to Player C and the relay is continued.
- (v) This activity can be made more challenging by having more cones to dribble around; by placing the cones closer together; by placing the cones in a zigzag pattern.



Points to look for:

- Ensure it is the left hand that rotates the stick onto its reverse side.
- Ensure the bottom half of the ball is moved in a zigzag fashion.
- The ball should be played a comfortable distance away from the feet.
- The knees and back should be bent.
- The stick should not leave the ball.



Skill Activity 13 BALL CONTROL

Objective:

To practise controlling the ball in a confined space as well as being aware of other available space.

Equipment:

Hockey sticks and 1 ball per player, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with the Close Dribble (see page 10)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

Skill Activity 13: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

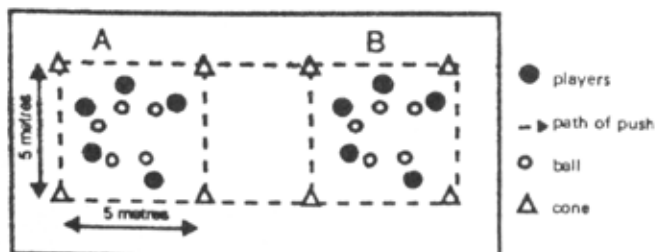
Skill Activity Instructions:

- Organise ten players each with a ball into a square grid (5m x 5m) - Grid A.
- Organise another ten players each with a ball into Grid B.
- The players must move but only within their own grid without losing possession of the ball. The players must not touch each other as they move.

(iv) Once a whistle is blown the groups from Grid A and Grid B must cross over so that they are swapping grids.

(v) In this cross over they must not lose possession of their ball nor must they touch any player from either group.

(vi) The whistle may be sounded frequently to get them to cross over.



Points to look for:

- The players must keep their stick on the ball as well as glancing to see where the space is.
- Ensure the players are continually moving to get the most benefit from this activity.

Skill Activity 14 SPACE AWARENESS

Objective:

To improve space awareness and the ability to change the point of attack.

Equipment:

Hockey sticks and 1 ball only, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with all the basic hockey skills (see pages 7-12) Mention one important aspect of each skill.

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

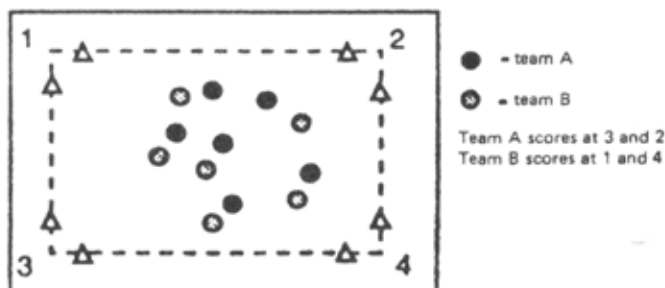
Skill Activity 14: (15-20 mins) see instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- Divide the group into two teams of 4, 6, 8, etc.
- Mark the size of the pitch according to the number of players participating.
- Goals to be placed at the corners of the pitch.
- Teams score at goals diagonally opposite to each other (see diagram).



Points to look for:

- The players must change/switch play to create space to score at the opposite goal if one line of attack is not available.

Skill Activity 15 DRIBBLING

Objective:

To practise dribbling the ball but at the same time being aware of players around you.

Equipment:

Hockey sticks and 1 ball per group of three, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with the Close Dribble (see page 10)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

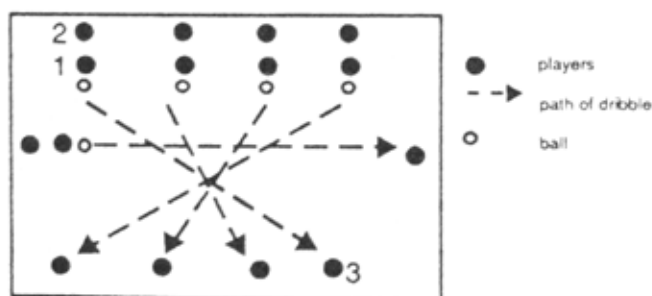
Skill Activity 15: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- Organise players into groups of three whereby two members are at one end with the ball and the third member opposite them, as shown in the diagram below.
- Member 1 of each group uses a close dribble down to Member 3 of their group who then dribble back to Member 2 of their group.
- All the groups move together and so the timing as well as looking up is crucial to avoid crashing into anyone.



Points to look for:

- Ensure the players are looking up ('scanning') as they move with the ball.
- The players may need to speed up, stop or simply time their dribble to avoid contact with other players.
- The ball should be in front of their body to help their vision in front.



Skill Activity 16 MOVING AT PACE

Objective:

To move the ball at pace and to score a goal under pressure.

Equipment:

Hockey sticks and 4 balls per group of eight, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with the Open and Close Dribble as well as Tackling (see pages 10 and 12)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

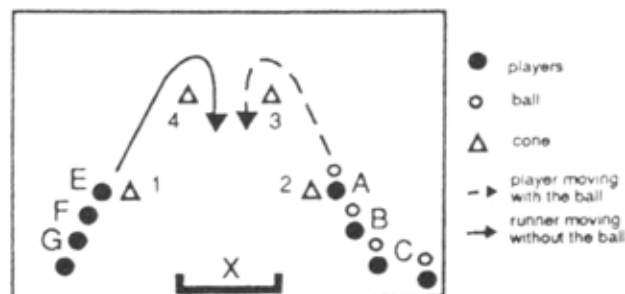
Skill Activity 16: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- Organise the players into groups of 8.
- Each group is divided up so there are 4 at each of the cones (1 and 2) as shown in the diagram below.
- Player A on the word 'go' must carry the ball at pace around Cone 3 and try and score a goal by pushing into the Goal X. At the same time as Player A moves with the ball, Player E runs around Cone 4 trying to deny Player A scoring a goal.
- Player A and E swap over their position once their game is over.
- Then Player B and E prepare to compete on the word 'go' and so on.



Points to look for:

- Ensure the players with the ball move efficiently as possible around the cone so they can shoot at Goal X unaffected.
- The player without the ball should run at speed and keep their stick on the ground in an endeavour to tackle the player with the ball.



Skill Activity 17 DRIBBLING /TACKLING

Objective:

To run to gain control of the ball and then to work the ball in a goal.

Equipment:

Hockey sticks and 1 balls each, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Dribbling and Tackling (see pages 10 and 12)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

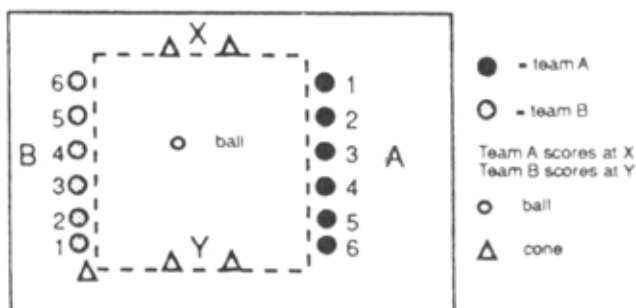
Skill Activity 17: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions:

- Organise the players into two groups of six and give them a number as illustrated below.
- Two goals are set up. The group of players at A must score into Goal X and the group of players at B must score into Goal Y.
- Place the ball in the middle as shown below and call a number. The players called must run into the middle and try and score a goal into their respective goals. Both players must try and deny each other from scoring.



Points to look for:

- The players must keep their sticks on the ground when they are tackling the player with the ball.
- Encourage the players to keep the stick close to the ball at all times because the player that lifts their stick will lose control of the ball.

Skill Activity 18 MAINTAINING POSSESSION

Objective:

To maintain possession of the ball.

Equipment:

Hockey sticks and 1 ball each, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Dribbling and Tackling (see pages 10 and 12)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

Skill Activity 18: (15-20 mins) See instructions below

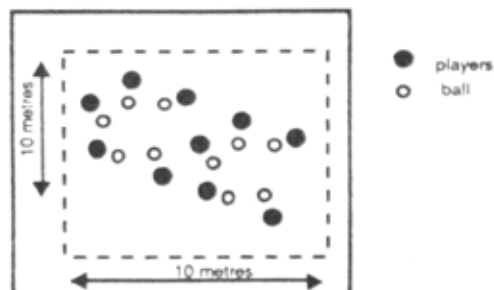
Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions: 'Survival'

- Organise a square grid of 10m x 10m.
- Organise 10 players each with a ball in this grid. (This grid can be adjusted according to the number of players).
- On the word 'go' all the players move with the ball but must not go out of this 10m square.
- Also as the players move around in this square they may knock another player's ball away from them.

Once this happens the players who have their ball removed from them must stand outside the square and wait until there is a single survivor.



Points to look for:

- Ensure players move around into clear space and away from any threats of being robbed of the ball.
- Ensure the players maintain strong possession of their own ball by keeping their stick on the ball and moving it away from any danger.

Skill Activity 19 BALL CONTROL

Objective:

To enjoy a fun activity while practising gathering and controlling the ball and at the same time learning to be aware of the activity around you.

Equipment:

Hockey sticks and 5 balls per group, cones.

Introduction: (5-10 mins) Demonstrate the key coaching points associated with Dribbling (see page 10)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

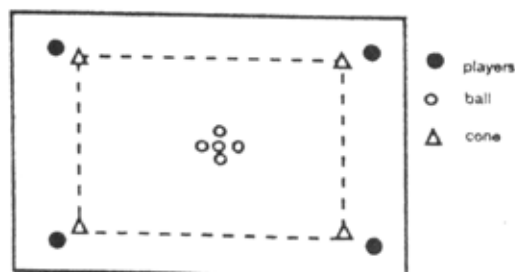
Skill Activity 19: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions: 'Robbing the egg from the nest'

- (i) Four players are placed at corners of a 5 metre square
- (ii) Five balls are placed in the centre of the square.
- (iii) On the word 'go' each player must run into the centre and collect a ball with their stick and dribble it back into their corner.
- (iv) Once the ball is placed in the player's corner that player must compete for the remaining one ball in the middle or 'rob' someone else's corner (nest) of a ball (egg) and place it in their corner.
- (v) No-one may take the ball off another player while they are dribbling it.
- (vi) The first to have two balls in their corner is the winner and the game is completed.
- (vii) Another 4 players may then be introduced to play another game.



Points to look for:

- Ensure the players place the ball stationary at their corner (nest).
- Advise the players that they must not take the ball off another player who is dribbling the ball.
- Advise the players that they must decide who looks likely to win the game and rob that nest

Skill Activity 20 PASSING

Objective:

To practice passing (using a push pass)

Equipment:

Hockey sticks and 2 balls, cones or markers

Introduction: (5-10 mins) Demonstrate the key coaching points associated with the Push and Trap (see pages 7 and 9)

Warm Up: (5-10 mins) Easy jog to warm up muscles and some simple and easy stretches

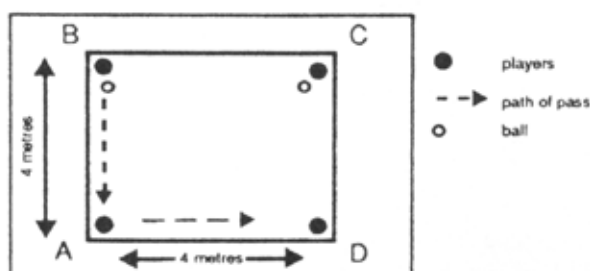
Skill Activity 20: (15-20 mins) See instructions below

Mini Hockey Game: (10 mins) Divide the class into 2 even groups and place 2 cones at either end for goals. Let the game flow, stopping the game only when the ball goes out or there is a deliberate or dangerous infringement.

Conclusion: (5 mins) Assemble the class, collect gear and summarise the main coaching points.

Skill Activity Instructions: Target Person

- (i) Organise four players on the corner of a 4 meter square as shown in the diagram below
- (ii) two balls are required
- (iii) Player A is nominated as the target person
- (iv) Player B with the ball passes to the target person (A) who must then pass to the player without the ball (ie player D)
- (v) The ball from player C is then passed to the target person (A) who must then pass to the player now without the ball (ie player B)
- (vi) Player D passes to the target person (A) who now passes to the player without the ball (ie player C) and so on
- (vii) The target person can be changed every two minutes



Points to look for:

- Ensure all the players trap the ball to a stationary position before they pass it on.
- Ensure the target person get his/her feet into a good position before the pass is made to get better direction on the pass.