



SMALL STICKS SKILLS



GRIP

This is the basic grip for receiving, dribbling, pushing and passing, the left hand at the top of the stick, and the right hand halfway down the handle – around 30cm

(Not too far down to close off vision by bringing head down)

Coaching Points

- *Check left forearm is in line with stick so back of wrist points forwards*
- *Both arms slightly bent at the elbows*

Common Errors:

- Hands around wrong way
- Hands too close together
- Eyes down all the time
- Ball too close to the feet



PUSHING

COACHING POINTS

- *Grip – left hand at top- right hand further down shaft for control*
- *Stick starts against lower part of ball*
- *No backswing involved*
- *Low posture and follow through to target*
- *Transfer weight from right foot to left*
- *Quick footwork*



RECEIVING (TRAPPING)

COACHING POINTS

- *Early preparation and concentrating on the task*
- *Grip – left hand at top- right hand further down shaft for control*
- *Stick on ground*
- *Watch the ball on to your stick*
- *Soft hands to absorb the ball (this will negate rebounds off stick)*
- *Lower hand (right) moves back with the ball slightly to control ball*
- *Players should use their vision before receiving the ball so they know their options and the position of players around them – “receive in daylight”*
- *Footwork very important - moving to trap the ball*
- *Forehand and Reverse (this should only be encouraged in the upright position*
- ***Expect to stop everything***



BALL CARRYING (DRIBBLING)

COACHING POINTS

- *Hands apart*
- *Low body position*
- *Ball out in front of body*
- *Ball outside right foot*
- *Head up, good vision*
- *Passing off right foot*
- *Identify different forms and their uses – closed, open, Indian*



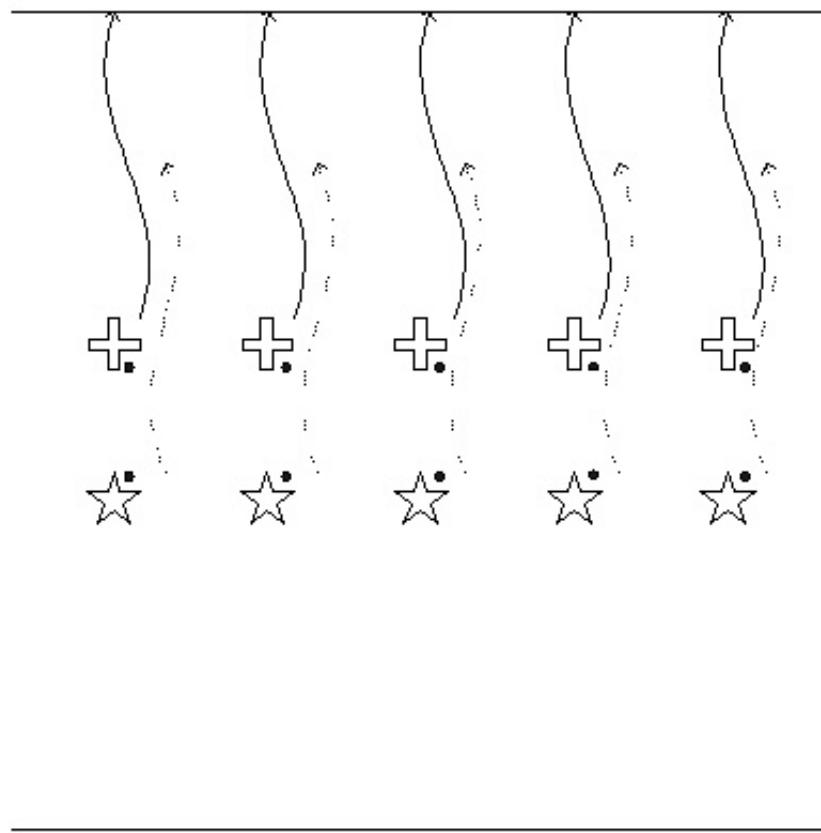
Game 1: Cats and Mice

Objective: To open dribble at pace

Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x hockey ball each
- Bibs for one team

Setup:



Description:

- Players line up in 2 rows, one row with bibs on called Cats (stars)
- The other row is called Mice (crosses)
- The two rows are about 3m apart
- When the coach calls "MICE" the mice all dribble across the nearest line
- The Cats then have to leave their ball behind and try to catch the mice, tackling them before they reach the line
- If the coach calls "CATS" the roles are reversed, with the cats dribbling across the line, and the mice chasing
- After each chase, reposition the players and call either cats or mice again.
- The winners are the players who do not get caught

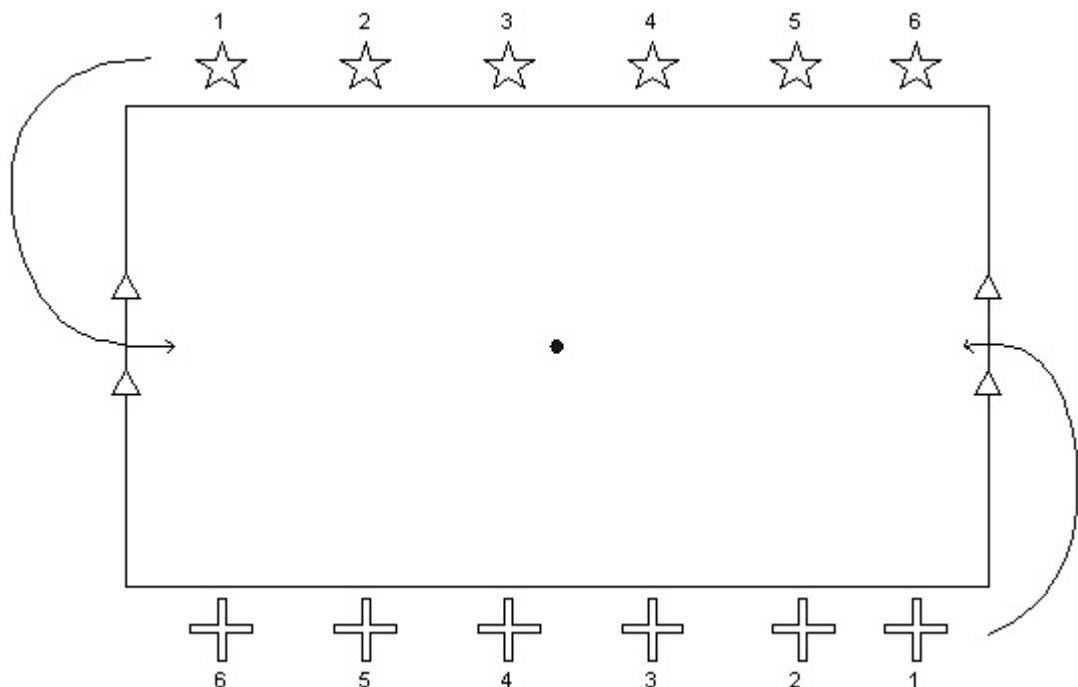
Game 2: Dog & Bone

Objective: To dribble while under pressure, also tackling skills

Equipment Needed:

- 8 x cones
- 1 x hockey stick each
- 1 x hockey ball

Setup:



Description:

- Divide the players into 2 groups of 6 and give them a number as shown above
- The ball is placed in the middle as shown above and a number is called
- The crosses must run through the goal on the right, and score into the goal on the left, while the stars must score into the goal on the right
- The players called must run through the goal, into the middle and try and score at the opposite end, both players must try and stop the other from scoring
- To score, the ball must be dribbled through your opponent's goal
- Play continues until a goal is scored or the ball goes out of play
- Another number is called and the game continues
- The teams keep track of how many goals they have scored and after a set time limit the team with the most wins

Variations:

- Call more than one number; start calling two numbers, then three numbers!
- Players on the side can receive a pass then pass back to their players but they can not score

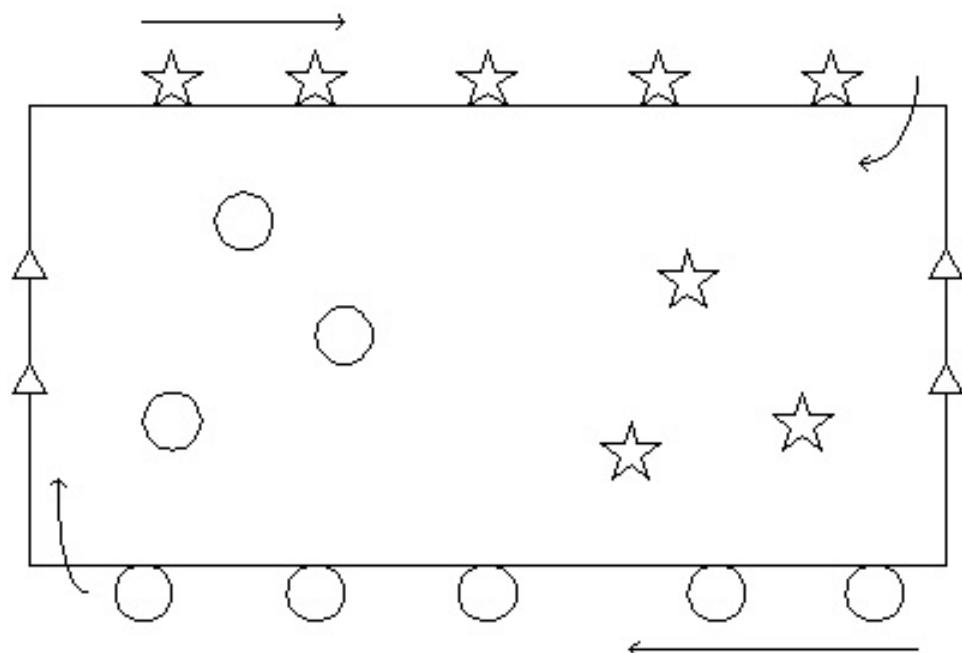
Game 3: Sideline Hockey

Objective: Passing and receiving under pressure, vision and teamwork

Equipment Needed:

- 8 x cones
- 1 x ball
- hockey sticks

Setup:



Description:

- Two teams, Team Stars and Team Circles
- 3 players from each team start on the field
- The spare players from each team are placed along the sideline, team stars on one side team circles on the other
- It is 3v3 for a set time or until a goal is scored. At end of time limit or a goal is scored players rotate
- Players leaving the field go to the end of their own team line and three new players run on from the other end
- The ball is kept in play along sideline by players off the field who can 'wall pass' or 'bunt' the ball back onto the field to their own players.
- Players on the field can also pass to the wall players
- Sideline players cannot tackle or enter field

Variations:

- Players can only hold ball for 5 seconds max
- Players can only have 3 touches then they must pass

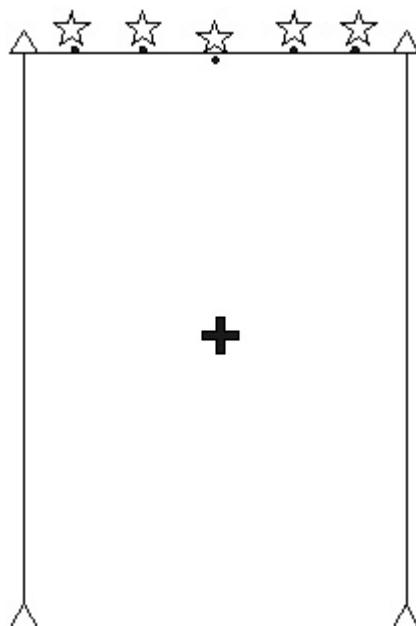
Game 4: Tackle Bullrush

Objective: To practice tackling while playing a fun game

Equipment Needed:

- 4 x cones
- 1 x hockey stick each
- 1 x ball per player (except the player in the middle)

Setup:



Description:

- Play as one large group (max 15)
- Set up as above with one player starting in the middle without a ball
- The middle player calls out someone's name and that person has to try and dribble through to the other end
- The middle player tries to tackle the person with the ball
- If the person gets to the other end safely it is 'bullrush' and all the remaining players can go at the same time to get to the other end
- If a player is tackled successfully (loses possession) then that player must join the one in the middle
- Once there are 2 players in the middle 'bullrush' is called every time until every player is tackled or robbed of the ball

Variations:

- Players must keep their stick on the ground at all times
- Bullrush is not called until 2 players have been tackled
- Call something other than 'bullrush'. Ask the players to come up with a name