

Phase 1 - Hooked on Fun

Welcome to Hooked on Fun, the IHA's FUNDamental Programme for **EARLY PHASE 1** of Long Term Player Development Model.

The FUNDamental Phase of LTPD focuses on developing fundamental movement skills and physical literacy in a fun and game-orientated manner, while introducing basic hockey techniques. Developing these skills in this way allows for children to maximise their potential while enjoying sport and will help to retain children in physical activity in the longer term.

Hooked on Fun includes 15 session plans for **6-9 year olds** focused on introducing hockey in a fun and challenging way (with and without a stick), while also allowing for the development of fundamental movement skills and physical literacy. The sessions are divided into four key areas, with each session focussing on a particular hockey-related fundamental movement skill and hockey technique:

The sessions are structured as follows:

- 1 **Warm-Up Movement Activities** - fun warm up games (with a focus on a particular fundamental movement skill) including a whole body stretch component
- 2 **Focussed Activities** - fun movement-based activities preparing players for a hockey specific activity
- 3 **Hockey Specific Activity** - completing the movement activities with stick & ball
- 4 **Fun Game** - game designed specifically to highlight and further develop the movement skill and hockey technique developed through the session.

We understand the importance of good coaching at an early development stage but, we also understand that coaches are volunteers who give their time and energy to their clubs voluntarily.

The Sessions are very clearly laid out and easy to follow - allowing coaches to understand the Session quickly and implement the session in the correct way.

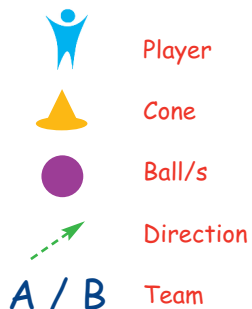
EASY TO USE -
download a session from your computer each week. Email sessions to all coaches, so everyone knows session for the week.



The sessions include the following

- 1 **Running** - ball carrying 1 v 1
- 2 **Agility & Balance** - stop start
- 3 **Change of Direction & Pace**
- 4 **Moving in Circles** - spinning & escaping
- 5 **Balance and Co-ordination** - using the reverse
- 6 **Underarm Throwing** - push passing
- 7 **Catching** - receiving on the forehand
- 8 **Throwing & Catching** - passing and receiving
- 9 **Throwing on the Move** - passing on move
- 10 **Balance and Co-ordination** - receiving on the move
- 11 **Agility in low position/co-ordination** - defending
- 12 **Agility and Acceleration** - 1 v 1 elimination chuck and run
- 13 **Agility & Acceleration** - 1 v 1 lateral drags
- 14 **Spatial Awareness** - goal scoring
- 15 **Kicking** - goal keeping 'Have a go'

Symbols used throughout the sessions



Enjoy your sessions...any feedback welcome
Dave & Phil

Each Session is laid out in the following format - 1-6+ steps to follow depending on session.



We have also included 2 additional sheets

- 1 Whole Body Stretch
- 2 Safety and Techniques that need to be implemented at each session.

Phase 1 - Hooked on Fun

Coaching Players Effectively:

Effective coaching at any phase requires us to understand the players' needs and characteristics.

The following highlights these aspects for the FUNdamental Phase 1.

Players:

- need to be kept physically active with frequent breaks and regular changes in activity
- often have wide range of physical abilities, co-ordination will often be under or not yet fully developed so players need plenty of movement tasks focusing on the ABCs -

Agility

Balance

Co-ordination

Speed

- require things to be consistent and fair
- are sensitive to criticism
- learn best when physically active and repeat things on a regular basis
- are easily distracted and lose concentration quickly.

ENJOY
YOUR SESSION

David Passmore
and Phil Oakley
coaching Hooked on Fun

Running FUNdamental Sessions:

The creation of a safe, fun and challenging environment at the FUNdamental phase is key to childrens' enjoyment of sport. It also increases the probability of retaining children within sport in the longer term. Effective coaching at this phase will help to create this environment and should take into account the following when running sessions:

The Coach:

- should ensure that safety is the primary concern - arrive early & be prepared
- players must have fun and enjoy their hockey experience - it is important for the coach to smile and be enthusiastic
- there needs to be sufficient equipment for everyone (one stick and minimum one ball each)
- focus on both fundamental movement activities and basic hockey techniques
- avoid queues of players waiting for their turn
- ensure children take responsibility for other's safety
- consistently provide positive feedback to the players
- ask questions of the players to ensure understanding.

The Players:

- have FUN!
- should be consistently active during the session with regular short breaks and changes in activity
- should be involved the whole time
- have lots of time with a ball for as much of the session as possible
- experience success and gets lots of positive and constructive feedback
- enjoy their training experience.

How to Use Hooked on Fun:

Hooked on Fun has been designed for beginners aged 6-9 with the emphasis on fun! The sessions should be followed from Session 1 to Session 15 in order, as they are designed to progress children through the key fundamental movement skills related to hockey, beginning with the most basic movement for sport: running.

The sessions can be repeated a number of times and exercises can be modified or adapted as the players progress.

We would recommend that all sessions are completed at least once before repeating the sessions again.



Phase 1 - Hooked on Fun

Group Sizes:



Coaches should divide the children into appropriate sized groups in order to maximise activity.

This may require the coach to set up several exercises at once, which will help to avoid children becoming bored.

Timing Your Sessions:

The progression of each session will depend on a number of factors including the number and ability of children, surface being used, coaching resources and allowed session time which will vary depending on whether the session is run in a school or club.

The sessions are designed for children to achieve success while having fun, so it is important that coaches do not rush through the session to complete it. The session could be run over two weeks for example.

It may also be the case that more advanced children will achieve success quicker and the coach can add in additional games at the end of the session.

Ensure that all players wear a
Gum Shield and Shin Pads
at all times.

EQUIPMENT:

Coach:

- Whistle
- Watch
- First Aid bag
- Spare hockey sticks

Player:

- Hockey stick
- Gum shield
- Hair band/Go Go

General:

- Spare sticks
- Hockey balls
- Multi coloured cones
- Bibs - 2 colours
- Tennis balls
- Soccer balls
- Rugby balls
- Child's bouncing balls
- Bean bags - rectangular and circular
- Goals
- Water balloons

Additional items if possible:

- Hoola Hoop - Session 1 & 3
- Obstacles- Bike tyres etc
- Hurdles
- Throw Down Lines
- Ladders

Session Requirements:

- Session 1:** Hockey balls, cones
Optional: Hoola Hoop for nest or throw down lines
- Session 2:** Hockey balls, cones, bibs
- Session 3:** Hockey balls, cones, bibs.
Optional: Hoola Hoop/ Bike tire or drop down lines
- Session 4:** Hockey balls, cones, bibs.
- Session 5:** Hockey balls, cones, bibs.
- Session 6:** Variety of small balls (tennis balls/hockey balls/bean bag)
- Session 7:** Water balloons/tennis balls
Hockey balls, hockey sticks, cones, bibs
- Session 8:** Water balloons, variety of balls ie rugby/soccer/Tennis
- Session 9:** Variety of balls, so
- Session 10:** Variety of balls ie soft balls, light balls, reaction balls, soccer ball, rugby ball
- Session 11:** Hockey balls, cones, bibs, tennis balls
- Session 12:** Hockey balls, cones, bibs, tennis balls
- Session 13:** Hockey balls, cones, bibs, tennis balls
- Session 14:** Hockey balls, cones, bibs, soccer and/or tennis balls
- Session 15:** Hockey balls, cones, bibs, ladders and tennis balls

Whole Body Stretch

Introduction:

All coaching sessions should begin with a warm up and conclude with a warm down.

Warm ups should include heart raisers which are included in Activity 1 on each session plan. Children then need to complete a Whole Body Stretch.

Between ages 6-9 we do not recommend isolated muscle stretches, so suggest whole body stretches, such as:

1 Mobility exercises to prepare joints for activity

2 Gentle stretches undertaken in a generic way to help prepare muscles and ligaments for exercise

Stretching should not cause any pain or discomfort.

Autumnal Stretch:

- Jump in the puddles (imaginary)
- Splash your friends
- Run through the leaves (Imaginary), pick them up and throw them high in the air then run away before they fall on you
- Reach up and stretch high as you can to get conkers from the tree, try with just your left hand, and then your right.....you can't quite reach
- Imagine you are a hibernating animal (eg squirrel) collect some nuts for the winter and then curl as small as you can. The wake up and stretch every muscle in your body, your arms, your legs...

Growing Stretch:

Show the players how to crouch down keeping their feet on the floor and their hands flat on the floor next to their feet.

- Demonstrate to the children how to slowly stand up, pretending as if they were a tree stretching towards the sun
- Teach the children to reach their arms out to the sides to resemble tree branches and to tilt their head back slightly as if they were stretching towards the sun
- Have them lower their body back to the starting position and then repeat the stretch one or two more times.

Animals:

Move in the shape of the following animals:

- Bunny rabbit
- Bear (Both hands and feet on turf) same hand and foot moves together
- Crab (remember a crab moves sideways. Children should have their tummies facing upwards)
- Giraffe (reach up high)

The Bean Stretch:

The caller calls out different kinds of beans and the children perform the actions:

- String Bean Stand tall and thin
- Broad Bean Stand in a star shape
- Kidney Bean Jump up and down
- Jelly Bean Wobble like jelly
- Baked Bean Cross your legs and say Oooh
- Runner Bean Run on the Spot



Up-down-out-in: (Counting to 8)

- Stand with the feet apart
- Practice moving both arms
 - up to the ceiling (1, 2)
 - down to the floor (3,4)
 - out to the sides (5,6)
 - in together to clap (7,8)
- Repeat a few times



SESSIONS 1 - 15

SESSION 1	BALL CARRYING 1v1	Movement Skill : Running	6
SESSION 2	STOP START	Movement Skill : Agility & Balance	7
SESSION 3	BALL CARRYING 1v1	Movement Skill : Change of Direction & Pace	8
SESSION 4	SPINNING & ESCAPING	Movement Skill : Moving in Circles	9
SESSION 5	USING THE REVERSE	Movement Skill : Balance and Co-Ordination	10
SESSION 6	PUSH PASSING	Movement Skill : Underarm Throwing	11
SESSION 7	RECEIVING ON THE FOREHAND	Movement Skill : Catching	12
SESSION 8	PASSING AND RECEIVING	Movement Skill : Throwing & Catching	13
SESSION 9	PASSING ON MOVE	Movement Skill : Throwing on the Move	14
SESSION 10	RECEIVING ON THE MOVE	Movement Skill : Balance and Co-ordination	15
SESSION 11	DEFENDING	Movement Skill : Agility in Low Position/Co-ordination	16
SESSION 12	ELIMINATION CHUCK AND RUN 1v1	Movement Skill : Agility & Acceleration	17
SESSION 13	LATERAL DRAGS 1v1	Movement Skill : Agility & Acceleration	18
SESSION 14	GOAL SCORING	Movement Skill : Spatial Awareness	19
SESSION 15	GOAL KEEPING 'HAVE A GO'	Movement Skill : Kicking	20

WARM UP ACTIVITIES

1. Bop Along
2. Whole Body Stretch (see pg 4)
3. Gear Change

1

BOP ALONG

ORGANISATION:

- 1 Players sit with legs straight in front
- 2 Slowly swing each arm up to the side of the head, in turn as if running - "Bob Along"
- 3 Speed up, as technique improves.

Progression

- 1 Same technique when standing.



- Keep back straight
- Achieve rhythm without losing control.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

GEAR CHANGE

ORGANISATION:

- 1 Jog on spot at a steady pace on the balls of the feet
- 2 On signal from coach, change gears, gradually moving feet quicker and quicker.

Progression

- 1 Players can move around.



- Keep head up & back straight
- Synchronise opposite arm and leg movement: right arm, left knee
- Maintain balance keeping feet close to ground
- Run on balls of feet
- Vary the speed for each exercise.

FOCUSSED ACTIVITIES

4. Ball Transfer Hockey Stick & Ball Transfer
5. Stick Dribble Transfer

4

BALL TRANSFER

ORGANISATION:

- 1 Player picks up a ball from - Cone A with their left hand - Runs to Cone B, placing the ball in front of their team mate
- 2 Next player picks up the ball from - Cone B with their right hand - Runs to Cone A, placing the ball at cone.

30 SEC

Count how many runs in 30 seconds and/or race teams



- Focus on technique
- Ensure both hands are being used to encourage balance whilst running
- Head up during transfer.

HOCKEY STICK & BALL TRANSFER

ORGANISATION:

- 1 Add in a hockey stick carried in the right hand below the grip as if a player was running in a game
- 2 The ball should be carried in the left hand.

30 SEC

Count how many runs in 30 seconds and/or race teams

5

HOCKEY SPECIFIC ACTIVITY

STICK DRIBBLE TRANSFER WITH STICK & BALL



ORGANISATION:

- 1 Using the same game as No 4 (Ball Transfer), now include a stick carried in the dribbling position with both hands
- 2 Once the players have practiced this, add the ball at the end of the stick
- 3 Coach can ask the players to vary hand positions as they dribble:
 - Start with left hand only
 - The right hand only
 - Using both hands

Vary the position of the lower hand to help players understand the most effective hand position.

Progression

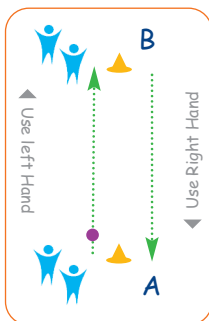
- 1 Add in some gentle turns.



- Focus on technique
- Ensure hands are being used to encourage balance whilst running
- Head up during transfer
- Keep head of stick on ground.

BODY POSITION

- Left hand above the waistline
- Right hand in front of the right thigh.



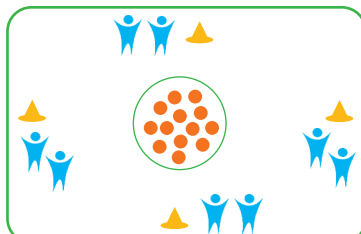
GAME

Rob the Nest

6

GAME

ROB THE NEST & FILL THE NEST



ROB THE NEST

- A Players must run to the nest, take a ball and dribble it back to their group
- B They are given 1 minute to rob as many balls as possible.

1 MIN

Count how many runs in 1 minute and/or race teams

FILL THE NEST

- A Each group are given 8 balls
- B They must deliver the balls back into the nest
- C Run back to cone before the next person goes.

1 MIN

Count how many runs in 1 minute and/or race teams



- Focus on technique when running without the ball
- Players should run at a pace that allows for good technique on forehand
- Dribble rather than being out of control.

WARM UP ACTIVITIES

1. Cups and Saucers
2. Whole Body Stretch (see pg 4)
3. Me and My Shadow

1

CUPS & SAUCERS



ORGANISATION:

- SAFETY** - Care to avoid banging heads
- 1 Coach lays out cones randomly in area
 - 2 Half in cup shape & half in saucer shape
 - 3 2 teams play against each other and try to turn the cones over
 - 4 Team with most Cups or Saucers wins.

30
SEC

After 30 seconds game stops.



- Decelerate when approaching
- Accelerate when moving off
- Remember to keep your balance.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

ME AND MY SHADOW

ORGANISATION:

- 1 Divide into pairs 2m apart
 - 2 Lead player moves in any direction, stopping/starting, accelerating/decelerating
 - 3 Shadow player must follow/copy.
- 1 Add cones for lead player to run to on coaches command
 - 2 Shadow must catch lead before lead gets to the cone.



- Knees bent on stopping
- Feet slightly apart for balance
- Use of arms during acceleration and stopping
- Using balance position – one leg in front of other
- Vary the speed, beginning with low intensity.

FOCUSSED ACTIVITIES

4. Stuck in the Mud
5. Stuck in the Mud with Stick & Ball
5. Stuck in the Mud Hockey

4

STUCK IN THE MUD

ORGANISATION:

- 1 To start, pick 2 players as designated 'chase' players
- 2 Players can move around and the chasing players must tag them
- 3 If tagged, players must stop immediately in a balanced position
- 4 Player is freed by another player crawling through their legs or running under their arms.



- Focus on acceleration and stopping techniques
- Encourage players to stop before crawling through player's legs.

STUCK IN THE MUD WITH STICK AND BALL

ORGANISATION:

- 1 Players carry their stick and a ball in their hands
- 2 Game as above, but player is freed by a free player arriving at the captured player, dropping the ball and pushing it through their legs and picking it up on the other side.

- Left hand should be above the waist with the right hand over the right thigh as in ball carrying position
- Safety is priority.

5

HOCKEY SPECIFIC ACTIVITY

STUCK IN THE MUD HOCKEY



ORGANISATION:

- 1 Using the same game as No 4, (Stuck in the Mud) players must now dribble a ball
- 2 Defenders must tag the ball carriers in order to catch the player
- 3 Players are released by pushing a ball through their legs and receiving it on the other side.

Progression

- 1 Add in command "freeze"
 - everyone must stop immediately
 - can move after 2 seconds in a new direction
- 2 Chasers can use their sticks to touch the ball of the ball carrier.



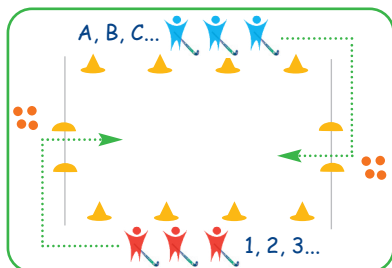
- Ball should be stopped on hook turned over the ball
- Acceleration and stopping techniques to be used in Stuck in the Mud
- Restarting should always be in a new direction
- Remember to look before moving.

GAME

Numbers and Letters

6

GAME NUMBERS AND LETTERS



- 1 2 teams are put on either side of Channel. Each player is given a number or letter
 - team 1: numbers - 1, 2 etc.
 - team 2: letters - A, B etc.
- 2 Coach calls a number and a letter (e.g. B:2)
 - a player from each team must run to a designated end of the channel
 - pick up a ball and dribble using 2 or 3 touches to get to the other end of channel
- 3 Player must stop it dead between the 2 cones

- 4 The winner is the player who is first and gains a point for their team
- 5 Coach then calls another number/letter.

Progression:

- Add in a chasing player
- Have both players compete for one ball
- Add in additional obstacles.



- Players should be given minimum instruction on the fastest way to get from one end to the other
- Hands should be closer together when moving faster
- Deceleration and stopping techniques to be emphasised.

WARM UP ACTIVITIES

1. Dodgems
2. Whole Body Stretch (see pg 4)
3. Touch the Cone

1

DODGEMS

ORGANISATION:

- 1 Players travel around area avoiding each other and obstacles laid down by the coach
- 2 Can pretend to be driving dodgems (can use a cone as a steering wheel)
- 3 Reduce size of playing area to increase difficulty.



- Low intensity to begin with
- No bumping
- Player to change pathway to avoid other players
- Turn on the outside foot

2

WHOLE BODY STRETCH

SEE PAGE 4

3

TOUCH THE CONE

ORGANISATION:

- 1 Using the same area layout, the players must quickly touch
 - 3 cones of the same colour with their feet
 - 3 cones of all different colours - then revert to 3 cones of the same colour
- 1 Coach can change colours or number of cones to vary



- Remind players of safety
- Use feet to touch cones
- Emphasise planting of foot in the direction the player wants to go next, when touching the cone
- Focus on moving off quickly
- Vary the speeds for each exercise.

FOCUSSED ACTIVITIES

4. Octopus Tag
- Octopus Tag with sticks
5. Octopus Tag Hockey

4

OCTOPUS TAG

ORGANISATION:

- 1 Divide into 2 groups and 1 player is picked as the Octopus
- 2 Coach shouts "go" and both players set off at the same time - Cone A to Cone B
- 3 The Octopus can move within the circle and must try to touch one or both players as they run past
- 4 Once all the players get to Cone B, Reverse the exercise to Cone A.
- 5 If player is caught by Octopus player they return to the back of the line
- 6 Winners - first team to all avoid Octopus reach and return to Cone A.



- Focus on footwork, acceleration/deceleration turning off the outside foot
- Emphasise a sharp change of direction
- Players can use body stop /start, duck, dodge to confuse the octopus
- Coach can vary angles of cones to encourage different turning angles.

OCTOPUS TAG WITH STICKS

ORGANISATION:

- 1 Players should then carry their stick in a dribbling position using the same game.

- Left elbow should tuck in to body when turning left
- Stick head should glide across the surface.

5

HOCKEY SPECIFIC ACTIVITY

OCTOPUS TAG HOCKEY



ORGANISATION:

- 1 Using the same game as No 4 (Octopus Tag), players must dribble a ball
- 2 The Octopus has no stick
- 3 Octopus must touch ball carriers when they pass as in Octopus Tag.

Progression

- 1 Vary the size of the area the Octopus can move in to increase/decrease the challenge.



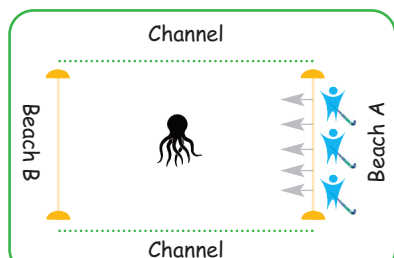
- Ball should be carried in front of right foot until turn is being executed
- Left elbow should tuck in when turning left
- Players can play the ball away from their body (glide) to accelerate
- Hands should come closer together when accelerating.

GAME

Unleash the Octopus

6

GAME UNLEASH THE OCTOPUS



- 1 Set up a wide channel (ocean) with two lines at either end (beaches)
- 2 Each player has a stick and ball
- 3 An Octopus starts in the middle and can move anywhere within the channel
- 4 Players on Beach A try to reach Beach B
- 5 Players continue to run from beach to beach
- 6 If the Octopus touches a player with 2 hands, the player joins the Octopus or sits out
- 7 The winner is the last player not caught by an Octopus.



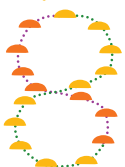
- Focus on technique of changing direction as well as change of pace
- Ensure channel is the correct size
- Area can be narrowed to increase the difficulty for the ball carriers.

WARM UP ACTIVITIES

1. Figure of 8's
2. Whole Body Stretch (see pg 4)
3. Figure of 8's on Motorbikes

1

FIGURE OF 8's



ORGANISATION:

- 1 Players run around a figure of 8
- 2 6 players per figure of 8
- 3 Players must avoid crashing into each other at the crossover area (colour code with cones)
- 4 Coach can reverse direction during the running.

- Low intensity to begin with
- Safety on crossover point
- Coach should encourage players to lean into the turns.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

FIGURE OF 8's ON MOTORBIKES

ORGANISATION:

- 1 Using the same area layout, the players must carry their sticks in front of them at arms' length as if driving a motorbike
 - 2 On turning left, players should turn their stick as if turning on the motorbike.
- 1 Add traffic light signals
 - 2 Ask players to speed up /slow down.

- Remind players of safety
- Ensure sticks are being turned
- Focus on foot work: faster but smaller strides on tight turns
- Vary the speeds for each exercise.

FOCUSSED ACTIVITIES

4. Foxes and Hounds
5. Spin and Run Relay Races

4

FOXES AND HOUNDS

ORGANISATION:

- 1 2 players start in the middle of a large circle of cones
- 2 Coach shouts go and Player A runs
- 3 On second shout of go, Player B runs
- 4 On exiting the circle Player A turns left (anti-clockwise) and runs around the circle
- 5 Player B tries to catch Player A before they get around the circle.

- Encourage players to run at full pace
- Lean into turns.

FOXES AND HOUNDS WITH STICK AND BALL

ORGANISATION:

- 1 Same game as above but the first player dribbles a ball
- 2 Lead player can tuck a bib into the back of their shorts and the chasing players must grab the bib.

- Left elbow should tuck into body when turning left
- Focus on keeping ball in front of feet
- Coach can add in extra commands - "freeze" to vary the game.

5

HOCKEY SPECIFIC ACTIVITY

SPIN AND RUN RELAY RACES



ORGANISATION:

- 1 Players are put into relays where they must escape by dribbling through a channel of cones
- 2 Players race each other, first team through wins.



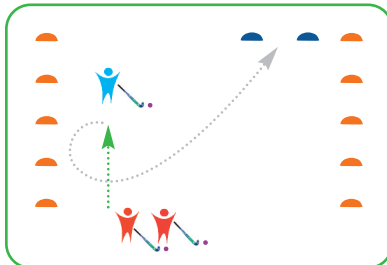
- Feet should constantly stay moving to create a bigger circle and allow an easier spin
- Players should use faster and smaller strides when turning
- Left elbow should tuck in when turning left
- Intensity should be high to allow for relays to be race.

6

GAME

ESCAPE TO VICTORY

(NB: Explain to players that escaping is spinning away from defender to find space)



- 1 Divide players into teams of 3 or 4
- 2 Set up a channel as in the diagram
- 3 The red team must enter the channel and are allowed to escape by the blue defender before attacking the blue cones.

Progression:

- Allow the blue defender to become more active when defending the initial escape.

- Focus on technique of escape and footwork as in Spin and Run Relay Races
- Players should accelerate out of the escape with eyes up
- Scores can be counted with blue team defending initially and then swapping to attack the red team.

GAME

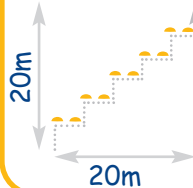
Escape to Victory

WARM UP ACTIVITIES

1. Left Foot Shuffle
2. Whole Body Stretch (see pg 4)
3. Shuffle Snake

1

LEFT FOOT SHUFFLE



ORGANISATION:

- 1 Coach lays down 5 sets of 2 cones staggered across a 20x20 meter line
- 2 After the first set, each subsequent set should be laid out to the right of the previous set
- 3 Players must run at the cones and push off their left foot to dodge the cones before approaching the next set.

- Low intensity to begin with
- Focus on pushing off the left foot and using hips and upper body to aid the movement.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

SHUFFLE SNAKE

ORGANISATION:

- 1 Divide into lines of 6-8 players, on the end line facing the 22m line
- 2 Each player in the line puts their hand on the shoulder of the player in front
- 3 The player at the back must shuffle in and out of the players (under their arms) until they reach the top of the line
- 4 As soon as the hand is in place, the next player follows the process
- 5 The first team to reach the 22m line wins.

- Remind players of safety
- Focus on low body position - push off the left and right foot
- Players should face forwards at all times.

FOCUSSED ACTIVITIES

4. Dribble Like an Indian
- Dribble Like an Indian On the Run
5. Dribble Like an Indian Relays

4

DRIBBLE LIKE AN INDIAN

ORGANISATION:

- 1 Coach explains the technique behind using the reverse & the Indian Dribble
- 2 Players begin using the body and hands movements without a stick
 - introduce a stick
 - introduce a ball.

30 SEC

Count how many drags they can complete in 30 seconds

- Emphasis on hand position on the stick and control using the Indian Dribble grip
- Shifting of body weight from foot to foot to aid ball movement
- Drags should be smooth using minimal touches
- Flat part of stick should face the ball at all times.

DRIBBLE LIKE AN INDIAN RELAYS

ORGANISATION:

- 1 Coach lays out cones as per diagram
- 2 Players must runs to Gate A and drags left to right, they run to Gate B and drag right to left
- 3 Relays can be raced once players are confident.

- Ensure players are pushing off correct foot
- Encourage players to accelerate once the drag is complete
- Players should keep their head up as much as possible.

5

HOCKEY SPECIFIC ACTIVITY

DRIBBLE LIKE AN INDIAN ON THE RUN



ORGANISATION:

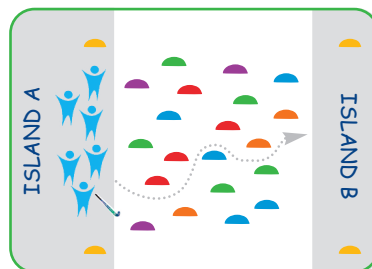
- 1 Coach lays out several sets of cones in a small area within which players are allowed to move freely with the ball
- 2 When the coach calls
 - COWBOYS**
The players must approach a set of cones and drag the ball 3 times (left and right) before moving off on the last drag
 - ATTACK**
The players must pair up facing each other and drag the ball 3 times before moving off on the last drag
 - GERONIMO**
Players must speed up and avoid each other using the Indian Dribble.

- Key points from above to be re-emphasised
- Players should keep their heads up as much as possible
- Ensure safety of players.

6

GAME

SHIPWRECKED



- 1 Coach lays out cones (sharks) with 2 "islands" at either end
- 2 The players are shipwrecked on Island A and have to explore each island A and B
- 3 Coach tells players that they must go to Island B, however, there are sharks in the water (cones)
- 4 Players must dribble across the water to Island B without touching a cone with feet, ball or stick
- 5 On reaching Island B, coach explains that they need to return to Island A, as Island B is inhabited by Indians.
- 6 Coach instructs players to go from island to island.

As the players cross from island to island the coach shouts instructions -

- 1 Sharks Awake - Coach moves cones rapidly with their stick
- 2 Shoal of sharks attacking from the right - players move swiftly to the left to avoid shoal of sharks
- 3 Flying Fish - coach spins cones towards players, players must avoid
- 4 All players have 3 lives.

- Game can be used to revise other dribbling techniques from previous sessions
- Key points from above to be re-emphasised
- Focus on footwork, stick and body position.

GAME

Shipwrecked

WARM UP ACTIVITIES

1. Bridge Ball
2. Whole Body Stretch (see pg 4)
3. Bombs Away

1

BRIDGE BALL

ORGANISATION:

- 1 Divide players into pairs, with one ball between them
- 2 Players travel around (jogging) a set area
- 3 When the coach shouts "bridge",
 - Player A: must stand with their legs apart
 - Player B: rolls the ball through legs and picks it up on the other side
- 4 Reverse roles of players.



- Low intensity to begin with
- Underarm throwing technique only.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

BOMBS AWAY

ORGANISATION:

- 1 Coach lays out several target areas each for 2 or 3 groups (depending on numbers) and each group are given a set number of different weighted bombs (hockey balls, tennis balls, bean bag etc.)
- 2 In turns each player in the group must try to throw their bombs into each target area.

1 MIN

The team scoring the most points in their targets win after 1 minute.



- Focus on controlling the pace of the ball into the area
- Players must take a step when releasing ball using the opposite foot to the throwing arm
- Players should use under arm throwing technique
- Advanced players should be encouraged to throw with both hands.

FOCUSSED ACTIVITIES

4. Smash the Cones
- Ten Pin Bowling
5. Ten Pin Hockey

4

TEN PIN BOWLING

ORGANISATION:

- 1 Balls are rolled over the ground by Player A and any cone that is hit is put on another cone by the Player A who follows their pass
- 2 The ball rolls through to Player B, who then rolls it to Player C on the right and then back to the start
 - Each players follows their pass
 - When all cones have been hit and stacked on top of each other the game is finished.

Progression

This can also be done with players moving towards the cones.



- Shifting of body weight from foot to foot to aid ball movement
- Players should be low on release by bending knees
- Underarm throwing technique
- Focus on accuracy.

5

HOCKEY SPECIFIC ACTIVITY

TEN PIN BOWLING HOCKEY



ORGANISATION:

- 1 Coach demonstrates the pushing technique
- 2 Players practice the push technique in pairs.

Progression

- 1 Players are then put into Ten Pin Bowling using a stick and ball
- 2 Players should be encouraged to Push the ball at the cones accurately
- 3 The first team to hit all ten cones wins the game.



- Coach should use the "look, step, fire" method for pushing (see IHA Core Skills on www.hockey.ie)
- Focus on technique during game
- Players can go back into pairs to practice technique before playing the game for a second time



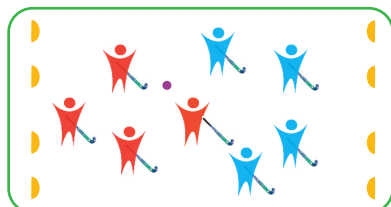
GAME

Fun 4's

6

GAME FUN 4's

4 v 4



- 1 Coach lays out several playing areas for 4v4s with two goals for each team
- 2 Players are only allowed to push the ball to pass or score. Goals are scored as in normal hockey games.

See Fun 4's Game sheet on www.hockey.ie



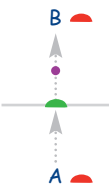
- 2 or 3 touches ideally
- Focus on technique and receiving
- Reinforce technical points during game play.

WARM UP ACTIVITIES

1. Run and Catch
2. Whole Body Stretch (see pg 4)
3. Gate Ball

1

RUN, ROLL & CATCH



ORGANISATION:

- 1 Set out 2 rows of cones 10m apart
- 2 Divide into small groups of 3-5 players, facing each other
- 3 Player A runs with a ball towards Player B
- 4 Once they reach a designated cone Player A must roll the ball on the ground for Player B to receive, Player B then sets off towards the opposite group
- 5 Player A joins the other group.



- Use tennis/hockey/ soccer balls
- Ensure the ball is released by the player in a low body position to avoid ball bouncing
- Receivers should receive the rolling ball softly.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

GATE BALL

ORGANISATION:

- 1 Coach lays out several gates in a small area and players are put into pairs
- 2 There should be fewer gates than there are pairs
- 3 Players must move around the area and roll the ball through a Gate twice to each other before moving on to another gates.

30 SEC

Count how many passes they can complete in 30 seconds



- Underarm throwing technique
- Receiving should be low with arms extended
- Players should be encouraged to throw quickly and with power in order to improve receiving technique.

FOCUSED ACTIVITIES

4. Goal to Goal
- Goal to Goal with Sticks
5. Goal to Goal Hockey

4

GOAL TO GOAL



ORGANISATION:

- 1 Coach lays out 2 goals facing each other for each pair 6-10m apart
- 2 Using a tennis ball a player must "bowl" the ball at the other player's goal along the ground
- 3 The defending player must stop it using their hands and prevent a goal being scored
- 4 NO FEET allowed as in hockey.

30 SEC

Count how many drags they can complete in 30 seconds

GOAL TO GOAL WITH STICKS

- 1 Using the same game, the tennis balls must now be stopped using the stick
- 2 Balls should still be "bowled" by the attacker with their hands
- 3 A point is scored for each smooth receive where the ball does not bounce off the stick (cushioned onto the stick).



- Players should focus on cushioned receiving
- Bowls should be on the ground using the "look, step, fire" analogy from Session 6
- Can be played as a 2 v 2.

- Ball should be "watched" onto the stick
- Right hand should cushion the ball when receiving
- Vary the distance between the goals to increase or decrease the challenge.

5

HOCKEY SPECIFIC ACTIVITY

GOAL TO GOAL HOCKEY



ORGANISATION:

- 1 Same game as before using hockey sticks and balls.



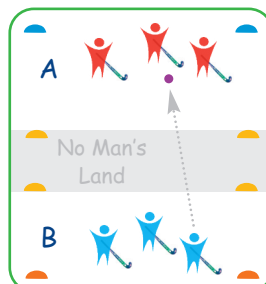
- Left elbow should be extended on the receive
- Right hand should cushion the ball when receiving
- Vary the distance between the goals to increase or decrease the challenge.

GAME

No Man's Land

6

GAME NO MAN'S LAND



- 1 Coach lays 2 Zones A and B for 6 players with 3 meters between each grid
- 2 The middle 3m space is known as No Man's Land
- 3 Teams must push the ball through the oppositions grid (past the red or blue cones at the back) to score a point
- 4 The defending team must receive the ball and then attempt to score a point themselves
- 5 Teams may not carry the ball forward from the receiving point, but may make a horizontal pass before trying to score
- 6 If a ball hits a foot it is a point to the other team.



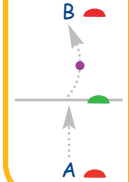
- Focus on soft receiving
- Encourage players to receive as close to No Man's Land as possible
- Stick hooks should be low, ready to receive.

WARM UP ACTIVITIES

1. Run, Pop and Catch
2. Whole Body Stretch (see pg 4)
3. Shuffle Catch

1

RUN, POP & CATCH



ORGANISATION:

- 1 Set out 2 rows of cones 10m apart
- 2 Divide into small groups of 3-5 players, facing each other
- 3 Player A runs with a ball towards Player B
- 4 Once they reach a designated cone Player A must throw an underarm ball for Player B to catch, Player B then sets off towards the opposite group
- 5 Player A joins the other group.

- Use different balls shaped/sizes/weights
- Use different throwing techniques to improve catching: bounce ball, low throws, chest pass, high throws
- Receivers should extend arms to aid accuracy and should catch softly.

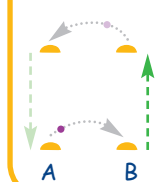
2

WHOLE BODY STRETCH

SEE PAGE 4

3

SHUFFLE CATCH



ORGANISATION:

- 1 Coach lays out 2 sets of cones facing each other
- 2 2 players face each other, one with a ball
- 3 Players must shuffle to one cone (must side-step, feet are not allowed to cross), then throw the ball back and forth once, then shuffle to the other cone.

- Players should focus on catching softly to cushion the ball
- Use different types of catches - one and two handed catches
- Vary distance between shuffle points to allow for different throwing distance and allowing for greater power on the ball to catch.

FOCUSSED ACTIVITIES

4. Protect the Balloon Piggy in the Middle
5. Piggy in the Middle Hockey

4

PROTECT THE BALLOON

ORGANISATION:

- 1 Coach lays out 6m x 6m grids with three players in each grid
- 2 Players are given a water balloon or ball
- 3 A player must throw the balloon/ball to a team mate and then run to the empty cone of the grid
- 4 The catcher can then throw it to either the waiting player or to the player who has just moved
- 5 Dropped/broken balloons/balls are a five point penalty

30 SEC

1 point per catch in 30 seconds

- Players should focus on catching softly to cushion the balloon/ball - so not to break it
- Players should face the player in possession at all times, even when on the move
- Throw types and power can be varied and the grids can be made bigger to increase the challenge.

Piggy in the Middle

- Focus on cushioned receiving
- Vary types of ball and distances
- Include throws, rolling and bounce passes.

PIGGY IN THE MIDDLE

ORGANISATION:

- 1 Coach sets up a grid in which a player stands at either end with a player in the middle facing the player with the ball
- 2 The ball must be passed between Player A and B, avoiding the Piggy in the Middle
 - If the ball is controlled, the team earn a point
 - If the Piggy intercepts and catches the ball, the player swaps positions with the Piggy

5

HOCKEY SPECIFIC ACTIVITY

PIGGY IN THE MIDDLE HOCKEY

ORGANISATION:

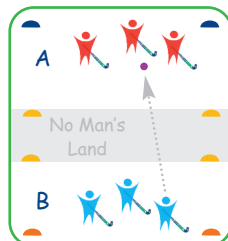
- 1 Same game as before using hockey sticks and balls.



- Opportunity to review "look, step, fire" pushing method (see IHA Core Skills on www.hockey.ie)
- Encourage soft receiving to gain control
- Right hand should be used to guide the ball onto the stick and should remain soft to cushion the ball
- Left elbow should be forward
- Receive with upright stick and on the hook of the stick.

6

GAME NO MAN'S LAND



- 1 Coach lays 2 Zones A and B for 6 players with 3 meters between each grid
- 2 The 3m space is known as No Man's Land
- 3 Teams must push the ball through the oppositions grid (past the red or blue cones) to score a point
- 4 The defending team must receive the ball and then attempt to score a point themselves
- 5 Teams may not carry the ball forward from the receiving point, but may make a horizontal pass before trying to score
- 6 If a ball hits a foot it is a point to the other team.

- Focus on soft receiving
- Encourage players to receive as close to No Man's Land as possible
- Stick heads should be low, ready to receive.

GAME

No Man's Land

WARM UP ACTIVITIES

1. Cone Release
2. Whole Body Stretch (see pg 4)
3. Find the Bibs

1

CONE RELEASE

ORGANISATION:

- 1 Coach divides players into 2 groups
 - Group A stand by a cone
 - Group B move around area, bouncing or throwing the ball to themselves as they run
- 2 When coach shouts "release"
 - Group B must find the nearest pass to a player from Group A
- 3 Group A then change places with Group B
- 4 Players should then throw on the move.

Vary the number of cones to increase competition and speeds.



- Low intensity to begin with
- Vary throwing technique
- Use different balls if possible - soft balls, light balls, soccer balls rugby ball etc.
- Focus on accuracy.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

FIND THE BIBS

ORGANISATION:

- 1 Divide into pairs and give each player a different coloured bib
Player A - Red Player B - Blue
- 2 All players run carrying a ball
- 3 When the coach calls 'RED', Player A must place their ball on the ground
- 4 Player B (blue) cannot stop but must pass to Player A (red) quickly and on the move
- 5 Player B (blue) picks up the ball of the ground and continues onward.



- Players should focus on accuracy
- Ensure one player throwing to standing player at any time
- Catchers should extend arms to give a target
- Progress exercise using different commands and colour codes catching softly to cushion the ball.

FOCUSSED ACTIVITIES

4. Run & Pop
- Run and Pop Hockey
5. Fill the Squares

4

RUN & POP

ORGANISATION:

- 1 Coach lays out a grid (10m x 10m) and places gates halfway between each corner on the outside
- 2 Players must carry a ball toward the next corner and when they reach the gate, they must throw to the waiting player, who then sets off
- 3 Introduce more balls as the players improve
- 4 Have the waiting players move off so that the throw must be to the player on the move
- 5 Game can be timed to see how many passes can be made in 30 seconds.



- Players should focus accuracy when moving
- Waiting players should extend their arms to give a target for the passing player
- Waiting players should also vary their arm position by showing low or high for the ball to increase target practice of carrying player.

RUN & POP HOCKEY

ORGANISATION:

- 1 Same game as above only players dribble a hockey ball
- 2 Players should pass with left foot forward.

- Push passing only
- Players should push off (step) on left foot.

5

HOCKEY SPECIFIC ACTIVITY

FILL THE SQUARES

ORGANISATION:

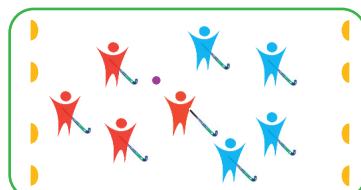
- 1 Coach lays out several small square grids within an area
 - Red, blue, green coned squares etc
- 2 Players are in pairs with a ball between them
 - Player A carries ball around
 - Player B can run anywhere
- 3 The coach calls a colour and Player A must get into that colour box and receive a pass from Player B to gain a point
- 5 The passer must remain on the move when passing
- 6 Coach should lay out enough boxes to make the game challenging
- 7 Alternate roles of players.



- Focus on passing technique during game
- Receiving players should show their hook on the ground to give a target
- Players should pass off left foot
- Passing off the right foot can now be introduced.

6

GAME FUN 4s 4 v 4



- 1 Coach lays out several playing areas for 4v4s with two goals for each team
 - 2 Players are only allowed to push the ball to pass or score and goals are scored as in normal hockey games
 - 3 Goals can only be scored on the move
 - 4 Goals scored like this could score 2 points.
- See Fun 4s Game sheet



- 2 or 3 touches ideally
- Focus on technique and receiving
- Reinforce technical points during game play.

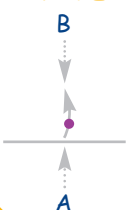
GAME FUN 4s

WARM UP ACTIVITIES

1. Catch on the Move
2. Whole Body Stretch (see pg 4)
3. Find the Bibs

1

CATCH ON THE MOVE



ORGANISATION:

- 1 Divide players into 2 groups facing each other 15m apart
- 2 On whistle Player A runs with a ball towards Player B opposite them
- 3 At the halfway point Player B, the waiting player moves forwards
- 4 Player A throws a pass to the oncoming Player B who catches, while moving forward.
- 5 Passes can vary – bounce pass, roll, chest height pass, overhead pass etc but must be TO the receiver.

- Low intensity to begin with
- Vary throwing technique
- Use different balls if possible – soft balls, light balls, reaction balls, soccer ball, rugby ball etc.
- Focus on accuracy
- Extend arms and focus on cushion when receiving
- Balance and footwork when preparing to receive.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

BALL SWAP (If time allows)

ORGANISATION:

- 1 Coach sets out an area for players to move freely carrying a ball
- 2 On Coach's instruction player must move around at different speeds
- 3 When coach calls "swap" players must find a pass while on the move to any other player
- 4 Players can carry different balls and passes can vary (e.g. roll passes) according to coaching commands.

- Use different balls
- Players should provide a target with their hands to improve accuracy.

FOCUSSED ACTIVITIES

4. Running the Gauntlet
- Running the Gauntlet
- Hockey
- Chaos

4

RUNNING THE GAUNTLET

ORGANISATION:

- 1 Coach sets up a channel with 3-5 cones A, B, C, D, E, at different points for players to stand at
- 2 A player begins at Cone A and throws the ball to the player at Cone B while on the move and continues running to receive the ball back from Player B to pass to player on Cone C, on receiving ball back from Cone C
- 4 Players are not allowed to stop at any point
- 5 Player continues through the channel to Cone D where they pass to a waiting player on Cone E, who repeats the drill in the opposite direction.

RUNNING THE GAUNTLET HOCKEY

ORGANISATION:

- 1 Same game as above but the players use a stick and ball
- 2 Coach can have players passing on the forehand and if confident, using the reverse side
- 3 Vary distance of cones so players receive different ball pace.

30 SEC

1 point per completed pass in 30 seconds

- Players should focus on accuracy when passing
- Receiving players should extend their arms to where they wish the pass to be played
- Vary the balls being used and the types of passes.
- Focus on receiving with feet pointing in the direction that the player wants to go in
- Players should make a target with their stick where they want to receive
- First touch should be in the direction that player wants to go and players should pass off both feet if possible.

5

HOCKEY SPECIFIC ACTIVITY

CHAOS



ORGANISATION:

- 1 Coach lays out an area 10m x 10m
- 2 Players are organised into groups of 8 and numbered 1-8
 - 1 must pass to 2
 - 2 must pass to 3
 - 8 passes to 1 etc.
- 3 Players must stay moving in the area
- 4 Teams can complete two sets and first to finish wins.

Progressions:

- 1 Reverse direction so 8 passes to 7, 7 to 6 etc.

- Focus on receiving on the move
- Players should vary passing distance if possible (may have to use zones for the players).

GAME FUN 4s

6

GAME FUN 4s

4 v 4

- 1 Coach lays out several playing areas for 4v4s with two goals for each team
 - 2 Players are only allowed to push the ball to pass or score and goals are scored as in normal hockey games
 - 3 Team must make 2 passes before they score
 - 4 Tackling can be banned if you play 3 touches.
- See Fun 4s Game sheet

- Encourage 2 or 3 touches
- Focus on technique and receiving
- Reinforce technical points during game play.

WARM UP ACTIVITIES

1. Toe Touch
2. Whole Body Stretch (see pg 4)
3. Knee Tag

1

TOE TOUCH

ORGANISATION:

- 1 Divide players into pairs facing each other
- 2 Players must try to touch each others' toes with their foot whilst trying to avoid having their own toes touched
- 3 Each toe touch gains a point

1 MIN

Count how many points they can get in 1 minute



- Low intensity to begin with
- Focus on footwork
- Emphasise safety - no stamping.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

KNEE TOUCH

ORGANISATION:

- 1 Similar game to Toe Touch but using their hands
- 2 Players must get lower and try to touch a knee of their partner, while trying to avoid having their own knees touched
- 3 Each knee touch gains a point.

1 MIN

Count how many points they can get in 1 minute



- Encourage players to bend knees and keep on balls of feet
- Emphasise safety, - especially clashing of heads.

FOCUSSED ACTIVITIES

4. Meet, Greet and Feet
- Meet, Greet, Feet and Compete
5. Sharks

4

MEET, GREET AND FEET

ORGANISATION:

- 1 Coach lays out a channel and splits the group into two teams (attack and defence) at either end of the channel
- 2 Each player is given a number
- 3 The coach shouts "a number" and the attacker must enter the channel, moving forward
- 4 The defender must come and meet the attacker and begin to move with them as they move forward
- 5 Defender should keep their left shoulder outside the attacker's right shoulder to keep them on the forehand and lead with their left foot.
- 6 Coach signals and both attacker and defender must race to the end of the channel.

MEET, GREET, FEET AND COMPETE

- 1 Same game as above but the attacker dribbles a hockey ball
- 2 When coach shouts "GO", the defender must tackle the attacker
- 3 Defender must move with the attacker, as the attacker dribbles from side to side.



- Focus on footwork
- Defending player should decelerate using small steps and begin to move with the attacker
- Defending player should have their left foot forward
- Players can carry their sticks but no ball involved in this exercise.

- Focus on footwork, deceleration and moving with the attacker
- Stick head should be close to the ground.

5

HOCKEY SPECIFIC ACTIVITY

SHARKS



ORGANISATION:

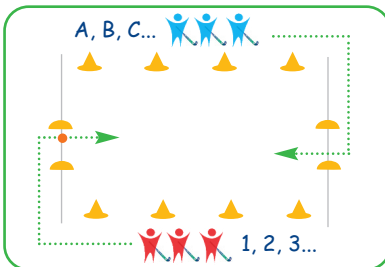
- 1 Divide group into 6-8 players
- 2 Each player is given a ball
- 3 One player is picked as a "Shark" and must tackle the other players - pushing their ball outside the marked area
- 4 If a player is tackled, they join the shark (attackers)
- 5 The last player in possession of a ball is the winner.



- Emphasis on controlled tackling (no wild swings)
- Focus on footwork and encourage sharks to move with the players
- Opportunity to revise technical points of ball carrying with the players.

6

GAME NUMBERS AND LETTERS



- 1 2 teams are put on either side of Channel
 - team 1: numbers -1, 2 etc.
 - team 2: letters - A, B etc.
- 2 Coach calls a number and a letter (e.g. B:2)
 - a player from each team must run to a designated end of the channel (as shown in diagram)
 - where the coach has put a ball for one of the teams
- 3 The ball is picked up and the player without the ball must defend the channel
- 4 Alternate which team defends.

Progression:

- Add in a chasing defender
- Have both players compete for one ball
- Add in additional obstacles.



- Players should focus on moving with the ball carrier and being patient when defending
- Deceleration and moving backward techniques to be emphasised at all times
- Defenders should have their left foot and shoulder forward.

GAME

Numbers and Letters

WARM UP ACTIVITIES

1. Jump and Go
2. Whole Body Stretch (see pg 4)
3. Run, Jump, Run

1

JUMP AND GO

ORGANISATION:

- 1 Players begin on the sideline
- 2 On Coach's instruction players jump on the spot continuously
- 3 When the coach calls "go", players must accelerate outward to a cone placed 10m from the sideline
- 4 Players then jog back to the sideline
- 5 Repeat using different kinds of jumps - hopping, scissors, star jumps etc.



- Low intensity to begin with
- Landing with knees bent in order to maximise acceleration
- Focus on footwork on acceleration.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

RUN, JUMP, RUN

ORGANISATION:

- 1 Divide players into groups of 4-6 players
 - 2 Coach lays two cones 10m apart and places a cone/hurdle in the centre
 - 3 Player runs to the cone/hurdle, jumps over it, jumps backwards over it and jump forwards again, before accelerating to the opposite cone
- 1 Add different combinations of jumping
 - 2 Add additional cones to change the jumping directions (e.g. lateral jumps)
 - 3 Can be made into a race between groups.



- Landing with knees bent in order to maximise acceleration
- Focus on footwork.

FOCUSSED ACTIVITIES

4. Overhead Catch Chuck & Run
5. Obstacle Course

4

OVERHEAD CATCH

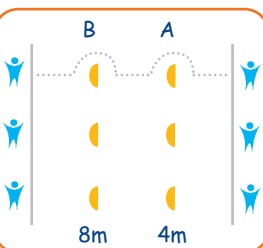
ORGANISATION:

- 1 Use the same set up as Run, Jump Run, but extend cones to 12m
- 2 Replace middle cone/hurdles with a player
- 3 Using a tennis ball, Player A must run toward Player B, - throws it over Player B's head and accelerates to catch, before reaching the opposite cone.

- 1 Can be used as as a game if Player B is allowed to block the ball
- 2 Can be made into a race between groups.



- Focus on a short throw and accelerating onto the ball before catching
- Throw should be released close to the middle player
- Ensure players are aware of safety.



CHUCK AND RUN

- 1 Same set up as Over Head Catch, but instead of a player place a cone at 4m (Cone A) and 8m (Cone B)
- 2 Now the players must dribble to Cone A and lift the ball over the cone with a stick. Repeat at Cone B and accelerate to finish line.
 - Can be made into a race between groups
 - If players are confident, the cones can be replaced with an in-active defender with their stick low.

- When lifting the ball, it may help to get players to stop the ball first, or roll it backward
- Players should hold the stick "like a shovel" with the flat side of the stick pointing skyward.



5

HOCKEY SPECIFIC ACTIVITY OBSTACLE COURSE

ORGANISATION:

- 1 Coach lays out an obstacle course for the players to complete, either as a race or timed
- 2 The obstacle course should revise previously learned skills - e.g. forehand escape, Indian dribble etc.
- 3 There should be a heavy emphasis on lifting the ball and accelerating.



- Ensure players understand when to accelerate and decelerate
- Focus on footwork
- Opportunity to revise technical points of ball carrying with the players
- Emphasises on controlling the ball when going around an obstacle.

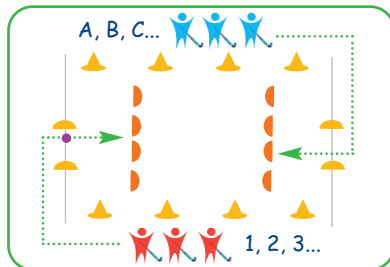


GAME

Numbers and Letters

6

GAME NUMBERS AND LETTERS



- 1 2 teams are put on either side of Channel
 - team 1: numbers -1, 2 etc.
 - team 2: letters - A, B etc.
- 2 Coach calls a number and a letter (e.g. B:2)
 - a player from each team must run to a designated end of the channel where the coach has put a ball for each team
- 3 The ball is picked up and both players must lift the ball over both sets of cones to the finish
- 4 The player who stops the ball on the opposition's line wins.

Progression: Add in additional obstacles.



- Players should focus on accelerating after each time the ball is lifted over the cones.

WARM UP ACTIVITIES

1. Shuffle and Go
2. Whole Body Stretch (see pg 4)
3. Confused Shuffle

1

SHUFFLE AND GO

ORGANISATION:

- 1 Players begin on the sideline
- 2 Coach tells players to shuffle left and right continuously over set area
- 3 When the coach calls "go", players must accelerate outward to a cone placed 10m from the sideline
- 4 Repeat with the players hopping from side to side. Vary instructions.
- 5 Add in a hockey ball and stick to revise the Indian dribble (players accelerate with stick and ball).

- Low intensity to begin with
- Focus on transfer of weight between both feet
- Body position low with knees bent
- Feet should not cross during shuffle.

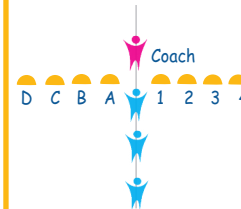
2

WHOLE BODY STRETCH

SEE PAGE 4

3

CONFUSED SHUFFLE



ORGANISATION:

- 1 Players stand on a line facing the coach who is also on the line
- 2 Cones are placed at 2m, 4m, 6m and 8m either side of the line and are numbered A:B:C:D and 1:2:3:4
- 3 Coach calls combinations or can use hand signals
- 4 The players must follow the commands - E.g. A:4, players must shuffle to Cone A and then to Cone 4 and then return back to the line
- 5 Coach can reverse the calls or add misleading hand signals
- 6 Each player has 3 lives. Players who get confused lose a life.

- Feet should not cross
- Body position low, knees bent.

FOCUSSED ACTIVITIES

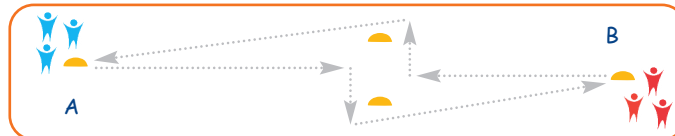
4. Mirror Run
- Mirror Run Hockey
5. Obstacle Course

4

MIRROR RUN

ORGANISATION:

- 1 Coach lays down cones 14m apart and puts a 2m gate in the centre
- 2 3-4 players stand on each cone facing each other
- 3 On the coach's command A player from each group runs forward
- 4 They both run at the left cone facing them
- 5 On reaching the cone they must move off their left foot, onto their right and accelerate off their right foot around the cone on the right.



- Focus on transfer of weight from left to right
- The sideways movement should come off the left foot
- Ensure acceleration forward is off the right foot.



MIRROR RUN HOCKEY

- 1 Same exercise only players dribble a ball and drag it from left to right before accelerating
- 2 Revise Indian dribble technique, ensure flat side of stick faces the ball.

- Drag should be wide and ideally in one motion
- Accelerate with head up.

5

HOCKEY SPECIFIC ACTIVITY

OBSTACLE COURSE

ORGANISATION:

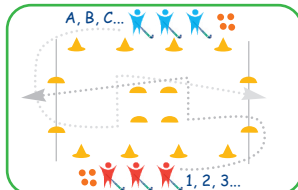
- 1 Coach lays out an obstacle course for the players to complete, either as a race or timed
- 2 The obstacle course should revise previously learned skills - e.g. forehand escape, Indian dribble etc.
- 3 There should be a heavy emphasis on
 - dragging
 - accelerating.

- Ensure players understand when to accelerate and decelerate
- Focus on footwork
- Opportunity to revise technical points of ball carrying with the players.



6

GAME NUMBERS & LETTERS



- 1 Use same instructions as Session 2 Stop Start
- 2 This time however players must complete a left to right drag
- 3 The Progression is to play 1 v 1.

See Fun 4s Game sheet

- Encourage 1 v 1s - give a point for doing this
- Focus on technique and receiving
- Reinforce technical points during game play.

GAME

Numbers and Letters

WARM UP ACTIVITIES

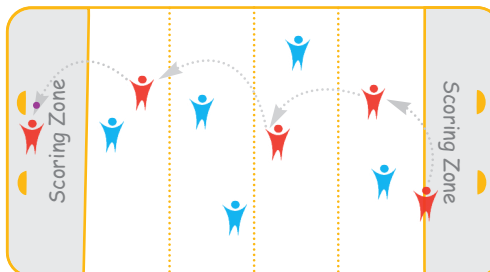
1. Benchball
2. Whole Body Stretch (see pg 4)

1

BENCH BALL

ORGANISATION:

- 1 Coach sets out a playing area with two scoring end-zones
- 3 Divide group into 2 teams with 4-6 players
- 2 Players must throw a football/tennis ball to their team mate
- 4 The player with the ball cannot move
- 5 If the ball hits the ground or is intercepted, the opposition gain possession of the ball
- 6 Players can only score a point in the scoring zone by placing the ball between the cones.



- Focus on footwork
- Encourage players to bend knees while remaining agile
- Emphasise safety, especially clashing of heads
- Players should move to space off the ball.

2

WHOLE BODY STRETCH

SEE PAGE 4

FOCUSSED ACTIVITIES

4. Mirror Run
- Mirror Run Hockey
5. Obstacle Course

3

FIND THE NAME

ORGANISATION:

- 1 6 players on cones form a circle around a player
- 2 One player in the outer circle has a tennis ball/ball
- 3 That player throws the ball to the player in the centre
- 4 As they throw, they call out either a name/number and/or colour
- 5 The central player must catch the ball and throw it to the name/number and/or colour called, quickly.

Progressions:

- 1 Players can move around the circle to increase the challenge
- 2 Additional balls can also be added
- 3 Players must clap before they catch it.



FIND THE NAME HOCKEY COMPETE

- 1 Same game as Find the Name but introduce hockey sticks and balls
- 2 Player are only allowed two touches, one to control and one to pass
- 3 Can add an additional set of cones inside the group of players and the ball must be lifted into the central player who then passes with a lift back out.



- Focus on passing quickly after the receive
- Passes should be as accurate as possible
- Vary the type of throw – low, high, bounce etc.

4

HOCKEY SPECIFIC ACTIVITY

STRIKE THE CONE



ORGANISATION:

- 1 Coach lays out a line of 5 cones on the end line or in the goal
- 2 Four players take up positions on the cones placed 5m in front of end line
- 3 Balls are passed to Player A and a colour is called
- 4 Player A must control the receiving ball and try to hit the cone called in two touches.

30 SEC

Player who hits the most cones wins



- Emphasise two touches – One to control, one to finish "one touch, one finish"
- Encourage players to receive facing different directions
- Players can try to finish with their back to the cones
- Allow players to discover their own ways of hitting the ball.

GAME

Fun 4s

6

GAME FUN 4s

4 v 4



- 1 Coach lays out several playing areas for 4v4s with a line of 6 cones on the goal line 1m apart
- 2 Designate a certain number of points depending on where the players put the ball
- 3 Players are only allowed to push the ball to pass or score.



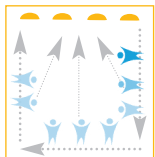
- Encourage 1 v 1s
- Focus on technique and receiving
- Reinforce technical points during game play.

WARM UP ACTIVITIES

1. Round the Squares
2. Whole Body Stretch (see pg 4)
3. Ladders

1

ROUND THE SQUARES



ORGANISATION:

- 1 Divide into groups of 4 players per grid (8m x 8m)
- 2 Players must move around the grid facing the same direction at all times
- 3 When moving laterally, players should shuffle without crossing feet and should face forward
- 4 Players can move around the square in both a clockwise and anticlockwise direction.



- Low intensity to begin with
- Body position low with knees bent
- Feet should not cross during shuffle.

2

WHOLE BODY STRETCH

SEE PAGE 4

3

LADDERS

ORGANISATION:

- 1 Divide players into groups behind a ladder (or hockey sticks placed 50cm apart)
- 2 Coach directs the players to go through the ladders using the following exercises:
 - Knees Up
 - Icky Shuffle (1 foot in, 1 foot out)
 - Side Step
 - Backwards.



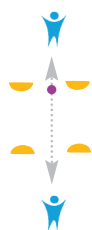
- Encourage players to keep their head up when going through the ladders
- Emphasise balance and use of the balls of feet
- Add in additional exercises as the player's become stronger.

FOCUSSED ACTIVITIES

4. Get to Twenty
- Triangles
5. Name Game

4

GET TO TWENTY

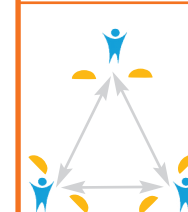


ORGANISATION:

- 1 Divide players into pairs
- 2 Coach lays out 2m wide gates for each player 5m apart
- 3 Players stand 2m back from the gate
- 4 Using a tennis ball, the players must kick the ball through the gate to their partner
- 5 Players begin using one foot only to kick and must kick using the inside of their foot
- 6 Receiving players must stop the ball with their foot and kick back using the side of their foot
- 7 This continues until 20 passes have been completed
- 8 Players should then kick without stopping the ball.



- Focus on kicking with the inside of the foot
- Head should be over the ball with the leg following in the direction of the ball once the ball is kicked
- Move the players back further apart or reduce the size of the gate to increase the challenge.



TRIANGLES

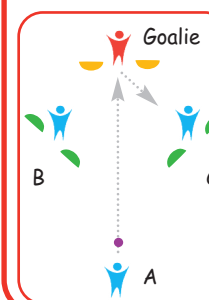
- 1 Coach now puts the players in groups of three and lays out three gates in order that the players can pass in a triangle
- 2 Players must kick the ball to one another trying to complete twenty passes through the gates
- 3 Ensure ball travels both clockwise and anti-clockwise
- 4 Begin with the player stopping the ball before kicking and as they become more confident they should try and "first time" the ball to the other players.

- Head should be over the ball with the leg following in the direction of the ball once the ball is kicked
- Move the players back further or reduce the size of the gate to increase the challenge
- Encourage players to use both feet.

5

HOCKEY SPECIFIC ACTIVITY

NAME GAME



ORGANISATION:

- 1 Coach to follow diagram
- 2 Player A kicks a ball at the goalie and calls the name of one of the players to the sides - Player B or Player C
- 3 The Goalie must kick the ball at the named Player (B or C) and try to score a goal. B & C should try to stop the shot
- 4 Rotate players after 6 balls
- 5 To increase the challenge, the kicker Player A can also call a name and the goalie must not kick to that player.

Progression:

- 1 If the goalie fails to score, the other players could play a 3v1 to score on the central player.



- Use of both feet
- Kick using the side of the foot
- Emphasise balance and control
- Can begin with the ball being stopped and then kicked on the first touch
- Try to get them all kicking the ball without stopping it.

GAME

Fun 4s GK Style

6

GAME FUN 4S GK STYLE

- 1 Coach lays out several playing areas for 4v4s with two goals for each team
- 2 Players play football style Fun 4s using a tennis ball
- 3 They may only kick the ball using the inside of their foot
- 4 The player in possession cannot be tackled.



- Players can stop the ball before passing or can play "first time"
- Emphasise balance and control
- Revise key techniques above.