

Date: **18/04/2016**Venue: **Northland Hockey**Duration: **3 hours**

No of Players:

Ability / Level: **entry**

Equipment:

Balls, bibs and cones

Purpose:

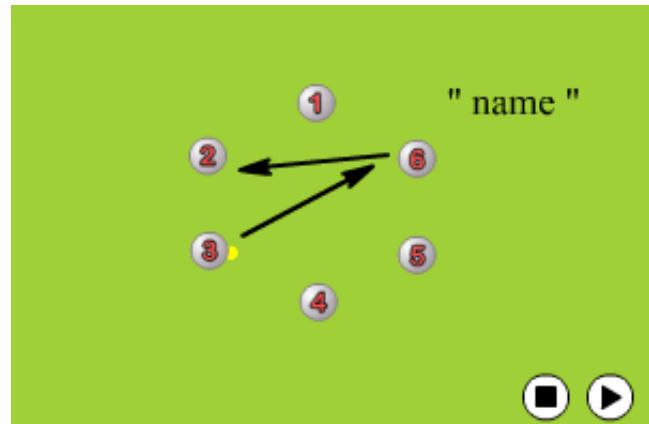
Time

Task / Activity / Session Content

Name Your Pass

Players have to name their pass before they give the ball. To encourage vision, introduce 2 balls.

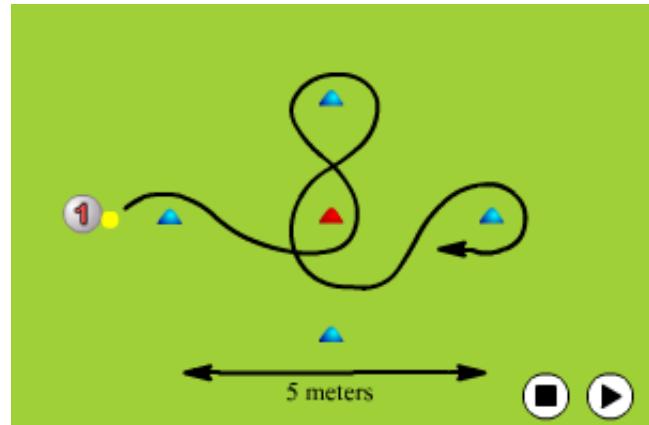
Players will have to prescan in order to effectively pass and receive the ball at pace

**Confusion**

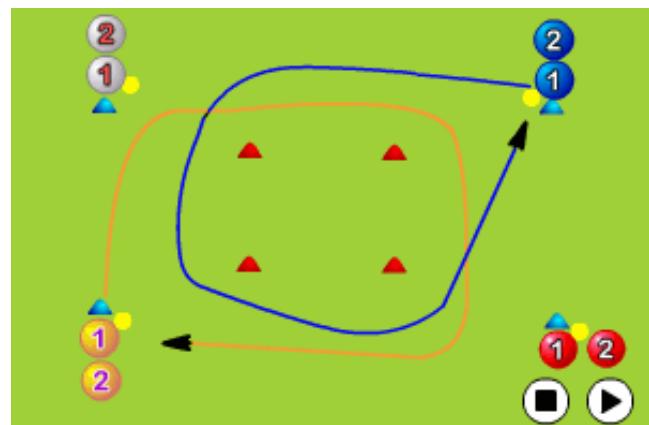
To improve running with the ball and changing direction players have to run around the cones creating a figure of eight as they go around the centre cone before then running out and around the outer blue cone.

Players must dribble forehand around the middle cone and then reverse the stick around the outside cone.

Make sure players don't compromise control for speed. Get the skill right before increasing the intensity and pace.

**Cross Over Relays**

4 Teams, ball in each team. 1st player in each team has to run around the outside of the inside square back to their starting cone. Then give the ball to the next player. Variation on running in the same direction is that 2 teams run clockwise, other 2 anti clockwise.



Dribble Pass Relay

Player 1 starts by running with the ball to the right hand cone, keeping the ball in contact with the stick, before passing the ball to the next player (Red Player 1).

When the red number 1 receives the ball they mirror the move coming from either direction.

After the pass the players join the opposite queue. Stick and ball must stay in contact until the pass. Keep a high left elbow to allow a more upright stick. Arms away from the body, keeping the ball away from the feet when running with the ball.

- You can introduce a second ball. (Both sides starting the practice at the same time).

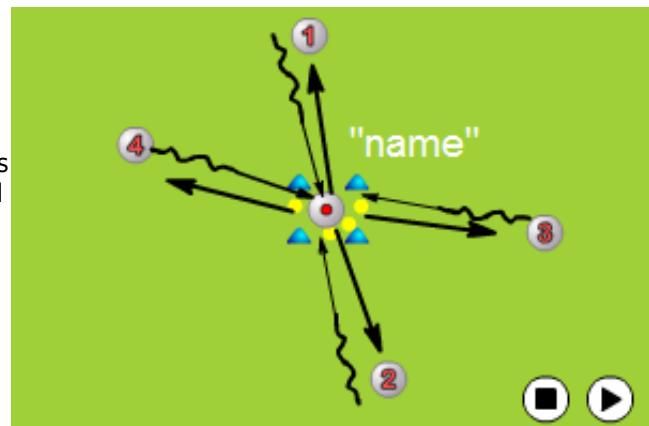


Fetch The Ball

One player stands in between the cones with 4 balls. He/she has to push the ball out of the area. Then call out a name of the player that has to fetch the ball, and run it back to the player between the cones.

This is a great warm up exercise that can get players running, while also improving their reactions, control and ability to stop the ball (when they return the ball to the square).

After 1 minute rotate players - after 5 minutes each player will have had a go at being the player who rolls the balls out.



Open Side Dribble

- Set out the practice as shown.

Players are given a number from 1 to 4.

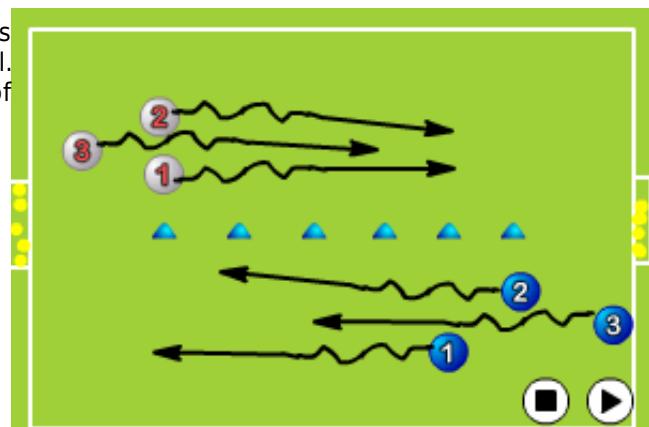
- No. 1s should stand behind the black cone.
- No. 2s behind the pink cone.
- No. 3s behind the red cone.
- No. 4s behind the yellow cone.

On the coaches command the players dribble across to their colour cone on the opposite side.



Get Rid Of Balls

2 teams. Both teams have to try and take all the balls from their goal and put them in the other teams goal. Each team should only stay on their side of the line of cones (one ball per player at any time).



Open Stick Drag

- Setup the practice as shown.

Player runs up to the 2 cones then open stick drags (right to left) the ball and runs to the far cone. Then gives the ball to the next player in line.

- The player should be running straight at the left cone and drag the ball transferring his/her weight from left foot to right foot.
- Before being able to drag the ball the player should transfer the ball from a forehand position on the right of the body, to in front of the left foot, then it is easy to reverse stick drag the ball across.

