



COACHING NOTES: Review the following coaching notes prior to the day of practice. Use these tips throughout the drills to help players progress

(AGILITIES / FOOTWORK)

- I. *single steps* - one foot alternating in each space between sticks
- II. *double steps* - both feet touch down, one at a time, in each space leading with right foot once through circuit, then leading with left leg
- III. *in, in, out, out* - face forwards start with feet outside the first rung then touch both feet in the first rung, one at a time, then both feet outside the second rung, one at a time, then repeat.
- IV. *hopscotch* - double out, double in - start with both feet outside the first rung then hop so both feet land in the first rung then land outside the second rung, then inside the third rung, etc. All are two-footed hops.
- V. *hopscotch* - double out, single in - start with both feet outside the first rung then hop on right foot in the first rung, then hop both feet at the same time outside the second rung. Then, hop left foot only in the third rung, then both feet outside the fourth, etc.
- VI. *crossovers (face sideways with right leg closest to stick, LEFT leg leads)* - left leg crosses over right leg so feet alternate landing in the rungs
- VII. *crossovers (face sideways with left leg closest to stick, RIGHT leg leads)* - right leg crosses over left leg so feet alternate landing in the rungs

DRIBBLING SKILLS

Push Dribble: “The Silent Dribble”

Make sure players slow down the ball as they approach the cone. This will help them maintain possession of the ball as they turn around the cones. Try to encourage the players to keep the ball on their stick as much as possible.

PASSING & RECEIVING

RECEIVER

- Square up feet so both toes are pointing towards partner. The player should receive/trap the ball in front of their RIGHT foot. Receiver may stand with feet square or have one foot slightly in front of the other (which ever position is more comfortable). The athlete may want to think about absorbing the ball onto their stick. Have the stick angle facing towards the turf by pushing the top hand (Left hand) away from their body.

PASSER

- LEFT shoulder facing partner. Feet are shoulder width apart and hands are 10-12” apart (LEFT hand at the top of the stick & RIGHT hand at the bottom of the stick grip). Place the ball out in front of the RIGHT foot (10-12”). Place stick on the ball and push the ball towards partner - trans- ferring weight from right foot to left foot. Follow through towards partner.
 - Remember proper ball position (not too far ahead or too far behind) and correct follow through (straight towards partner) will help determine the accuracy of the pass. This should be the focus prior to how hard the athlete can pass the ball.
 - Remind the players that the stick starts and stays on the ball for the push pass (thus making it SILENT)
- ** Place cones about a stick length apart (see diagram) so that the players can try and pass through as they pass to each other. This will provide them with a target to keep the pass straight. Encourage athletes to bend at the knees to generate power with their legs.

SKILLS GAME

Hockey Volley ball

Encourage lateral passes within the team prior to sending the ball over the half way line to encourage the movement of the other team in order to create space. The kids can move around within their side of the grid to pass and receive. This game can be played in multiple grids in 2 v 2 or 3 v 3 to encourage more touches on the ball. Encourage the kids to keep the ball on the ground and use only push passes (silent passes) to send the ball to the other side.