



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

DEFENSIVE FOOTWORK

- (i) Shuffles (facing the line of players) - encourage a low body position and the left hand to be as low as possible and just above the left foot so as to keep as much of the stick covering the feet as possible.
- (ii) Cross-overs (facing the line of players) - when crossing over diagonally back to the right: the left foot crosses over the right leg. Then, use the left foot to drop step back on a diagonal and have the right foot cross over the left foot when crossing over left.
- (ii) Running (turn feet to point in the direction they are moving) - body faces forward in the direction that you are moving. Still use the drop step so stick stays in strong stick position in front of feet. Remember: the stick stays on the ground!

DEFENSIVE SKILLS (CHANNELLING)

Defender: Remember that the objective is to move the attacker in another direction NOT to tackle. The defender needs to keep his/her feet behind the ball and with the left hand only on the stick, keep it low and in front of the left foot. When channeling, the defender should run with toes facing the direction they are moving and should not shuffle in case (in a game) the speed of the attacker is really fast. The defender's stick needs to stay protecting his/her feet at all times not reaching in front of the attacker to try and tackle.

Attacker: Attacker initially dribbles on a diagonal to the opposite corner of the grid. On a progression of the drill, the attacker can change speed - slowing and speeding up every few steps - to help the defender work on keeping their stick down and not over-committing to allow the attacker to pull back and go around.

PASSING & RECEIVING

- (i) Put players into 2 small groups (shuttles will be about 12-15 yards apart)
 - First player push dribbles and rolls the ball off the stick to pass player at front of opposite line, receiver repeats in opposite direction
 - Players will follow their pass to join the back of the opposite line
 - On the reception: players can move their RIGHT hand lower down the stick - this will help receive on the move

Challenge: add a second ball to give the players for touches
- (ii) Changing the angle of the dribble and pass - dribble slightly to the right. Before making the pass move the ball from 2 o'clock to 12 o'clock
- (iii) Dribble slightly to the LEFT. Let your feet move slightly past the ball. The ball position drops from 2 o'clock to 4 o'clock. Roll the ball off your hockey stick to pass the ball to teammate.