



FIELD HOCKEY CANADA | HOCKEY SUR GAZON CANADA

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UNDER 10 – LESSON PLAN #8 - NOTES

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

INDIAN DRIBBLE

Progression from stationary:

Have players dribble on the move. The ball will go at a 45 degree angle to the LEFT and to the RIGHT using both the strong and reverse stick. Encourage players to have smaller taps when moving forward.

Challenge: Change of the distance of the tap

PASSING AND RECEIVING

Focus: strong stick reception on the move - the pass is into space

X1 and X3 both start with balls. They dribble straight ahead, getting the ball position to 12 o'clock before rolling the ball into space, diagonally LEFT for X2 and X4 to run onto. X2 and X4 dribble and send the ball directly to the lines of X1 and X3. This drill is continuous - pass and follow your pass.

PASSING AND RECEIVING

Focus: Upright reverse stick reception on the move. The pass is into space.

Same as above except X1 and X3 need to get their feet around before they make a push pass into space. The ball position will be at about 3 o'clock. X2 and X4 make an upright reverse stick reception - get it to their strong stick right away and then send a pass directly to the lines of X1 and X3.

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