



FIELD HOCKEY
VICTORIA

U10 Boys Lesson Plan #1
Objective: **Dribbling Skills**



Greater Victoria Junior
Field Hockey Association

EGG 'N' SPOON RELAY (5 min)

Race over 25 yards with a hockey ball in a flat, open hand. If the ball is dropped, the players stops and stands still where they are.



EQUIPMENT

- Cones
- Pop up nets
- Balls

SKILL DEVELOPMENT

#1 Closed-Dribble Demonstration (2 min)

- moving the ball in front of the body
- knees bent, left arm straight
- constant stick-ball contact

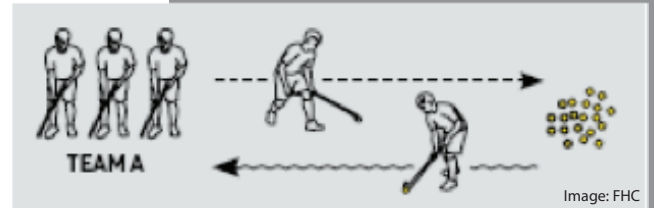


#1 STICK GRIP

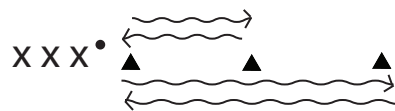
- left hand at the top
- right hand at end of grip
- top hand shakes hands with the stick
- left hand does the turning of the stick
- right hand is a guide and lets the stick spin in it

#2. Rob the Nest Game (8 min)

Teams of up to four players each. A central 'nest' of balls is placed in the playing area. One player at a time from each team runs to the nest and dribbles the ball back to their teams nest. When all players from a team have collected a ball from the central nest, all members of their team are allowed to 'steal' balls from other team's nests and dribble them back to their teams nest. No tackling allowed.



#3. Push Dribble Relay



a.) Single Cone Relay (5 min)

-Athletes will push dribble up and around a cone about 10-15y away.

b.) Multiple Cone Relay (5 min)

- Set up the cones at 3-4 different distances and have them race up to each one



#3 COACH TIPS

Going left around cone:
- stick at 2 o'clock position, out to side
- just before getting to cone, move the ball to 12 o'clock position to turn around the cone more easily

Going right around cone:
- stick at 2 o'clock position
- just before getting to cone move ball to 3 o'clock and let feet move past the ball to turn more easily

MINI GAMES (25 min)

COOL DOWN & CLEAN UP (5 min)