



FIELD HOCKEY
VICTORIA

U10 Boys Lesson Plan #3
Objective: **Receiving
Stationary**



Greater Victoria Junior
Field Hockey Association

SKILL DEVELOPMENT

#1. Review Points for Push Pass (Silent Pass)

COACH REMINDERS:

- Receiver: square up so both feet are facing towards partner. You want to receive with your body behind the ball. Ideally: you want to trap the ball in front of your right foot. Receiver may stand square or one foot slightly in front of the other (whichever is most comfortable). You want to absorb the ball onto your stick and have the stick angle point towards the turf.

- Passer: you want your LEFT shoulder facing your partner. Have your feet shoulder width apart. Your hands will be 10-12" apart (top and bottom of stick grip). The ball will be in front of the RIGHT foot. Place stick on ball and transfer weight from Right to Left. Push ball towards partner. Follow through straight towards partner.

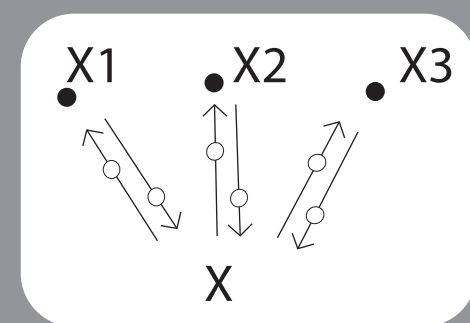
**Encourage athletes to bend at their knees to generate power with their legs

#2. Circle Ball (10 min)

- X1 makes a push pass to X
- X returns the push pass to X1
- X then proceeds to receive and return passes from X2, X3, etc.
- Repeat and use a stop watch so athletes can better their scores

EQUIPMENT

- Balls
- Cones
- Pop-Up Nets



MINI-GAME 1 (25 min)

MINI-GAME 2 (25 min)