



FIELD HOCKEY
VICTORIA

U10 Boys Lesson Plan #5
Objective: **Passing on the Move
& Receptions**



Victoria Junior
Field Hockey Association

FOOTWORK DRILLS

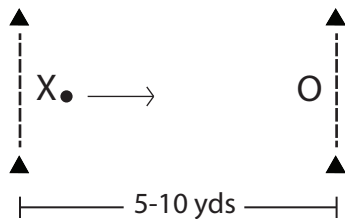
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

SKILL DEVELOPMENT

#1. Trapping in Pairs (5 min)

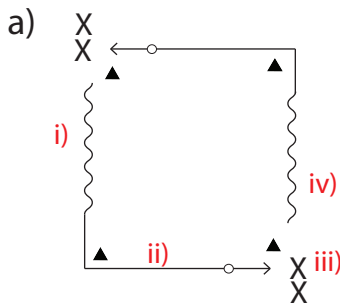
- In partners, 2-3 yards apart
- Work on Strong stick passing and trapping
- Variations: passing to the reverse stick, pulling across and then passing, etc.

#2. Trap Game (10 min)

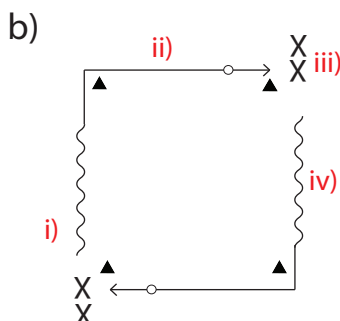


- Partners try to push the ball past each other's end line
- Use cone goals 2-3 yards apart

#3. Passing on the Move (10 min)



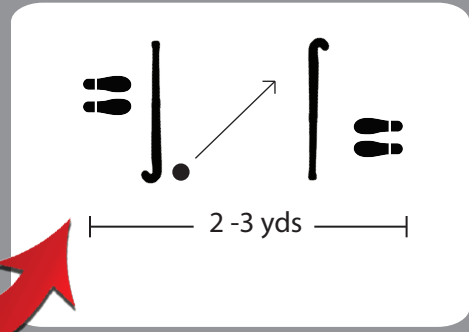
- i) closed dribble
- ii) push to strong side
- iii) trap across body
- iv) repeat



- i) closed dribble
- ii) feet around
- iii) trap in front of body
- iv) repeat

EQUIPMENT

- Balls
- Cones
- Pop Up Nets



#3 COACH TIPS

a) Push dribble straight ahead Ball position changes from 2 o'clock to 12 o'clock to make a square pass to the LEFT. Receiver: should let the ball cross the body and move forward onto reception

b) Push dribble straight ahead and get your feet around and make a strong stick pass. Ball position moves from 2 o'clock to 4 o'clock.
- Receiver: your RIGHT shoulder is facing the person who is sending you the ball and your feet are facing the direction you are going to dribble in. Receive the ball strong stick on your back foot (right foot).

MINI-GAMES (20 min)