



FIELD HOCKEY  
VICTORIA

U10 Boys Lesson Plan #2  
Objective: **Closed Dribble**  
**REVIEW**



Greater Victoria Junior  
Field Hockey Association

## FOOTWORK DRILLS

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

## EQUIPMENT

- Balls
- Cones
- Pop-Up Nets

## SKILL DEVELOPMENT

### Dribble Chase / Push Dribble Review (8 min)

- tight turns around the cones on the strong stick (turning to the right)
- encourage quick feet around the ball when turning the left
- over 5-7 yards, players chase each other around the cones
- If player is "caught", quick turn around and change directions



Image: FHC

## MINI GAMES (25 min)

## COOL DOWN & CLEAN UP (5 min)