



FIELD HOCKEY  
VICTORIA

U12 Boys Lesson Plan #3  
Objective: **Trapping, Tackling & Drag Elimination**

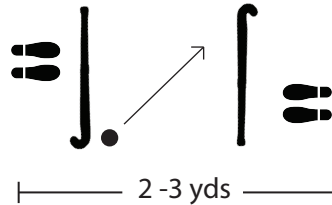


Victoria Junior  
Field Hockey Association

**SKILL DEVELOPMENT**

**#1. Trapping in Pairs (3 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.

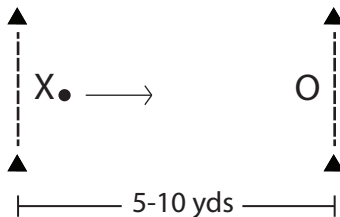


**EQUIPMENT**

- Balls
- Cones

**#2. Trap Game (12 min)**

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



**#3. Tackling Demo (2 min)**

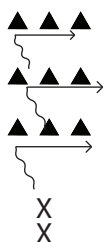
Body position is low with knees bent. Stick is in front of the body with the head of the stick on the ground and the players left hand 4 inches from the ground. The stick face should be square to the path that the ball is travelling. The tackle should take place on the shaft of the stick (not the head) and the stick should be held strong without swinging at the ball. Keep watching the ball at all times when preparing to tackle. Timing is crucial so as not to over-commit or get easily eliminated.

**#4. Tackle Lines (13 min)**



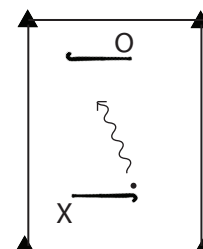
- X dribbles (closed) toward O's strong side
- X is passive
- O places flat stick down and traps the ball with shaft of stick
- Defender should be moving with attacker before approaching to tackle

**#5. Drag Elimination Lines (8 min)**



- plant feet on ground
- transfer weight
- fast pull across 3 cones
- Small acceleration between each set of cones
- Drill can be repeated with pulls to the left!

**#6. Tackle Boxes 1 vs. 1 (20 min)**



X dribbles towards O so that O can work on the timing, stick and body position for tackling. Progress by increasing speed of dribbler or distance between X and O.