



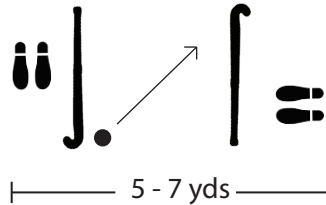
U12 Boys Lesson Plan #4
Objective: **Hitting**



SKILL DEVELOPMENT

#1. Hitting in Pairs (5 min)

- i.) on knees
- ii.) on one knee
- iii.) crouching
- iv.) standing



- begin with "light" hits
- use progression to encourage good contact and accuracy



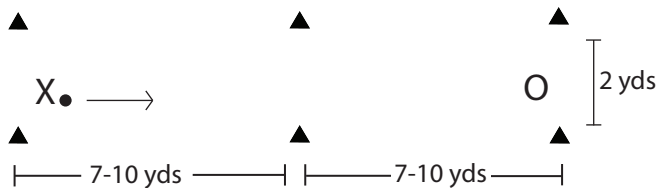
EQUIPMENT

- Balls
- Cones

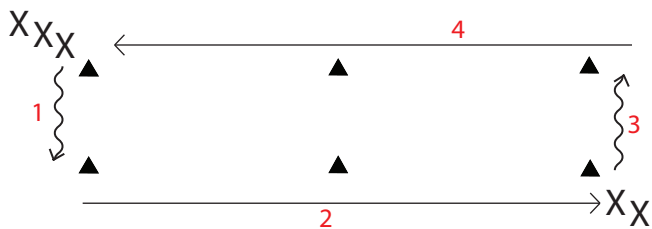
COACH TIPS #1

Hitting: Use double V grip with hands together at the top of the stick's grip. Body position is low (knees bent, leaning forward) with arms extended to the right of the body. Hitter should have body square to receiver so that left shoulder is facing receiver and ball is positioned in front of and slightly left of the LEFT foot.

#2. Hitting Gates In Pairs (7 min)



#3. Hitting on the Move, Strong (5 min)



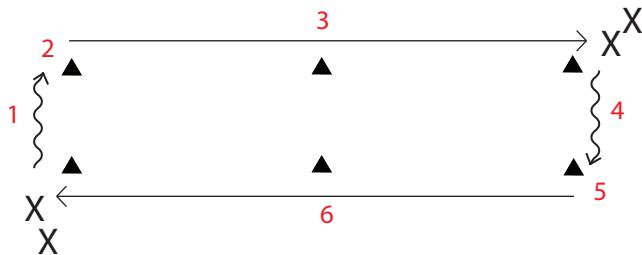
- Groups of 4-5
- Continuous drill
- 1 & 3 : strong dribble straight ahead
- 2 & 4 : hitting on the move



COACH TIPS #3

Athletes should slow down their dribble as they approach the cone to hit from. Prior to hitting, the ball needs to move from a 2 o'clock position to a 11 or 12 o'clock position. If athletes are having trouble have them tap the ball towards their target prior to hitting the ball.

#4. Hitting on the Move, Weak (7min)



- 1 & 4 : Strong stick dribble straight
- 2 & 5 : Get feet around and past ball
- 3 & 6 : Strong stick hit to receiver



COACH TIPS #4

To get feet around the ball the ball speed must be slowed down before the cone and the feet must move past the ball. Once the feet around a normal hit can be taken with left shoulder facing receiver.

SKILLS GAME

#5. Hockey Volleyball (30 min)

In two teams, each team from their own half tries to push pass the ball over the opposite team's endline while also "defending" their own endline.

