



FIELD HOCKEY  
VICTORIA

## U8 Girls Lesson Plan #1

### Objective: **Dribbling Skills**



Victoria Junior  
Field Hockey Association

### WARM-UP

- Tag game
- Stick Flipping

### FOOTWORK DRILLS

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

### EQUIPMENT

- Balls, Cones, Pop-Up Nets
- Stamps
- Playground Rubber Balls

## SKILL DEVELOPMENT

### #1. Grip Positions

- Sticks on the ground - round side up (left hand, both hands)
- Shake hand drill - left hand only, both hands

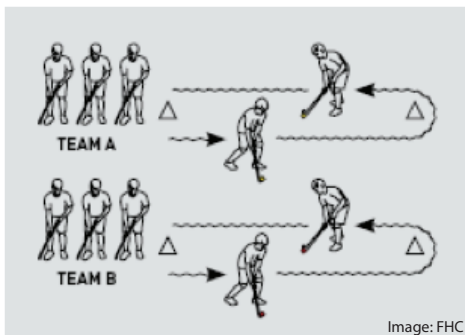
### #2. Push Dribble (closed or silent dribble)

- 2 handed dribble - up around cones (x2)
- Right hand only dribble (x2)
- Left hand only (strong stick) (x2)
- 2 handed dribble with more speed



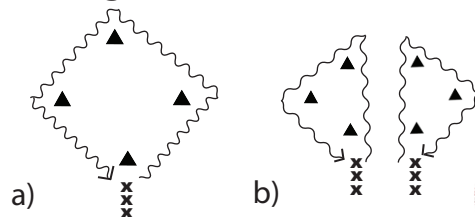
### #2 COACH TIPS

- stick at 2 o'clock position, out to side
- left arm straight
- left hand facing down
- bend at the knees



### #3. Push Dribble: Strong side with change of direction

- (a) Diamond Shape Layout
- (b) Triangle Shape Layout



### #1 STICK GRIP

- left hand at the top
- right hand at end of grip
- top hand shakes hands with the stick
- left hand does the turning of the stick
- right hand is a guide and lets the stick spin in it

### #3 COACH TIPS

- stick at 2 o'clock position, out to side
- just before getting to cone, move the ball to 12 o'clock position to turn around the cone more easily



## SKILL GAME:

Teams of up to four players each. A central 'nest' of balls is placed in the playing area. One player at a time from each team runs to the nest and dribbles the ball back to their teams nest. When all players from a team have collected a ball from the central nest, all members of their team are allowed to 'steal' balls from other team's nests and dribble them back to their teams nest. No tackling allowed.

