



FIELD HOCKEY
VICTORIA

U8 Girls Lesson Plan #2
Objective: **Passing & Receiving**



Victoria Junior
Field Hockey Association

WARM-UP

- Tag game
- Game w/o stick and ball

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

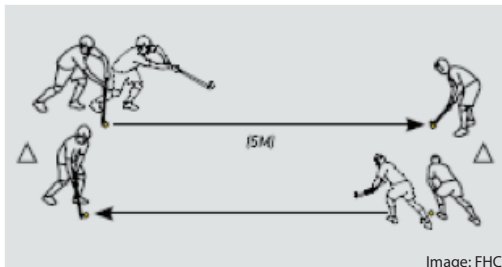
SKILL DEVELOPMENT

#1. Review Push Dribble

- encourage tight turns around the cones on the strong stick (turning to the right)
- encourage quick feet around the ball when turning the left

#2. Push Pass & reception (Trap)

Stationary Push Pass
(athletes 5-7y apart)



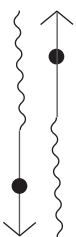
#3. Quick Game

See how many passes between partners they can make in 1 min. Repeat with different partner to try and improve their score.

#4. Push Pass on the move

Put athletes in small groups (min. 4) and set up shuttles 10-12y apart

X5
X3
X1



X2
X4

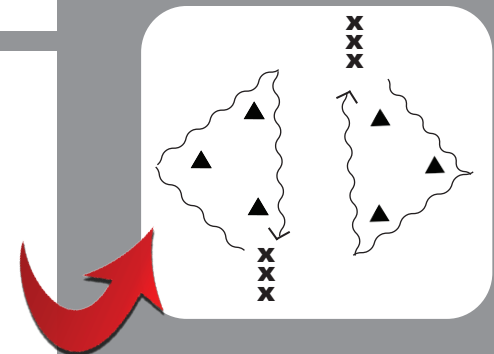
- X1 push dribbles and rolls the ball off the stick to X2
- X2 will receive the ball slightly moving forward, dribble and roll the ball off the stick to X3
- Athletes will follow their pass
- This drill is continuous

#4 COACH TIPS

- to challenge the athletes: change the angle of their pass and encourage them to keep moving forward (feet facing straight ahead) when they make the pass

#2 COACH TIPS

- Receiver: square up so both feet are facing towards partner. You want to receive with your body behind the ball. Ideally: you want to trap the ball in front of your right foot. Receiver may stand square or one foot slightly in front of the other (whichever is most comfortable). You want to absorb the ball onto your stick and have the stick angle point towards the turf.
- Passer: you want your LEFT shoulder facing your partner. Have your feet shoulder width apart. Your hands will be 10-12" apart (top and bottom of stick grip). The ball will be in front of the RIGHT foot. Place stick on ball and transfer weight from Right to Left. Push ball towards partner. Follow through straight towards partner.
- **Encourage athletes to bend at their knees to generate power with their legs



SKILLS GAME

Hockey Volleyball:

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.

