



FIELD HOCKEY  
VICTORIA

U8 Girls Lesson Plan #3  
Objective: **Passing & Receiving**



Greater Victoria Junior  
Field Hockey Association

**WARM-UP**

- Tag game
- Game w/o stick and ball

**FOOTWORK DRILLS**

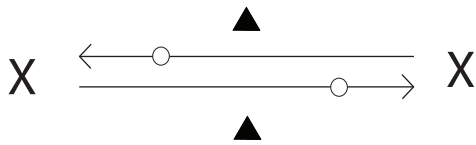
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

**EQUIPMENT**

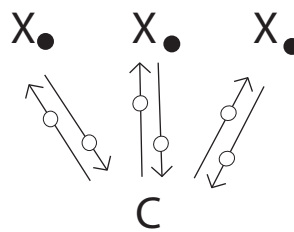
- Balls, Cones, Pop-Up Nets
- Stamps
- Playground Rubber Balls

**SKILL DEVELOPMENT**

**#1. Review Push Pass (Silent Pass)**

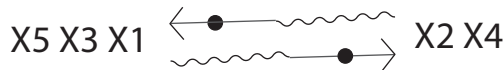


- (a) Stationary push pass in pairs  
Athletes 5-7y apart  
Add cones to pass through



- (b) In Small Groups

**#2. Push Pass on the Move**



- Shuttles: 12-15 yards apart  
X1 will dribble straight ahead and roll the ball off her stick to X2. X2 will receive the ball moving forward (encourage running with stick on the ground). X2 will repeat the skills of X1 passing to X3. Athletes will follow their pass, making the drill continuous.

**#1B COACH TIPS**

After athletes pass the ball to the coach/parent, they can do 5 jumping jacks before next turn. It keeps the athletes active. Be creative with other exercises!

**#2 COACH TIPS**

Encourage the passer to start with a slow roll of the ball..... ?

**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.

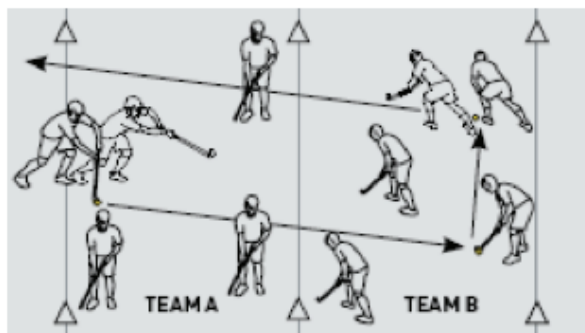


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**GAME**

Play a mini-scrimmage with the playground rubber balls. Encourage the use of all skills learned so far (push passing, push dribbling, receptions, etc.) Use the pop up nets or have them dribble between two cones to score a goal.