



FIELD HOCKEY
VICTORIA

Lesson Plan #4
Objective: **Receptions**
(Stationary & On the Move)



Victoria Junior
Field Hockey Association

WARM-UP

- Tag game
- Game w/o stick and ball

FOOTWORK DRILLS

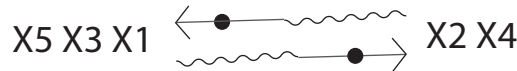
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

EQUIPMENT

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

SKILL DEVELOPMENT

#1. Review Shuttle Drill



Shuttles: 12-15 yards apart

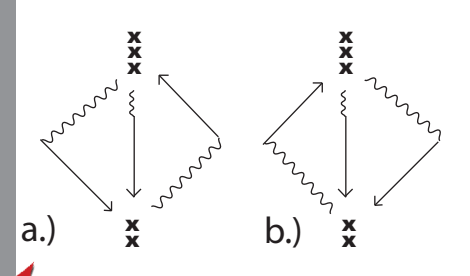
X1 will dribble straight ahead and roll the ball off her stick to X2. X2 will receive the ball moving forward (encourage running with stick on the ground). X2 will repeat the skills of X1 passing to X3. Athletes will follow their pass, making the drill continuous.

#2. Shuttle Drill On an Angle

- a.) Dribble slightly to the RIGHT. Roll the ball off hockey stick to the left. It is important to change the ball position from 2 o'clock to 12 o'clock before making the pass
- b.) Dribble slightly to the LEFT. Let your feet move past the ball. The ball position drops from 2 o'clock to 4 o'clock and let the ball roll off the hockey stick to the right.

#1 COACH TIPS

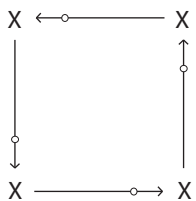
Focus on the pace of the pass and having the receiver more forward with their stick on the ground



#3. Receiving the Ball

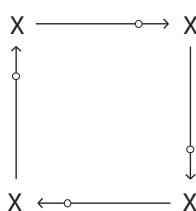
Athletes are 7-10y apart in small groups preferably in a square.

a.) From Left to Right



a.) Athletes watch the ball onto their sticks, letting the ball cross their body on the reception. The athletes LEFT shoulder should be facing the person sending the ball and their feet should be facing straight ahead (away from the sender). After receiving the ball pass to the next athlete

b.) From Right to Left



b.) Those receiving the ball will have their feet facing the person who is sending the ball. Watch the ball onto their stick, receive the ball, make a push pass to the next person, while stepping towards that person with their LEFT foot. The athlete's body is used to shield or protect the ball from a defender.

#3 COACH TIPS

a.) Focus on minimizing the number of touches on the ball for the receiver. Athletes can increase their ball speed as they become more comfortable with the drill.

b.) Focus on minimizing the number of touches on the ball for the receiver. A low body position helps with both the reception and the pass.