



FIELD HOCKEY
VICTORIA

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



Victoria Junior
Field Hockey Association

SKILL DEVELOPMENT CONTINUED

#3. Receiving the Ball

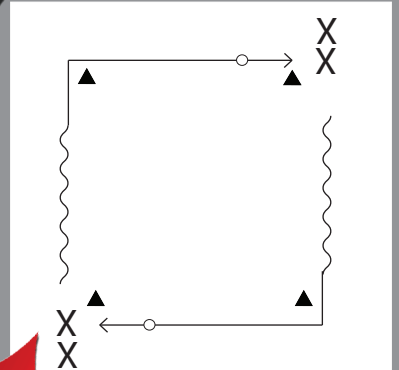
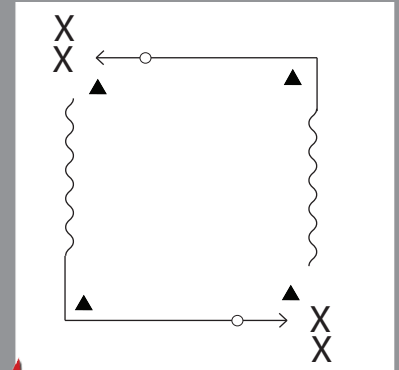
Continuous Drill (2 balls at once. Cones are 10y apart)

c.) From the LEFT on the Move

- 2 athletes at opposite corners of the square. Start at the same time.
- Push dribble straight ahead Ball position changes from 2 o'clock to 12 o'clock to make a square pass to the LEFT
- Receiver: should let the ball cross the body and move forward onto reception

d.) From the RIGHT on the Move

- 2 athletes at opposite corners of the square. Start at the same time.
- Push dribble straight ahead and get your feet around and make a strong stick pass. Ball position moves from 2 o'clock to 4 o'clock.
- Receiver: your RIGHT shoulder is facing the person who is sending you the ball and your feet are facing the direction you are going to dribble in. Receive the ball strong stick on your back foot (right foot)



COACH TIPS

Note: the foot positioning is different from when you are making a stationary pass!

SKILL GAME

Modified Hockey Volleyball

- Create two playing fields for 3 vs. 3
- Rotate Positioning: Use the triangle formation
 - 2 people up and 1 back or
 - 1 person up and 2 back
- Athletes can practice receiving the ball on the move
- Encourage rotation on the passing

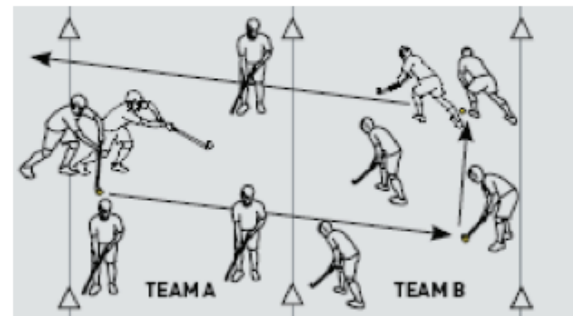


Image: FHC