



FIELD HOCKEY
VICTORIA

Kindies Lesson Plan #1

Objective: Intro to Grip and Push Dribble



Victoria Junior
Field Hockey Association

WARM-UP

- Tag game
- Stick Flipping
- Cone Flipping

EQUIPMENT

- Mouthguards, T-shirts
- Stamps
- Balls (Regular & Large), cones, nets

HAND STAMPS

Put stamp on athlete's LEFT hand and have this hand always at the top of the stick.

SKILL DEVELOPMENT

#1. Shake Hand Drill

- Left hand at the top and athlete practices shaking hands with their stick (Repeat many times)
- Shake hands with left hand and get them to add right hand where grip ends and shake hands while tapping the ground with the end of their stick

#2. Shake Hand Game

- Coaches stand in a line beside each other (approx. 3 feet apart)
- Athletes move from coach to coach shaking hands and then run back to the start of the line.

#3. Body Position Practice

- Feet are shoulder width apart, knees are bent, slight bend at the hips
- Follow the leader with sticks on the ground at all times
- Have the athletes follow leader/coach with sticks dragging along turf

COACH TIPS

Left hand (stamp hand) at top of stick with right hand at the end of stick's grip. Stamp/Left hand shakes hands with the stick and does all the turning of the stick. The Right hand is used to guide the stick and allows the stick to spin in it.

Watch to make sure the athlete's right hand and wrist do not turn with the stick - the stick spins in the right hand!

#4. Push Dribble (Closed/Silent Dribble)

- Groups of 2-3 place cone 10-15 yards away from group
- Athlete push dribbles to the cone, leaves the ball and runs back to tag next person in line
- Next athlete runs to cone, dribbles ball back (repeat drill 3x)

#5. Push Dribble Game

- Scatter balls in a small playing area and place 2 nets down
- Athletes race to get a ball and dribble ball to one of the nets
- Keep going until all the balls are in net and keep score!

#6. Footwork Drill

- Over sticks (set up like a ladder on the ground)
- running, two legged hop, single legged hop, sideways hop, sideways step, silly option

#7. Dribble Tag

- Coach is the tagger (no ball)
- Athletes each have a ball they are trying to keep away from tagger
- If tagger gets the ball, athlete runs to get a new one and re-joins

COACH TIPS

- Stick at 2 o'clock, out to the right side of body
- Bent knees, bend at hips
- Stick out in front (left arm straight, left hand facing the ground)

MINI-GAMES

Intersquad game: make two teams of 5 or 6 and play 4vs 4 and rotate athletes in.

- If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out