



FIELD HOCKEY  
VICTORIA

## Kindies Lesson Plan #2

### Objective: Dribble and Check & Push Pass on the Move



Victoria Junior  
Field Hockey Association

### WARM-UP

- Tag game

### EQUIPMENT

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

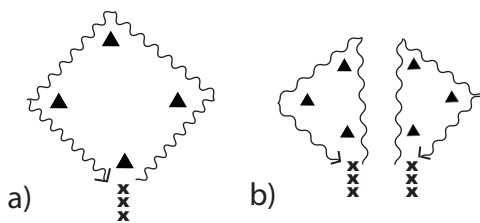
### HAND STAMPS

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

### SKILL DEVELOPMENT

**#1. Grip Review** (Stamp hand at the top of stick)

**#2. Push Dribble**



(i) Counter clockwise : follow the leader (no ball and stick) first, then with stick only as if dribbling, then finally add a ball.

(ii) Clockwise: follow the leader (no stick and ball) first, then with stick only , then add ball - getting feet ahead of ball when turning corners

**#3. Dribble and Check**

- Have athletes dribble forward into space and check (place stick over ball to stop it) the ball
- Progress to having them let the ball come off the stick into space (no more than playing distance) and check the ball

**#4. Push Pass on the Move** (easier than stationary pass!)

- In groups of 2 or 3 athletes with one coach: athletes line up and dribble a few paces forward and then with stick continuously on the ball roll the ball forward, passing it to the coach
- Coach moves the ball to the side for the same athlete to pick up and push dribble and pass on the move towards the pop-up net.

**#5. 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 getst the ball, athlete runs to get a new one and re-joins

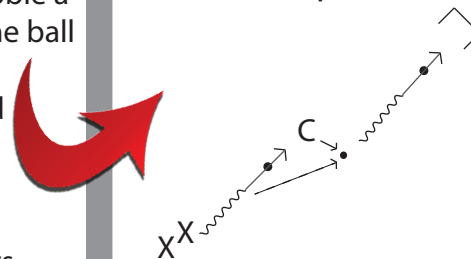
### COACH TIPS #2

Counter Clockwise:

- stick at 2 o'clock position, out to side
- just before getting to cone, move the ball to 12 o'clock position to turn around the cone more easily

### COACH TIPS #4

Progress to having athletes work on moving body and feet around ball just before they make the pass. Body should be facing forward on the dribble and pass.



### MINI-GAMES

Team 1 (Orange) vs Team 6 (Green)

Team 2 (Lime) vs Team 5 (Blue)

Team 3 (Red) vs Team 4 (Yellow)