



FIELD HOCKEY  
VICTORIA

## Kindies Lesson Plan #3

### Objective: Receiving (Stationary)



Victoria Junior  
Field Hockey Association

### WARM-UP

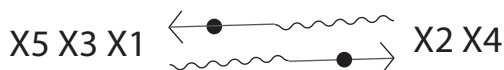
- Tag game

### SKILL DEVELOPMENT

#### #1. Push Dribble Review

- 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

#### #2. Reception (Stationary) from the Push Pass on the Move



- In groups of minimum 5:

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.

### FOOTWORK CIRCUIT

- Weave through wide cones
- Jump sideways over Sticks
- Turn and hop over cones with two feet

### 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

### EQUIPMENT

- Balls, Cones and Nets

### COACH TIPS #1

Counter Clockwise:

- stick at 2 o'clock position, out to right side
- bent knees and at the hips
- stick out in front - left arm straight, left hand facing the ground

### COACH TIPS #2

Receptions:

- Both feet are facing the passer. Receive the ball in front of the right foot.
- Stick angle is best angled towards the turf - straighten left arm to angle stick forward.