1. WARM-UP (DEFENSIVE FOOTWORK)
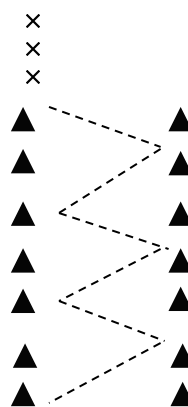
Focus on FOOTWORK! Use two grids to accommodate all players.
*(Perform first without stick, and then repeat with stick.

  i.   Shuffles (facing the line of players)
 ii.   Cross-overs (facing the line of players)
iii.   Running (turn feet to point in the direction they are moving)

Encourage players to have LEFT hand only on the stick.
The stick stays on the ground angled towards the turf at all times.

2. DEFENSIVE SKILLS (CHANNELLING)

10 y

8 y

Objective: To move offensive player toward sideline or team mate in order to delay the play or encourage a double team.

X = Defense
0 = Offense

Complete drill without a ball first
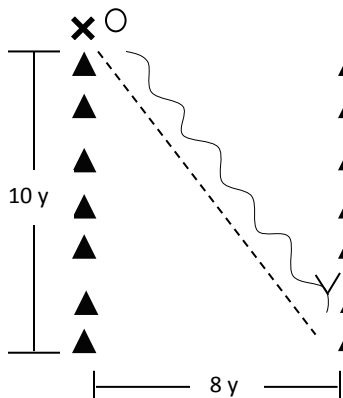Each athlete will dribble 3X and then channel 3X with a ball

1. COACH TIPS

-DEMONSTRATE THE DROP STEP WITH INSIDE FOOT WHEN CHANGING DIRECTIONS TO KEEP KIDS MOVING ON 45 DEGREE ANGLES

-FOR i AND ii THE PLAYERS SHOULD FACE THE LINE OF PLAYERS

-STICK STAYS IN THE SAME POSITION (NO REVERSE STICK IS USED) TO PROTECT FEET

2. COACH TIPS

-DEFENDER: KEEP FEET BEHIND BALL, STICK LOW AND PROTECTING FEET AND KEEP STICK OPEN FACING FAR CONE (NOT REACHING ACROSS TO TRY AND TACKLE).

 NO TACKLING

3. PASSING & RECEIVING

Passing in Shuttles (groups of 4-5)
  i.   Have the players dribble a few steps forward and while in motion pass the ball to the player at the front of the opposite line and then continue their run across to join the back of the opposite line
 ii.   The players dribble to the right on a 45 degree angle for 2-3 steps and then pass and join the back of the opposite line. Remind the athletes to bring the ball to 12 o'clock before making the pass and to keep their body weight centered (not fading away).
iii.   Repeat drill in opposite direction

(i)   (ii)
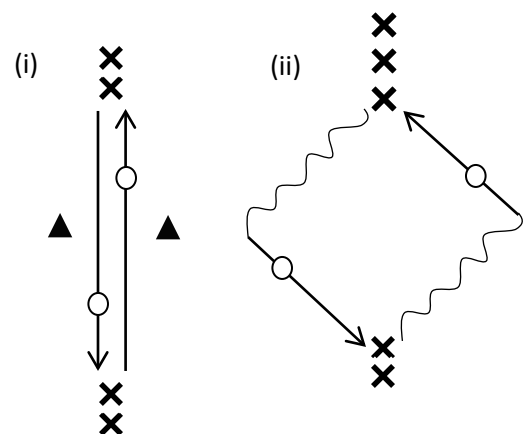
4. SKILLS GAME (WALL BALL)

X1 is the "pusher" and everyone else is the "wall"
X1 tries to push the ball past the "wall of players" to score a point. Players in the wall and X1 can move laterally between their respective cones. If a player in the wall traps the ball, they then become the "pusher"

WITH SPECIAL THANKS TO THE VICTORIA JUNIOR FIELD HOCKEY ASSOCIATION