# 1. WARM UP GAME / AGILITIES / FOOTWORK

2. DRIBBLING AND PASSING

Focus: Curl LEFT and pass

X dribbles toward the board, curls LEFT in front of the board (which is acting like a defender) and sends a push pass to their teammate. This is completed two more times and the last player shoots on net. Follow your pass. The next player in line starts to dribble as soon as the first pass is made.
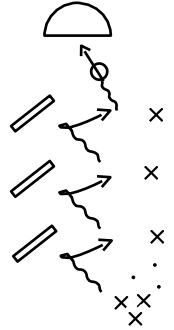
3. PASSING & RECEIVING
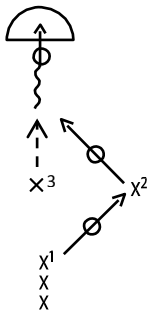
Focus: Upright reverse stick reception

Passing the ball into space for a teammate.
Encourage the player running into space to have their stick on the ground
The pass into space is a paced push pass. Players follow their pass

4. PASSING: SWEEP HITS

In the shuttle format
Players will pass and follow their pass.

This is a progression from last week. Players will roll the ball and use proper footwork L/R/L
    -Left foot towards ball
    -Right foot behind (pulls you away)
    -Left foot straight ahead

Keep stick on ground – contact ball with shaft of stick
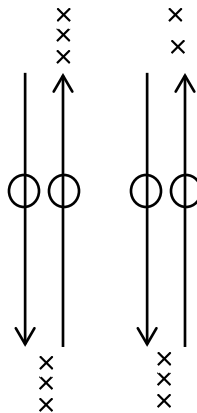
5. SKILLS GAME

MINI GAME: make a field about 25 X 30 yards using two cones (1 yard apart) per goal. Have multiple goals spread randomly throughout the grid. Teams can score in any goal just not the same goal twice in a row.
Variations: (1) goal = "shoot" through the cones (2) goal = pass to teammate through cones (3) goal = dribble with control through cones.

2. COACH TIPS

You can use a line of cones instead of boards. The boards are "defenders" and you use the curl to maintain possession

3. COACH TIPS

Have X3 watch the ball as it is released from X2's stick and all the way onto their stick for the reception. Ensure X3 has their stick angled slight towards the turf. X3 should receive the ball at 12 o'clock in front of their body.

Make sure X2 sends a paced pass and not too hard

4. COACH TIPS

Remind players to follow through towards their target and that ball position will affect which way the ball goes.

If the ball is too far in front of them, the pass may go too far left, if the ball is too far behind them, the ball may go too far right.

WITH SPECIAL THANKS TO THE VICTORIA JUNIOR FIELD HOCKEY ASSOCIATION