



FIELD HOCKEY CANADA | HOCKEY SUR GAZON CANADA  
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## UNDER 10 – LESSON PLAN #7 - NOTES

COACHING NOTES: Review the following coaching notes prior to the day of practice. Use these tips throughout the drills to help kids progress.

### DRIBBLING AND PASSING

Focus: Curl LEFT and pass

Player will dribble to the LEFT of the cones. The ball position will move from 2 o'clock to 12 o'clock – in front of the left foot. RIGHT foot will step past the ball to protect the ball from the defender. Drop step with the LEFT foot – body is now between the ball and the defender. Make an arcing shape with the ball, keeping it on the strong stick and turn 180 degrees.

The curl allows you to maintain possession as well as eliminate a defender.

### PASSING AND RECEIVING

Focus: Sweep Hits

X1 will send a push pass to X2

X2 will receive and send a paced pass through the cones into space for X3. X3 will receive an upright reverse stick, get the ball to their strong stick as quickly as possible. X3 will dribble and take a shot on goal.

Rotation → players will follow their pass: X1 to X2; X2 to X3; X3 to X1

To challenge players, only have an athlete start in the X3 position. Set up double cones, have X2 send the paced pass into space, then run and touch the double cones prior to becoming X3. Once X3 touches the cones, she can pick them pick up the pass that has been sent into space

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