



1. WARM UP GAME / AGILITIES / FOOTWORK

2. DRIBBLING AND PASSING

Focus: Indian Dribbling

(i) Stationary: Review practice plan #3 Drill 2 (i) – Draws left and right

Each player has a ball – standing with feet shoulder width apart. The ball is out in front, almost a stick length away from the body. The players' knees are bent and they are tapping the ball back and forth from strong stick to reverse and reverse to strong stick. Repeat.

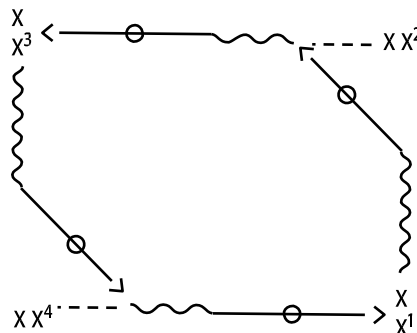
(ii) On the move: Progression from stationary. Indian dribbling on the move over 15-25 yards in a straight line and then on different angles.

3. PASSING & RECEIVING

Focus: Strong stick reception on the move.

Roll ball off hockey stick for pass

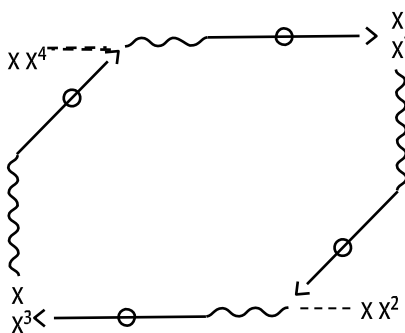
Ball position at time of pass is at 12 o'clock



4. PASSING & RECEIVING

Focus: Upright Reverse stick reception on the move

Strong stick pass: get feet around



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

When going to the reverse stick, the stick should roll in the right hand so that the right wrist does not turn over. The stick spins in the right hand.

3. COACH TIPS

Encourage players to keep their stick touching the ball as much as possible and to send their pass slightly in front of the next player.

Players running onto a pass should have their toes facing forward and their stick close to the ground, ready for a reception on the move

4. COACH TIPS

Players need to slow the ball speed down just before they make their pass and focus on "getting their feet around"

Players receiving should watch the ball as it is passed right until the ball touches their stick. The ball is easier to receive when passed at a good reach's distance in front.