



**1. Dynamic Warm Up - 5-7 min**

Do dynamic agilities between 15-20 yard distance (twice each, jogging backwards back to the line). Examples include:

Quick feet, bum kicks, high knees, picking daisies, picking daisies backwards, side shuffle out and back, cross-overs out and back, skipping, high knee skips, 360 degree spins, lunges: forward and backward, lunges on 45 degree angles, forward accelerations on angles, 5y, 10y and 15y accelerations

**2. Passing and Receiving on the Move - 18 min (3min ea)**

Groups of 3 or 4. Pass and follow your pass.

(i) Stationary push passes (left shoulder faces target)

(ii) Push pass on the move (dribble forward, turn feet so shoulder faces target and make push pass, follow your pass)

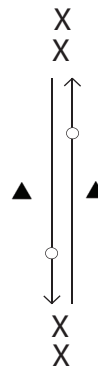
(iii) Snap pass (dribble forward, toes continue to point forward, snap a pass on the run with ball at 2 o'clock on dribble and pass)

(iv) Counter-clockwise: players dribble right on a 45 degree angle, ball at 12 o'clock to make pass from right to left. Follow your pass.

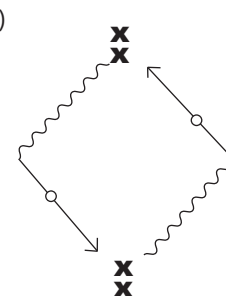
(v) Clockwise: same as (iv) but opposite direction, get feet around to make strong-stick pass

(vi) same as (v) except can use reverse stick to make pass. Encourage players right shoulder to lean towards target instead of fading away to make the pass

(i-iii)



(iv-vi)



**3. Defensive Footwork (5-7 min)**

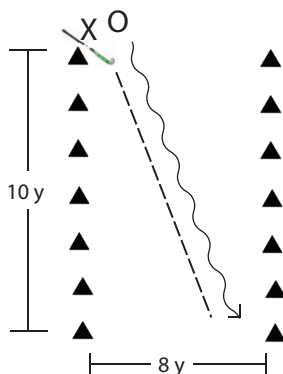
Use two grids to accommodate all players. Perform first without stick, then repeat with stick

(i) Shuffles (facing the line of players)

(ii) Cross-overs (facing the line of players)

(ii) Running (turn feet to point in the direction they are moving)

**4. Defensive Channelling (10-12 min)**

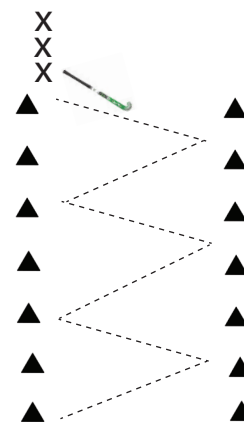


**When and Why?** To push a player to the side of the field and to delay the play or the ball carrier in to a double team – NOT to get the ball

**Objective:** To move offensive player towards sideline or team mate in order to delay the play or encourage a double team. (Max. 5 per group)

X = defense  
O = offense

Complete drill without a ball first.  
Each player will dribble 3x and channel 3x with ball



Note: Stick stays in the same formation like the diagram above no matter which direction you are going. Keep left hand low and in front of left toes as much as possible. Encourage players to have LEFT hand only on stick. The stick stays on the ground angled



**5. MINI SCRIMMAGE WITH NO TACKLING (10-12 minutes)**

Pair up with the team across from you and split your teams to have two games, each in 1/6 of the field. This will likely end up being 5 v 5. Both teams' coaches can help out both teams.

Line out the field to use the entire sixth of the field and agree on one of the below game variations. Remember NO TACKLING is allowed, so the only real way the players can get the ball is by interception. You can ask them this to see if they can figure it out! This helps spread them out and give them a bit more time to receive and look up. You want to increase the number of passes and touches on the ball still so don't let one player keep dribbling the whole time.

**VARIATIONS (choose one):**

- a.) Directional game where they have to "shoot" through a middle goal on the end line
- b.) Directional game where they have to dribble through one of two 4 yard gates set on the end lines in each corner
- c.) Possession game where 5 passes counts as a goal but you cannot pass to the same person that passed to you
- d.) Possession game where you scatter 3 yard gates in the playing field and they have to pass between the gates to get a goal but you can not pass between the same gates back to back

**Remind your players:**

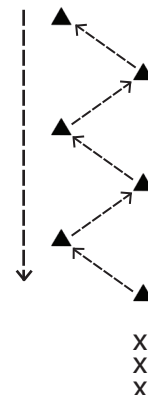
- Always need mouth guard, shin guard and team shirt on game days
- Be 15 minutes early on game days if possible



1. Dynamic Warm Up - 5-7 min

Without a stick, complete the following in groups of 3-4:

- (a) plant & push on change of direction (face forward, hand touches each cone)
- (b) plant & push without touching cones
- (c) stutter step 3 times at each cone & accelerate to next cone with change of direction
- (d) "figure 8's" with feet around cones, toes always facing forward
- (e) left and right foot pivots At LEFT cone: pivot on right foot, turn to your left; RIGHT cone: pivot on left foot, turn to right)
- (f) side shuffles nice and low



2. Dribbling Warm Up - 10 min (2 min ea)

With the same cone set-up as above over a 15 yard distance (groups of 4)

- (a) push dribble up and around each cone weaving through them strong stick only
- (b) weave around cones using strong and reverse stick
- (c) push dribble to each cone changing direction at each cone (stay "inside" the cones)
- (d) challenge: feet stay "inside" the channel of cones, ball goes around the outside of the cones
- (e) figure 8's around the cones - loop ball around cone as if you were curling but feet stay inside



3. Stationary Draws LEFT and RIGHT (3-5 min)

Set cones a stick length apart for a pair of players. Progressions as necessary are:

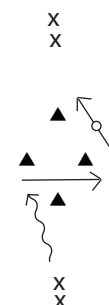
- (a) draw right and left with the top hand spinning the stick, right hand guiding;
- (b) draws right and left so that the ball goes past the line of the cones \*\*in order to allow the ball to go farther away from them (thus wider than the cones), let them know that their right hand can slide a little closer to the left when they do their draws;
- (c) Draws right and left where the stick stays on the ball and there is no "tap" sound; and
- (d) Try a competition - How many can you do in 30s? Repeat to improve your score!

4. Draws on the move

Players should dribble to the cones, make their draw, pass and follow their pass.

- (i) Draw right and pass
- (ii) Double draw right and pass
- (iii) Fake left, draw right and pass

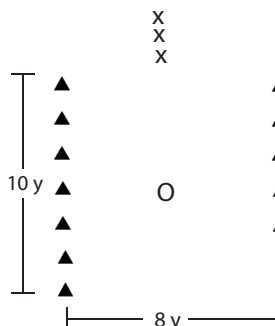
Notes: Keep feet behind the single cone. Let the ball travel outside the line of the body on their draw (wide!)



5. Defensive Skills - 10 min

- (i) Flapper Drill (no ball)
  - (ii) Shadowing Drill (with ball)
- O = offense  
X = defense

Do this skill over 25 yards. Change the ball carrier at each end.





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## **UNDER 14 - LESSON PLAN #2**

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### **6. SKILL GAME – 12-15 minutes**

Make a grid about 25 x 30 yards using two cones (1 yard apart) per goal. Have multiple goals spread out randomly throughout the grid. Teams can score in any goal, just not the same goal twice.

#### **Variations:**

- (1) goal = “shoot” through the cones
- (2) goal = pass to teammate through cones
- (3) goal = dribble with control through cones



### 1. Dynamic Warm Up -7-10 min

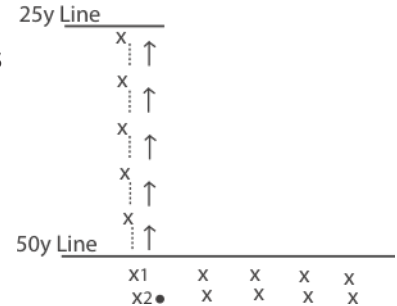
Do dynamic agilities between 15-20 yard distance (twice each, jogging backwards back to the line). Examples include:

Quick feet, bum kicks, high knees, picking daisies, picking daisies backwards, side shuffle out and back, cross-overs out and back, skipping, high knee skips, 360 degree spins, lunges: forward and backward, lunges on 45 degree angles, forward accelerations on angles, 5y, 10y and 15y accelerations

### 2. Passing & Receiving over the shoulder - 10 min

In partners moving forward making 3-4 yard receptions in one direction. One partner is the passer, the other is the receiver and they switch on the way back.

- (i) receive over (R) shoulder x2
- (ii) same but increase pace x1
- (iii) same but draw (R) after reception x2\*
- (iv) receive over (L) shoulder x1
- (v) same but increase pace x2



\*Have feet facing forward on pass and reception. Make sure ball is passed away from the receiver's feet. Encourage receivers to let the ball travel past their feet before they receive. Receivers just stop the ball and then lead forward 2-3 yards for the next pass.

### 3. Passing & Receiving over the shoulder on the move - 10 min (5 min ea)

Encourage a change of pace on leads. Practice both an open and closed pivot around the cone

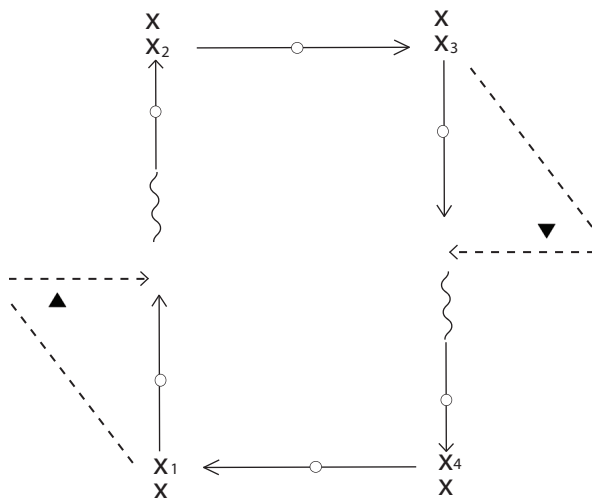
OPEN pivot --> you can always see the passer

CLOSED pivot --> you can not see the passer until the last second

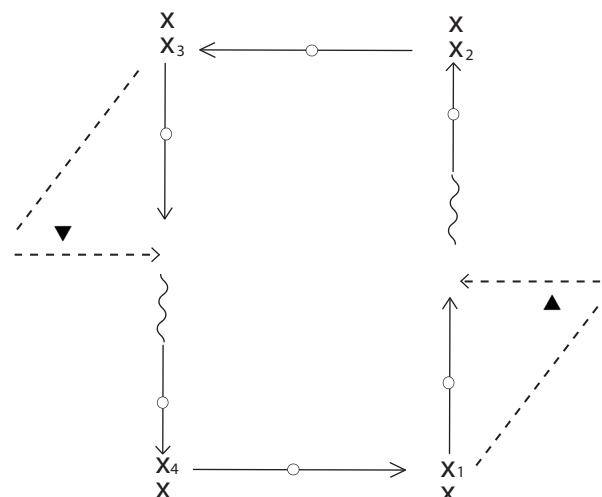
If the continuous drill is too difficult, make two sets and have them "shoot" between two cones instead of passing to the next line.

\*\*Make sure the distance between pass and reception is about 15 yards (SEE DETAILS ON NOTES PAGE)

(i) Receiving over the RIGHT shoulder



(ii) Receiving over the LEFT shoulder





For the remaining 25 minutes you will split your team into TWO groups and have half working on Station #1 (Block Tackle) and half in Station #2 (mini games). You will switch half way. If you do not have enough coaches to do this you can run through each station sequentially. It is preferable to do this in two separate groups so you get more one-on-one time in the block tackle.

#### 4. STATION #1

**BLOCK TACKLE** - 10-12 minutes

(i) Stationary block tackle (aka flat stick tackle)

- 20 seconds on / 20 seconds off (repeat 3 times)

Keep body behind the stick and repeatedly lunge to 12 o'clock, 1 o'clock, 2 o'clock and 3 o'clock - always bringing the stick back to the middle of your body between lunges. Keep weight on toes.

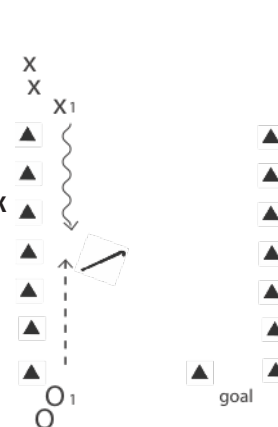
(ii) See Drill to the Right -->

- X1: somewhat of a passive ball carrier to allow O1 to work on the timing of the tackle.

- Keep the drill continuous X1--> O1, O--> X, etc.

- X1 is trying to dribble through the goal on the opposite side of the grid

- O1 is closing time and space on the ball carrier and makes the tackle as X1 changes the angle of their dribble toward the goal.



#### 5. STATION #2

**MINI GAMES** - 10-12 minutes

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. It is preferable to play this NO MORE THAN 5 v 5. Be creative to mix with other teams and create multiple games, if needed.

Variations (Pick One):  
(1) goal = pass to team mate through cones  
(2) goal = dribble with control through cones

You can't score through the same gate back to back!



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## UNDER 14 - LESSON PLAN #3 NOTES

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

### PASSING & RECEIVING OVER THE SHOULDER

Put players in pairs (one ball between two).

Note: Receiver and Passer always face forward so receiver must look back over their shoulder for the pass.

(i) X1 starts with their back to X2. X2 sends a push pass to the right side of X1. X1 will receive with a reverse stick over the right shoulder. X1 will trap the ball and then move forward 3-4 yards, leaving the ball for X2 to send another pass. This should happen 5-7 times over a 25 yard distance.

(ii) Same as above; except increase the speed of the pass

(iii) Same as above, except after reception, step forward with left foot, drop step with right foot (turning to your right), draw the ball across your body (draw right) and pass back to X2.

(iv) Same as (i); except X1 will receive strong stick over their left shoulder

(v) Same as above; except increase the speed of the ball

### PASSING & RECEIVING OVER THE SHOULDER ON THE MOVE

This is a continuous drill, allowing the players to get maximum touches in a short period of time.

(i) OVER RIGHT SHOULDER

X1 and X3 will start at the same time. They will make their lead around the cone. As soon as they get to the cone, the next person in line will send a paced through pass so X1 and X3 are able to make an upright reverse stick reception over their right shoulder. X1 and X3 will then dribble two steps and send a through pass to X2 and X4. X2 and X4 will send a square pass to the next person in line. Players will follow their pass and repeat the drill.

OPEN PIVOT --> Plant RIGHT foot at the cone, open up towards passer (turn to your left) and continue your lead. Should always see the passer.

CLOSED PIVOT --> Plant LEFT foot at cone. Body is closed to passer. Look over RIGHT shoulder for eye contact.

(b) OVER LEFT SHOULDER

Same but X1 and X3 will make a reception on their forehand over their left shoulder (feet should face the direction they are going to go not the person passing to them). Players should let the ball cross their body in front of them.

### DEFENSIVE SKILLS: BLOCK TACKLE

(i) Stationary - 20 seconds on and 20 seconds off (repeat 3 times). Keep body behind the stick and repeatedly lunge to 12 o'clock, 1 o'clock, 2 o'clock and 3 o'clock - always bringing the stick back to the middle of your body between lunges. Keep weight on toes.

(ii) Block tackle on the move: Ensure that the tackler closes time and space with their stick protecting their feet. The defender should have two hands apart on their stick and as they lead towards the dribbler, try and keep their left foot ahead of their right so their body angles the dribbler to their right. They can step to 12, 1, 2 or 3 o'clock to make the tackle as the dribbler changes the angle of their dribble towards the goal.

Note: After the defender makes the tackle, encourage them to pick up the ball and dribble forward so that they don't get used to making the tackle and standing up. They should make the tackle and move forward just like in a game!



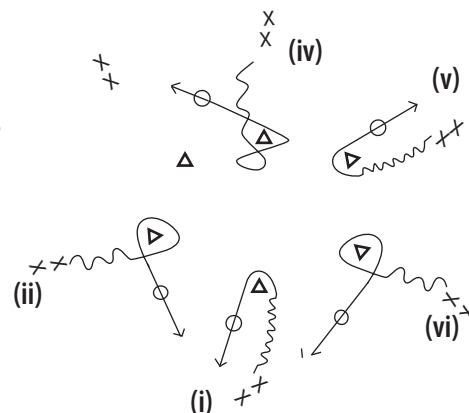
**1. Dynamic Warm Up - 15 min**

Do dynamic agilities between 15-20 yard distance (twice each, jogging backwards back to the line).

**2. Dribbling Skills - 10 min**

Set up cones (one cone per pair) in a wide circle (cones 3-5 y apart from each other) and have each pair about 10-12 y away from their cones.

- (i) Dribble to the right of the cone, curl around it and PUSH PASS back to partner
- (ii) Dribble to the right of the cone, curl around it but this time SNAP PASS to next line (drill moves counter-clockwise)
- (iii) Practice the LEFT FOOT PIVOT stationary in pairs (30 seconds)
- (iv) Dribble to right of cone, LEFT FOOT PIVOT and pass to next line
- (v) Dribble to the left of the cone, curl around strong stick only & getting feet around and push pass back to partner
- (vi) Dribble to the left of the cone, curl around it and push pass to next line (clockwise)



**3. Continuous 1v1 - 10 min**

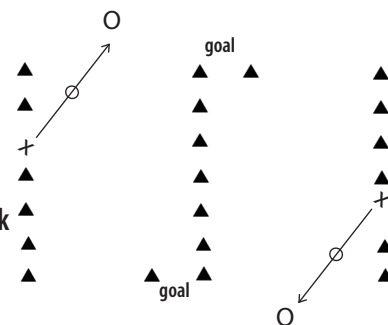
Defender (X) looking to close time and space and force attacker to their forehand through the goal. (10 mins.)

Focus on footwork, body position and feet positioning.

\*\*They can work on their block tackle...attacker is looking to eliminate defender.

\*\*Increase the speed slightly of the dribbler to make it more challenging

Rotate so that the attacker in one channel then goes to defence in the same channel and then they go to attack in the other channel, etc.

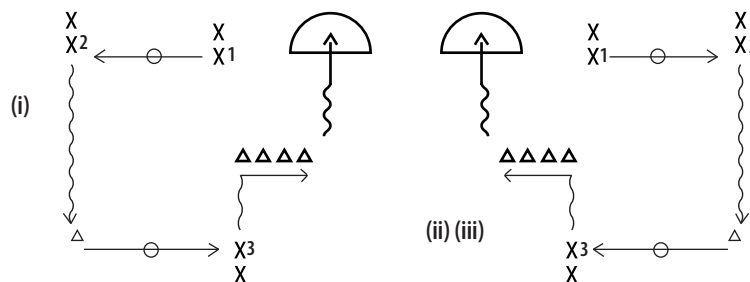


**4. Passing & Receiving from left to right - 10-12 min**

(i) X1 will push pass to X2. X2 will face the cone and allow the ball to cross their body from left to right and will have their first touch forward towards cone. X2 dribbles up to and around cone and then sends a push pass to X3. X3 receives across their body from left to right, dribbles forwards, draws right and then goes in to shoot on a goal.

(ii) X1 will push pass to X2. X2 will face the cone and receive the ball on their backfoot (strong stick), dribble up to and around the cone, get their feet around and pass to X3. X3 will receive on their back foot, dribble up to the cones, draw left and then shoot on goal.

(iii) same as (ii) except X2 and X3 receive in front of them on their reverse stick.



**4. Games - 10-12 min**





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## UNDER 14 - LESSON PLAN #4 NOTES

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

### 2. DRIBBLING SKILLS

1. Strong stick curl and Push Pass. Make sure they do their footwork to get their left shoulder facing target and they take a quick look up before they pass. This variation they will pass back to their partner who started where they started.
2. The players will do the same as above in (1.) but this time they will pass to the person in the line that is beside (counter-clockwise) them and then follow their pass to make the drill continuous. Try this both with a PUSH PASS and a SNAP PASS.
3. LEFT FOOT PIVOT: Make sure the ball is slightly on the right of their body and their left foot steps PAST the ball and then they turn their body to the right WHILE drawing the ball the to their right to get into a strong position, then STEP with the left to get in a good position to pass back

### 3. CONTINUOUS 1v1

Defender tips: low body position, anticipate a change of speed and direction from attacker so don't spring full out towards attacker, foot stance should be staggered so they can change direction and move backwards. Defender needs to have an active and low stick to put pressure and protect feet. Defender can work hard to force attacker to their forehand (channeling) or if the opportunity persists they can make a block tackle but they should recognize when it might be better to stay in contention (a fast forward) vs going for the block tackle and maybe getting eliminated.

Forward tip: receive on the move and don't get caught at the start of the drill just moving back and forth. Utilize skills learned like pivots, curls, draws, lifted skills and also change of speed and direction.

### 4. PASSING AND RECEIVING FROM LEFT TO RIGHT

(i) Receiving from the left to right : Receivers toes face in the direction they are going to be dribbling (straight ahead) and the ball will come from their LEFT. They should receive across their body so the ball doesn't touch their stick until it has gone from left to right just in front of their right foot and then they can dribble forward

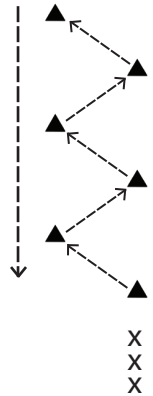
(ii) Receiving from the right: Practice receiving "off the back foot" so they receive strong AND you can also try having them step back a step and receiving the ball in front of them in the upright reverse stick position (maybe save this for the more skilled players)



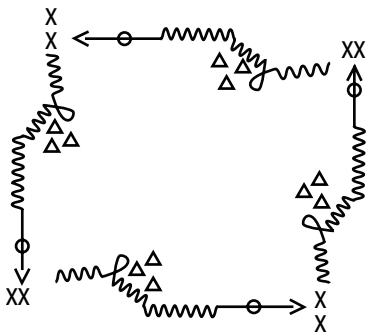
### 1. Dynamic Warm Up - 5 min game & 10 min footwork

Without a stick, complete the following in groups of 3-4 using two sets of this drill

- plant & push without touching cones
- stutter step 3 times at each cone & accelerate to next cone with change of direction
- left and right foot pivots - At LEFT cone: pivot on right foot, turn to your left; RIGHT cone: pivot on left foot, turn to right)
- side shuffles nice and low going backwards



### 2. Dribbling / Strong Stick Curls - 10-12 min



- Always rotating around counter-clockwise to do this all strong stick.
- Start by having each player keep their ball and dribble to the next line, rather than passing it progress to add the pass if they can handle the drill being continuous
- Make sure the players start dribbling to the left of the cone and change the ball position from 2 o'clock (dribbling position) to 12 o'clock so the ball is out in front and it is easier to curl.
- The Entire "grid" should be at least 15 yards by 15 yards

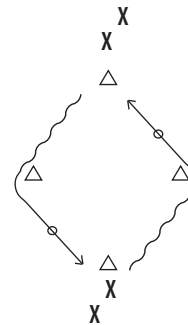
#### PROGRESSIONS:

- Strong Stick curl small and tight
- Strong Stick curl a bit larger to make space between them and the "defender"
- Right Draws (ONLY IF TIME PERMITS)

### 3. Passing & Receiving from Left to Right - 10-12 min

Start/Progress through these variations based on how far you got last week:

- Receiving from the left (Counter-Clock wise rotation)
  - Push dribble straight ahead, bring ball to 12 o'clock, pass square left
  - Receiver receives the ball across their body and starts to dribble forward
  - RECEIVER HAS TOES FACING FORWARD
- Receiving from the right (Clock wise rotation)
  - Push dribble straight ahead, move feet around and send strong stick pass
  - Receives strong on their back foot and moves forward
- Receiving from the right (Clock wise rotation)
  - Push dribble straight ahead, and send an upright reverse stick pass
  - Receive upright reverse and then continues forward



### 4. Stationary Passing: The Sweep Hit - 10 min

- Have players practice their sweep hit against the cement wall about 10 yards away.
- Break down of the sweep hit will be found on the attached "Notes Sheet"
- If players have already had coaching and practice with this skill, they can skip the part where they are on their knees and work on this in partners.
- Make sure the ball is rolled straight ahead (towards the wall/partner) and they learn the proper cross-over footwork
- Ball position can help improve accuracy. If the ball is too far in front, the ball may travel too far left and if the ball is too far behind, the ball may travel too far right. **\*\*SEE NOTES SHEET FOR THIS\*\***

### 5. Four Goal Game - 7-10 min

Set up a grid 30 x 20 yards and set up a goal on the diagonal in each corner of the game. TEAM 1 Scores in the two goals on one diagonal and defends the two goals on the other two goals. This is opposite for TEAM 2. You can add two balls at once if you like. Having multiple goals to score on and defend gets them to think and look in multiple directions rather than just north-south. NOTE: FIELD SIZE SHOULD BE AS BIG AS 1/8th THE FIELD!!



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

## 2. DRIBBLING / STRONG STICK CURLS

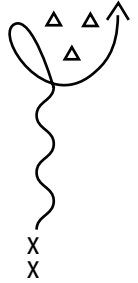
Focus: Curl LEFT or strong stick curl.

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.

Ensure the players don't just stop the ball and move their feet. The ball needs to be in continuous motion.

The curl allows you to maintain possession as well as eliminate a defender and look backwards to pass.



## 3. PASSING & RECEIVING FROM LEFT TO RIGHT

(i) Receiving from the left = Receivers toes face in the direction they are going to be dribbling (straight ahead) and the ball will come from their LEFT. They should receive across their body so the ball doesn't touch their stick until it has gone from left to right just in front of their right foot and then they can dribble forward

(ii) Receiving from the right = Practice receiving "off the back foot" so they receive strong AND you can also try having them step back a step and receiving the ball in front of them in the upright reverse stick position (maybe save this for the more skilled players)

## 4. STATIONARY PASSING: THE SWEEP HIT

STICK: As low as possible with left knuckles close to the ground – the toe of the stick points to the sky

HANDS: Hands are together about 1-2 inches from the end of their stick.

Progressions:

(i) Players begin on knees: LEFT shoulder facing the cement wall. The ball is in front of the LEFT knee, about a stick length away (2.5 feet). Two hands are at the top of the stick, together. The stick remains on the ground at all times with the exception of the follow through. Sweep the stick along the ground making contact with the ball with the shaft of the stick - avoid contacting the ball with the head of the stick.

(ii) Players stand up. LEFT shoulder facing the cement wall, about one step away from the ball also, diagonally back from the ball. Players can place stick on the ground. Step towards the ball with LEFT foot, keeping the stick on the ground. Sweep stick along ground, bending at the knees (low body position), contacting the ball with shaft of stick.

(iii) Same as above, except add a slight roll of the ball straight ahead (towards cement wall or partner) before making contact with the ball. Use the footwork sequence of L/R/L. Left foot straight ahead, right foot behind (it pulls you away from the ball). Left foot towards the ball. Keep stick on the ground.



### 1. Dynamic Warm Up - 10 min

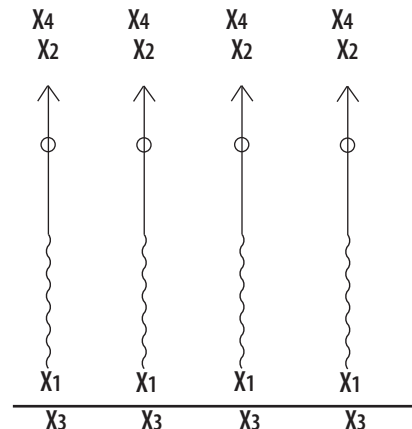
Utilize the footwork drills, FMS games and agilities to keep the players moving.

### 2. Shuttles Passing - 10-12 min

Make shuttles approx. 20 m long and in groups of 4-5.

See diagram on right. X1 dribbles, passing on the move to X2 and joins the line behind X2. X2 then dribbles, passing on the move to X3 and joins the line behind X3, etc.

- Push dribble forward, turn feet so left shoulder faces partner = PUSH PASS
- Push dribble forward, body faces forward and rolls ball off stick = SNAP PASS
- Push dribble forward, draw LEFT, move feet around to send a push pass
- Push dribble forward, draw RIGHT, then snap pass
- Push dribble forward, double draw LEFT, then move feet around to send a push pass
- Push dribble forward, double draw RIGHT, then snap pass
- Roll ball STRAIGHT TOWARDS partner and SWEEP PASS



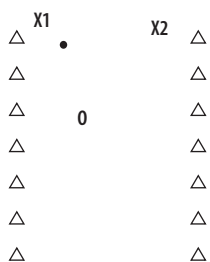
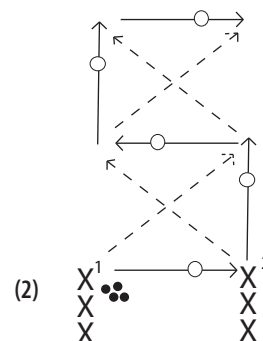
### 3. Passing on the move - 10 min (5 min ea)

(1) Give and Go // shoot between cones

- In partners toes always face forward, the players move up the field side by side passing
- Practice receiving upright reverse and strong stick on the back foot for the pass from right to left
- Ensure the players maintain a 5-m width and no wider

(2) Square and Through // shoot between cones

- Square pass then lead on the diagonal through
- Ensure all passes are square left/right or straight forward receiving over R/L shoulder
- Avoid passes on a 45-degree angle



### 4. 2 v 1 Strategies – 7-10 minutes

- X1 and X2 are working the ball past the defender "O"
- You can put small cones as goals to dribble through or just have them try and dribble with control past the end of the channel

Attackers X1 & X2: Avoid running side by side and send off ball player behind defender

- Initial dribble should be on an angle (think square and through leads)
- Try to engage "O" and pass past their left foot

Defender "O": Close time and space, angle body position to encourage the dribbler down one side of the channel.

### 5. Mini Games - 7-10 min

Cone out as large a playing area as available to use and depending on the size of your field, cone off a BOX in the middle of your game. The ball and players can not go through this box and therefore, the players must transfer the ball in the back and attack down the sides of the playing field.

Make sure the open lanes on the outside of the box are at least as wide as the box itself. Remind the players to use:

- Square and through leads
- Defensive work in the "channels" or outside lanes



# Victoria Junior Field Hockey Association victoriajuniorfieldhockey.ca

## UNDER 14 - LESSON PLAN #6 NOTES

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

### 2. Shuttles Passing

Ensure the players are 20 yards apart so they have maximum distance to be able to dribble, do the skill and make the appropriate pass. Ensure the dribbler has their head up and the ball out in front of them. The receiver should have their stick on the ball indicating where they want it. To challenge the players task the dribblers with going at speed and task the receivers with receiving on the move (ie: first touch forward instead of stop, then go).

### 3. Passing on the move

(1) Give and Go // shoot between cones or in mini goal

If the players are drifting wider and wider a part try putting a channel of cones towards your goal that is about 8 yards wide. Ideally they are making many passes to each other and staying only 5 meters from each other as they travel down the field. For each pass the receiver should run with their stick on the ground, while the passer should send a paced pass.

(2) Square and Through // shoot between cones or in mini goal

Players should again stay just 5 meters apart for both the square and through pass. The person running diagonally forward to receive a through pass needs to take the shortest route (diagonal) instead of drifting forward (or the defender would step in front of them to intercept). Stay close, indicate where they want the pass with their stick on the ground.

### 4. 2 v 1 Strategies

Attackers: Aim to create depth to make it hard for the defender to see both players. The attacker without the ball can lead high (in behind the defender), while the attacker with the ball should be moving. One strategy is to go towards the defender to force them to make a decision, while another strategy would be to travel laterally to create space to the side or in behind.

Defenders: Keep the ball in front of them. Force the attacker with the ball to one side. Keep body position and stick low and close time and space.



### 1. Dynamic Warm Up - 10 min

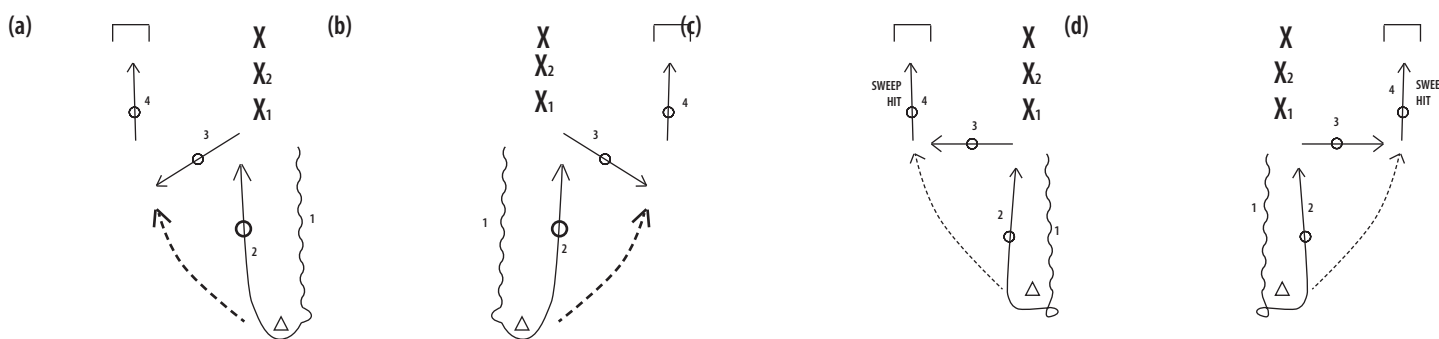
Utilize the footwork drills, FMS games and agilities to keep the players moving.

### 2. Dribbling, Passing and Shooting -15 min

Set up drill variations as per below with X1 dribbling to the cone, passing back to X2 and X2 passing back to X1 on the move.

(a) and (b) : X1 will curl around the cone, pass to X2 and receive a diagonal back ball from X2 and dribble in to shoot

(c) and (d) : X1 will dribble up to the cone and do a (c) right foot pivot and upright reverse stick pass or (d) left foot pivot and pass back and they will receive a square pass back from X2 before going in to sweep hit on net.

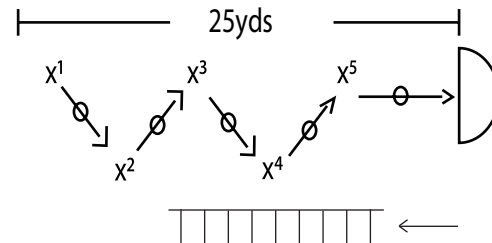


### 3. Indoor Sweep Pass - 10 min

(i) Passing in pairs (about 12-15 yards apart for 5 minutes)

(ii) See drill diagram RIGHT. Follow your pass. Focuses: minimize touches on the ball, low body position, passes are about 7 yards in length and keep stick on the ground during the pass!

\*Use an agility ladder so after the players shoot stipulate footwork coming back so they get to do the drill tired and they also keep moving constantly



### 4. Passing Principles - 10 min

Attackers: looking to pass by the LEFT foot of the defender.

Defenders: can only defend between the cones (7 yards apart)

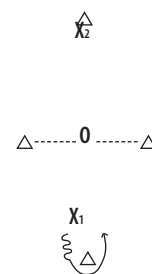
- X1 dribbles around the cone (can use a pivot also) before looking to execute a pass on to X2 (who is behind the defender) without the ball getting intercepted by "O"

- X1 can use fakes etc. prior to making the pass by the left foot (non-stick side) of the defender

- Make sure "X" does not get too close to the defender before passing

- This drill is continuous: offence to defence, defence fills in for attacker, etc

\* Always start drill by dribbling around the cone



### 5. Possession Games - 10-12 min

No goals. Players must make consecutive passes and keep possession. Encourage players to utilize all the space.

Stipulations could include: 2-touches only or no tackling (interceptions only)



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

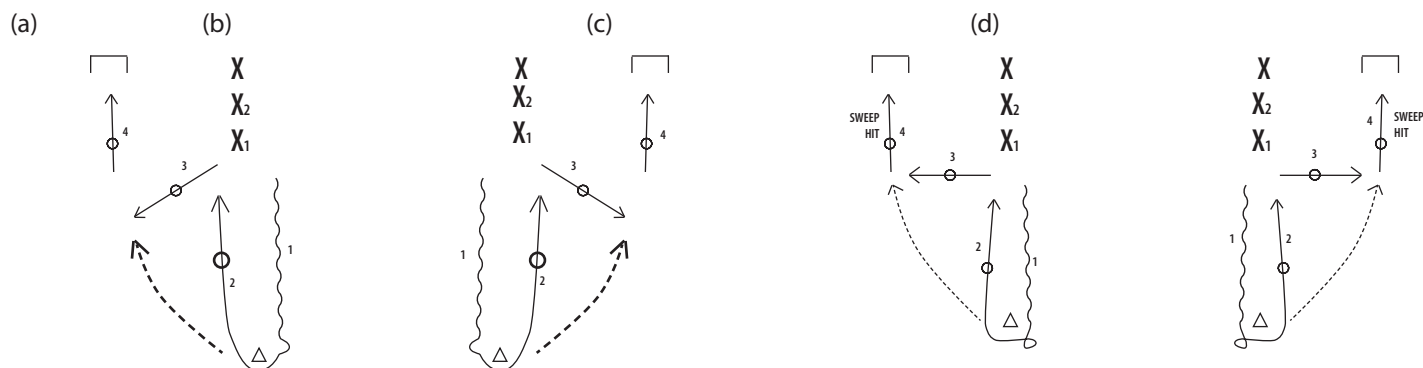
## 2. Dribbling, Passing and Shooting

(a) LEFT SIDE: X1 dribbles to LEFT of cone, keeps ball on forehand around cone and sends pass to X2. X1 leads diagonal LEFT and receives a pass back from X2 to then have a SWEEP hit on net.

(c) LEFT SIDE: same as (a) except X1 does a RIGHT FOOT pivot around cone and upright reverse stick pass to X2 with a SWEEP hit on net.

(b) RIGHT SIDE: X1 dribbles to right of cone, sends a pass to X2. X1 leads diagonal RIGHT and receives pass back from X2 to then have a SWEEP hit on net.

(d) RIGHT SIDE: same as (b) except X1 does a LEFT foot pivot around cone. X2 can bounce the ball back to X1



## 3. Indoor Sweep Pass

Hands are apart (left hand at top of stick, right hand at bottom of stick grip). Stick angle is the same as a push pass. LEFT shoulder is facing the target. The ball is rolled towards target, the stick is swept along the turf before making contact with the ball. Follow through points towards target. The contact with the ball is made just slightly behind the LEFT foot.

Drill (ii): make sure the receiver is looking before the pass is made. When the ball is received, either let it cross the body or shield the ball. Minimize the touches on the ball and footwork before making the next pass.



### 1. Dynamic Warm Up - 5-7 min

Try something other than agilitys (for ex. Bring a soccer ball and play "throw catch run" with two teams trying to catch the ball across an end line to score but they can not run with the ball, only take three steps and throw and catch to move down the field)

### 2. Indian Dribbling - 8-10 min

(1) Review: Stationary draws RIGHT and LEFT

- Slide right hand closer to their left so that the ball can be away from their body and they can bend their knees and have the ball out in front

(2) On the move over 20-25y Indian dribbling there and back

- Progression from stationary. Have them Indian dribble there and back straight and then on angles
- See if they can do the Indian dribble without taking their stick off the ball as much, avoiding the "tap, tap, tap" sound and the ball moving too wide each time they touch it.

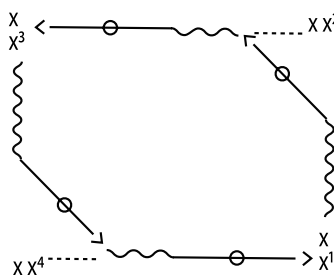
### 3. Passing and Receiving - 10-12 min

(1) Strong stick reception on the move

- Passer needs to pass ahead of receiver
- Receiver needs to have stick on ground

(2) Upright reverse stick reception on the move

- Receiver should watch ball on to the stick
- Receiver moves feet around to make strong stick pass to next receiver



### 4. Sweep Hitting - 8-10 min

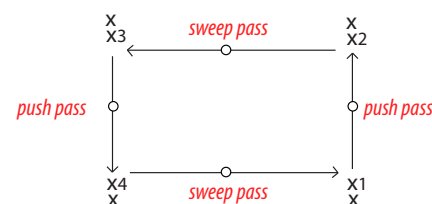
(1) Counter-clockwise

• X1 and X3 will start with the ball. They will dribble forward and move their feet around to send a push pass to X2 and X4. X2 and X4 will let the ball cross their body, touch it forward and send a sweep pass - PASS AND FOLLOW YOUR PASS

(2) Clockwise

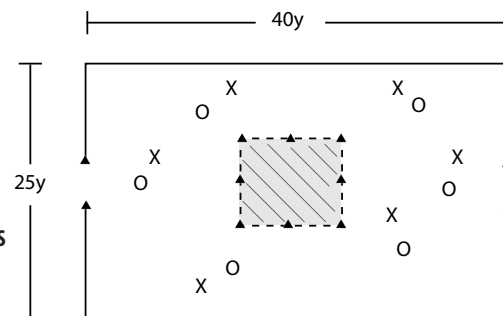
• X2 and X4 will start with the ball, sending a push pass to X1 and X3. X1 and X3 will receive shielding the ball from the "defender", touch the ball and sweep pass to X4 and X2 – PASS AND FOLLOW YOUR PASS

\*\*Encourage LOW BODY POSITION and proper footwork for sweep hits (LEFT / RIGHT / LEFT CROSS-OVER)



### 5. "BOX GAME" - 8-10 min

- 25y x 40y grid with a "NO GO ZONE" in the middle
- Players must pass around and run around the zone
- Encourage athletes to pass and reposition as well as pass the ball backwards instead of always moving forwards
- Put a goal at both ends
- If you have an odd number put one player on both teams (always on offence)







## **2. Indian Dribble**

### (1) Stationary

- Each player has a ball – standing with feet apart
- Knees are bent and the ball is at 12 o'clock about a stick length away from their body (end of stick is pointing at their belly button)
- Players are touching the back and forth from the strong stick to reverse stick
- CHALLENGE: moving the ball back and forth WIDER than the width of their feet (have right hand slight closer to left slightly to help with this)

### (2) On the Move

- Have players Indian dribble on the move. The ball will be moved forward on 45 degree angles to the left and right using both strong and reverse stick
- Encourage players to have "small taps" while moving
- CHALLENGE: play follow the leader where the lead ball carrier is always change directions and alternate who is the leader

## **KEY COACHING POINTS:**

- Ball position: out in front of body (12 o'clock) and away from feet
- Watch the grip of the LEFT hand – if players are having trouble encourage the "V" grip of their hand to go DOWN the round side of the stick

## **3. Passing and Receiving**

### (1) Counter-clock wise

- Ensure receiver doesn't leave too soon and the pass is timed
- Receiver should have toes facing forward and stick on the ground
- Passer needs to send a LEAD pass in front of the receiver

### (2) Clock wise

- Passer should send the pass a little slower but still in front of the receiver
- Receiver should have toes facing forward watching the ball all the way on to their stick, then get it to their strong stick as soon as possible for the forehand dribble
- Receiver then moves their feet around to make a strong stick pass

## **4. Sweep Hitting**

- Encourage players to have a low body position
- Remember the ball should be rolled towards the receiver and the passer's left shoulder should be facing the receiver
- Try to correct them if they push the ball away from their body
- Remember proper footwork is LEFT / RIGHT / LEFT crossing over

## **5. Box Game**

- The ball can not go through the zone, nor can the players run through it
- Simple solutions are when you get down one side COUNT THE PLAYERS and if it is congested pass backwards and try the other side – remind them it is okay to transfer the ball a few times before picking a side to go up
- The ball moves faster when you pass it than when you dribble it!



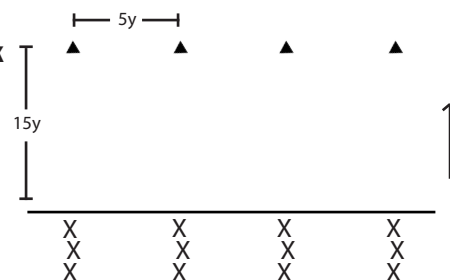
### 1. Dynamic Warm Up - 7-10 min

Try something other than agilitys (for ex. Bring a soccer ball and play "throw catch run" with two teams trying to catch the ball across an end line to score but they can not run with the ball, only take three steps and throw and catch to move down the field)

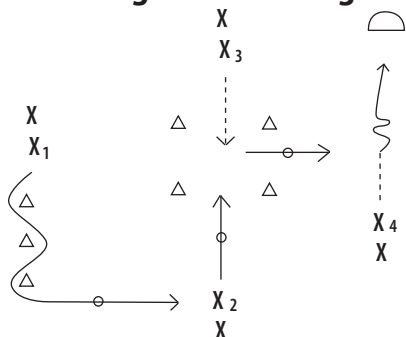
### 2. Dribbling Skills - 10 min

Set up players in groups of 3 in shuttles with one cone ahead of them. Ensure there is enough room laterally and the cones are about 15 yards away from the lines of players.

- (i) Dribble strong stick to the right of the cone, around cone and dribble back
- (ii) Repeat above but dribble right hand only (hold the grip normal, take the left hand off and ball and stick are on player's right at 1 o'clock)
- (iii) Repeat #1 but left hand only (ball/stick are still on strong side of body)
- (iv) Indian dribble to the cone, go around cone, indian dribble back
- (v) Turn body so right shoulder faces cone and do right draws to the cone, stay facing the same way and do left draws back (footwork is side shuffles)

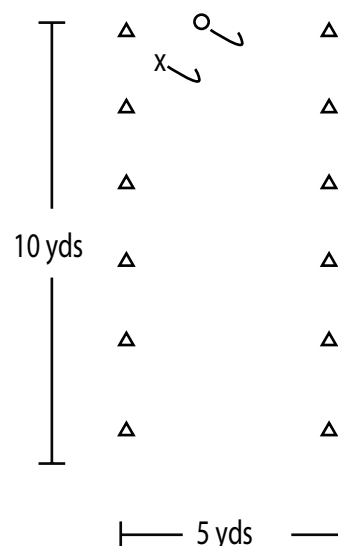


### 3. Passing and Receiving - 12-15 min



(i) X1 dribbles (weaves) through cones and sends a square pass LEFT to X2. X2 sends a through pass to X3 who is leading in to a grid (5x5y). X3 receives and sends a square pass to X4. X4 receives on the move and sweep shots on net.

(ii) Same as above except X3 bounces (one-times) a square pass LEFT to X4.



### 4. Defense - 10 min

Revisit the Channel. Players keeping their sticks on the ground while defending.

- (i) Each player will dribble twice and channel twice
- (ii) repeat having "X" face in the opposite direction
- (iii) Encourage "o" to change directions while dribbling. This way "X" needs to focus on quick feet while keeping "o" in front of her.

Progressions:

- increase speed of the dribbling
- progress to a 1 vs. 1 situation

### 5. Possession Games (15 minutes)

Set up two boxes (15 x 15y) for mini games and ideally, have the 5 people per box. Two teams of 2 and one person who is always on offence. Count 3 passes as a "goal" and remind the players to a) keep moving and b) receive on the move. That will help them maintain possession.



1. Dynamic Warm Up - 7-10 min

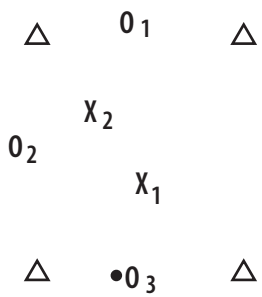
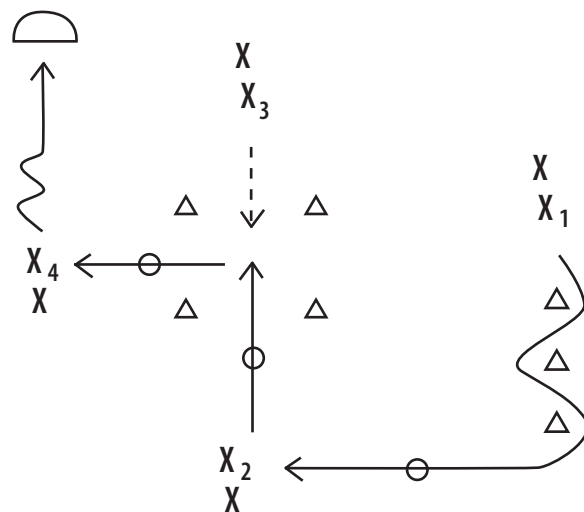
Try something other than agilities (for ex. Bring a soccer ball and play "throw catch run" with two teams trying to catch the ball across an end line to score but they can not run with the ball, only take three steps and throw and catch to move down the field)

2. Passing and Receiving - 12-15 min

- (i) X1 weaves around cones, gets feet around and sends square pass to X2  
X2 receives and sends a through pass to X3 who is cutting into the grid  
X3 receives, gets feet around and sends square pass to X4  
X4 receives forehand (on back foot) and shoots on net

Players follow their pass for the rotation.

- (ii) same as above except X1 and X3 make upright reverse stick passes and X4 receives upright reverse - gets ball back on forehand quickly and ends with a shot on net



3. Defence 3v2's - 12-15 min

X1 and X2 are defenders - give every player an opportunity to defend (change defenders every 90 seconds)

O1, O2 and O3 are attackers - can move around the square, outside of the cones, to receive a pass. They are looking to pass the ball through the square (1 pt) otherwise pass around square to a team mate.

X1 and X2 - always protect the middle of the grid and force attackers to pass around outside of the square - work on good defensive footwork - one up, one back (avoid having feet square) - always make yourself "big" (use stick) and be active

4. Scrimmage - 12-15 min

Have 4 goals, one in each corner. Team 1 looking to score in goals "A" and "D" and Team 2 is looking to score in goals "B" and "C". You can stipulate the players to either dribble through or pass through the cones to count as a goal.

