



UNDER 8 - LESSON PLAN #1

Objective: Dribbling Skills

WARM UP

- tag game
- stick flipping
- cone flipping

FOOTWORK DRILLS

- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one (See Appendix)

EQUIPMENT

- Balls, Cones, Pop-up nets
- Hand stamps - Put stamp on athletes' LEFT hand and have this hand always at the top of their stick.

SKILL DEVELOPMENT

1. Grip Positions - Shake Hand Drill

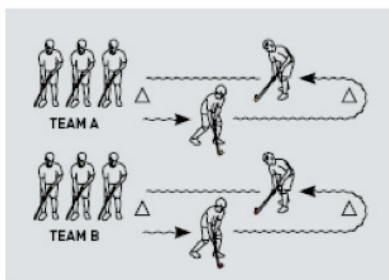
- a.) In pairs, one participant holds toe of stick (toe facing the sky) at waist height. Other partner shakes stick with left hand (repeat 5x and switch)
- b.) In small groups, all but one child is holding the toe of a stick as in a.) and lined up side by side (2 ft apart). The child without a stick faces the first player with a stick and shakes stick with left hand and continues with other kids holding sticks. At end of line, kid runs back to beginning and switches with first kid in line holding stick. Repeat x2.

2. Push Dribble (closed or silent dribble)

As per diagram, dribble up and around the right of cone for variations a.) to d.) below:

- a.) two handed dribble (x2)
- b.) Right hand only dribble (x2)
- c.) Left hand only (strong stick) (x2)
- d.) two handed dribble with more speed (x2)

Additional: allow players to dribble openly in space using two handed grip keeping head up.



1. COACH TIPS

- left hand at the top
- right hand at end of grip
- top hand shakes hands with the stick
- left hand does the turning of the stick
- right hand is a guide and lets the stick spin in it

2 and 3. COACH TIPS

- stick at 2 o'clock position, out to side
- just before getting to cone, move the ball to 12 o'clock position to turn around the cone more easily

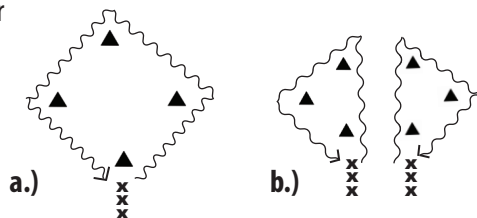
3b. COACH TIPS CONT...

- in both directions (turning left or right) use strong stick only
- when turning to right, ensure ball is stopped so feet can move around and past the ball

3. Push Dribble: Strong side with change of direction

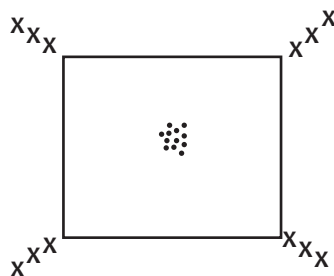
Complete drill without ball first to ensure proper footwork.

- (a) Diamond Shape Layout
- (b) Triangle Shape Layout



SKILL GAME

Four teams of up to 3-4 players each are positioned at a cone mapping out a playing area (circle or square 12y x 12y). A central 'nest' of balls is placed in the middle of the playing area. First player of each team runs to the nest and dribbles one ball back to their teams nest and then run around the perimeter of the playing area to join the line of the team directly across. Repeat with next player in line. When nest is empty, continue drill by dribbling ball back to center to refill the nest. Continue drill for as long as necessary. No tackling allowed.



MINI GAME

Intrasquad game: make two teams of 5 or 6 and play 4 vs 4 and rotate athletes in.
- If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out



WARM UP / FOOTWORK

- tag game w/o stick and ball
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

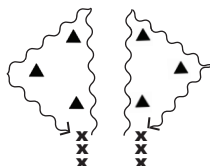
EQUIPMENT

- Balls, Cones, Pop-up nets
- Hand stamps for left hand

SKILL DEVELOPMENT

1. Review Push Dribble

- encourage tight turns around the cones on the strong stick
- encourage quick feet around the ball when turning the left



2. Dribble and Check

In horizontal line, side by side, each player assumes dribbling position with a ball. Players dribble forward and on coaches cue ("Check!"), players will stop the ball by placing their stick over the ball.

Progression: Allow players to let the ball roll forward into space (1-2 yards) and then runs up to it and "checks" it on coaches cue.

3. Push Pass & Reception (Trap)

a.) Stationary Push Pass in pairs (athletes 5-7y apart)

- Encourage athletes to bend at their knees to generate power with their legs

b.) See how many passes between partners they can make in 1 min. Repeat with different partner to try and improve their score.

X5
X3
X1

4. Push Pass on the move

Put players in groups of at least 5 and set up shuttles 10-12y apart

- X1 push dribbles and push passes to X2
- X2 will receive the ball slightly moving forward and dribble and pass to next player in line.
- Players will follow their pass and join the end of the line
- This drill is continuous



X2
X4

3. COACH TIPS

- **Passer:** you want your LEFT shoulder facing your partner. Have your feet shoulder width apart. Your hands will be 10-12" apart (top and bottom of stick grip). The ball will be in front of the RIGHT foot. Place stick on ball and transfer weight from Right to Left. Push ball towards partner. Follow through straight towards partner.

- **Receiver:** square up so both feet are facing towards partner. You want to receive with your body behind the ball. Ideally, you want to trap the ball in front of your right foot. Receiver has a staggered stance with left foot slightly in front of the other. You want to absorb the ball onto your stick and have the stick angle point towards the turf.

4. COACH TIPS

- when dribbling, player faces forward but prior to pass, player turns feet and makes left shoulder face target to make pass

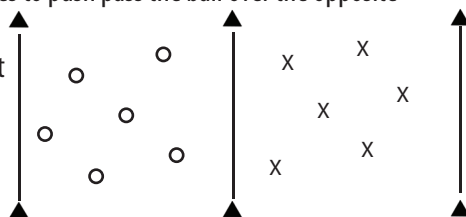
MINI GAME

Intersquad game (4 vs 4)

- Rotate athletes in
- If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out

SKILLS GAME - Hockey Volleyball

In two teams, each team from their own half tries to push pass the ball over the opposite team's endline while also "defending" their own endline. Ensure athletes make 2 passes amongst their team before sending ball to other team's endline. Add an additional ball to increase movement of players and awareness





UNDER 8 - LESSON PLAN #3

Objective: Passing and Receiving

WARM UP / FOOTWORK

- tag game w/o stick and ball
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

EQUIPMENT

- Balls, Cones, Pop-up nets
- Hand stamps for left hand

1a. COACH TIPS

- When receiving, face forward and receive ball in front of right foot. Once received, move body around ball so left shoulder points to target to make pass.

1b. COACH TIPS

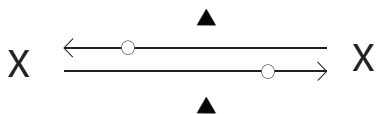
- After player pass ball to the coach/player, they run to cone behind them while performing footwork as determined by coach and returns to original starting position. Be creative.

2. COACH TIPS

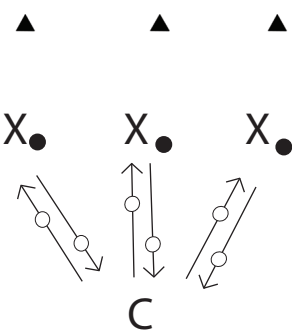
- Before the pass is made, receiver can stand in the left, center or right (as indicated by additional cones), to receive. Passer must wait until receiver has indicated where they want to receive from and move body position accordingly. (left shoulder facing target).

SKILL DEVELOPMENT

1. Review Push Pass (Silent Pass)



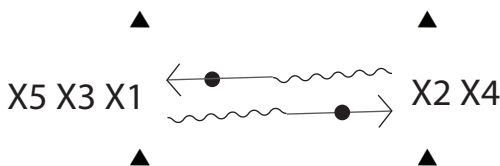
- a.) Stationary push pass in pairs
 Athletes 5-7 yards apart
 Add cones (like gates) to pass through



- b) In small groups

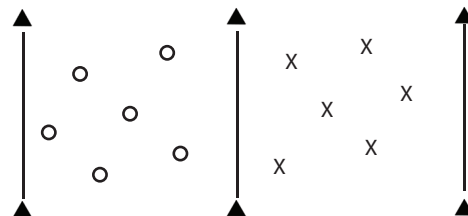
2. Push Pass on the Move

- Shuttles: 12-15 yards apart
- X1 push dribbles and push passes to X2
 - X2 will receive ball slightly moving forward, dribble and pass to next player in line.
 - Players will follow their pass and join the end of the line
 - This drill is continuous



SKILLS GAME - Hockey Volleyball

- In two teams, each team from their own half tries to push pass the ball over the opposite team's endline while also "defending" their own endline.
- Ensure athletes make 2 passes amongst their team before sending ball to other team's endline
 - Add an additional ball to increase movement of players and awareness



MINI GAME

- Intersquad game (4 vs 4)
- Rotate athletes in
 - If athletes bunch together, stop them ("Freeze!") and throw a new ball into an open space to spread them out



UNDER 8 - LESSON PLAN #4

Objective: Receptions on the Move

WARM UP / FOOTWORK

- tag game w/o stick and ball
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

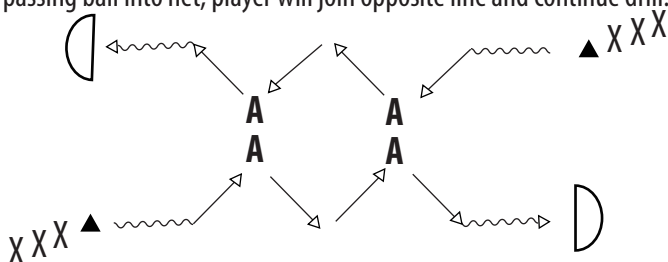
EQUIPMENT

- Balls, Cones, Pop-up nets
- Hand stamps for left hand

SKILL DEVELOPMENT

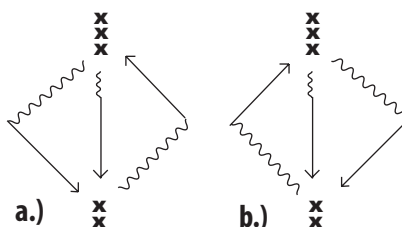
1. Receiving and Passing Continuous Drill

- Use 4 coaches or adult volunteers and split players into two groups, each with a pile of balls.
- First player in each line dribbles forward and push passes to first coach on a diagonal.
- Player then continues to run forward and receives ball back, repeats with second coach and then dribbles forward and push passes on net. Players should not retrieve their ball from net.
- Upon push passing ball into net, player will join opposite line and continue drill.



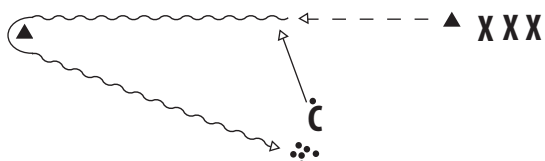
2. Passing on an Angle

- a.) Dribble slightly to the RIGHT. Push pass the ball to the left.
- b.) Dribble slightly to the LEFT and move feet around to push pass ball to the right.



3. Receiving on the Move Drill

- Split players into two groups with one coach or adult volunteer per group
- Players begin to run forward towards cone with stick in front of body and on the ground
- Coach passes ball slightly ahead of player, who receives the ball and continues to dribble around the cone and returns the ball behind the coach.
- Player then runs to join the back of the line
- a.) Receive strong side (see diagram below)
- b.) Receive with reverse stick (Complete drill in opposite direction of a.)



1. COACH TIPS

- Ensure players continue their run forward on a "straight line" and both passes are made and received on a slight angle
- On reception, encourage players to allow the ball to cross the midline of the body so the ball is immediately in dribbling position

2a. COACH TIPS

It is important to change the ball position from 2 o'clock to 12 o'clock before making the pass

2b. COACH TIPS

Before pass, slow ball down to let your feet move past the ball. The ball position drops from 2 o'clock to 4 o'clock to make pass.

3. COACH TIPS

- Coaches should time their pass so the player is reaching forward to receive the ball
- Ensure players run with stick on ground
- Players should have their toes facing forward and should remain in motion as the ball is received
- On reception, encourage players to allow the ball to cross the midline of the body so the ball is immediately in dribbling position
- Remind players to bring the ball to 12 o'clock when dribbling around cone

MINI GAME

play a mini-scrimmage (3 vs. 3 or 4 vs. 4).



WARM UP / FOOTWORK

- tag game w/o stick and ball
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

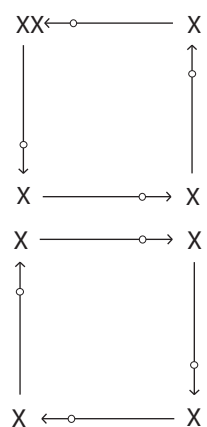
EQUIPMENT

- Balls, Cones, Pop-up nets
- Hand stamps for left hand

SKILL DEVELOPMENT

1. Receiving Drill

Players are 7-10y apart in small groups in a square.



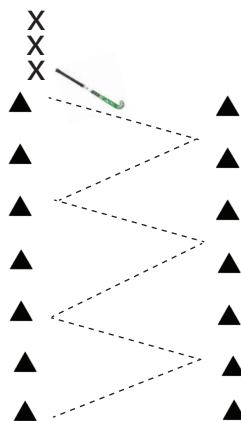
a.) From Left to Right - Players watch the ball onto their sticks, letting the ball cross their body on the reception. The player's LEFT shoulder should be facing the person sending the ball and their feet should be facing straight ahead (away from the sender). After receiving the ball pass to the next player.

b.) From Right to Left - Those receiving the ball will have their toes pointed towards the person who is sending the ball. Watch the ball onto their stick, receive the ball slightly in front of and to the side of the right foot. Push pass to the next person, while stepping towards that person with their LEFT foot. The player's body is used to shield or protect the ball from a defender.

2. Defensive Footwork - Player's begin with back facing the grid

*Run through first with NO stick, then add stick

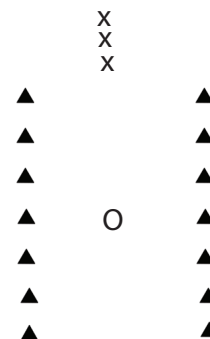
- a.) **Side Shuffles (x3)** -always facing same direction
- b.) **Cross-overs (x3)** -to right: cross left foot in FRONT of right; to left: cross right foot in FRONT of left
- c.) **Running (x3)** -make sure stick stays in the same position even though your running direction changes; toes point in the direction you are going



SKILLS GAME

Flapper Drill (Played without sticks and balls)

- "o" = **defense**: responsible for closing time and space (minimize distance between "o" and "x" quickly)
- must keep elbows tucked in and touching side of body at all times
- remind defender to keep low body position and use defensive footwork (from above)
- working on footwork to prevent "x" from getting by. Can touch "x" with hands (without extending arms)
- "x" = **offense**: trying to run past "o" without getting tagged
- attempt to draw "o" to one side of grid quickly instead of dancing around at the top of the cones
- use change of pace to create space (take "o" to one side then exploit other side)



1a. COACH TIPS

Ensure on reception, ball crosses the body and is in front of or past the RIGHT foot. Players can increase their ball speed as they become more comfortable with the drill.

1b. COACH TIPS

Ensure on reception, ball is received slightly in front of and to the side of the right foot. A low body position helps with both the reception and the pass.

2. COACH TIPS

- stick angle faces down towards the turf
- make sure their body position is very low (bent knees) and their LEFT hand is 6-10 inches from the turf **keeping head of stick on the turf at all times**
- At each cone, outside foot is planted and weight shifts to that foot and opposite foot drop steps in direction of next cone creating a quarter turn

MINI GAME - intersquad game (3 vs. 3 or 4 vs. 4).



UNDER 8 - LESSON PLAN #6

Objective: Receiving over the Left and Right Shoulder

WARM UP / FOOTWORK

- tag game w/o stick and ball
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

EQUIPMENT

- Balls, Cones, Pop-up nets
- Hand stamps for left hand
- Playground Rubber Balls

SKILL DEVELOPMENT

1. Receiving over LEFT & RIGHT shoulder

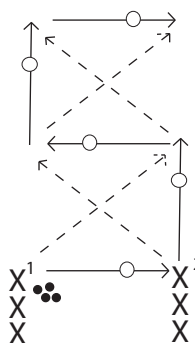
Put athletes in pairs (one ball between two athletes) Drill will take place over 25y.

- X1 starts with their back to X2. X2 sends a push pass to the right side of X1. X1 will receive with reverse stick over RIGHT shoulder. X1 will trap the ball and move forward leaving the ball for X2 to send another pass. This should happen 3-5x over a 25y distance. Repeat 2 more times with increasing speed of pass each time.
- Same as in a.) but X1 will receive strong stick over their LEFT shoulder. Repeat 2 more times increasing the speed of the pass each time.

2. Square and Through Drill

Passing & Receiving on the move (Over 50 yards)

- X1 is always passing square and leading diagonal through. X1 will be practicing the receptions over the LEFT & RIGHT shoulder
- X2 is always passing through and cutting diagonally forward to receive a square pass
- Make sure athletes get to try both the X1 and X2 positions



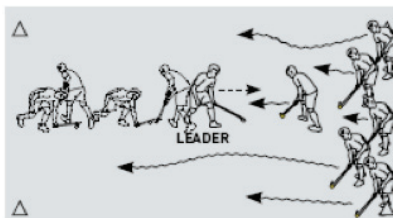
3. Tackling Drill

- In partners, one player with ball dribbles straight towards partner. Partner (tackler) moves towards dribbler with head of stick on ground (stick is upright) and makes contact with ball (no back swing). Dribbler lifts stick on ground, allowing tackler to take ball and complete a wide curl to their left (to retain possession) and dribble back to their starting position. Players should repeat in both roles multiple times.

SKILLS GAME

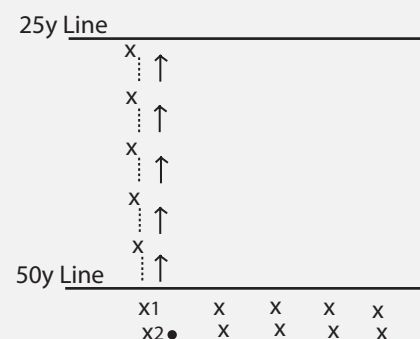
Octopus Game

Players in one group. The Session Leader is the 'Octopus' who tries to tackle the 'fish' (Players 1-12) as they dribble across the playing area. If the Leader tackles a player and pushes his/her ball outside the playing area they become 'seaweed'. They must then remain where they were tackled but they can tackle other fish. The winner is the last fish not to be tagged.



1. COACH TIPS

- X2 make sure to pass the ball away from X1's feet
- X1 look over RIGHT or LEFT shoulder to receive WHILE moving forward



2. COACH TIPS

Have the athletes start slow and then progress to moving faster. It is easier to work on receptions if the passer sends a nice, paced pass. Encourage them to pass the ball either into the through space or square space, so the receiver can make the reception on the move.

3. COACH TIPS

- tackler has stick angle slightly pointed down towards turf by straightening left elbow
- on tackle, low body position is key (knees bent and feet staggered)
- Remind players that only the head of the stick is on the ground.

MINI GAME

intersquad game (3 vs. 3 or 4 vs. 4).



WARM UP / FOOTWORK

- tag game w/o stick and ball
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

EQUIPMENT

- Balls, Cones, Pop-up nets
- Hand stamps for left hand
- Playground Rubber Balls

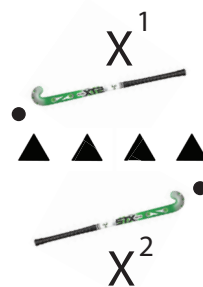
SKILL DEVELOPMENT

1. Review of Receptions over the LEFT & RIGHT shoulder

- Repeat Drill #1 from last week but only have athletes do it once.
- See diagram to right

2. Draws

In partners with a ball each. Athletes will stand on each side of a line of 2 or 4 cones spread a stick length apart. X1 and X2 will be doing the drill at the same time. Athletes will stand with feet shoulder width apart. The ball will start a stick length away from the athlete. Have the top end of their stick pointing at their belly button. *Encourage them to bend their knees.



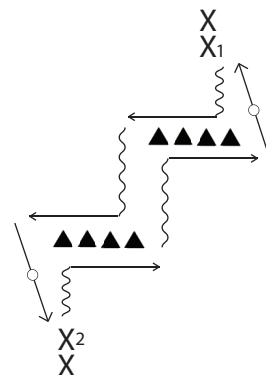
- Pull the ball from one end of the cones to the other. start with the ball on the RIGHT end of the cones and use the strong stick to pull the ball across keeping ball on stick!
- Once at the LEFT end, roll your stick over the ball (protecting the ball). Now you have your reverse stick on the ball. Pull the ball across the cones with the reverse stick until you get to the other end of the cones. Repeat.
- See how many times the athletes can do it in 1 minute. Repeat a few times so athletes can improve their score.

3. Draw Progression: Knocking & Catching the Ball

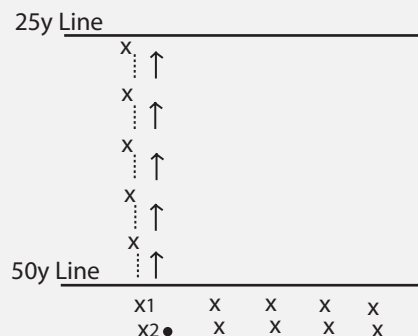
Have the athletes in the same position as drill 2. Only this time, encourage them to knock the ball from RIGHT to LEFT, catching it on the left with their reverse stick. Then have them knock the ball the length of the cones with their reverse stick and catch on the RIGHT with their strong stick. See how many times they can do this in one minute. Repeat so the athletes can improve their score

4. Draw Progression: Draws RIGHT

Have athletes work through movements without a ball first. Practice transfer of weight from L to R. The drill will be continuous as athletes will start from both ends. X1 & X2 will dribble forward moving the ball from 2 to 12 o'clock (slightly in front of LEFT foot). As the athlete approaches the cones, they will draw the ball RIGHT. Their stick will move over the ball while pulling the ball with their reverse stick to their strong stick. The athletes' weight will transfer from L to R. Once the ball is on their strong stick, they dribble forward toward the next set of cones and repeat the skill.



1. Drill Diagram



2. COACH TIPS

- Grip: "V Grip" can be slightly towards the round side of the stick. This will help with the turning of the stick.
- Encourage athletes to glance up while moving the ball from side to side

MINI GAME - intersquad game (3 vs. 3 or 4 vs. 4).