

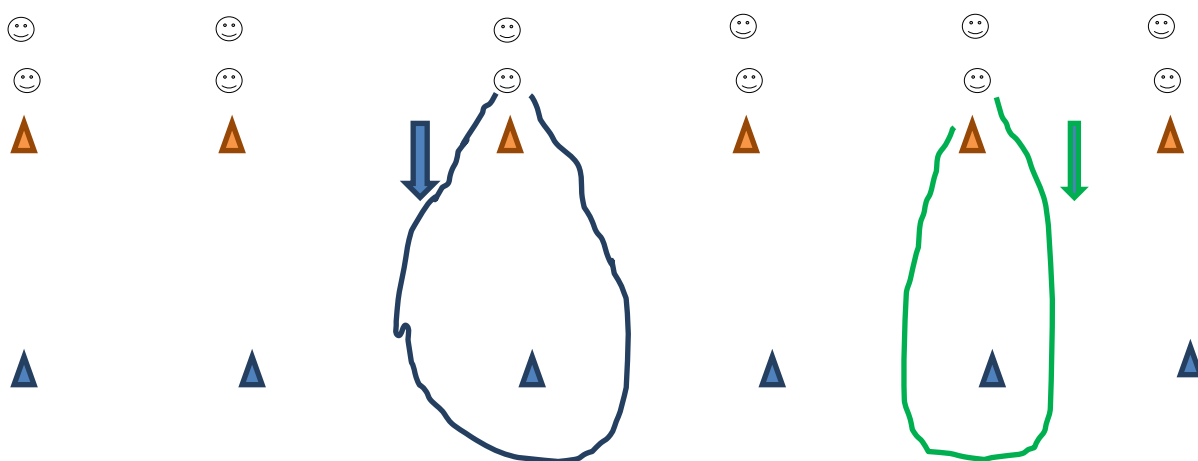
Explain: Grip and basic movement pattern

- ★ Stick on the ground flat side down
- ★ Pick up stick with left hand at the top with the V made between thumb and forefinger) of the left hand going down the stick.
- ★ Ball out in front to maintain good peripheral vision- stick handle should point at thigh not at waist.
- ★ Left hand grips and turns the stick over, right hand is loose allowing stick to turn inside it.

Drill: Open field dribble.

1. Set up 6 lines.
2. Dribble around cone which is 15m away
3. Alternate left hand turns and right hand turns around cones
4. Keep head/eyes up to see where you are going and to react to potential tackle
5. Finish with **relay**

Diagram



Focus on:

- ❖ Ball staying in contact with stick
- ❖ Vision- split between ball and passing options

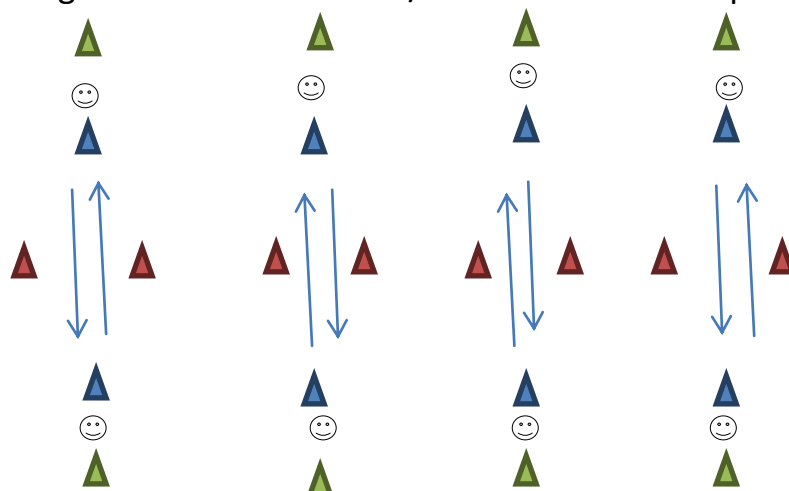
Explain: Passing the ball (GET the ball, GIVE the ball and GO)

- ★ Explain the importance of a safe and controlled follow through
- ★ The ball needs to be pushed and NOT hit, so stick must stay in contact with ball
- ★ Ball out in front to maintain good peripheral vision- stick handle should point at thigh not at waist.
- ★ Left hand grip is secure at top of stick with and right hand is halfway down stick and gripping the stick to allowing stick to apply pressure to ball.
- ★ Stand side on, ball in front of left foot.
- ★ Step forward onto front foot
- ★ Pass the ball to your partners right side, to their stick, aim at their right foot.
- ★ To trap ball move feet to keep body in line and behind approaching ball.
- ★ To trap ball lean stick forward and away from body to prevent ball from deflecting

Drill: Passing and receiving

1. Set up 4 lines.
 2. Even players per group.
 3. Players are 10m apart and cones are 5m apart
 4. Players try to pass through the cones for accuracy and then they follow their pass.
- Modify by placing another cone in front/ dribble to cone the push pass to player)

Diagram



Modification 

Focus on:

- ❖ Forehand passing technique- pass from beside the body and not in front of the body, low stance, weight transfer, follow through to target (in this case the other player)
- ❖ Closing- receiving technique- low stance receive ball at right foot, right hand low for more stability, elbow up with stick upright.

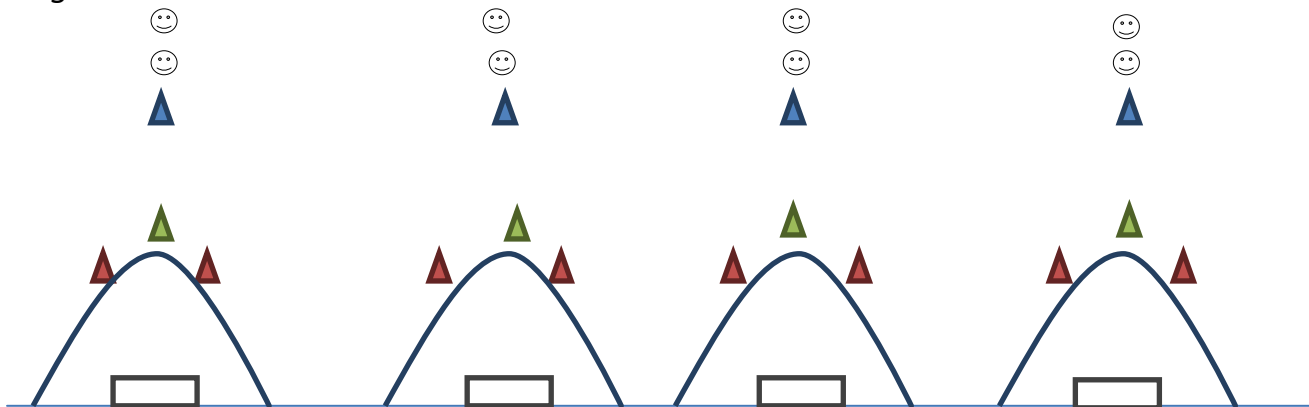
Explain:

- ★ Explain the importance of good footwork to get body into position for shot.
- ★ The ball needs to be pushed and NOT hit, so stick must stay in contact with ball
- ★ Ball out in front to maintain good peripheral vision- stick handle should point at thigh not at waist.
- ★ Left hand grip is secure with and right hand is gripping the stick to allowing stick to apply pressure to ball.

Drill: Passing and receiving

1. Set up 4 lines/ 4 goals (use the cones if you don't have a circle)
2. Dribble ball to top and push at goal,
3. Dribble to left, go around cone and push at goal
4. Dribble to right, go around cone and push at goal
5. Players follow their shot and collect ball.

Diagram



Focus on:

- ❖ Shooting at top of circle, early shot.
- ❖ Get down low so the dribble transfers to shot without stopping.
- ❖ Dribble fast, shoot early, follow ball.



SYDNEY SOUTH HOCKEY ASSOCIATION
U7 DEVELOPMENT PROGRAM
STATION 4
INTRODUCTION TO TACKLING

Explain:

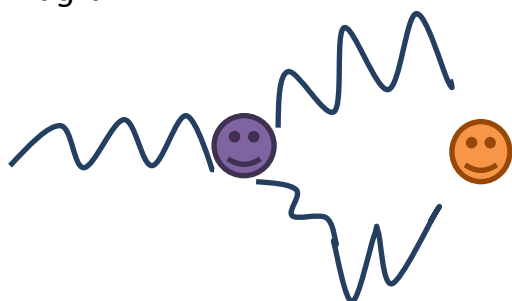
- ★ To goal is to dispossess the player with the ball who is dribbling down the field.
- ★ You are not allowed to tackle from behind.
- ★ The Attacker will be running straight at defender and they need to get ball out without a stick check.
- ★ Stick must stay on ground.
- ★ Keep player with the ball on your right (your flat stick side)
- ★ Best technique to use is “poking at the ball” with left hand on stick, left leg leading, followed by a two hand tackle to secure the ball.
- ★ It requires an element of reaction time.
- ★ Test reaction time by seeing who jabs first when you blow the whistle.
- ★ Reaction test done by having all players on a line facing same way, on signal players lunge out with left leg leading, stick in left hand, blade on ground.
- ★ Player with first reaction wins.

Drill: Passing and receiving

DEMONSTRATE FIRST

1. Players in pairs, one attacker, one defender, the defender facing attacker who is 5m away.
2. Attacker dribbles ball with close dribbling. Attacker is not allowed to push the ball past tackler (defender).
4. Defender has to use the poke tackle to dispossess the attacker.
5. Attacker dribble for 1 minute (and / or 5 tackles) then switches roles

Diagram



Focus on:

- ❖ Footwork
- ❖ Low body position, stay balanced, do not dive forward
- ❖ Control, stick should slide into position, jab ball, play ball not opponents stick
- ❖ Follow through with both hands on stick to secure ball and move forward.