

## PLANNING RESOURCE – TEN SESSION PLANS

**CONTEXT:** LTAD STAGE FUNDAMENTALS

**ATHLETE:** AGES 6-9

**COACH:** COMMUNITY

**FOCUS:** SKILL INTRODUCTION + DEVELOPMENT

**SKILLS:**

BASIC GRIPS

DEFENSIVE POSITIONING AND FOOTWORK

SMALL SIDED GAMES

CARRYING THE BALL

WINNING THE BALL – BLOCK TACKLE

SPATIAL AWARENESS

PUSH PASS

SWEEP HIT

DECISION MAKING

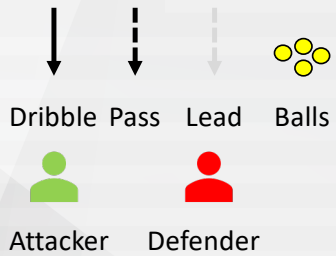
RECEPTIONS (OPEN/CLOSED)

1V1 CONCEPTS



FIELD HOCKEY CANADA

COMMUNITY – SESSION PLANS



## SESSION 1 DRILLS



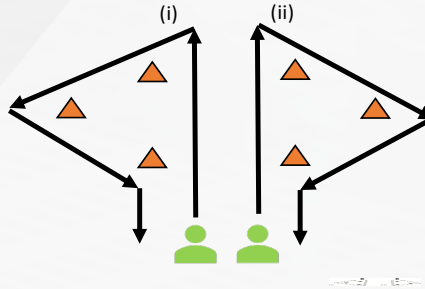
# SESSION 1 /DRILL 1 – The 'Silent Dribble'

## DRILL EXPLANATION AND NOTES

Encourage athletes to keep the ball on their stick. Ball position changes as they go around the cones.

- In (i), ball stays at 1 o'clock throughout the turn.
- In (ii), feet move around the ball from 1 o'clock to 4 o'clock.

## DRILL DIAGRAMS/GRAPHICS



## VIDEOS & RESOURCES

[DRIBBLING TECHNIQUE](#)

[SLALOM - FOOTWORK](#)

[PUSH PASS](#)

## COACHES TIP

-ENCOURAGE TIGHT CURLS AROUND THE CONES KEEPING THE BALL ON STICK AND CLOSE TO CONES

--IN (ii), ENCOURAGE THE BALL SPEED TO BE SLOWED DOWN AND LET THE FEET MOVE PAST THE BALL TO MAKE THE TURN EASIER



# SESSION 1 /DRILL 2 – Passing, Receive & Move

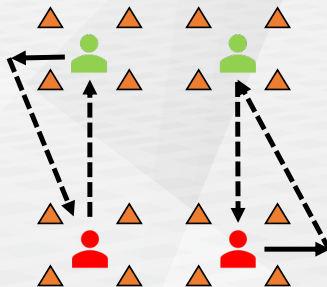
## DRILL EXPLANATION AND NOTES

Athletes will be 7-10 yards apart

*In Partners:* Place four cones around the athlete to make a box. This provides a target for the athletes make accurate passes.

Athletes receive in the box, they then must dribble the ball outside and side of the box, get their eyes up and pass back to the other athlete through the front of the box

## DRILL DIAGRAMS/GRAPHICS



## COACHES TIPS

**FOCUS ON ONE OR TWO POINTERS FOR BOTH THE PASS & RECEPTION**

**PASSER:** FOCUS ON EYES UP BEFORE PASSING, LEFT SHOULDER FACES PARTNER & FOLLOW THROUGH SHOULD DRAW A LINE TO THEIR PARTNER

**RECEIVER:** FACES PARTNER SQUARE ON WITH LEFT FOOT SLIGHTLY IN FRONT OF THE OTHER. RECEIVE BALL IN FRONT OF RIGHT FOOT WITH LEFT HAND PUSHED OUT TO ANGLE STICK TOWARDS TURF & SQUEEZE THE BALL INTO THE GROUND.



# SESSION 1/DRILL 3 – Hockey Tennis

## DRILL EXPLANATION AND NOTES

In pairs, each player from their own box tries to push pass the ball over the other players end-line while also “defending” their own end-line.

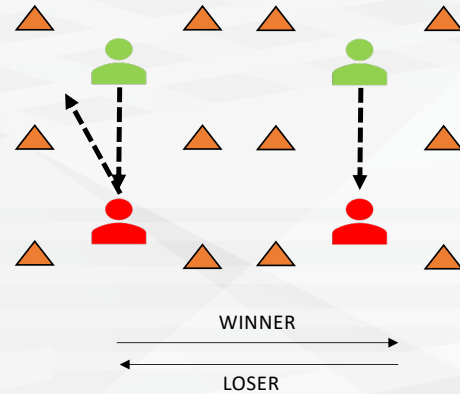
### Considerations:

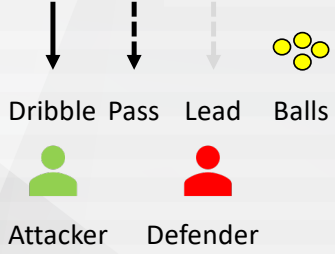
- Push passing only
- Distance and size of box can make easier or harder for passer or receiver

### Progressions:

- Doubles match
- If it hits a foot, point awarded to the other player (introduce basic rule of field hockey)

## DRILL GRAPHICS/DIAGRAMS





## SESSION 2 DRILLS



# SESSION 2/DRILL 1 – Hockey Tennis

## DRILL EXPLANATION AND NOTES

In pairs, each player from their own box tries to push pass the ball over the other players end-line while also “defending” their own end-line.

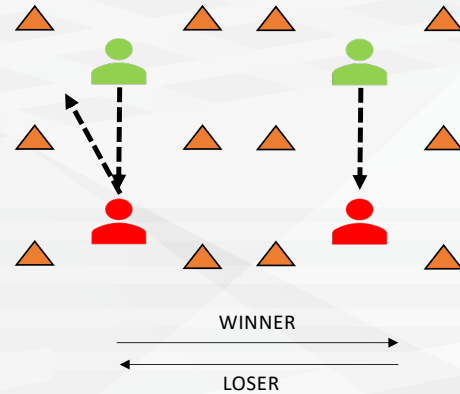
### Considerations:

- Push passing only
- Distance and size of box can make easier or harder for passer or receiver

### Progressions:

- Doubles match
- If it hits a foot, point awarded to the other player (introduce basic rule of field hockey)

## DRILL GRAPHICS/DIAGRAMS

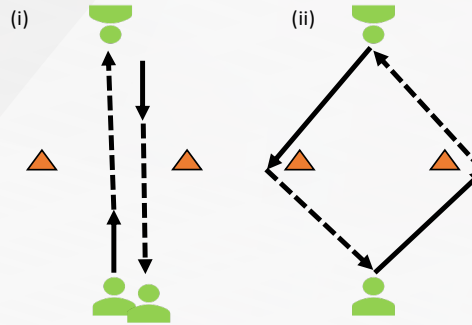


# SESSION 2/DRILL 2 – On The Move

## DRILL EXPLANATION AND NOTES

- i. Have the players dribble a few steps forward and while in motion pass the ball to the player at the front of the opposite line and then continue their run across to join the back of the opposite line
- ii. The players dribble to the right on a 45 degree angle for 2-3 steps and then pass and join the back of the opposite line. Remind the athletes to keep the ball at 1 o'clock and keep their body weight centered (not fading away).
- iii. Repeat drill in opposite direction

## DRILL DIAGRAMS/GRAPHICS



## VIDEOS & RESOURCES

[DRIBBLING TECHNIQUE](#)

[SLALOM - FOOTWORK](#)

## COACHES TIP

*Challenge:* add a second ball to give the players more touches  
Changing the angle of the dribble and pass - dribble slightly to the right.

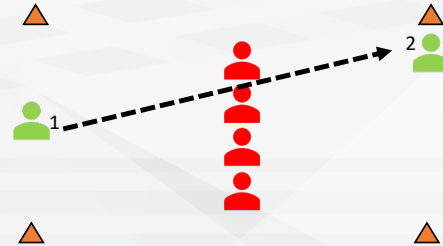


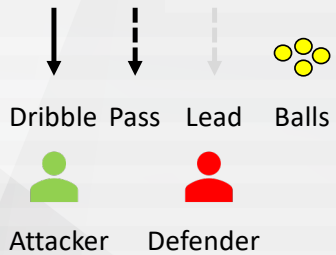
## SESSION 2 /DRILL 3 – Wall Ball

### DRILL EXPLANATION AND NOTES

- 1 & 2 are the “pusher” and “receiver” everyone else is the “wall”.
- 1 tries to push the ball past the “wall of players” to 2 to score a point.
- Players in the wall and 1 and 2 can move laterally between their respective cones.
- If a player in the wall traps the ball, they then become the “pusher”

### DRILL GRAPHICS/DIAGRAMS





## SESSION 3 DRILLS

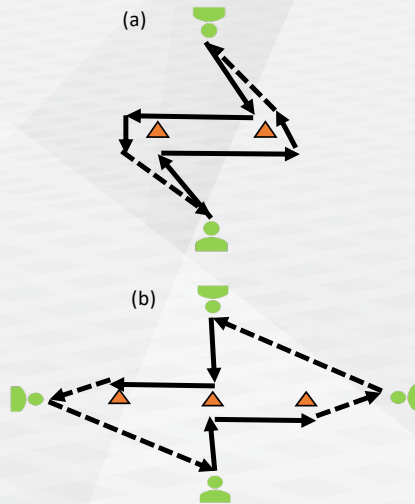


# SESSION 3/DRILL 1 - Draws Left & Right

## DRILL EXPLANATION AND NOTES

DRAW LEFT TO RIGHT  
HAVE PLAYERS DRIBBLE TOWARD LEFT CONE AND KEEP STICK ON BALL FOR THE 'DRAW'. ENCOURAGE THE DRAW FROM LEFT TO RIGHT TO COME PAST THEIR RIGHT FOOT (WIDE). AFTER THE 'DRAW' THE BALL MUST RETURN TO 1 O'CLOCK

## DRILL DIAGRAMS/GRAPHICS



## VIDEO LIBRARY

[DRIBBLING TECHNIQUE](#)

[SLALOM - FOOTWORK](#)



# SESSION 3/DRILL 1 – Draws Left & Right

## DRILL EXPLANATION AND NOTES

In partners – a ball each. Athletes will stand one on each side of the line of 2-4 cones. The cones will be the length of a stick. X1 and X2 will be doing the drill at the same time.

Players will stand with feet shoulder width apart, keeping knees bent

The ball will be a stick length away from their feet

The top of the stick will be pointing at their belly button

- (i) Pull the ball from one end of the cones to the other. Start with the ball at the RIGHT end of the cones and use the strong stick to pull/draw the ball across to the LEFT. Keep the stick on the ball and transfer weight from (R) to (L).
- (ii) Once the ball is at the LEFT end of the cones, roll your stick over the ball (protecting the ball) allowing the stick to spin in the right hand. Now you have your reverse stick on the ball. Use the reverse stick to pull the ball back to the RIGHT. \*REPEAT\* (See how many times the athletes can do this in one minute. The goal is to improve their own score!\*)
- (b) Draw RIGHT with progressions: \*Only use two balls\*
- (iv) Have players work through movements without a ball first. Practice transferring of body weight from left to right. The drill is continuous. Players will start from both ends of the drill. Players at the start of each line will dribble forward towards the cones. Moving the ball from 2 o'clock to 12 o'clock (slightly in front of their left foot). As the players approach the cone, they will draw the ball to their right. The stick will move over the ball while pulling the ball with their reverse stick to their strong stick. The weight transfer is left to right. They dribble forward and pass to the next person in line. (make sure the ball is moved to 12 o'clock before making the pass)
- (v) Same as above but the players draw the letter "C" on the ground and over the ball before the draw. They must start to draw the "C" a little earlier than they would do the normal pull to give them time and prevent them from running into the board.



# SESSION 3/DRILL 2a – Flapper Drill

## DRILL EXPLANATION AND NOTES

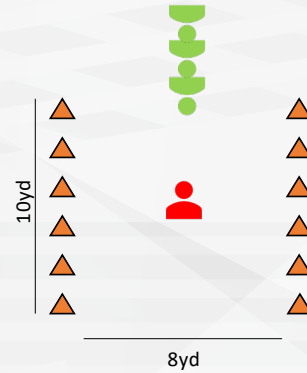
### Played without a stick

RED = DEFENDER - responsible for closing time and space, needs to keep elbows tucked in at all

RED working on footwork to prevent "GREEN" from getting past them can touch "GREEN" with hands but is not allowed to extend arms

"GREEN" = ATTACKER - trying to run past "RED" encourage them to have a change of pace and create their own space run forwards on angles instead of "dancing around" at the top of the grid

## DRILL GRAPHICS/DIAGRAMS



## SESSION 3/DRILL 2b – 1V1 Shadow

### DRILL EXPLANATION AND NOTES

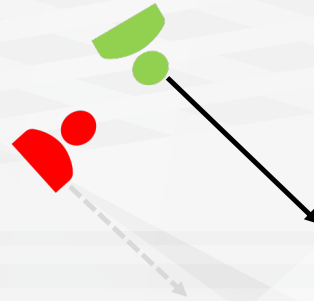
Same set-up as the Flapper Drill

Give each athlete the opportunity to dribble with the ball. This can be done over 25 yards  
"O" = OFFENCE  
- dribbles the ball in any direction moving forward

"X" = DEFENCE

- shadows the ball carrier using their defensive footwork  
defender must keep their stick in the ground (preferably using only their left hand) not trying to tackle

### DRILL GRAPHICS/DIAGRAMS



# SESSION 3/DRILL 3 – Mini-Game

## DRILL EXPLANATION AND NOTES

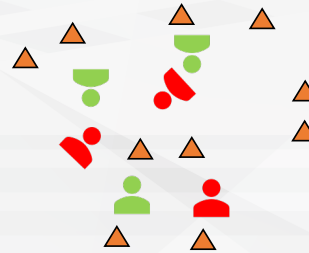
Make a field about 25 X 30 yards using 2 cones (1 yard apart) per goal.

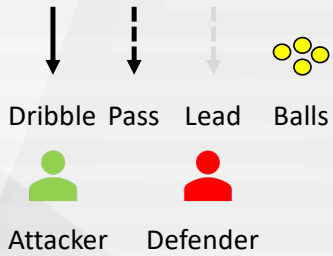
Have multiple goals spread randomly throughout the grid. Teams can score in any goal just not the same goal twice in a row.

Variations:

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

## DRILL GRAPHICS/DIAGRAMS





## SESSION 4 DRILLS



# SESSION 4/DRILL 1 – Tunnel Ball

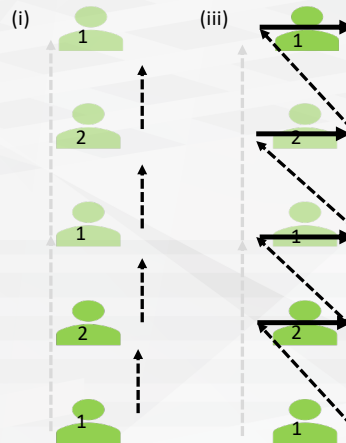
## DRILL EXPLANATION AND NOTES

Receiving over the LEFT and RIGHT shoulder. \*See Diagram right

- i. Receive over right shoulder X2
- ii. Repeat increasing the pace or adding a ball carry
- iii. Receiver over left shoulder X2
- iv. Repeat increasing the pace or adding a ball carry

\*Have feet facing forward on pass and reception. Make sure ball is passed away from the receiver's feet

## DRILL GRAPHICS/DIAGRAMS



# SESSION 4/ Drill 2 – On The Move

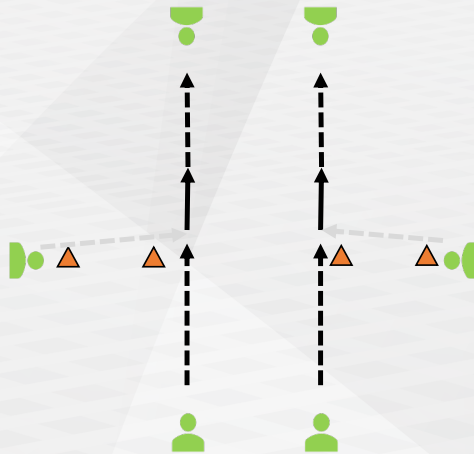
## DRILL EXPLANATION AND NOTES

- Focus: Receptions over the right shoulder
- Encourage a change of pace on leads
  - Practice both an open and closed pivot around the cone

OPEN: you can always see the next pass (receiver)

CLOSED: You cannot see the passer because you have your back to them or are facing away from them

## DRILL DIAGRAMS/GRAPHICS



## COACHES TIPS

Encourage the players to watch the ball once it is passed all the way on to their stick. Lead with head of stick low to the ground to help with reception.



# SESSION 4/DRILL 3 – Block Tackling

## DRILL EXPLANATION AND NOTES

Stationary block tackle (aka flat stick tackle)

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

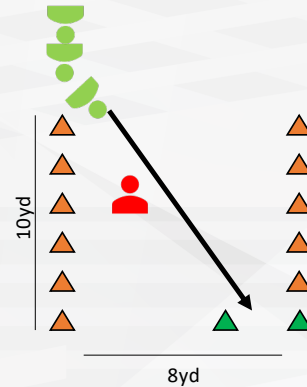
See Drill to the left

-GREEN: Somewhat of a passive ball carrier to allow RED to work on the timing of the tackle

-Keep the drill continuous GREEN1-> RED1, GREEN1 is trying to dribble through the goal on the opposite side of the grid

RED1 is closing time and space on the ball carrier and makes the tackle as GREEN1 changes the angle of their dribble

## DRILL GRAPHICS/DIAGRAMS



# SESSION 4/DRILL 4 – Mini-Game

## DRILL EXPLANATION AND NOTES

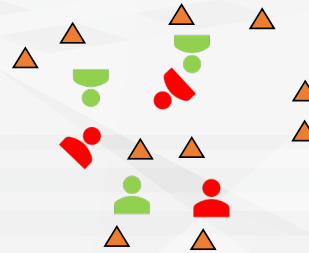
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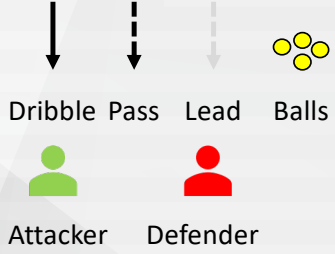
Have multiple goals spread randomly throughout the grid. Teams can score in any goal just not the same goal twice in a row.

Variations:

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- (2) goal = pass to teammate through cones
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## DRILL GRAPHICS/DIAGRAMS





## SESSION 5 DRILLS



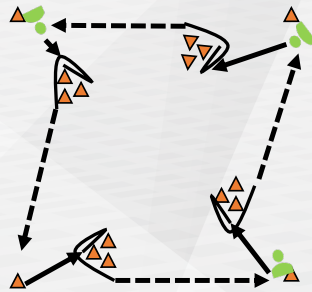
# SESSION 5/DRILL 1 – Curl Strong

## DRILL EXPLANATION AND NOTES

Continuous drill. The first person in each line will start with a ball

As players progress, minimize the number of steps they take while curling

## DRILL DIAGRAMS/GRAPHICS



## COACHES TIPS

Make sure the players start dribbling to the left of the cone and change the ball position from 1 o'clock (dribbling position) to 12 o'clock so the ball is out in front and it is easier to curl.



## SESSION 5/DRILL 2 – Box Drill

### DRILL EXPLANATION AND NOTES

**Focus:**  
Receptions from left to right (pass and follow your pass) There will be 2 balls going at once. They will start in opposite corners.

The players receiving the ball will watch the ball onto their stick, letting the ball cross their body on the reception. Make sure that the player receiving the ball is facing towards the passer and their feet are facing straight ahead

### DRILL GRAPHICS/DIAGRAMS



# SESSION 5/DRILL 3 – 1V1

## DRILL EXPLANATION AND NOTES

Stationary block tackle (aka flat stick tackle)

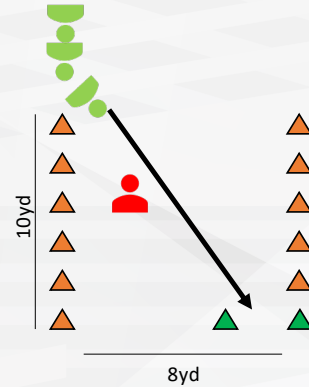
- 20 seconds on/20 seconds off (repeat 3 times)  
See Drill to the left

-GREEN: Somewhat of a passive ball carrier to allow RED to work on the timing of the tackle

-Keep the drill continuous GREEN1-> RED1, GREEN1 is trying to dribble through the goal on the opposite side of the grid

RED1 is closing time and space on the ball carrier and makes the tackle as GREEN1 changes the angle of their dribble

## DRILL GRAPHICS/DIAGRAMS



# SESSION 5/DRILL 4 – Mini-Game

## DRILL EXPLANATION AND NOTES

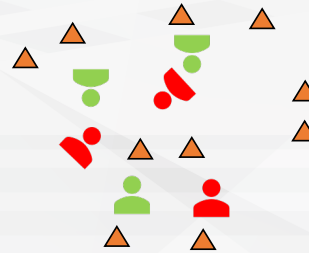
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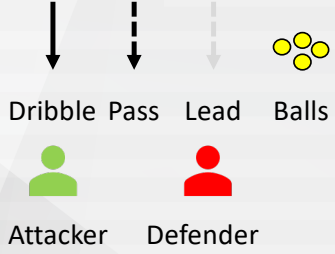
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Variations:

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## DRILL GRAPHICS/DIAGRAMS





## SESSION 6 DRILLS



# SESSION 6/DRILL 1 – THE SWEEP

## DRILL EXPLANATION AND NOTES

- Have players practice their sweep hit against the cement wall about 10 yards away
- Break down of the sweep hit can be found in the hyper link
- If players have already had coaching and practice with this skill, they can skip the part where they are on their knees.
- Make sure the ball is rolled straight ahead and the player's learn the proper footwork

## DRILL GRAPHICS/DIAGRAMS

[The Sweep Hit](#)

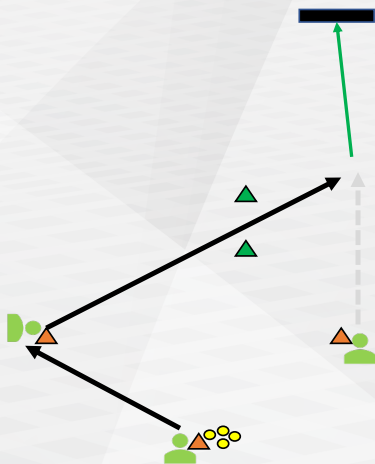


# SESSION 6/DRILL 2 – RECEIVING ON THE MOVE

## DRILL EXPLANATION AND NOTES

- Passing the ball into space for a teammate
- Encourage players to send a weighted pass into space
- Encourage the player running into space to have their stick close to the ground but keep their toes facing forward
- Pass and follow your pass.

## DRILL DIAGRAMS/GRAPHICS



## COACHES TIPS

Ensure that X2 sends a paced pass on an angle that is ahead of X3. X3 should keep toes facing forward and continue to be in motion as they receive the pass. They will then turn their feet around to make their pass or shot into the net.



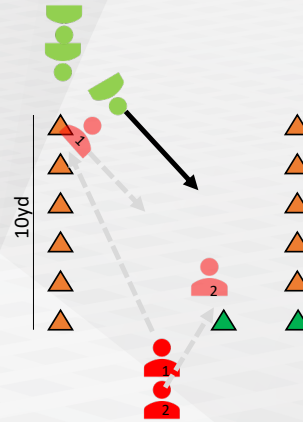
# SESSION 6/DRILL 3 – DEFENDING

## DRILL EXPLANATION AND NOTES

Focus: Stay in contention

- Keep the drill continuous X1-> 01, 01 -> X1
- GREEN is trying to dribble through the goal on the opposite side of the grid
- RED 2 is closing time and space on the ball carrier and makes the tackle as RED 1 changes the angle of their dribble
- Make sure RED 2 (defender) does not get in the double team position too early. The timing of the tackle is important

## DRILL GRAPHICS/DIAGRAMS



# SESSION 6/DRILL 4 – Mini-Game

## DRILL EXPLANATION AND NOTES

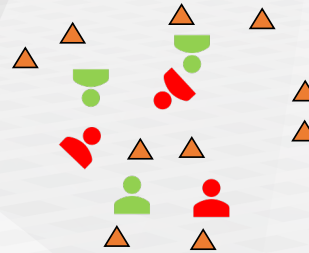
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## DRILL GRAPHICS/DIAGRAMS





Dribble



Attacker



Pass



Defender



Lead



Balls

## SESSION 7 DRILLS



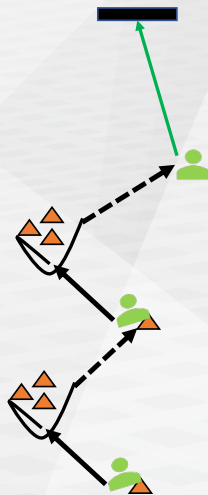
## SESSION 7/DRILL 1 - CURL STRONG

### DRILL EXPLANATION AND NOTES

Focus: Curl left (strong) and pass

- X dribbles toward the board, curls LEFT in front of the board (which is acting like a defender) and sends a push pass to their teammate
- This is completed two more times and the last player shoots on net.
- Follow your pass
- The next player in line starts to dribble as soon as the first pass is made.

### DRILL DIAGRAMS/GRAPHICS



### COACHES TIPS

You can use a line of cones instead of boards. The boards are “defenders” and you use the curl to maintain possession

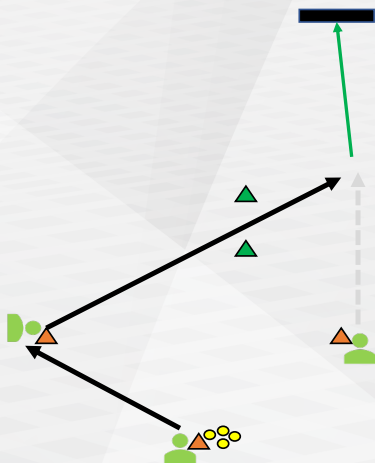


# SESSION 7/DRILL 2 – RECEIVING ON THE MOVE

## DRILL EXPLANATION AND NOTES

- Passing the ball into space for a teammate
- Encourage players to send a weighted pass into space
- Encourage the player running into space to have their stick close to the ground but keep their toes facing forward
- Pass and follow your pass.

## DRILL DIAGRAMS/GRAPHICS



## COACHES TIPS

Ensure that X2 sends a paced pass on an angle that is ahead of X3. X3 should keep toes facing forward and continue to be in motion as they receive the pass. They will then turn their feet around to make their pass or shot into the net.



# SESSION 7/DRILL 3 – PASS & RECEIVE PROGRESSION

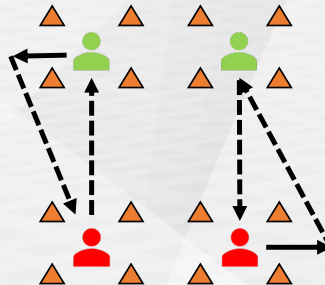
## DRILL EXPLANATION AND NOTES

Athletes will be 7-10 yards apart.

In Partners: Place four cones around the athlete in a box, to help the athletes focus on accurate passes.

Athletes receive in the box, must dribble the ball outside the box, get their eyes up and sweep back to the other athlete inside the box

## DRILL DIAGRAMS/GRAPHICS



## COACHES TIPS

Remind players to follow through towards their target and that ball position will affect which way the ball goes.

If the ball is too far in front of them, the pass may go too far left, if the ball is too far behind them, the ball may go too far right.



# SESSION 7/DRILL 4– Mini-Game

## DRILL EXPLANATION AND NOTES

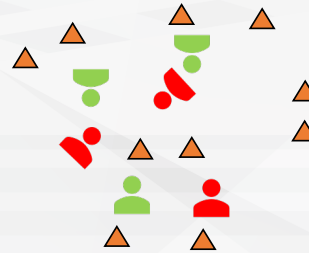
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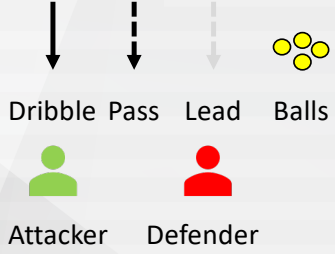
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Variations:

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## DRILL GRAPHICS/DIAGRAMS





## SESSION 8 DRILLS



## SESSION 8 /DRILL 1 - PASS & CARRY

### DRILL EXPLANATION AND NOTES

Focus: Ball Carry Pulls

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.

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

### DRILL DIAGRAMS/GRAPHICS



### COACHES 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



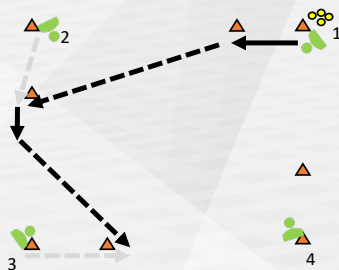
## SESSION 8/DRILL 2 – PLAY ON THE MOVE

### DRILL EXPLANATION AND NOTES

Focuses: Carrying and passing on the move

- Players pass and receive whilst in motion moving around the box
- Player 1 takes the ball from the pile and carries to the first cone where the pass on an angle to the cone in front of player 2
- Player 2 receives in motion and repeats the sequence passing on the move in front of player 3
- Repeat around the box
- Once satisfactory, change direction

### DRILL DIAGRAMS/GRAPHICS



### COACHES 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.



# SESSION 8/DRILL 3– Mini-Game

## DRILL EXPLANATION AND NOTES

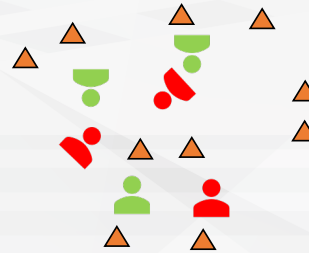
Make a field about 25 X 30 yards using 2 cones (1 yard apart) per goal.

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

## DRILL GRAPHICS/DIAGRAMS



# SESSION 8/DRILL 4– SHARK

## DRILL EXPLANATION AND NOTES

Focuses: Ball carrying & ball protection

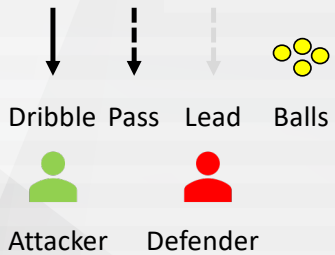
- Setup a box in which all players fit comfortably
- All players will start in the box with a hockey ball each
- The objective is to be the last player in the box with a hockey ball
- On the whistle, players will move with their ball and use their body to protect theirs whilst using their stick to knock away opponents' hockey balls (stick head must stay on the ground at all times for safety reasons)

Progressions:

- Introduce field hockey rules;
  - If you use the round side of your stick you're out
  - If you touch a ball with your foot you're out

## DRILL GRAPHICS/DIAGRAMS





## SESSION 9 DRILLS

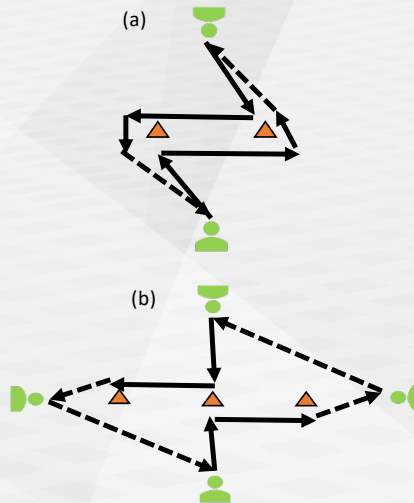


# SESSION 9/DRILL 1 – Pulls Left & Right

## DRILL EXPLANATION AND NOTES

DRAWN LEFT TO RIGHT  
HAVE PLAYERS DRIBBLE TOWARD LEFT CONE AND KEEP STICK ON BALL FOR THE 'DRAW'. ENCOURAGE THE DRAW FROM LEFT TO RIGHT TO COME PAST THEIR RIGHT FOOT (WIDE). AFTER THE 'DRAW' THE BALL MUST RETURN TO 1 O'CLOCK

## DRILL DIAGRAMS/GRAPHICS



## VIDEO LIBRARY

[DRIBBLING TECHNIQUE](#)

[SLALOM - FOOTWORK](#)

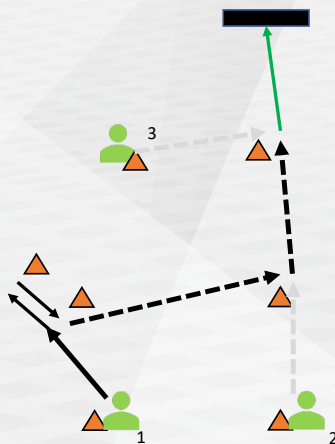


## SESSION 9/DRILL 2 - V-Pull FLOW

### DRILL EXPLANATION AND NOTES

- 1 carry and diagonal pull back (V-pull) to strong stick and then sends a square pass to 2.
- 2 runs onto the ball, timing their lead, and gets their feet around to shield the ball
- 2 sends a through pass to 3.
- 3 holds and times their run to pick up the ball over RIGHT shoulder on their reverse stick

### DRILL DIAGRAMS/GRAPHICS



### COACHES TIPS

On the v-pull, remember to drop step with the right foot to be able to open up the stance and see the space the pass is going to go into.

2 should be in motion on reception and pass.

3 needs to time their lead and get their shot off in as few touches as possible.



# SESSION 9/DRILL 3– SHARK

## DRILL EXPLANATION AND NOTES

Focuses: Ball carrying & ball protection

- Setup a box in which all players fit comfortably
- All players will start in the box with a hockey ball each
- The objective is to be the last player in the box with a hockey ball
- On the whistle, players will move with their ball and use their body to protect there's whilst using their stick to knock away opponents' hockey balls (stick head must stay on the ground at all times for safety reasons)

Progressions:

- Introduce field hockey rules;
  - If you use the round side of your stick you're out
  - If you touch a ball with your foot you're out

## DRILL GRAPHICS/DIAGRAMS

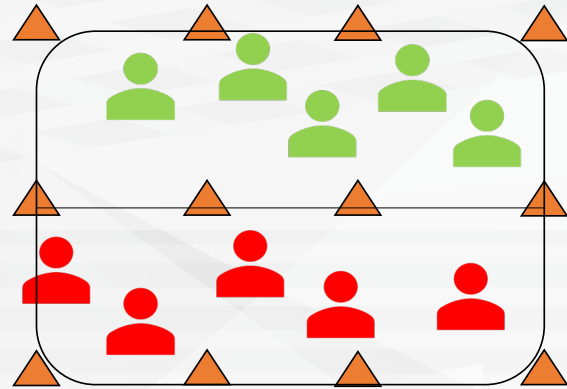


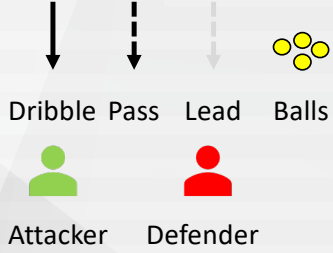
## SESSION 9 /DRILL 4 – HOCKEY VOLLEYBALL

### DRILL EXPLANATION AND NOTES

- In two teams, each team from their own half tries to push pass the ball over the opposite team's end-line
- Each team must defend their own end-line when the opposite team is passing
- Teams need to make 2 passes before sending ball to other team's endline
- Add an additional ball to increase movement of players and awareness

### DRILL GRAPHICS/DIAGRAMS





## SESSION 10 DRILLS



# SESSION 10/DRILL 1– SHARK

## DRILL EXPLANATION AND NOTES

Focuses: Ball carrying & ball protection

- Setup a box in which all players fit comfortably
- All players will start in the box with a hockey ball each
- The objective is to be the last player in the box with a hockey ball
- On the whistle, players will move with their ball and use their body to protect theirs whilst using their stick to knock away opponents' hockey balls (stick head must stay on the ground at all times for safety reasons)

Progressions:

- Introduce field hockey rules;
  - If you use the round side of your stick you're out
  - If you touch a ball with your foot you're out

## DRILL GRAPHICS/DIAGRAMS

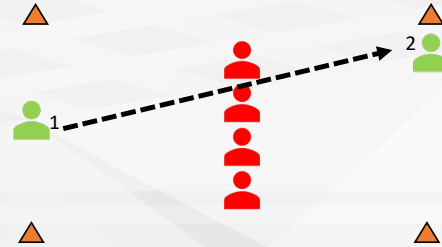


## SESSION 10/DRILL 2 – WALL BALL

### DRILL EXPLANATION AND NOTES

- 1 & 2 are the “pusher” and “receiver” everyone else is the “wall”
- 1 tries to push the ball past the “wall of players” to 2 to score a point.
- Players in the wall and 1 and 2 can move laterally between their respective cones.
- If a player in the wall traps the ball, they then become the “pusher”

### DRILL GRAPHICS/DIAGRAMS



## SESSION 10 /DRILL 3 – HOCKEY VOLLEYBALL

### DRILL EXPLANATION AND NOTES

- In two teams, each team from their own half tries to push pass the ball over the opposite team's end-line
- Each team must defend their own end-line when the opposite team is passing
- Teams need to make 2 passes before sending ball to other team's endline
- Add an additional ball to increase movement of players and awareness

### DRILL GRAPHICS/DIAGRAMS

