

Junior Hockey Training Session Week One and Two.

Theme: Basic Skills - Yrs 7 /8

Passing and Receiving - Adapt by opening or closing the spaces and distances for the groups ability.

1. Warm up. (5-8mins). Whole Group warmup.

Preferably carry stick and complete some activity in warm up where various movements in our game are done ... running backwards in a low balanced position, Footwork for channel tackling, the cross step for hitting, and just general changes of direction.

2. (10-15mins) Review Passing and Receiving with Emphasis on:
- Strong Forearm Pushing - on the move.
 - Slap hit Stationary and on move.
 - Upright receiving.

Coaches to set up pairs and triangles to run through practice on these two techniques as a follow on from warmup.

3. (8-10mins) Practice for these two techniques with some decision making. In pairs or 3s.

Leaving 5m at each end make three 5m boxes between the 25 and Goal line or Halfway line.



A passes the ball to B who starts at other end of the boxes behind the 25 line and runs into the box nearest A (1)... Receives first pass and passes it back to A before running into middle box (2) where they receive second pass from A. B returns pass again and then runs backwards to last box and receives a third pass from A. When running backwards it is really a 1/4 turn watching A for the pass.

When both players have had two turns and understand the activity, then a full double set can be done ... B runs into 1,2,3, in order and then backwards over 25yd line and continues to complete 3,2,1 and at that end swaps with A who goes to 25 line.

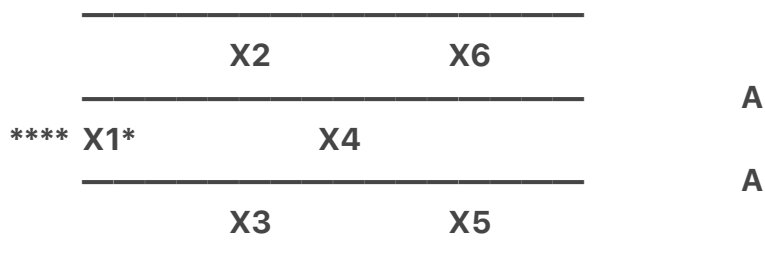
A has to decide which pass is the right one for each distance that B is at. Once A decides then B has to watch, receive well and give the same pass back. Box 1, 2 or 3 (1 close-softer push, 2 medium - strong push, 3 Far-slap hit) Accuracy required to pass to stick which

both players need to show down on turf. If there needs to be groups of three to rotate through .. the spare player can practice their yardstick while they wait.

Week two progression can be that the players choose to stop in any box and passer has to choose right pass.

4. (10-15min) Play a competition game where two teams (if numbers allow) slap / forearm pass through a routine and score a goal with 5 balls. Fastest to win. Can only start second ball when the first is through the goal, and so on. Game finishes when 5th ball is through goal.

Make 5m channels x 15 - 20/25m long depends on age/experience.



Teams of 5 or 6 are OK. Play starts at 1 and the passes made in order until X6 scores through A cones. Once players are aware of their space (width and channel) then X1 can pass to any player but all must touch ball before goals can be scored. All players can move up and down their channel but not outside it. Players are rotated after each set of 5 balls. Add a second team for number of players and then let them compete to be the fastest. In week two add a defender D in central channel who can move up and down and intercept any pass.

5. If time? Play two games (or one with subs) of 3 v 3 in a suitable space (15 x 15 or 15 x 20) with goals at each end for goal scoring. Teams must make 2 or 3 Slap passes before a goal can be scored.

Wrap up.