

Title: **Skill Development - Passing and Moving with the ball**

Date:	Venue: <b>Hockey Pitch</b>	Duration: <b>90 minutes+</b>	No of Players: <b>Flexible</b>	Ability / Level: <b>Intermediate</b>	Equipment: <b>Balls, Bibs and Cones</b>
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<b>Session Goals:</b> Maximise the number of touches each player has on the ball Perform as greater number of techniques as possible Introduce plenty of competition (with a handicap system if required) Flexible with numbers (even numbers are best)	<b>Personal Coaching Goals:</b> Deal with differing ability levels of players Place the players under sufficient physical pressure to tax both the aerobic and anaerobic energy systems in preparation for match play - techniques under pressure
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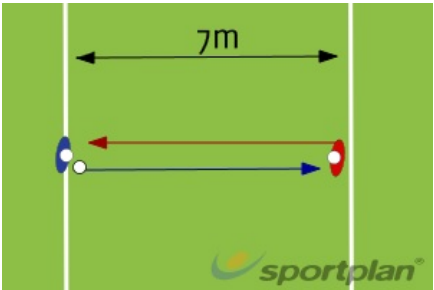
Time	Task / Activity / Session Content	Coaching Points
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**Warm Up**

**Push pass - static**


In pairs your players push the ball to their partner 7m away for one minute. Players should count the number of repetitions they achieve.

N.B. Repeat this for one minute after every two drills to give your players a chance to rest.




 **Coaching Points**

There should be no stick noise against ball when pushing.  
 Get your players to move their feet and keep their heels off the floor when preparing to trap.  
 These exercises are competitive between the pairs. You start each repetition with a 'go' or 'whistle'.  
 Announce the winner  
 Stress the quality of each drill, each must finish ball **DEAD ON THE LINE**

 **Notes**

A 15/20 minutes period at the start of each session should include footwork and games.

 **Progression**

Handicap the faster players with a staggered 'go' command, so the majority of the players begin first, with the speedsters starting on the second 'go' command.

## Skill development: Moving with the ball and weight of pass

### Run with the ball - keep the stick in contact with the ball

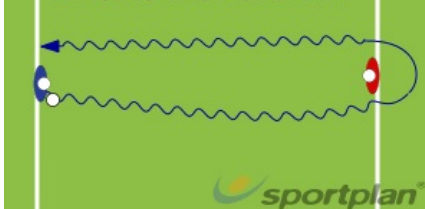
This drill should be performed keeping the stick in contact with the ball (as if ready to pass).

1. Player 1 runs with the ball up to their partner
2. They then round them, and runs back to their starting point.

The players should be looking up from the ball they round the partner from right to left.

Do this three times then change player (so player 1 stands still and player 2 runs).

Keep the stick in contact with the ball



### Coaching Points

Get your players to run with the head up and eyes forward scanning ahead. Ensure your players keep the stick on the ball (as if ready to pass). Finish by stopping the ball DEAD on the LINE - perform the skill precisely when tired.



### Notes

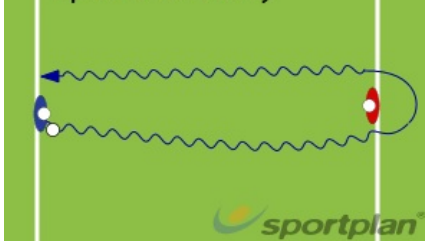
This is a good drill to get your players used to running with the ball with their heads up, and not looking at the ball.

### Run with the ball - using an open stick

This drill should be performed using an open stick only. Player 1 runs with the ball looking up, before rounding their partner from left to right, and returning to their starting point.

Do this three times then change player (so player 1 stands still and player 2 runs).

Open stick only



### Coaching Points

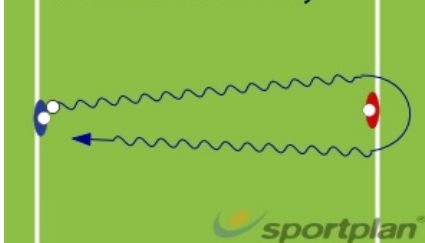
Get your players to use an open stick only. The players should be moving their feet faster than the ball. Advise your player to push the left elbow out as you round your partner.

### Run with the ball - using a reverse stick

This drill should be performed using a reverse stick only. Player 1 runs with the ball looking up, before rounding their partner from left to right, and returning to their starting point.

Do this three times then change player (so player 1 stands still and player 2 runs).

Reverse stick only



### Notes

This is a great drill to get your players used to playing with a reverse stick and will help build their confidence when required to do so in a game.

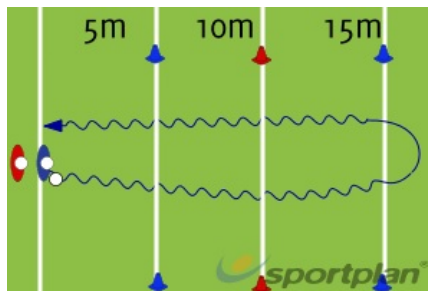
### Shuttle turning - using a reverse stick

This drill should be performed using a reverse stick only.

1. The player runs with the ball looking up to the 1m mark
2. They then use a reverse stick to round the cone and return to their starting point.

They should then repeat this process for the 5m, 10m and 15m cones.

Do this three times then change player (so player 1 stands still and player 2 runs).



### Coaching Points

The players must turn using reverse stick.  
Players should ensure the stick is kept in contact with the ball at all times.

### Weight the pass

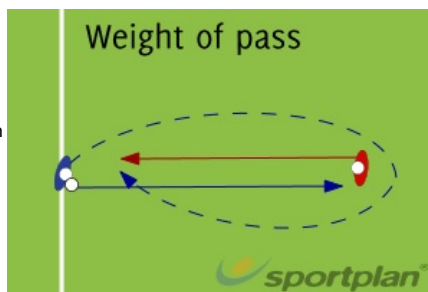
This drill is performed in pairs.

The aim is for the players to practise how hard to hit the ball by weighting a pass so their partner can receive the ball on the line.

1. Player 1 passes the ball to their partner, and then runs round them from left to right.
2. Player 2 then passes the ball back making sure that player 1 receives the ball on reverse as they return to the start point.

Do this three times then change player (so player 1 stands still and player 2 runs).

Repeat three times.



### Coaching Points

This is a great way to get your players thinking about running off the ball and receiving a pass while on the move.



### Notes

Get your players to push the ball rather than slap it. This will make it much easier to weight the ball correctly.

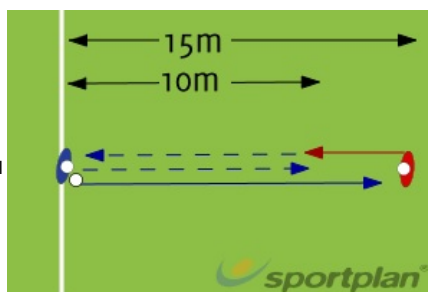
### Pass and move

The aim is to get your players passing, supporting and running backwards facing the ball.

1. Player 1 passes to their partner 15m away and runs to the 10m line.
2. Player 2 traps the ball and returns it to their partner.
3. Player 1 then runs backwards, tracking the ball all the way to their starting point where they trap it.

Do this three times then change player (so player 1 stands still and player 2 runs).

Repeat three times.



### Coaching Points

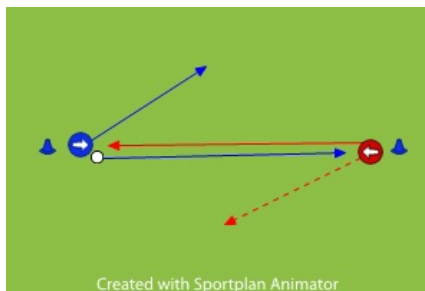
The key to making this drill a success is to get your players making sharp movements after the pass.

### Pass and move - right and left

This will get your players used to passing, supporting laterally and run backwards facing the ball.

1. Player 1 passes to their partner 15metres away, then runs to the 10m line.
2. Player 2 traps the ball and returns it to their partner. Player 2 then runs to the partner's right at the edge of the channel.
3. Player 1 then passes the ball to their partner, before running to the left of their channel.
4. Player 2 receives the ball and then returns it.
5. Meanwhile player 1 has ran backwards to starting point, where they trap the ball and repeat three times before swapping with their partner who begins the drill.

Repeat the full cycle three times.



### Coaching Points

Ensure your players are making sharp movements after the pass.  
All passes should be made to the open side (the players right hand side) to maximise footwork.

### Through the legs

This will get your players used to running with the ball, pushing it ahead of themselves and collecting it again.

1. Player 1 runs with the ball to their partner. As they approach them player one passes the ball between their partner's legs (his/her legs should be spaced 60cm apart).
2. Player 1 then picks up the ball on the other side and runs back to the starting point dribbling the ball.

This should be repeated three times before the players swap roles



### Coaching Points

The player should run with the stick touching the ball.  
Player 1 should move the ball to the open side of their partner to pull the stick away from the feet before rolling the ball through the legs.

### Round the reverse stick

This will hone your players skill at dribbling the ball before eliminating- taking on and passing around - their partner using a left to right drag.

1. Starting 15m apart, player 1 runs with the ball to their partner.
2. They then drag the ball left to right to pass round their partner and returns back to the start point.

Player 1 repeats this three times before the players swap roles.



### Coaching Points

The player should run with the stick on the ball.  
The ball should be moved as the player approaches their partner.  
Get your players to drag the ball laterally (square or slightly in front of square).



### Notes

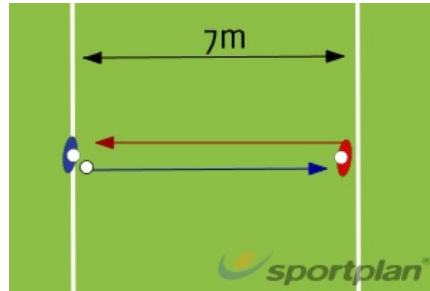
This is an elimination move, not a ball retaining "V" drag so momentum and pace is retained.

## Warm Down

### Warm down

Repeat exercise one for a minute

In pairs your players push the ball to their partner 7m away for one minute. Players should count the number of repetitions they achieve.



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Announce the winner

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Other Comments:

Evaluation: