

Hockey Skills and Lessons Ideas For Hockey Years 3 to 6



Keiran Williams
Community Hockey Coach



Introduction

This hockey coaching guide is designed for teachers to use as a support for lesson planning to help deliver high quality lessons.

This program has been developed over the two years that I have been a Community Hockey Coach, coaching in schools for Forest Heath District Council, Cambridge City Council, Cambridge School Sports Partnership and East Cambs District Council. These are the practices and drills I have been using during this time.

Key

- ⊙ Cone
- ☺ Person
- Movement with ball (dribbling)
- Movement of ball (passing)
- Direction of movement

Equipment Needed

I would advise you use either Quicksticks or field hockey sticks for your lessons.

- England Hockey Quicksticks £299.00 + VAT (only available from Davis Sport)
 - Contains**
 - 30 Sticks: 10 30 inch sticks, 10 32 inch sticks, 10 34 inch sticks
 - 30 Oversize balls
 - 12 England Hockey branded bibs
 - Equipment bag
- For Years 3 and 4 (class of 30)
 - 10 28 inch sticks (approximate price per stick £4)
 - 15 30 inch sticks (approximate price per stick £4)
 - 10 32 inch sticks (approximate price per stick £5)
 - Mini Hockey Balls (ideally enough for one per person) Mini Hockey balls are the same size as normal hockey balls but half the weight (4oz instead of 8oz) so they are much safer (approximate price per ball £3)
- For Years 5 and 6 (class of 30)
 - 5 28 inch sticks (approximate price per stick £4)
 - 10 30 inch sticks (approximate price per stick £4)
 - 10 32 inch sticks (approximate price per stick £5)
 - 5 34 inch sticks (approximate price per stick £5)

- Mini Hockey Balls (ideally enough for one per person) Mini Hockey balls are the same size as normal hockey balls but half the weight (4oz instead of 8oz) so they are much safer (approximate price per ball £3)

Safety

I would strongly advise that participants wear gum guards and shin pads during lessons. These items are not compulsory and students without should not be excluded for the hockey lessons.

Stick – Keep stick below waist at all times. When waiting to play, the head of the stick (hitting area) should be on the floor

Ball – Is hard, do not stop it with feet, or pick it up unless you are told to do so.

How to Hold Stick

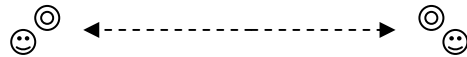
- Left hand at top of handle
- Right hand bottom of handle
- You can only use the flat side
- There is no other way of holding the stick



Basic Skills

Passing and Stopping

Equipment needed: Cones X12, balls X6



Set up

- Lay cones in pairs 5-7m apart depending on age group. You will need six sets. 1 ball with each set
- Split class up into 6 even groups
- Children pass to each other going to the back of the queue on their side (they should not run across to the other side for safety reasons) after their turn
- Let children have a go. Reminding them that the left hand should be at the top of the stick, right hand should be at the bottom of the handle, keep stick below waist.

Push pass.

- Stand side on to the ball, left shoulder pointing to where you want to pass
- Feet shoulder width apart, knees bent
- Hands spread on stick left hand at top, right hand at bottom of the handle
- Stick behind ball drag ball forward without “hitting the ball”. No sound should come from the ball.

Stopping

- Using the whole of the flat side of the stick to stop the ball, not just the “head”.
- Bend knees keep back straight like sitting on a toilet “call it the Toilet Position”. Children will always remember this.
- Get stick as low to the ground as possible while moving to the ball.
- Stop the ball
- Stand up and pass

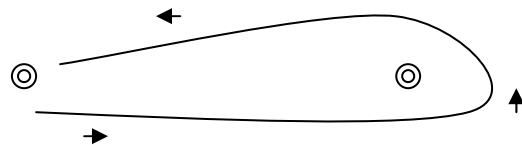
Dribbling – Open stick and Indian

Set up

- Lay cones in pairs 5-7m apart depending on age group you will need six sets. 1 ball with each set
- Split class up into 6 even groups
- One at a time dribble out round the cone and back

Open Stick Dribble

- Left hand at the top of the stick, right hand at bottom of the handle
- Knees bent, back straight, head up
- Ball at the 1 to 2 o'clock position
- Run forward keeping ball out in front with the stick in contact with the ball at all times

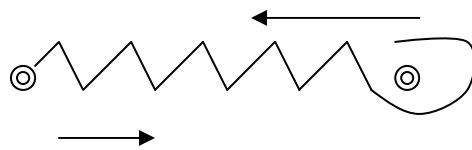


Dribble to the right of the cone, turn left round the cone for better control, return to start using flat side only.



Indian Dribble – used to turn and beat opponents

- Left hand at the top of the stick, right hand at bottom of the handle
- Knees bent, back straight, head up
- Ball at the 12 o'clock position
- Drag the ball across to the left
- Release right hand at the bottom of the handle
- Turn stick from heel to toe using left wrist turning stick head to the left
- Grip with right hand at the bottom of the handle
- Stop the ball, repeat in the opposite order dragging ball to the right.



Dribble the ball using the Indian dribble to the cone, go round the cone and Indian dribble back, only using the flat side of the stick

Right hand at bottom of handle

Left hand at top of handle

Ball at the 12 O'clock position. Drag to the left across your body.



Right hand releases stick

Turn stick with left hand

Stick heads turns over ball



As stick turns full 180 Degrees re-grip with right hand.

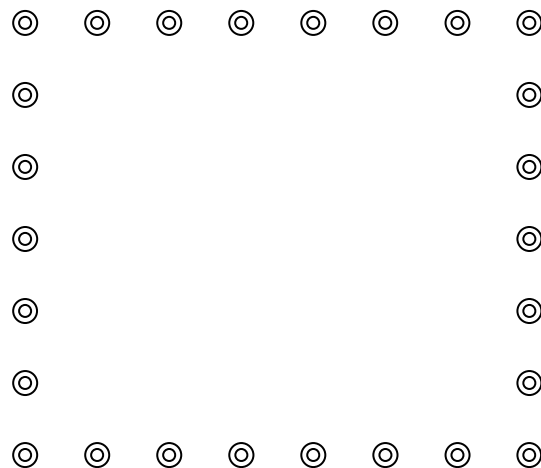
Stick turns over completely, control ball and repeat in reverse to move ball back to open side.



Square Games

On all these square games watch for the use of the back of the stick

Equipment Needed: Cones 1 ball per person



Set out a box with cones that is big enough for your group. If you have lines on the ground try to use them

Using this layout you can do warm up games and dribbling games like stuck in the mud and King of the ring

Dribbling in and out

Aim: Improve dribbling skills

- Every child has a ball
- Ask them to dribble in and out of each other using open stick dribble and Indian dribble.
- Re-enforce coaching points, knees bent, back straight etc.
- After 2 or 3 minuets children will start to get sore backs this is because they are dribbling with straight legs and a bent back. Talk through coaching points with class and give demonstration of straight back, bent knees.
- Watch out for children using back (bumpy side) of the stick.

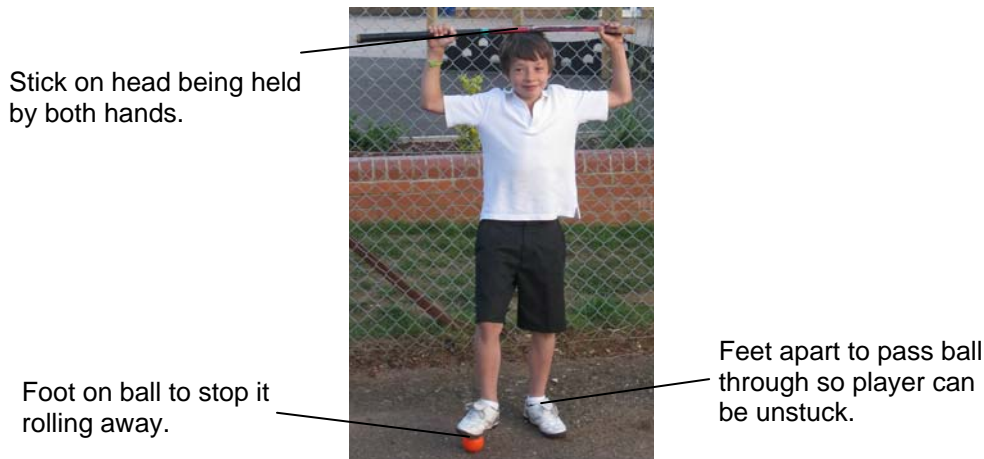
Stuck in the mud

Aim: Moving the ball, spaceial awareness with the ball

Equipment: coloured bibs

- Get two or three “Mud Monsters” (catchers) depending on the size of the class.
- Give the “Mud Monsters” bibs to distinguish them from the rest of the class.
- The rest of the class needs a stick and a ball.
- All the children MUST WALK.

- The mud monsters will go round and touch the other children making those children “Stuck”.
- The stuck child will stop, put their foot on the ball to stop it rolling, open their legs wide, and put their stick on their head.
- To release a stuck player another player needs to pass the ball through the stuck players legs.



King of the Ring

- Every child has a ball and a stick.
- The aim of the game is to keep the ball in the ring while tackling the other people around you, trying to knock their ball out of the ring.
- When the players get knocked out they should collect the ball and stand round the edge of the ring (do not let anyone sit down as they will get hit by the ball).
- The winner is the last person left in the ring.

Safety: Warn about raised sticks and talk about safe tackling

Skills Exercises

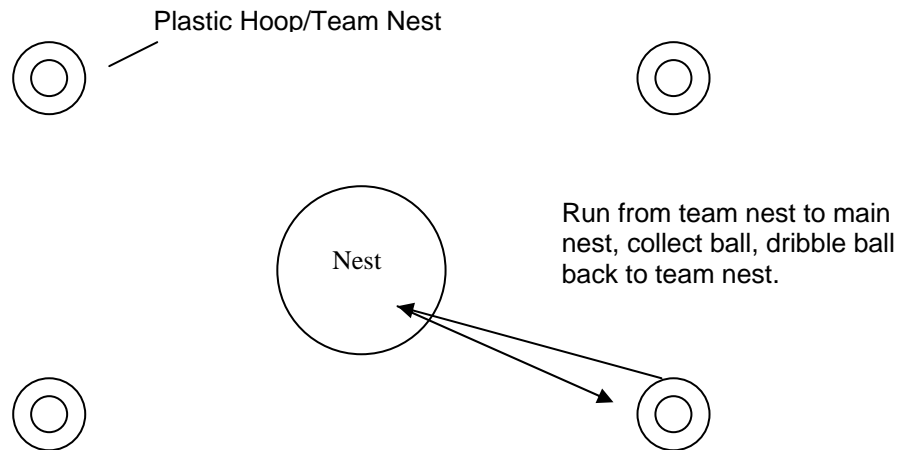
Rob the nest

Aim: Controlling the ball and stick

Equipment: cones, balls (hockey balls, tennis balls, rugby balls, footballs ect) large plastic hoops

- Make a large ring (2/3m) with cones
- Place all the balls inside this ring.

- Place the plastic hoops round the outside of the ring 5/10m away from the “nest” depending on ability and age of the group.
- Split the group into teams
- The aim is to take the balls from the main nest, and dribble to the teams nest.
- The participants are only allowed to take one ball at a time and only one team member is allowed to be collecting a ball at a time.



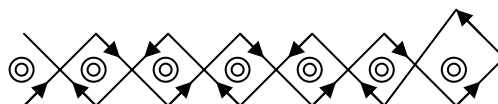
Dribbling in and out of cones

Aim: To improve dribbling

Equipment: 7 cones per set 1 ball per set.

This practice can be used for all types of dribbling skills, open stick dribble focusing on getting the players feet round the ball, Indian dribble, focusing on getting feet round the cones or running straight and moving the ball across the body.

- Set cones out in a straight line with about 1m spacing between them.
- To make these practices harder for more able children you could make the cone spacing smaller all the way through or for a real challenge make the spacing decrease gradually so the participants can't get into a rhythm.

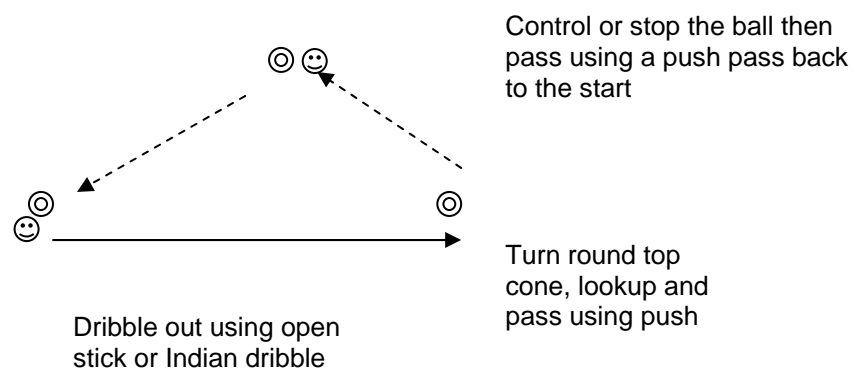


Triangle – Dribbling and Passing

Aim: To improve passing stopping and dribbling

Equipment: 3 cones per set 1 ball per set.

- Set cones in a triangle
- Spread the cones out further to make the practice harder.
- Dribble out to the top cone keeping the ball under control, turn round the cone.
- Look up and pass to the person on the staggered cone.
- The person on the staggered cone then passes back to the start.
- Both people then follow their pass



- Start this practice off, letting the children have a go to get the hang of it.
- When you feel the children are proficient turn it into a race between the teams. Focusing on control as being the fastest way to complete the exercise.

Shooting

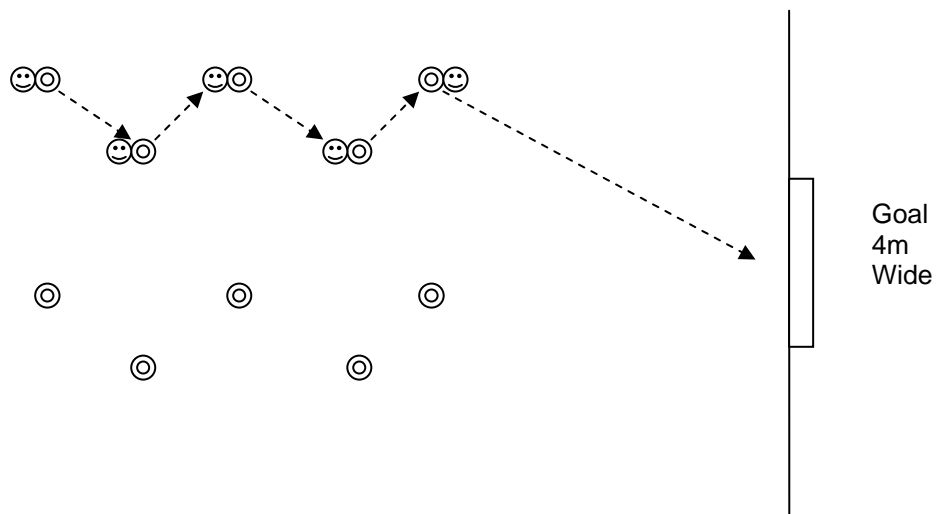
The Bootlace

Aim: Improve passing with a shot at the end of exercise

Equipment: 4-7 cones per set, as many balls as possible.

- Lay cones out in a zigzag layout in front of a goal.
- Each cone needs to have a person standing by it.
- Pass the ball along the line, after each person has made their pass, they need to go to the next cone (follow the pass).
- When the ball reaches the last cone the person should have a shot.
- After shooting return to back of the queue.

Safety: Do not let children collect balls until activity has finished.



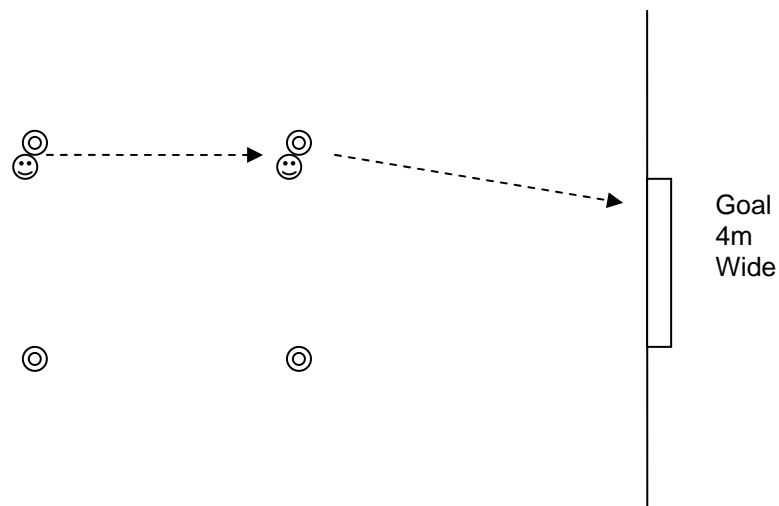
Turn and Shoot

Aim: Improve first touch and turning with a shoot at the end of exercise

Equipment: 2 cones per set, as many balls as possible.

- Lay two or three sets of cones out depending on the size of class in a straight line about 7m apart in front of a goal.
- Each cone needs to have a person standing by it.
- Pass from the first cone to the second cone.
- The child on the second cone needs to stop or control the ball and turn towards goal then shoot.
- After shooting return to back of the queue.

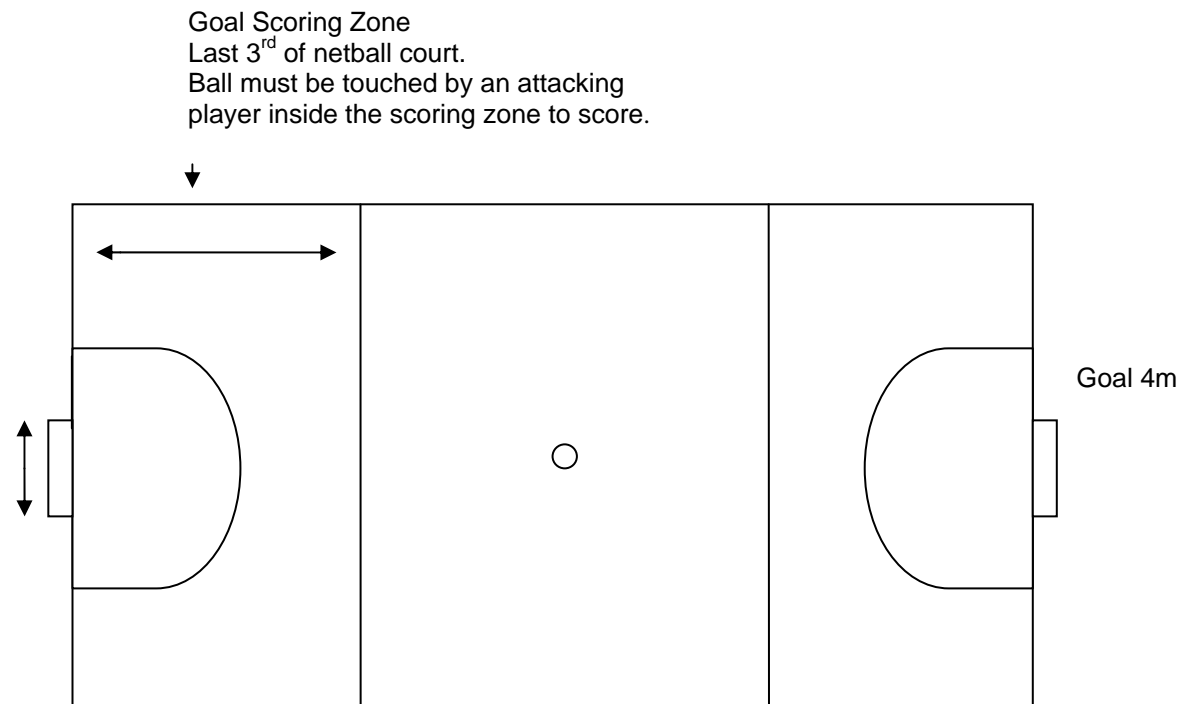
Safety: Do not let children collect balls until activity has finished



Games and Matches using a Netball Court

Equipment: 4 cones for goals, coloured bibs, one ball.

Split class into teams, ideally no more than 8 children in a team.



Basic Rules:

- Players can't use the back of the stick at any time.
- Players can't use their body to control or propel the ball, only give a foul if the ball is kicked or stopped on purpose, or the player gets a big advantage from it hitting their body.
- A goal can only be scored in the "Scoring Zone" this stops the ball from being hit from a long way out and causing a risk of injury.
- All players except the taker must be 5m away from the ball at dead ball situations.
- Sticks must not be raised in a dangerous way.
- Goals should be 4 meters wide.

Keep ball

Aim: Movement and ball possession

Equipment: coloured bibs, three balls.

Split class into 3 ability groups.

The aim of the game is for the teams to try to keep the ball, by moving the ball with accurate passes working on space and movement principles. There are no goals to score in. Set realistic targets for groups around how many passes to complete.

- Splitting the netball court into its three sections.
- Groups should be split into teams ideally there should be more “attacking players” than “defensive players” to encourage movement and ball possession.
- Players then rotate in and out of attacking and defensive roles, so every one gets a chance to play different positions.

Lesson Plans

Lesson	Lesson Objective	Activity	Equipment	Key Vocabulary
1	<ul style="list-style-type: none"> Introduction of basic skills 	<ul style="list-style-type: none"> Warm up and cool down Passing and Stopping Open Stick Dribble Introduce Indian Dribble Shooting practice "Turn and Shoot" if time allows 	Sticks Balls Marker Cones	Push Pass Accuracy Stop and Control Dribble Open Stick Dribble Indian Dribble Shooting Goal
2	<ul style="list-style-type: none"> Dribbling Skills 	<ul style="list-style-type: none"> Warm up and cool down Dribbling in and out Stuck in the mud King of the ring 	Sticks Balls Marker Cones Bibs	Scanning Control
3	<ul style="list-style-type: none"> Passing 	<ul style="list-style-type: none"> Warm up and cool down Triangle – Dribbling and Passing The bootlace Game 	Sticks Balls Marker Cones	Footwork Accuracy
4	<ul style="list-style-type: none"> Control 	<ul style="list-style-type: none"> Warm up and cool down Dribbling in and out of cones Shooting exercise Game 	Sticks Balls Marker Cones Bibs	Upright body position
5	<ul style="list-style-type: none"> Vision and possession 	<ul style="list-style-type: none"> Warm up and cool down Keep ball Game 	Sticks Balls Marker Cones Bibs	Pre Scanning Moving into space Using space Marking Coming to the ball
6	<ul style="list-style-type: none"> Final lesson fun skills 	<ul style="list-style-type: none"> Warm up and cool down Stuck in the mud/King of the ring Game 	Sticks Balls Marker Cones Bibs	

