

Skills Circuit



HOOKED ON HOCKEY

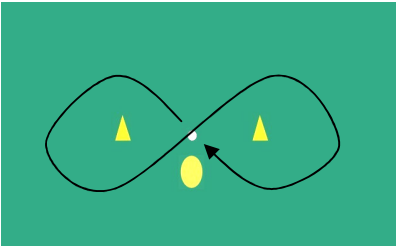
This is a Skills Circuit that covers basic skills, and can be used as a full circuit in junior programmes or the individual skills can be tested and recorded on a regular basis

SKILL STATION DESCRIPTION



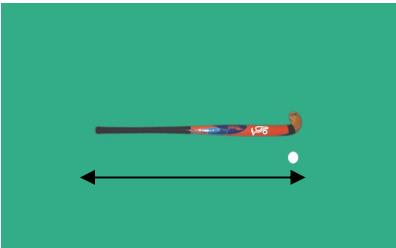
1. STICK BOUNCE

The ball must leave the stick by one ball width to count as a bounce



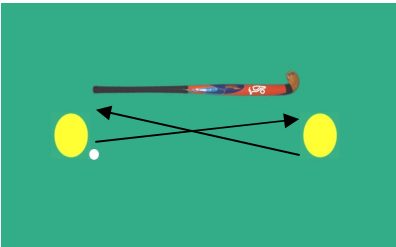
2. FIGURE OF 8

Place markers a stick length apart. Dribble the ball in a figure 8 around the markers



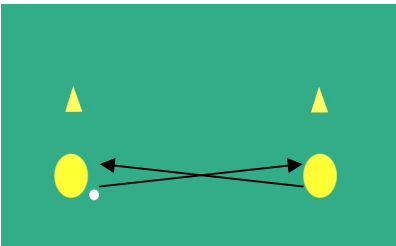
3. DRAG ACROSS

Drag the ball along the length of the stick and back again
An alternative is to have a partner place their feet 1m apart and drag to the outside of each foot and back



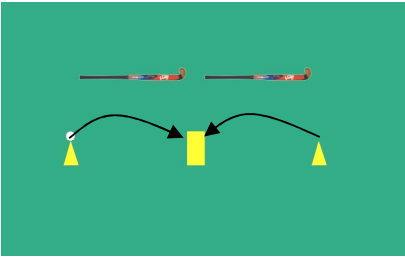
4. 1M PASS

Partners pass a ball over the length of a stick (approx 1m)
Pass to your partner's right foot
If you don't have a partner pass into a wall



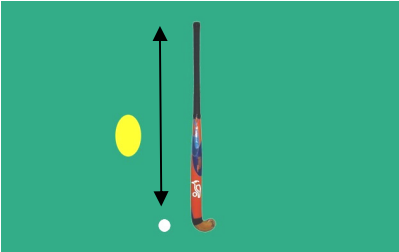
5. 3M PASS

Like the previous exercise, pass to the right foot of your partner
This time make the passes a little firmer



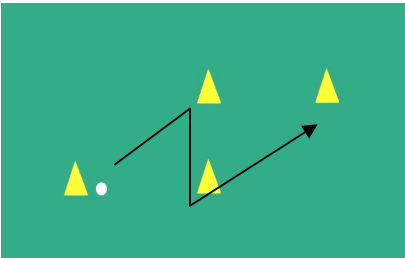
6. TARGET SCOOP

From 1m away make a lifted pass aiming to land the ball onto an A4 sized marker



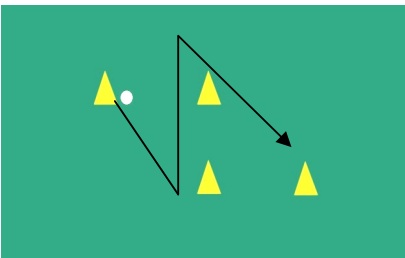
7. DRAG SIDE

This drill is similar to Drill 3 - the difference is that you drag the ball forwards and backwards on your right side - feet facing forwards



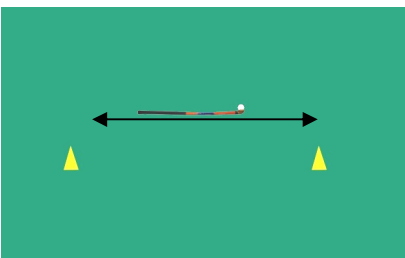
8. DRIBBLE DRAG RIGHT

Have the markers a stick length apart
The aim is to drag around the markers and then move off at speed
This time you run at the left marker and then drag right



9. DRIBBLE DRAG LEFT

As for Drill 8 except that you run at the right marker and then drag left
Once again - move off at speed after getting past the markers



10. BALL BALANCE

While balancing the ball on the end of your stick walk forwards and backwards between markers 2m apart

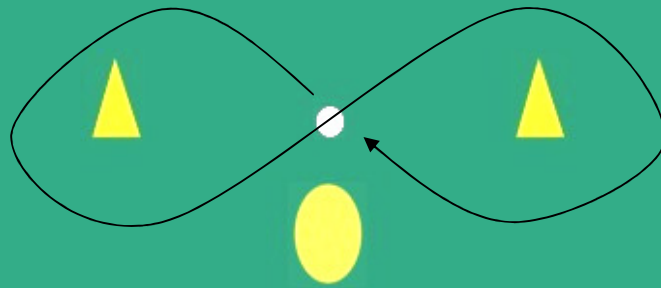


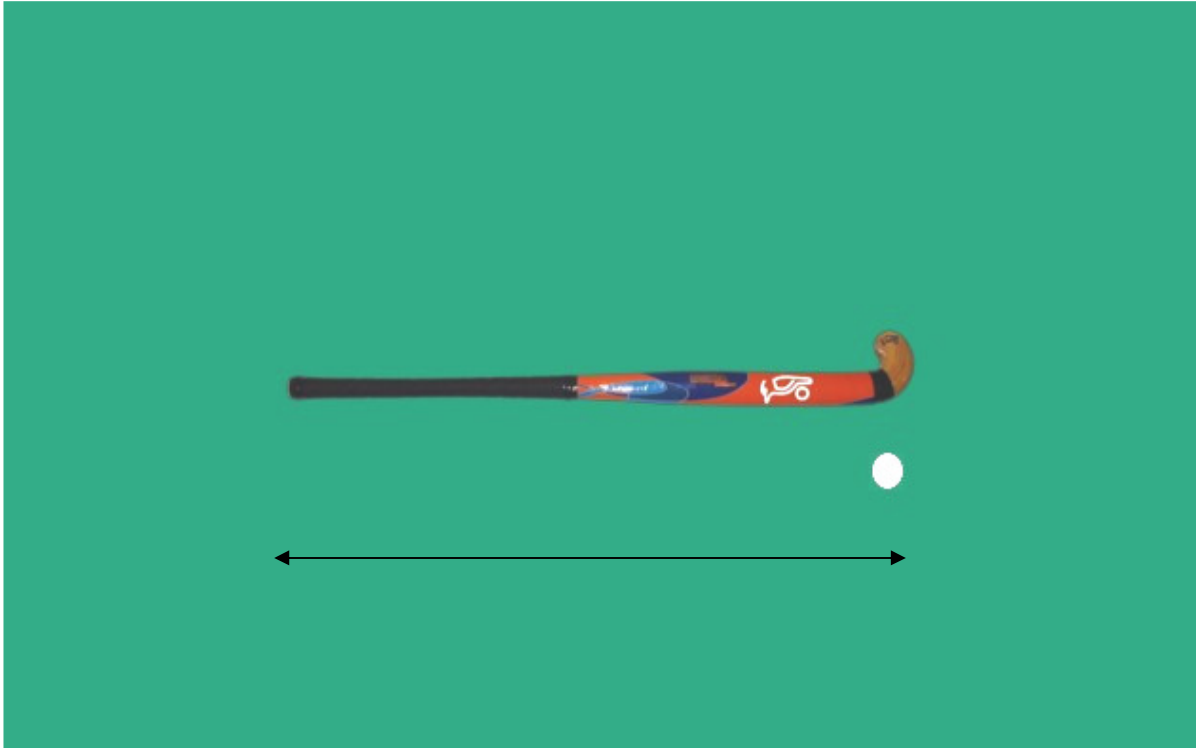
1. **STICK BOUNCE**

The ball must leave the stick by one ball width to count as a bounce

2. FIGURE OF 8

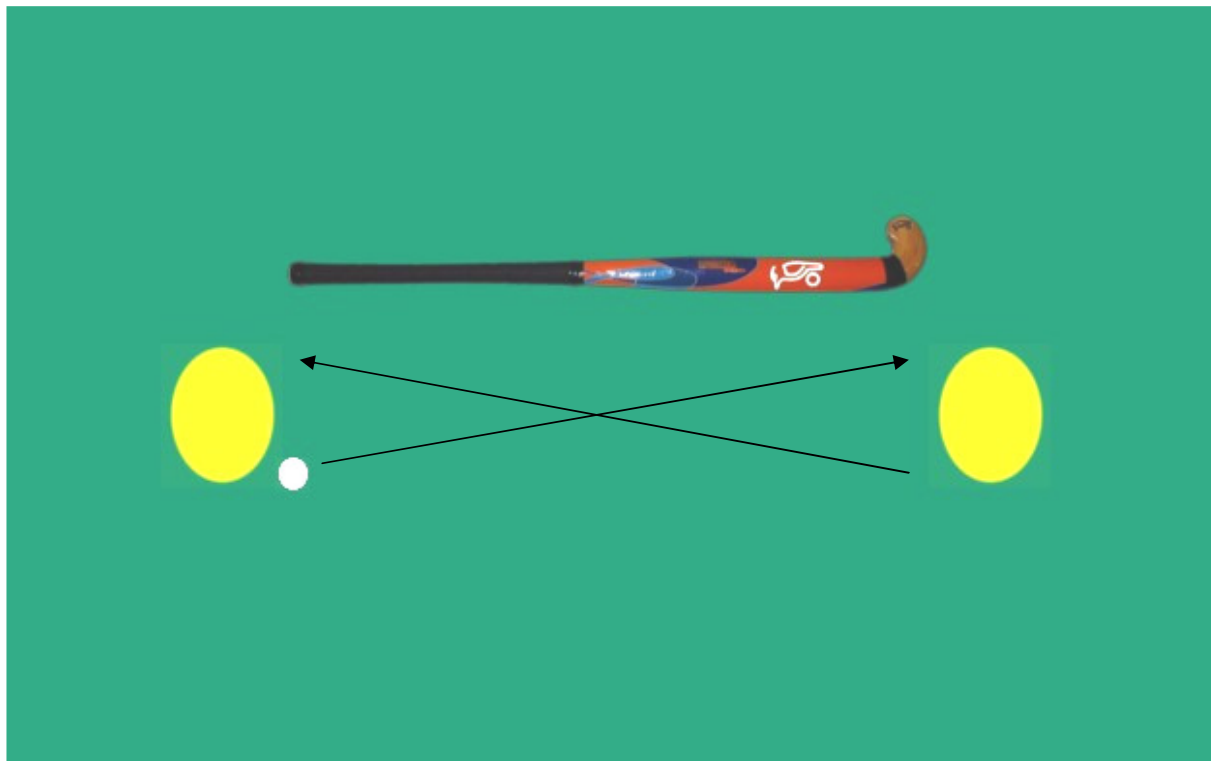
Place markers a stick length apart. Dribble the ball in a figure 8 around the markers.





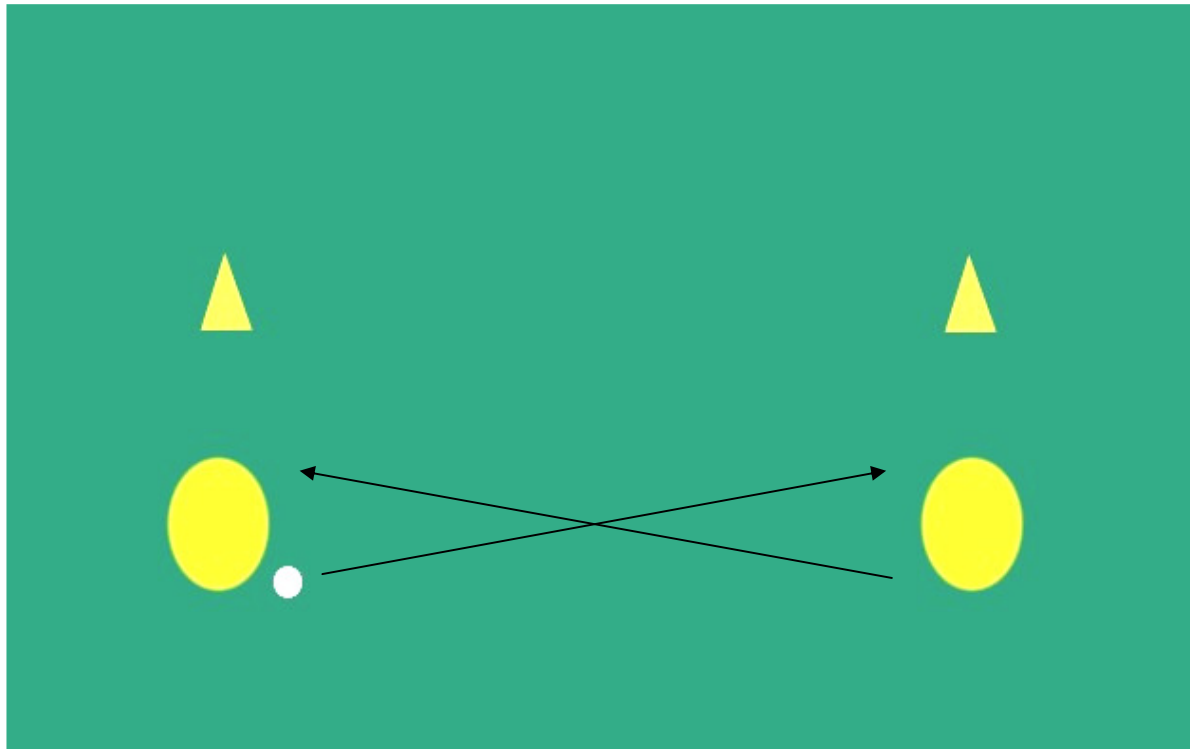
3. DRAG ACROSS

Drag the ball along the length of the stick and back again. An alternative is to have a partner place their feet 1m apart and drag to the outside of each foot and back



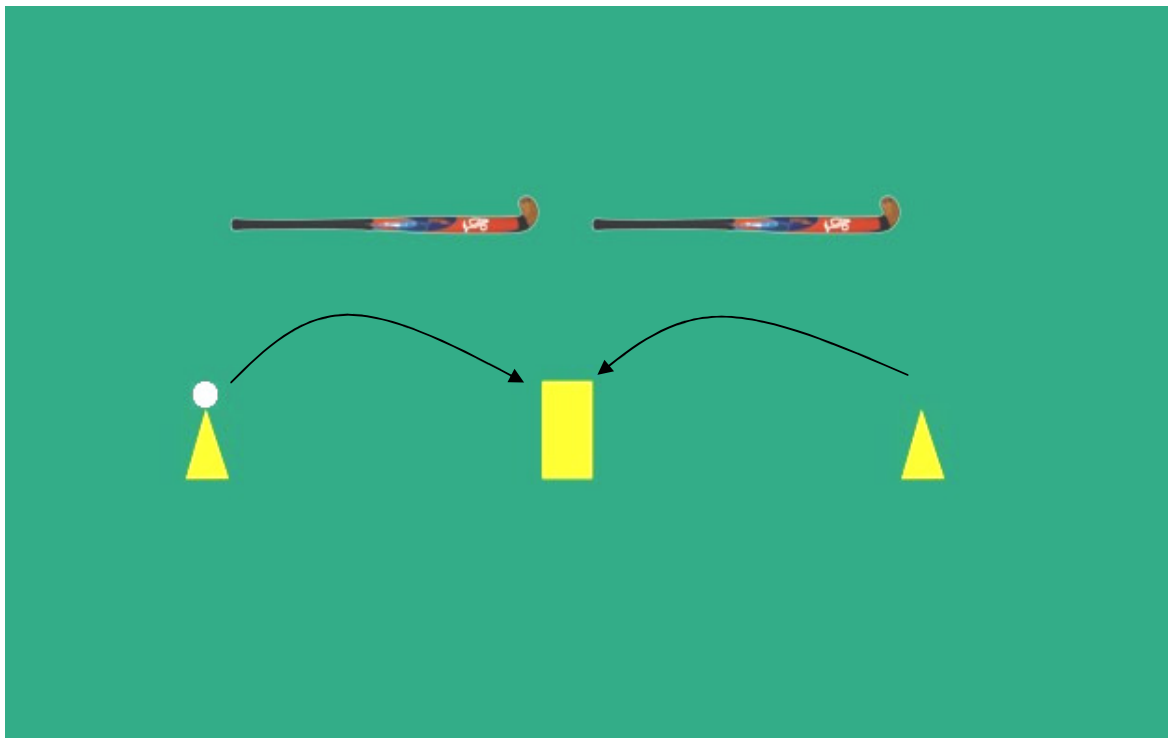
4. 1M PASS

Partners pass a ball over the length of a stick (approx 1m). Pass to your partner's right foot. If you don't have a partner, pass into a wall.



5. 3M PASS

Like the previous exercise, pass to the right foot of your partner. This time, make the passes a little firmer.



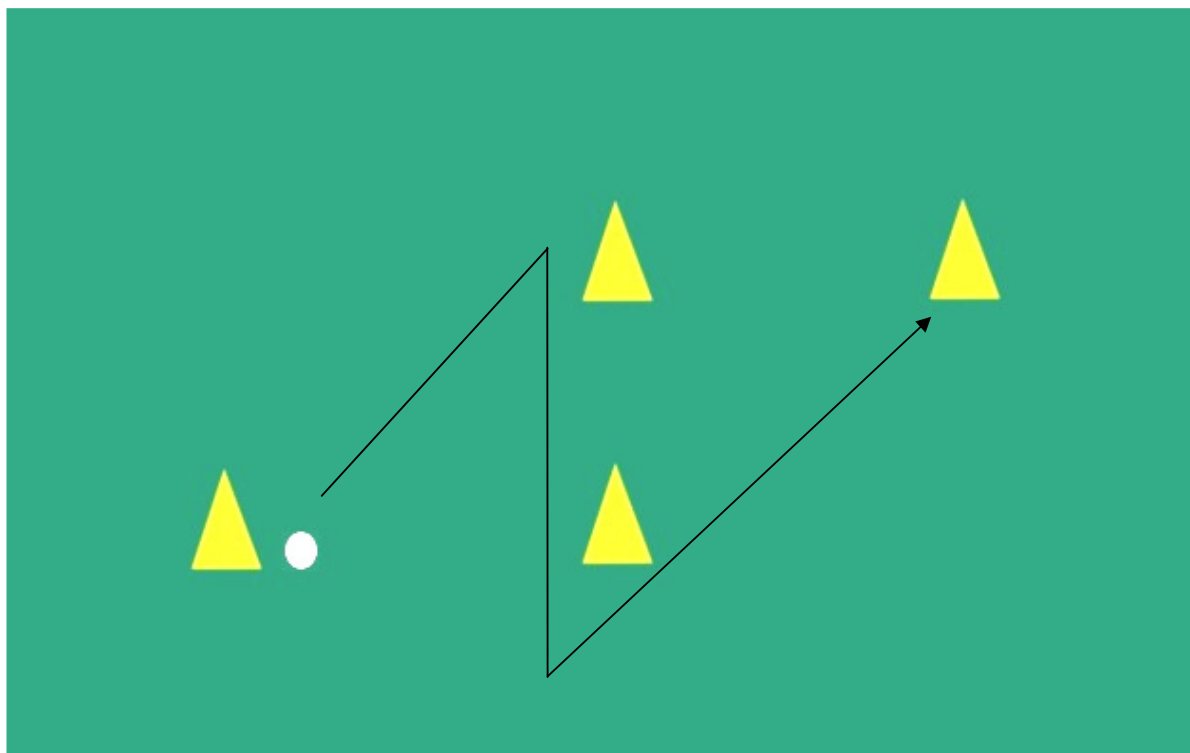
6. TARGET SCOOP

From 1m away make a lifted pass aiming to land the ball onto an A4 size marker.



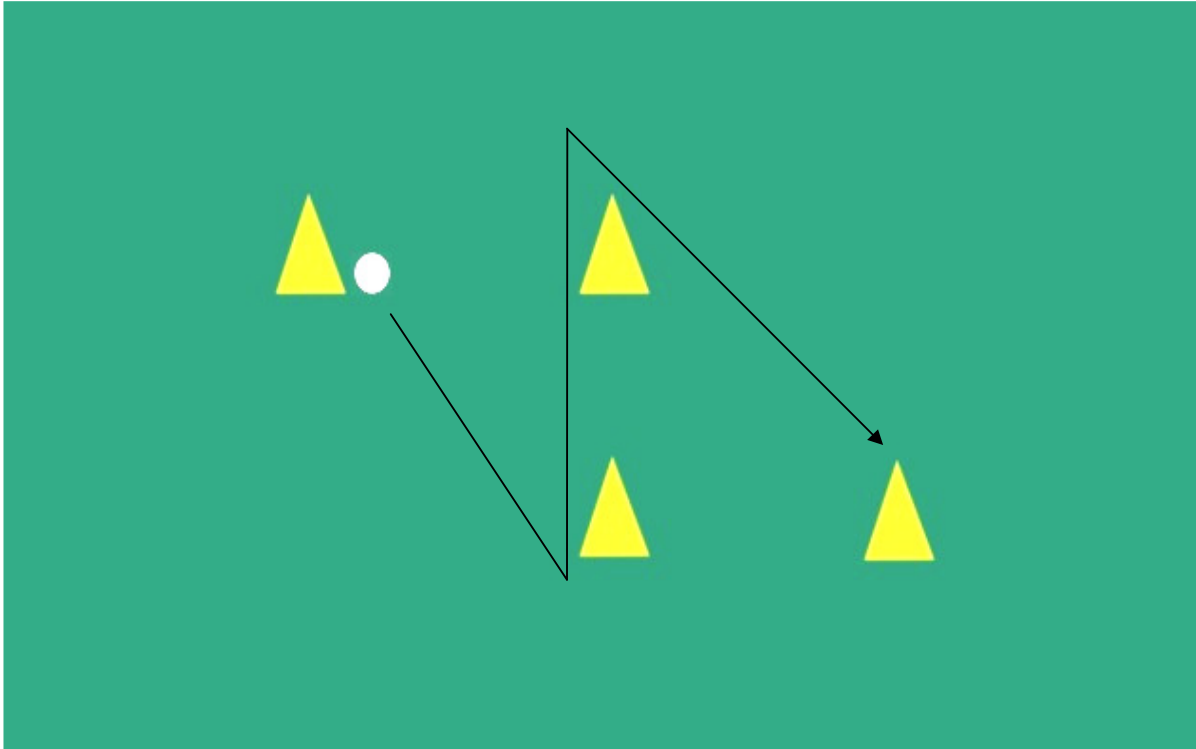
7. DRAG SIDE

This drill is similar to Drill 3. The difference is that you drag the ball forwards and backwards on your right side, feet facing forwards



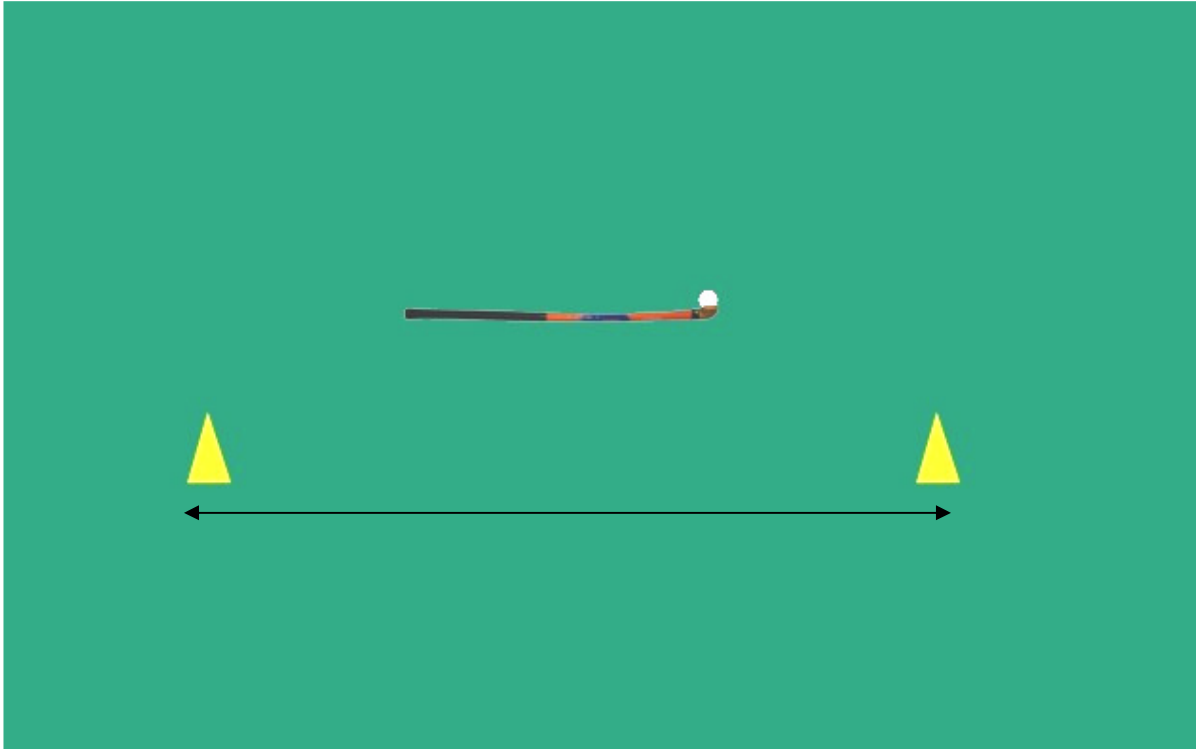
8. DRIBBLE DRAG RIGHT

Have the markers a stick length apart. The aim is to drag around the markers and then move off at speed. This time you run at the left marker and then drag right.



9. DRIBBLE DRAG LEFT

As for Drill 8, except that you run at the right marker and then drag left. Once again, you move off at speed after getting past the markers.



10. BALL BALANCE

While balancing the ball on the end of your stick, walk forwards and backwards between markers 2m apart.

SKILL CIRCUIT RECORD SHEET

Name:

Age:

Association:

<i>Skill</i>	Date	Date	Date	Date	Date	Best Score
	Score	Score	Score	Score	Score	
1. Stick Bounce						
2. Figure of 8						
3. Drag Across						
4. 1m pass						
5. 3m pass						
6. Target Scoop						
7. Drag Side						
8. Dribble Drag Right						
9. Dribble Drag Left						
10. Ball Balance						