

Date: 18/04/2016	Venue: Northland Hockey	Duration: 3 hours	No of Players:	Ability / Level: entry
Equipment: Balls, bibs cones			Purpose:	

Time	Task / Activity / Session Content
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Find A New Ball

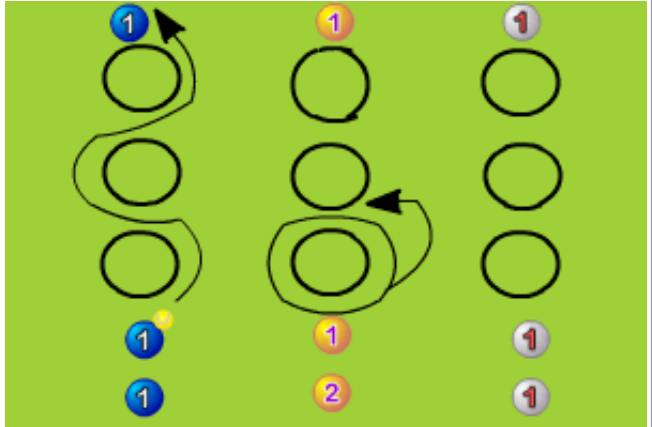
Every player with a ball and stick.
 Players can run anywhere they like or restrict the area.
 On the whistle all the players leave the ball and have to find another ball to continue to run with the ball until the next whistle.



Slalom Hoops

Set out a slalom course with hoola hoops and divide the players into groups of 3

- Straight forward slalom
- Go anti clockwise round first hoop then clockwise round the 2nd and anthe the next before giving the ball to the next player.

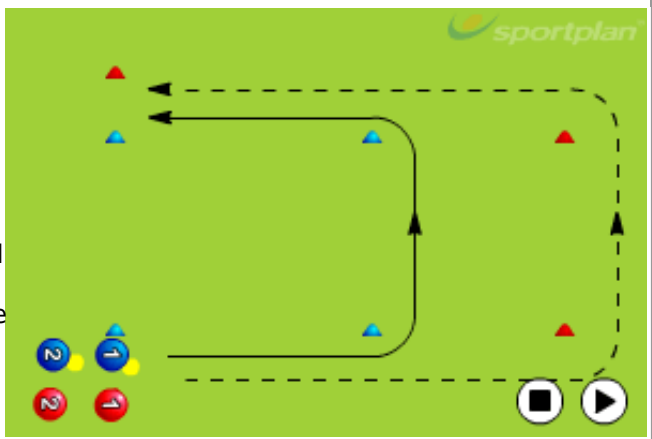


Running With Ball

- Setup as shown.
- Split the group into 2 - One group with balls the other without.

The blue team have a ball each and on the coach's command run around the blue cones.
 At the same time the red team run (without the ball) around the red cones.

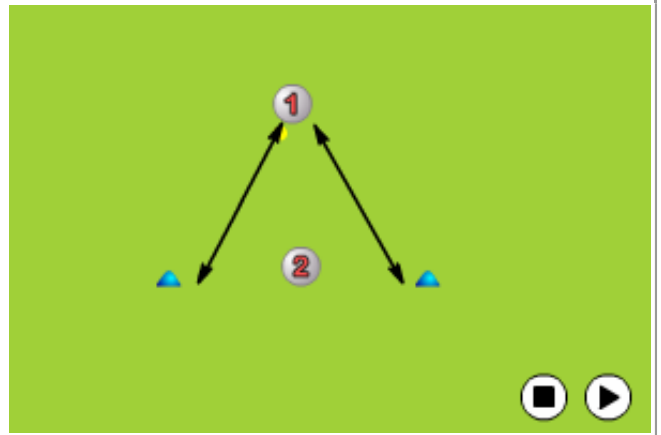
- When running anti-clockwise move the ball around the cone first.
- If running around clockwise move feet first then the ball.



Left Right Receive

Passing the ball between the cones.
player 2 receives the ball on his / her open stick side.
It is important to use correct footwork.

- When receiving the ball on the left cone it is important that the player receiving runs their feet around the ball before receiving.



Numbers Game

Teams of 3 - 4 players. Each team numbers themselves 1-2-3-4 and has one ball. The ball should be passed around the team in numerical order while moving around the set area.

