

Hockey Skills

Basic Drills for P4-P7

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Hockey- Push Pass

Equipment

- A hockey stick and hockey ball or unihoc stick and soft ball/puck.

Task- Individual

- From roughly 5 metres away, push the ball/puck against a wall.
- Repeat for 2 minutes.

Task- In 2's

- Stand roughly 5 metres away from your partner and push pass to each other.
- Repeat for 2 minutes.

Challenge

- Stand further away from the wall/partner.
- How many accurate passes can you do in 1 minute.

Push Pass Technique.

- Grip the hockey stick with left hand at the top of the stick and right hand half way down the stick.
- In the starting position your stick is touching the ball. Stand side on with your feet apart, left foot forward. The ball starts nearer your back foot.
- As you push the ball to your partner/wall move your body weight forward onto your left foot. (The forward movement of your body gives you the power into your push).
- Keep the stick low as you follow through, pointing your stick to your target.



Hockey- Basic Dribble

Equipment

- A hockey stick and ball or unihoc stick and soft ball/puck.
- 2 Marker cones (or water bottles, clothes) approx.10 metres apart.

Task

- Dribble around the marker cones and back to the start.
- Repeat 10 times.

Challenge.

- Time yourself dribbling around the marker cones 10 times.
- Challenge a friend- who will have the fastest time?

Dribble Technique.

- Grip stick with left hand at the top and right hand half way down.
- Stand with your knees bent and ball slightly in front and to the right of you. Keep your back straight.
- Move forward pushing and tapping the ball. Keep the ball close to you as you run and dribble.
- Start slowly and increase your speed as you become more confident at dribbling.



Hockey- Indian Dribble

The Indian Dribble first appeared at the 1956 Olympic Games. It was named after the superb dribbling skills of the Indian and Pakistani hockey players.

Equipment

- A hockey stick and ball or unihoc stick and soft ball/puck.
- Marker cones (or water bottles, tins of food, clothes).

Task

- Staying in a space, practise the Indian dribble.
- Now practise and move slightly forward as you drag the ball across your feet.

Indian Dribble Technique.

- Grip stick with left hand at the top and right hand half way down.
- Stand with your knees bent and ball slightly in front of you. Try and keep your back straight.
- Drag the ball from your right foot to your left foot and back.
- As you drag the ball across your feet, turn the stick with your top hand, in order to always use the flat side of the hockey stick.
- Start slowly and increase your speed as you become more confident at the Indian dribble.

Challenge.

- Dribble around the marker cones and back to the start.
- Start slowly and increase your speed as you gain more control and confidence.



Hockey- Hit Pass

Equipment

- A hockey stick and hockey ball or unihoc stick and soft ball/puck.

Task- Individual

- From roughly 10 metres away, hit the ball/puck against a wall.
- Repeat for 2 minutes.

Task- In 2's

- Stand roughly 10 metres away from your partner and hit pass to each other.
- Repeat for 2 minutes.

Challenge

- Stand further away from the wall/partner.
- How many accurate passes can you do in 2 minutes.

Hit Pass Technique.

- Grip the hockey stick with both hands near the top of the stick..
- Stand side on with your left shoulder and foot facing the target. Feet apart and bend your knees.
- **Start with a low back swing** and hit the ball and follow through.
- Keep the stick low as you follow through, pointing your stick to your target.



Hockey- Shooting Practise

Equipment

- A hockey stick and hockey ball or unihoc stick and soft ball/puck.
- Chalk

Task- Individual

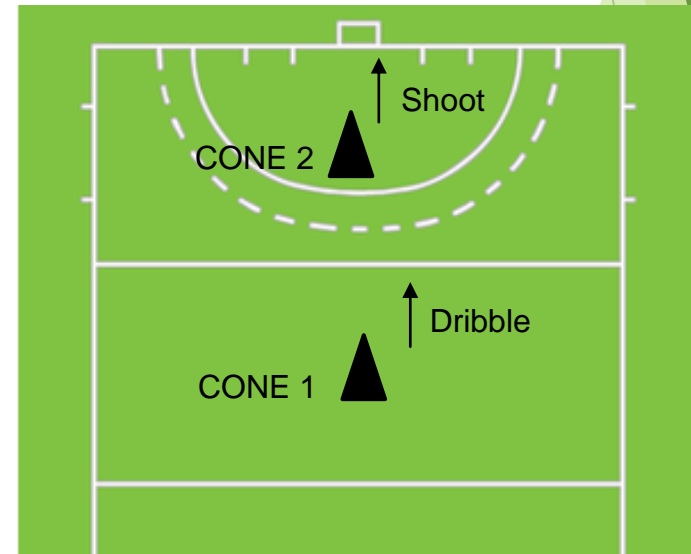
- With the chalk draw 3 targets – small (200), Medium (100) and large (50). Ask Permission first!
- Stand between 5 and 10 metres away from the wall.
- Try and hit the targets. To shoot, use the push pass or hit pass.
- How many points can you get in 2 minutes.

Task- In group's

- Start at 1st cone.
- Take turns of dribbling to the 2nd cone in the semi circle. Stop, control the ball and shoot into the goal.

Shooting Technique.

- Use the push pass or hit pass to shoot at the target.
- If you have space, dribble and stop the ball. Look up at your target and SHOOT!



Hockey- Footwork Drills

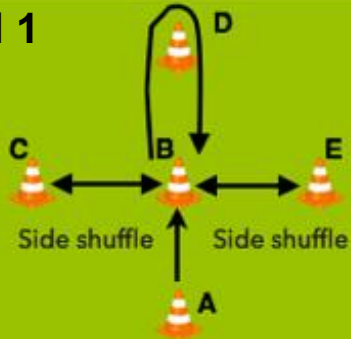
Task

- Do each drill for 30 seconds.
- Start at cone A and follow the cones in alphabetical order. Follow the direction of the arrows.

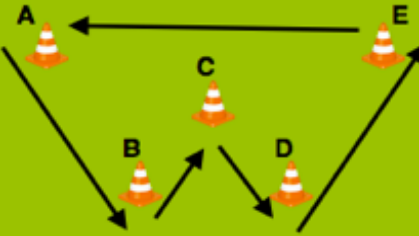
Equipment

- Cones, or water bottles/ clothes/tins of food.

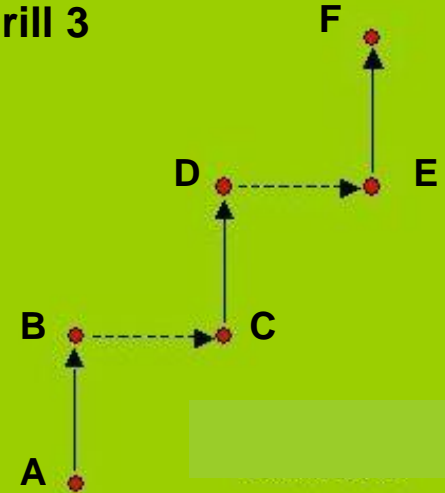
Drill 1



Drill 2



Drill 3



Challenge

- Time yourself. How many times can you do a drill in 30 seconds.
- Challenge a friend. Who can do the most in 30 seconds.