

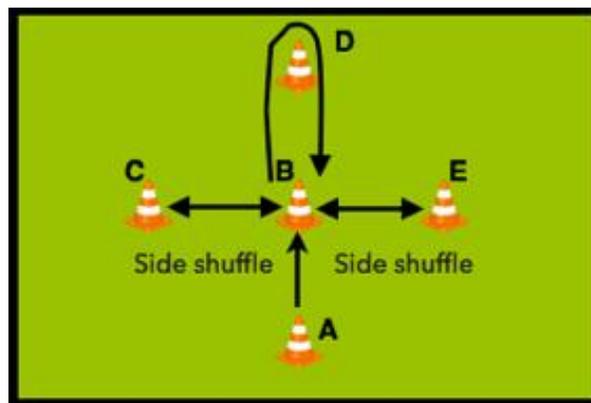
## VIRTUAL PRACTICE PLAN

### FIELD HOCKEY AGES 8-14

DAY OF THE WEEK: MONDAY, MAY 11

#### FOCUS: AGILITY

##### Field Hockey Agility (Lateral Movement)



**Setup:** Place cones A, B and D 5m apart and cones C & E 3m away from cone B.

Start at cone A. Dribble with the ball to cone B, side shuffle (double pull) to cone C and back to cone B.

Burst forwards around cone D, when you get back to cone B, side shuffle (and double pull) to cone E and back to cone B.

Finish by dribbling back to cone A as quick as possible. Make a note of your time.

<https://youtu.be/MkXKnvpeSZM>

DAY OF THE WEEK: TUESDAY, MAY 12

#### FOCUS: BALL CONTROL

<https://youtu.be/oVTh2qDYR5U>



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**DAY OF THE WEEK: WEDNESDAY, MAY 13**

**FOCUS: FIELD HOCKEY CONDITIONING**

**Workout Routine**

- 10 reverse block tackles
- 10 forehand block tackles
- 10 stick run overs
- 10 hinge ball pick up right leg
- 10 hinge ball pick up left leg
- 10 skier jumps
- 10 air dribbles!

<https://youtu.be/YVIIXdOyJg>

**DAY OF THE WEEK: THURSDAY, MAY 14**

**CONDITIONING**

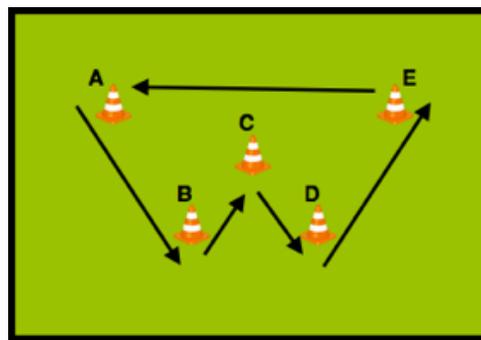
**IT'S LES MILLS TIME!**

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-17-6-7-baila-with-me>

**DAY OF THE WEEK: FRIDAY, MAY 15**

**FOCUS: AGILITY**

Field Hockey Agility (Cutting)



**Setup:** Place cones A and E 10m apart. Cones B and D should be about 10m from cones A & E and cone C 3m from cones B & D.

Start at cone A. Sprint to cone B while dribbling the ball, then cut to cone C before decelerating and pulling the ball around cone D. Dribble to cone E, cutting around the cone to finish back at cone A.

Make a note of your time.

<https://youtu.be/Wt-jDcY7dXE>

**DAY OF THE WEEK: SATURDAY, MAY 16**

**FOCUS: PULL BACKS**

You've seen advanced field hockey players pull back the ball with ease and so naturally on the field. How do they do it? Here are four different drills that you can practice to get better at this.

<https://youtu.be/PKUK-H 0 KM>



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## **DAY OF THE WEEK: SUNDAY, MAY 17**

### **FOCUS: AIR DRIBBLING**

If you commit yourself to working hard on your skills, along with hand-eye coordination, what kind of cool things could you do?

Sure, air dribbling necessarily a drill, but this is the kind of cool stuff you can do with a field hockey ball and stick if you're dedicated to your craft!

<https://www.youtube.com/watch?v=cVPeLzhKG0Y>

## **DAY OF THE WEEK: MONDAY, MAY 18**

### **CONDITIONING**

**IT'S LES MILLS TIME!**

<https://watch.lesmillsdemand.com/born-to-move/season:1/videos/born-to-move-16-8-12-this-is-me>

## **DAY OF THE WEEK: TUESDAY, MAY 19**

### **FOCUS: DRIBBLING & DODGING**

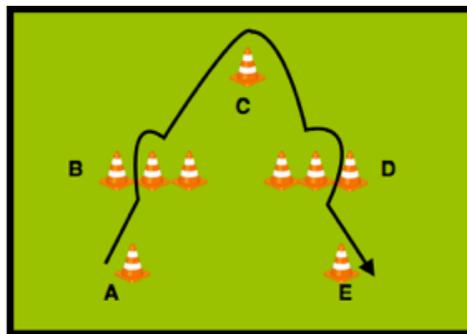
One of the most important skills in field hockey is dribbling. This is something your daughter can practice at home by herself with only a stick and a ball. She can practice staying low and keeping her eyes up as she control dribbles, speed dribbles and Indian dribbles. The more comfortable your daughter is dribbling the ball, the easier it is for her to have strong passes and dodges.

Another skill that can be worked on at home is dodging. Set up a few cones (or any small objects) in the backyard. She can practice doing pull dodges to the right and left of the cones while keeping good ball control. Another dodge that she can work on is the spin dodge. When working on dodging, she should remember to keep the ball very tight to her stick but also out away from her feet. The key to working on skills at home is to create repetition and good muscle memory. The more your daughter practice the more comfortable she will become using her stick.

**DAY OF THE WEEK: WEDNESDAY, MAY 20**

**FOCUS: AGILITY**

Field Hockey Agility (Pop & Burst)



**Setup:** Place cones A and E 5m apart. Cone C should be 6-10m away from the start (cones A & E).

The cones at B and D should be at half way between (i.e. 3-5m)

Start at cone A, dribble to cones at B, use a lifted/3D skill or elimination skill to get past cones, sprint with the ball to cone C, turn and head to cones at D, use another elimination skill or 3D skill to get past cones, finish at cone E.

<https://youtu.be/fefPC9fpwbQ>



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## **DAY OF THE WEEK: THURSDAY, MAY 21**

### **FOCUS: 5 MINUTE FIELD HOCKEY AT HOME**

You can do this on your front lawn or on your carpet. As you get more skilled, try it on your driveway or in a parking lot. The ball will move a lot more on a smoother surface and will be more challenging to control. Challenge yourself! See how many you can do of each of these in a minute.

- 3D Skills
- Forehand Cone Snaps
- Reverse Cone Snaps
- Reverse Cutbacks
- Forehand Cutbacks
- Star Dribble
- Short Drags
- Large Drags
- Right foot passes

<https://www.youtube.com/watch?v=2HknbpzEOhw>

## **DAY OF THE WEEK: FRIDAY, MAY 22**

### **FOCUS: SHOOTING**

#### **HIT THE CONE**

A great way to improve the player's accuracy when shooting is by using the 'hit the cone' move. To perform this drill, you would need to place a cone in the "goal" which represents an open slot between the keeper and the goal. The "goal" can be 2 cones in a space-it does not have to be an actual field hockey goal to practice this skill. This cone can also be moved various times throughout the exercise to emulate harder shots. And the aim of this exercise is to get the player to hit the cone with the ball.



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## **DAY OF THE WEEK: SATURDAY, MAY 23**

### **FOCUS: THE PUSH PASS**

#### **The Push Pass**

A great way to teach some field hockey basics to young or new players to field hockey is for them to engage in some field hockey passing drills and simply hit and pass the ball around a small group of two to four people. This is a common way that senior and even international teams warm up to get the feel of the field and to “get their eye in.”

Starting at the very beginning, it is important to have the correct grip on your hockey stick. In your left hand, hold the grip end of your hockey stick with the hook in the air, as if you are holding a sword. Now let the hook end of your sword point to the ground. Voila, you are now a hockey-stick wielding pirate. The left hand is always the top hand, and you should have a pretty firm grip on it. The right hand will go just above the point where the grip becomes the shaft of the hockey stick. Keep this hand loose; it is used for directing the ball rather than power. The “split hand” positioning will be the same for your “push”, “trap” and “dribbling” skills.

Your next concern is where to put your feet. With the ball on your right side, start with your left foot forward, and your toes pointed at your target. Your right foot should be about in line with the ball, and in a comfortable position. This stance will also help you in terms of hitting and trapping the ball.

Start with the face of the stick at the back of the ball. With one strong movement, use the face to “push” the ball to your target. Congratulations, you have just learned one of the most basic of skills in field hockey. It is also the most effective means of passing the ball. With practice, you will be able to do it more quickly, through the air, while running, and in different directions.

<https://youtu.be/ubGKrwPmlzw>



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**DAY OF THE WEEK: SUNDAY, MAY 24**

### **FOCUS: THE HIT PASS**

#### The Hit Pass

Hitting the ball in field hockey is a more powerful way to move the ball across the field. To hit the ball, you will have to slide your right hand up the hockey stick so it is directly underneath your left hand, and grip the stick more tightly than before. Move your body so you can point your left shoulder and your left foot towards your target. Take a short backswing similar to a golf swing, trying to keep the hook from going above your shoulder, lock your wrists and aim to hit behind the ball. Keep watching the ball through the entire motion, and follow through with your swing, then stand back and appreciate your hit. It might take a few attempts to get your action smooth, or your radar accurate, but practice practice practice makes perfect.

A different kind of hit is the slap-hit. With your hands together at the top of your stick, bend your knees and back so you are as low as you can go. Keep your feet wide and swing at the ball, keeping your stick parallel to the ground. Again, use your left shoulder to direct your hit. The slap-hit is a great alternative to the standing hit, as the ball tends to bounce less. With practice and technique, you can hit the ball just as hard with either approach.

<https://youtu.be/ubGKrwPmlzw>