

2. Practice (continued)

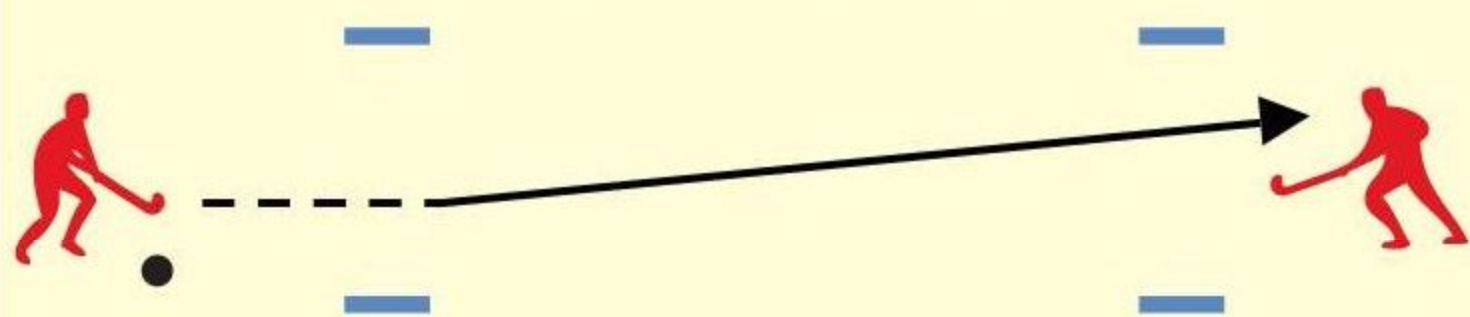
With the introduction of the self-pass there is greater emphasis now on:

- Pushing on the move
- Moving the ball on an angle before pushing

Extension Activities:

1) Roll through:

Players have a gate (using throw down lines) which they have to move the ball through before they push through their partner's gate.



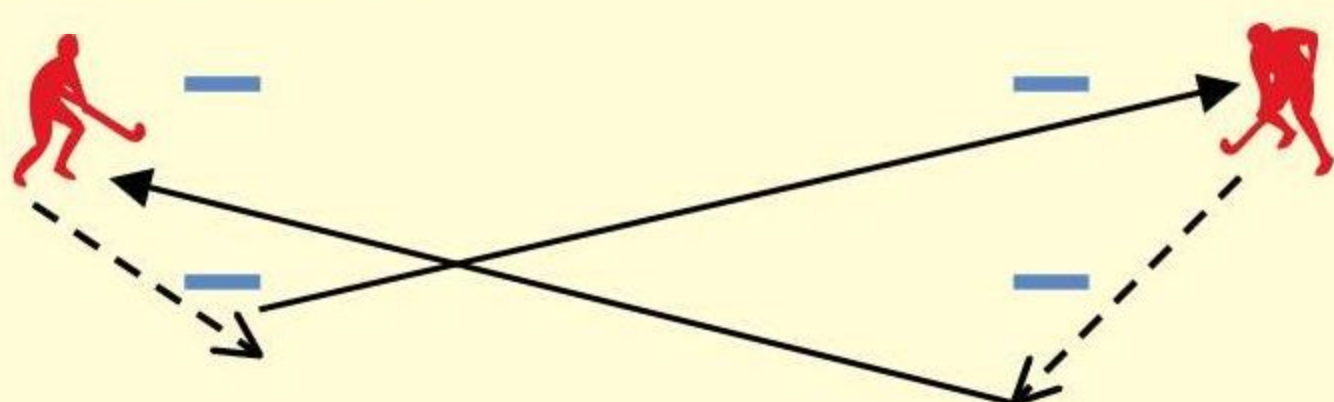
TECHNICAL EMPHASIS:

- ↳ Carry the ball with eyes up and with body in side on position
- ↳ This can easily be made into a competition with players competing to score the most goals
- ↳ The ball must be allowed to go through the gate

2) Move forward and on an angle before pushing:

Players need to develop the ability to move the ball on an angle and push whilst on the move, especially with the introduction of the self-pass.

The game is now developed so that the player carries the ball outside the gate before pushing.



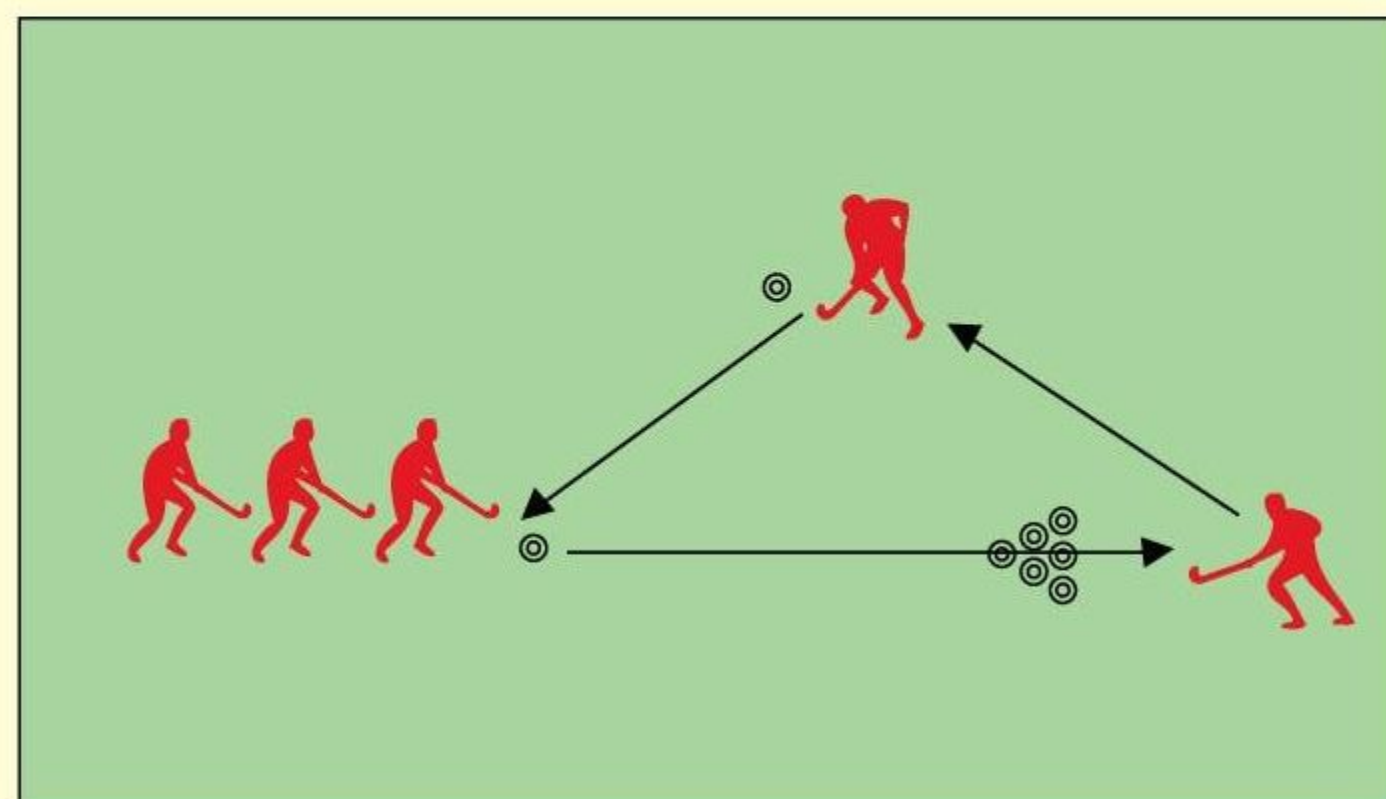
TECHNICAL EMPHASIS:

- ↳ Move the ball with minimal touches to position, stay low throughout and keep eyes up until the moment the ball is to be passed
- ↳ Encourage the passers at this stage not to turn their body side on as this slows down the pass and signals to the defending team that a pass is about to be made and where it is going
- ↳ Ideally players learn to pass keeping their belly button facing the target. It is critical that they 'STEP' forwards and 'FIRE' the stick towards the target.

SIX PIN BOWLING

- The aim of six pin bowling is to push pass the ball towards a set of cones, hitting as many as possible. Once a cone has been hit by the ball it can be removed (placed on top of another cone).
- The team that removes all of their cones in the fastest time is the winner
- There are 3 players involved at any given time; a shooter, a receiver behind the cones and a receiver to the side of the cones
- The shooter push passes the ball aiming at the cones, the person behind the cones passes to the player to the side of the cones who passes to the next shooter. Each player follows their pass.
- The coach sets up as many 'bowling alleys' as needed
- The exercise can be extended by allowing players to place their cones on the opposition's 'bowling alleys'

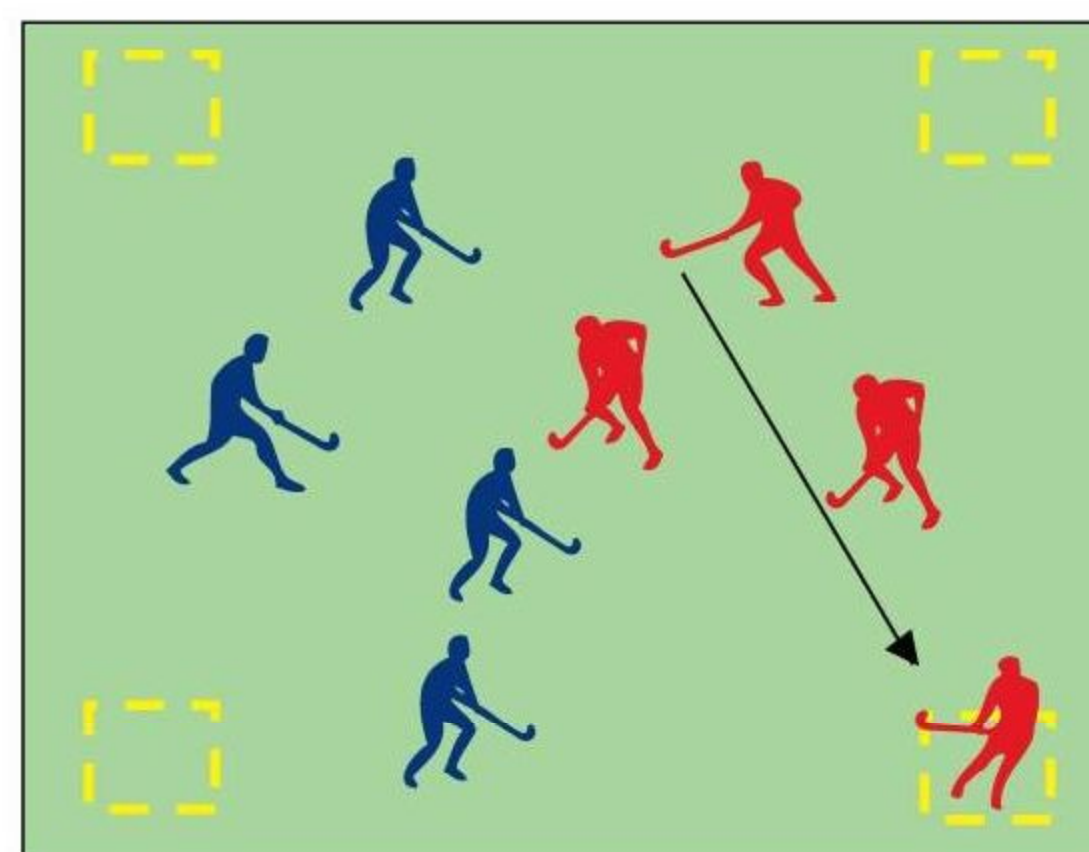
2. Practice (continued)



3. Play

20-25 mins

The introductory game is revisited in this section to further develop the technical aspects.



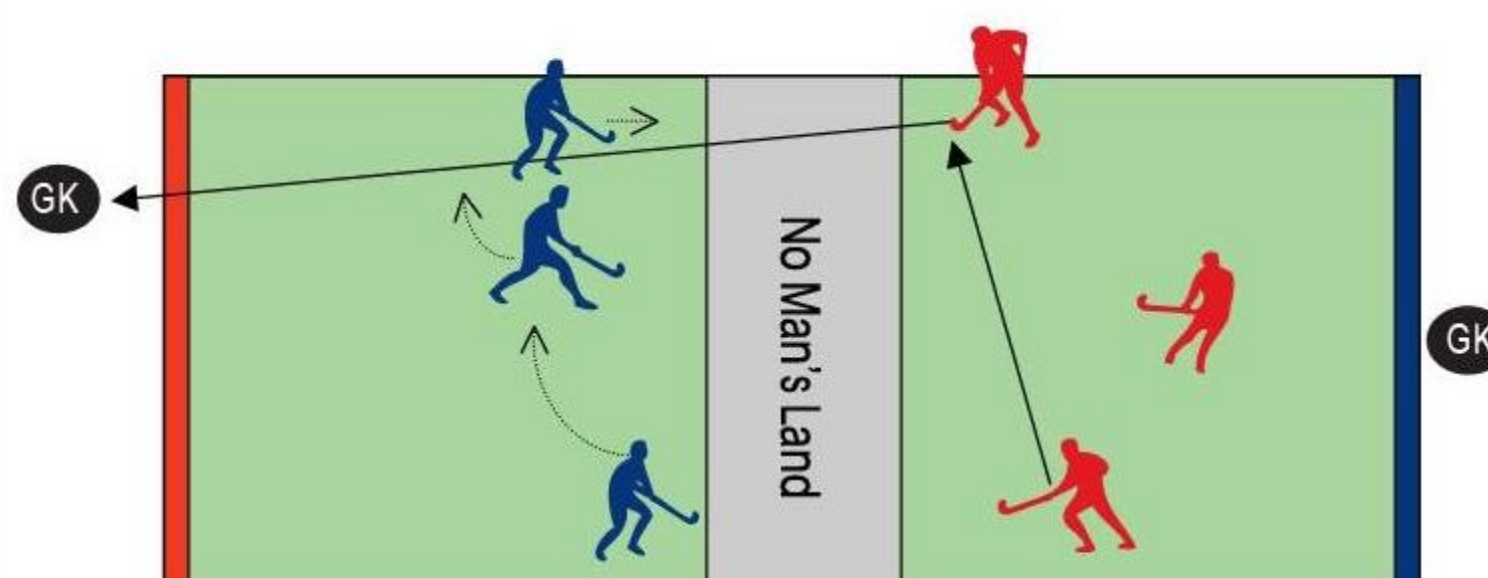
TECHNICAL COMPONENTS

- Ensure players stay low during the execution of the pass
- Keep eyes up until the moment the ball is passed
- Do not signal where the ball is to be passed to

EXTENSION

Set up a tennis court sized playing area with a marked central zone of 3-5m length. This is the 'No Man's' area. The group should be divided into teams of 3 and play against another group of 3.

- Players cannot step into the No Man's Area. Each team stays in their own defensive half.
- A team scores by push passing through the opposition's back-line
- If the ball hits a defender's foot the opposition get the ball back
- A goalkeeper can be introduced behind the back-line. The team must push pass to the goalkeeper.



Warm down and stretch

5 mins

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