



Hooked on Games

15 Play-Practice-Play Session Plans



Session 3 Push Passing

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of pushing in a low body position in this session there should be an emphasis on the following: • Quads • Groin • Lungs • Lungs with rotation • Arms/shoulders

10 mins

1. Play

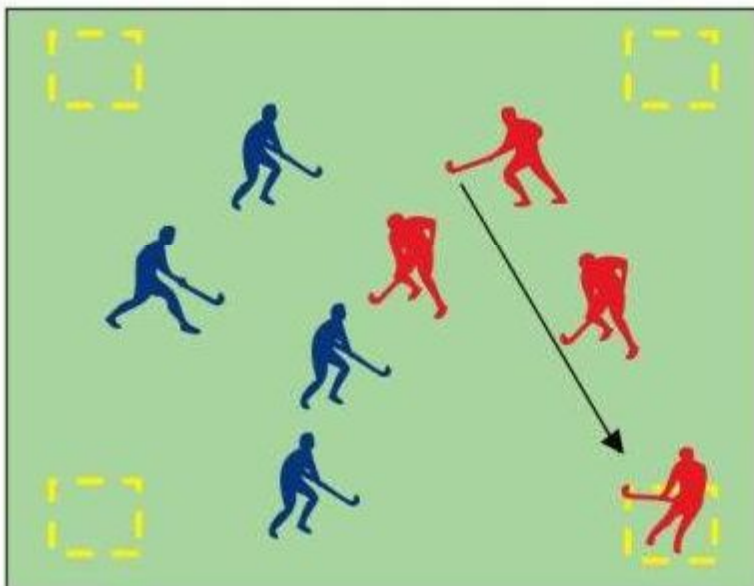
10-15 mins

OBJECTIVE

To demonstrate the push pass in context of passing past a defender. This game is called 'Find the Corner'.

SET UP

- 20m x 20m area with 4 scoring zones (one in each corner)
- The zones should be marked with throw down lines and are two stick lengths in width and depth
- Divide the group into teams of four



RULES

- A team can score a goal by push passing the ball to a team mate who receives and controls the ball in one of the scoring zones
- Teams can score in any zone BUT they cannot score in the same zone two times in a row
- After a goal has been scored the opposition takes a self-pass
- All other rules of hockey apply

SAFETY POINTS

- Ensure all players are engaged and taking part so as to avoid any injuries
- No hitting
- Be sure no loose balls are lying in or around the scoring zones - spare balls should be kept at the side
- If setting up numerous playing areas, ensure each area is divided by at least 1m



2. Practice

35-45 mins

OBJECTIVE

To isolate and develop the push pass technique statically and then on the move.

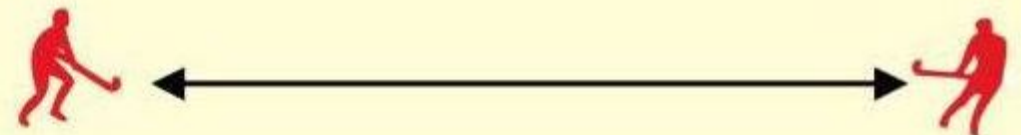
ORGANISATION

Players work in pairs pushing to each other. Each pair should be passing in the same direction. The distance should be relative to the players' ability (further apart for more able). Start at 8-12m apart and increase this distance as progress is made.

TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Passing, Pushing)

- ⌋ Low body in side on position (left shoulder pointing to target) with ball at back foot
- ⌋ Keep hands apart
- ⌋ Start by taking a step and whilst doing this move the ball towards the target (the partner) and then 'fire' the stick
- ⌋ The 'fire' motion should drive the right hand through as the upper body moves downwards to develop power. The torso should be facing the knees, not facing the target. The bottom of the stick should be pointing at the receiver's chest (the stick head should not end up on the ground as this will take away power and accuracy).
- ⌋ For younger players use the sentence 'LOOK-STEP-FIRE' to encourage them to scan and then use the key points of the step (weight transfer) and firing the stick (point towards partner's chest)



KEY

	Moving without ball		Cones
	Running with ball		Ball
	Pass		Throw Down Line
	Player in possession		Goalkeeper
	Defender		