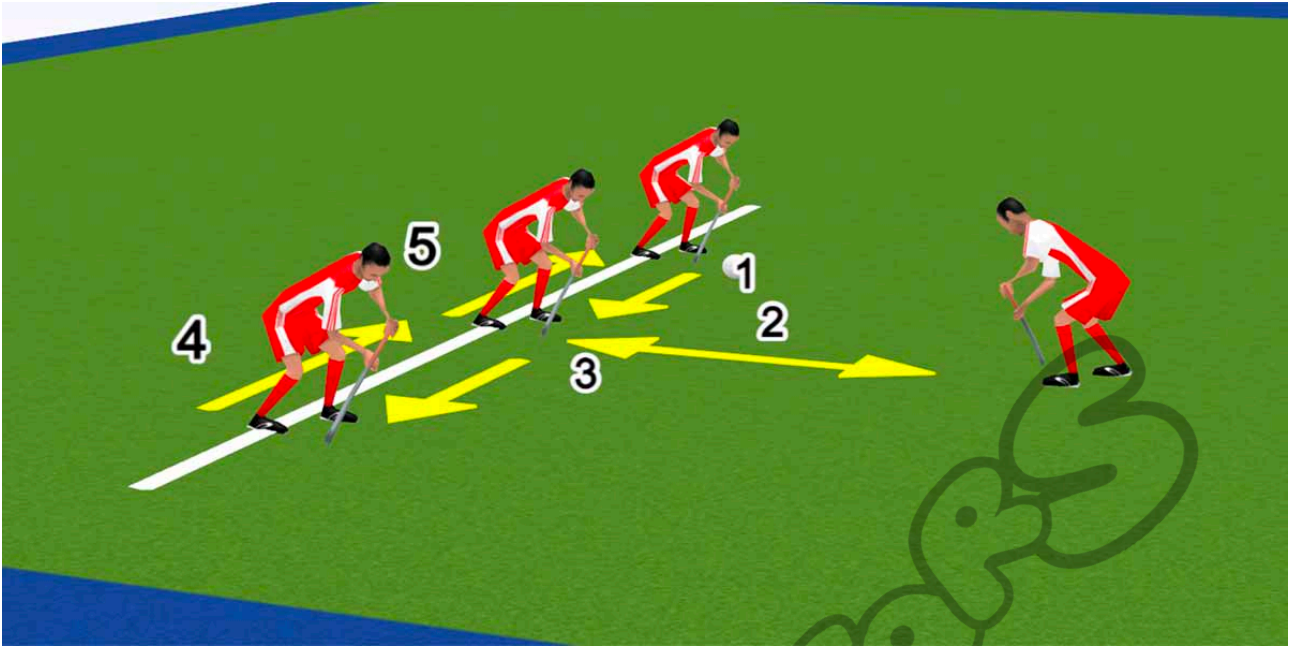


**HOCKEY**

Success

# Passing and receiving – Ts



## Game

4 players and 1 ball

1. Left player passes to central player
2. Central passes to outside player
3. Outside passes back to central player
4. Central passes to right player
5. Right player receives and rolls to pass to left player
6. Sequence is restarted

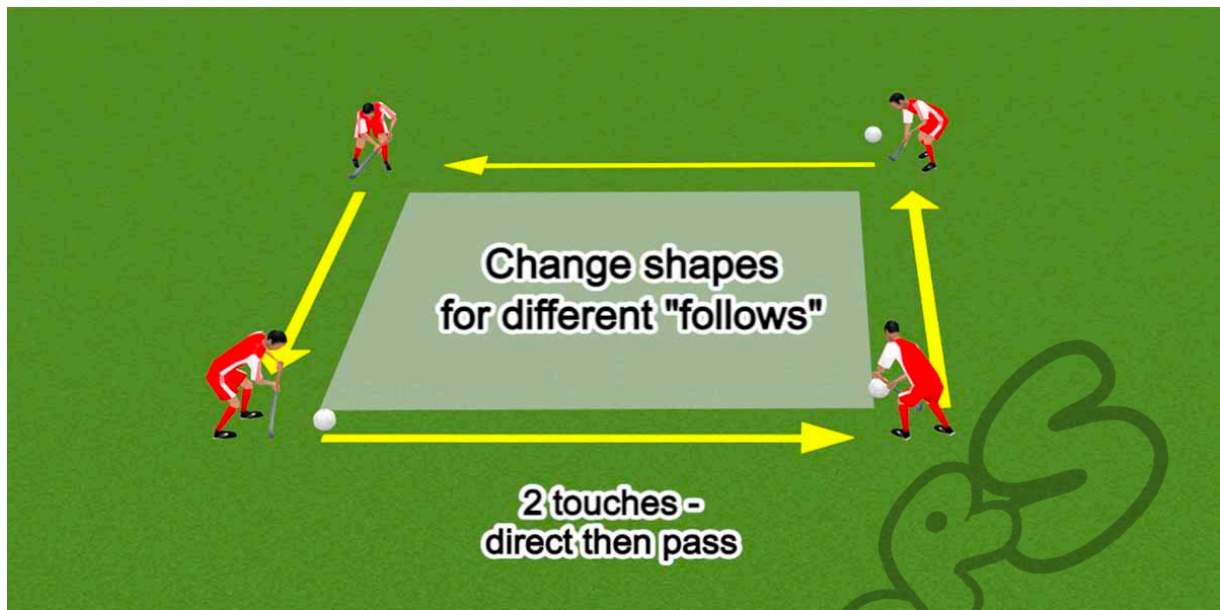
## Focus

1. MOVE feet to receive and pass
2. Wide based receive
3. Soft hands
4. Speed of reaction

## Progression

1. Faster harder passes
2. Add extra skills – bouncy pass
3. How many passes in time frame

# First touch, Next action



## Game

1. Box, triangle or any shape you wish
2. 4 players for box
3. 3 balls – one less than corners (if young then start with one ball and build)
4. Aim is to pass to another player on the next corner in 2 touches
  1. Receipt/direct
  2. Pass
5. To add pressure add balls
6. To make competitive measure the time around the box or the number of passes in a time

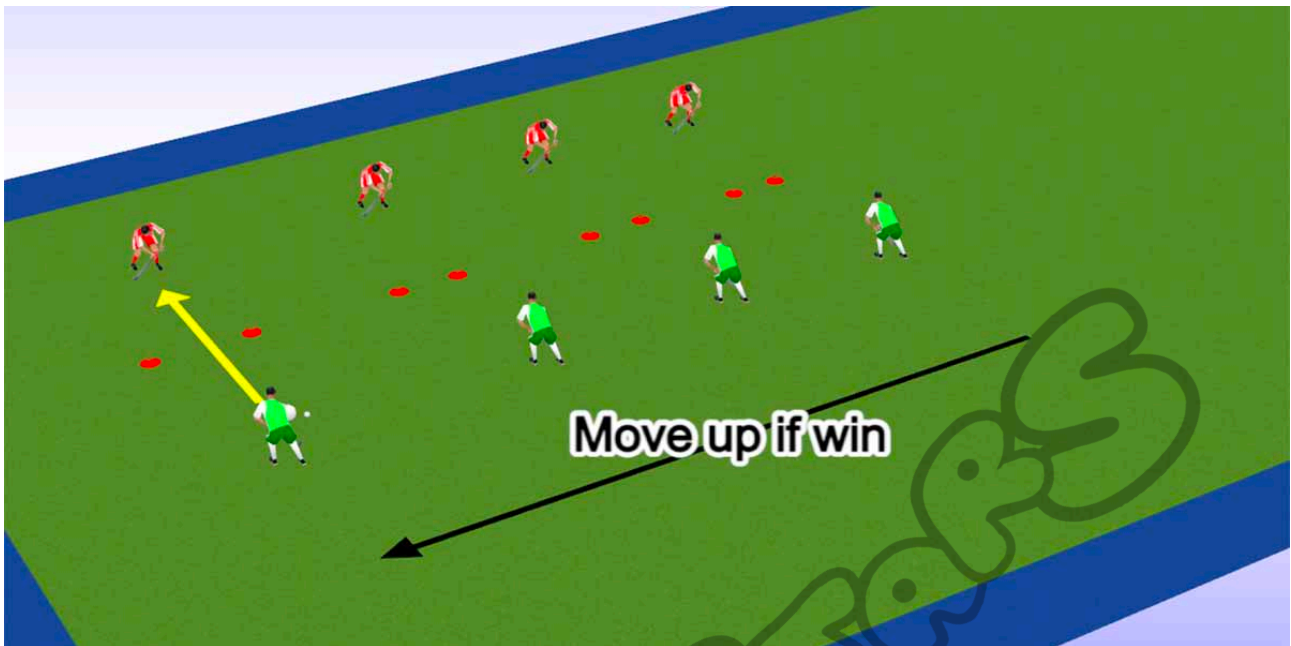
## Focus

1. Body shape to receive and move
2. Stick position and action to move the ball

## Progression

1. 5 balls each box and once they are gone they are done
2. Speed and pace of passes
3. Add balls
4. Limit types of passes and receipts

# Passing and receiving rack



## Game

1. Separate squad into 2's
  2. each player faces each other
  3. In between are 2 cones
  4. Players have to pass the ball to each other through the cones
- Do 1 minute games and the most passes group moves up

This generates a winning team

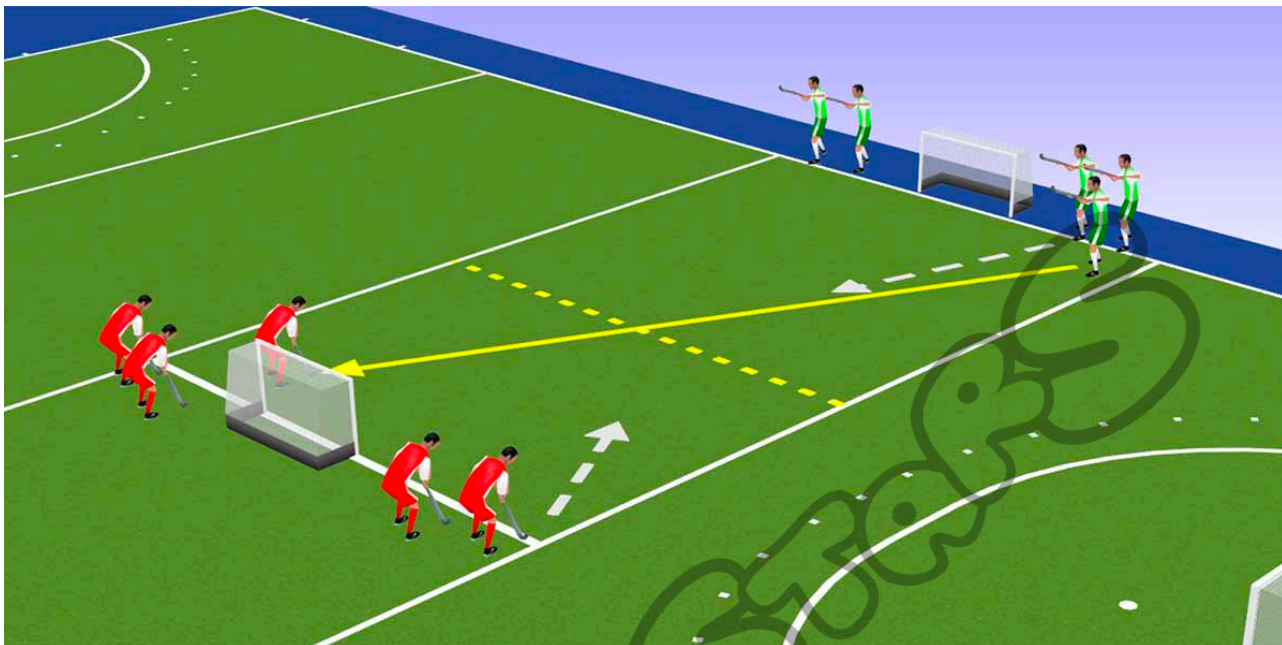
## Focus

1. MOVE feet to receive and pass
2. Wide based receive
3. Slap pass at pace
4. Accurate passes
5. Keep on the ground

## Progression

1. Reduce the gap between the cones
2. Vary distance between players
3. Different type of passing (push vs slap)

# Goals Galore – focus on passing and receiving



## Game

1. Game is a 2v1,3v2 attack
2. Coach calls numbers of players and defenders have one less
3. Attackers slap ball to opposing team in opposite corner
4. Rotate corners that balls slapped from (this encourages different styles of ball receipt)
5. Attacker posts up to receive
6. Normal overloads hockey

## Focus

1. Post up
2. First touch, next action
3. CUES – what is the defender doing – which way should I go
4. Decision making – where to go
5. Use the spare player

## Progression

1. Restrict number of tries per team (each receives gets 5 balls)
2. Extra goal if good first touch or post up