Phase 1 - Hooked on Fun

Welcome to Hooked on Fun, the IHA’s FUNdamental Programme for EARLY PHASE 1 of Long Term Player Development Model.

The FUNdamental Phase of LTPD focuses on developing fundamental movement skills and physical literacy in a fun and game-orientated manner, while introducing basic hockey techniques. Developing these skills in this way allows for children to maximise their potential while enjoying sport and will help to retain children in physical activity in the longer term.

Hooked on Fun includes 15 session plans for 6-9 year olds focused on introducing hockey in a fun and challenging way (with and without a stick), while also allowing for the development of fundamental movement skills and physical literacy. The sessions are divided into four key areas, with each session focussing on a particular hockey-related fundamental movement skill and hockey technique:

The sessions are structured as follows:
1. Warm-Up Movement Activities - fun warm up games (with a focus on a particular fundamental movement skill) including a whole body stretch component
2. Focussed Activities - fun movement-based activities preparing players for a hockey specific activity
3. Hockey Specific Activity - completing the movement activities with stick & ball
4. Fun Game - game designed specifically to highlight and further develop the movement skill and hockey technique developed through the session.

We understand the importance of good coaching at an early development stage but, we also understand that coaches are volunteers who give their time and energy to their clubs voluntarily.

The Sessions are very clearly laid out and easy to follow - allowing coaches to understand the Session quickly and implement the session in the correct way.

The sessions include the following:
1. Running - ball carrying 1 v 1
2. Agility & Balance - stop start
3. Change of Direction & Pace
4. Moving in Circles - spinning & escaping
5. Balance and Co-ordination - using the reverse
6. Underarm Throwing - push passing
7. Catching - receiving on the forehand
8. Throwing & Catching - passing and receiving
9. Throwing on the Move - passing on move
10. Balance and Co-ordination - receiving on the move
11. Agility in low position/co-ordination - defending
12. Agility and Acceleration - 1 v 1 elimination chuck and run
13. Agility & Acceleration - 1 v 1 lateral drags
14. Spatial Awareness - goal scoring
15. Kicking - goal keeping ‘Have a go’

Each Session is laid out in the following format - 1-6+ steps to follow depending on session.

1. Warm-Up Movement Activities
   1. Player sits with legs straight in front
   2. Slowly swing each hand up to the side of the head, in turn as if running
   3. Speed up, as technique improves
   - Same technique when standing
   • Keep back straight
   • Achieve rhythm without losing control
2. Focussed Activities
   Name of activity
   Organisaion and set up of lesson
3. Hockey Specific Activity
   Key elements to implement and safety
4. Fun Game

Symbols used throughout the sessions:
- Player
- Cone
- Ball/s
- Direction
- Team

Enjoy your sessions...any feedback welcome

For use in coaching 6-9 year olds

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We have also included 2 additional sheets
1. Whole Body Stretch
2. Safety and Techniques that need to be implemented at each session.
Coaching Players Effectively:

Effective coaching at any phase requires us to understand the players’ needs and characteristics.

The following highlights these aspects for the FUNdamental Phase 1.

Players:
- need to be kept physically active with frequent breaks and regular changes in activity
- often have a wide range of physical abilities, co-ordination will often be under or not yet fully developed so players need plenty of movement tasks focusing on the ABCs - Agility, Balance, Co-ordination, Speed
- require things to be consistent and fair
- are sensitive to criticism
- learn best when physically active and repeat things on a regular basis
- are easily distracted and lose concentration quickly.

Running FUNdamental Sessions:

The creation of a safe, fun and challenging environment at the FUNdamental phase is key to children's enjoyment of sport. It also increases the probability of retaining children within sport in the longer term. Effective coaching at this phase will help to create this environment and should take into account the following when running sessions:

The Coach:
- should ensure that safety is the primary concern - arrive early & be prepared
- players must have fun and enjoy their hockey experience - it is important for the coach to smile and be enthusiastic
- there needs to be sufficient equipment for everyone (one stick and minimum one ball each)
- focus on both fundamental movement activities and basic hockey techniques
- avoid queues of players waiting for their turn
- ensure children take responsibility for other's safety
- consistently provide positive feedback to the players
- ask questions of the players to ensure understanding.

The Players:
- have FUN!
- should be consistently active during the session with regular short breaks and changes in activity
- should be involved the whole time
- have lots of time with a ball for as much of the session as possible
- experience success and get lots of positive and constructive feedback
- enjoy their training experience.

How to Use Hooked on Fun:

Hooked on Fun has been designed for beginners aged 6-9 with the emphasis on fun! The sessions should be followed from Session 1 to Session 15 in order, as they are designed to progress children through the key fundamental movement skills related to hockey, beginning with the most basic movement for sport: running.

The sessions can be repeated a number of times and exercises can be modified or adapted as the players progress.

We would recommend that all sessions are completed at least once before repeating the sessions again.
Group Sizes:

Coaches should divide the children into appropriate sized groups in order to maximise activity. This may require the coach to set up several exercises at once, which will help to avoid children becoming bored.

Timing Your Sessions:

The progression of each session will depend on a number of factors including the number and ability of children, surface being used, coaching resources and allowed session time which will vary depending on whether the session is run in a school or club.

The sessions are designed for children to achieve success while having fun, so it is important that coaches do not rush through the session to complete it. The session could be run over two weeks for example.

It may also be the case that more advanced children will achieve success quicker and the coach can add in additional games at the end of the session.

Ensure that all players wear a Gum Shield and Shin Pads at all times.

EQUIPMENT:

Coach:
- Whistle
- Watch
- First Aid bag
- Spare hockey sticks

Player:
- Hockey stick
- Gum shield
- Hair band/Go Go

General:
- Spare sticks
- Hockey balls
- Multi coloured cones
- Bibs - 2 colours
- Tennis balls
- Soccer balls
- Rugby balls
- Child’s bouncing balls
- Bean bags - rectangular and circular
- Goals
- Water balloons

Additional items if possible:
- Hoola Hoop - Session 1 & 3
- Obstacles - Bike tyres etc
- Hurdles
- Throw Down Lines
- Ladders

Session Requirements:

Session 1: Hockey balls, cones
Optional: Hoola Hoop for nest or throw down lines

Session 2: Hockey balls, cones, bibs

Session 3: Hockey balls, cones, bibs.
Optional: Hoola Hoop/ Bike tire or drop down lines

Session 4: Hockey balls, cones, bibs.

Session 5: Hockey balls, cones, bibs.

Session 6: Variety of small balls (tennis balls/hockey balls/bean bag)

Session 7: Water balloons/tennis balls
Hockey balls, hockey sticks, cones, bibs

Session 8: Water balloons, variety of balls ie rugby/soccer/Tennis

Session 9: Variety of balls, so

Session 10: Variety of balls ie soft balls, light balls, reaction balls, soccer ball, rugby ball

Session 11: Hockey balls, cones, bibs, tennis balls

Session 12: Hockey balls, cones, bibs, tennis balls

Session 13: Hockey balls, cones, bibs, tennis balls

Session 14: Hockey balls, cones, bibs, soccer and/or tennis balls

Session 15: Hockey balls, cones, bibs, ladders and tennis balls
Whole Body Stretch

Introduction:
All coaching sessions should begin with a warm up and conclude with a warm down.

Warm ups should include heart raisers which are included in Activity 1 on each session plan. Children then need to complete a Whole Body Stretch.

Between ages 6-9 we do not recommend isolated muscle stretches, so suggest whole body stretches, such as:

1. Mobility exercises to prepare joints for activity
2. Gentle stretches undertaken in a generic way to help prepare muscles and ligaments for exercise

Stretching should not cause any pain or discomfort.

Autumnal Stretch:
- Jump in the puddles (imaginary)
- Splash your friends
- Run through the leaves (Imaginary), pick them up and throw them high in the air then run away before they fall on you
- Reach up and stretch high as you can to get conkers from the tree, try with just your left hand, and then your right.....you can’t quite reach
- Imagine you are a hibernating animal (eg squirrel) collect some nuts for the winter and then curl as small as you can. The wake up and stretch every muscle in your body, your arms, your legs...

Growing Stretch:
Show the players how to crouch down keeping their feet on the floor and their hands flat on the floor next to their feet.
- Demonstrate to the children how to slowly stand up, pretending as if they were a tree stretching towards the sun
- Teach the children to reach their arms out to the sides to resemble tree branches and to tilt their head back slightly as if they were stretching towards the sun
- Have them lower their body back to the starting position and then repeat the stretch one or two more times.

Animals:
Move in the shape of the following animals:
- Bunny rabbit
- Bear (Both hands and feet on turf) same hand and foot moves together
- Crab (remember a crab moves sideways. Children should have their tummies facing upwards
- Giraffe (reach up high)

The Bean Stretch:
The caller calls out different kinds of beans and the children perform the actions:
- String Bean Stand tall and thin
- Broad Bean Stand in a star shape
- Kidney Bean Jump up and down
- Jelly Bean Wobble like jelly
- Baked Bean Cross your legs and say Oooh
- Runner Bean Run on the Spot

Up-down-out-in: (Counting to 8)
- Stand with the feet apart
- Practice moving both arms
  - up to the ceiling (1, 2)
  - down to the floor (3, 4)
  - out to the sides (5, 6)
  - in together to clap (7, 8)
- Repeat a few times
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SESSION 1 – BALL CARRYING 1v1

**Movement Skill: Running**

**Phase 1 – Hooked on Fun**

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### WARM UP ACTIVITIES

1. **Bop Along**
2. **Whole Body Stretch** (see pg 4)
3. **Gear Change**

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### WHOLE BODY STRETCH

**Organisation:**

1. Players sit with legs straight in front
2. Slowly swing each arm up to the side of the head, in turn as if running - "Bob Along"
3. Speed up, as technique improves.

**Progression:**

1. Same technique when standing.

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### GEAR CHANGE

**Organisation:**

1. Jog on spot at a steady pace on the balls of the feet
2. On signal from coach, change gears, gradually moving feet quicker and quicker.

**Progression:**

1. Players can move around.

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### BALL TRANSFER

**Organisation:**

1. Player picks up a ball from - Cone A with their left hand - Runs to Cone B, placing the ball in front of their team mate
2. Next player picks up the ball from - Cone B with their right hand - Runs to Cone A, placing the ball at cone.

**30 SEC** Count how many runs in 30 seconds and/or race teams

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### HOCKEY STICK & BALL TRANSFER

**Organisation:**

1. Add in a hockey stick carried in the right hand below the grip as if a player was running in a game
2. The ball should be carried in the left hand.

**30 SEC** Count how many runs in 30 seconds and/or race teams

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### GAME

**Rob the Nest**

**Organisation:**

- Players must run to the nest, take a ball and dribble it back to their group
- They are given 1 minute to rob as many balls as possible.

**1 MIN** Count how many runs in 1 minute and/or race teams

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### FILL THE NEST

**Organisation:**

- Each group are given 8 balls
- They must deliver the balls back into the nest
- Run back to cone before the next person goes.

**1 MIN** Count how many runs in 1 minute and/or race teams

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### WARM UP ACTIVITIES

- **Bop Along**
- **Whole Body Stretch** (see pg 4)
- **Gear Change**

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### FORGED ACTIVITIES

4. **Ball Transfer**
   - Hockey Stick & Ball Transfer
5. **Stick Dribble Transfer**

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### HOCKEY SPECIFIC ACTIVITY

**Stick Dribble Transfer with Stick & Ball**

**Organisation:**

1. Using the same game as No 4 (Ball Transfer), now include a stick carried in the dribbling position with both hands
2. Once the players have practiced this, add the ball at the end of the stick
3. Coach can ask the players to vary hand positions as they dribble:
   - Start with left hand only
   - The right hand only
   - Using both hands

**Progression:**

1. Add in some gentle turns.

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### GAME

**Rob the Nest & Fill the Nest**

**Organisation:**

- Players must run to the nest, take a ball and dribble it back to their group
- They are given 1 minute to rob as many balls as possible.

**1 MIN** Count how many runs in 1 minute and/or race teams

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### FILL THE NEST

**Organisation:**

- Each group are given 8 balls
- They must deliver the balls back into the nest
- Run back to cone before the next person goes.

**1 MIN** Count how many runs in 1 minute and/or race teams

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### BODY POSITION

- Left hand above the waistline
- Right hand in front of the right thigh

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For use in coaching 6-9 year olds
**Phase 1 - Hooked on Fun**

**Movement Skill: Agility & Balance**

1. **CUPS & SAUCERS**
   - **Organisation:**
     - **Safety:** Care to avoid banging heads
     - 1 Coach lays out cones randomly in area
     - 2 Half in cup shape & half in saucer shape
     - 3 2 teams play against each other and try to turn the cones over
     - 4 Team with most Cups or Saucers wins.
   - **Focus:**
     - Decelerate when approaching
     - Accelerate when moving off
     - Remember to keep your balance.

2. **WHOLE BODY STRETCH**
   - See Page 4

3. **ME AND MY SHADOW**
   - **Organisation:**
     - 1 To start, pick 2 players as designated 'chase' players
     - 2 Players can move around and the chasing players must tag them
     - 3 If tagged, players must stop immediately in a balanced position
     - 4 Player is freed by another player crawling through their legs or running under their arms.
   - **Focus:**
     - Knees bent on stopping
     - Feet slightly apart for balance
     - Use of arms during acceleration and stopping
     - Using balance position - one leg in front of other
     - Vary the speed, beginning with low intensity.

4. **STUCK IN THE MUD**
   - **Organisation:**
     - 1 To start, pick 2 players as designated 'chase' players
     - 2 Players can move around and the chasing players must tag them
     - 3 If tagged, players must stop immediately in a balanced position
     - 4 Player is freed by another player crawling through their legs or running under their arms.
   - **Focus:**
     - Focus on acceleration and stopping techniques
     - Encourage players to stop before crawling through player's legs.
     - Left hand should be above the waist with the right hand over the right thigh as in ball carrying position
     - Safety is priority.

5. **STUCK IN THE MUD HOCKEY**
   - **Organisation:**
     - 1 Using the same game as No 4, (Stuck in the Mud) players must now dribble a ball
     - 2 Defenders must tag the ball carriers in order to catch the player
     - 3 Players are released by pushing a ball through their legs and receiving it on the other side.
   - **Progression:**
     - Add in command "freeze" - everyone must stop immediately - can move after 2 seconds in a new direction
     - Chasers can use their sticks to touch the ball of the ball carrier.

6. **GAME NUMBERS AND LETTERS**
   - **Organisation:**
     - 1 2 teams are put on either side of Channel. Each player is given a number or letter
       - team 1: numbers - 1, 2 etc.
       - team 2: letters - A, B etc.
     - 2 Coach calls a number and a letter (e.g. B:2)
       - a player from each team must run to a designated end of the channel
       - pick up a ball and dribble using 2 or 3 touches to get to the other end of channel
     - 3 Player must stop it dead between the 2 cones
   - **Focus:**
     - Players should be given minimum instruction on the fastest way to get from one end to the other
     - Hands should be closer together when moving faster
     - Deceleration and stopping techniques to be emphasised.
WARM UP ACTIVITIES
1. Dodgems
2. Whole Body Stretch (see pg 4)
3. Touch the Cone

FOCUSED ACTIVITIES
4. Octopus Tag
   Octopus Tag with sticks
5. Octopus Tag Hockey

GAME
Unleash the Octopus

SESSION 3 – FOREHAND CHANGE OF DIRECTION
Movement Skill: Change of Direction
Phase 1 - Hooked on Fun

**DODGEMS**

**ORGANISATION:**
1. Players travel around area avoiding each other and obstacles laid down by the coach
2. Can pretend to be driving dodgems (can use a cone as a steering wheel)
3. Reduce size of playing area to increase difficulty.

**WARM UP ACTIVITIES**

**WHOLE BODY STRETCH**

**ORGANISATION:**
1. Using the same area layout, the players must quickly touch
   - 3 cones of the same colour with their feet
   - 3 cones of all different colours
   - Then revert to 3 cones of the same colour

**TOUCH THE CONE**

**ORGANISATION:**
1. Coach can change colours or number of cones to vary

**TOUCH THE CONE SEE PAGE 4**

**WHOLE BODY STRETCH**

**ORGANISATION:**
1. Low intensity to begin with
2. No bumping
3. Player to change pathway to avoid other players
4. Turn on the outside foot

**DODGEMS**

**ORGANISATION:**
1. Remind players of safety
2. Use feet to touch cones
3. Emphasise planting of foot in the direction the player wants to go next, when touching the cone
4. Focus on moving off quickly
5. Vary the speeds for each exercise.

**HOCKEY SPECIFIC ACTIVITY**

**OCTOPUS TAG HOCKEY**

**ORGANISATION:**
1. Ball should be carried in front of right foot until turn is being executed
2. Left elbow should tuck in when turning left
3. Players can play the ball away from their body (glide) to accelerate
4. Hands should come closer together when accelerating.

**OCTOPUS TAG**

**ORGANISATION:**
1. Divide into 2 groups and 1 player is picked as the Octopus
2. Coach shouts “go” and both players set off at the same time - Cone A to Cone B
3. The Octopus can move within the circle and must try to touch one or both players as they run past
4. Once all the players get to Cone B, Reverse the exercise to Cone A
5. If player is caught by Octopus player they return to the back of the line
6. Winners - first team to all avoid Octopus reach and return to Cone A

**OCTOPUS TAG WITH STICKS**

**ORGANISATION:**
1. Players should then carry their stick in a dribbling position using the same game.

**GAME UNLEASH THE OCTOPUS**

1. Set up a wide channel (ocean) with two lines at either end (beaches)
2. Each player has a stick and ball
3. An Octopus starts in the middle and can move anywhere within the channel
4. Players on Beach A try to reach Beach B
5. Players continue to run from beach to beach
6. If the Octopus touches a player with 2 hands, the player joins the Octopus or sits out
7. The winner is the last player not caught by an Octopus

**HOCKEY SPECIFIC ACTIVITY**

**OCTOPUS TAG HOCKEY**

**ORGANISATION:**
1. Using the same game as No 4 (Octopus Tag), players must dribble a ball
2. The Octopus has no stick
3. Octopus must touch ball carriers when they pass as in Octopus Tag

**Progression**
1. Vary the size of the area the Octopus can move in to increase/decrease the challenge.
### WARM UP ACTIVITIES

1. Figure of 8’s
2. Whole Body Stretch (see pg 4)
3. Figure of 8’s on Motorbikes

### WHOLE BODY STRETCH

**ORGANISATION:**
- Low intensity to begin with
- Safety on crossover point
- Coach should encourage players to lean into the turns.

### FIGURE OF 8’S ON MOTORBIKES

**ORGANISATION:**
- Add traffic light signals
- Ask players to speed up/slow down.

### FIGURE OF 8’S

**ORGANISATION:**
- Low intensity to begin with
- Safety on crossover point
- Coach should encourage players to lean into the turns.

### WHOLE BODY STRETCH

**ORGANISATION:**
- Focus on technique of escape and footwork as in Spin and Run Relay Races
- Players should accelerate out of the escape with eyes up
- Scores can be counted out of the escape with blue team defending initially and then swapping to attack the red team.

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**Focus on:**
- Lean into turns.
- Left elbow should tuck in when turning left.
- Focus on keeping ball in front of feet.
- Coach can add in extra commands - “freeze” to vary the game.

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**Game:**

**Escape to Victory**

(NB: Explain to players that escaping is spinning away from defender to find space)

1. Divide players into teams of 3 or 4
2. Set up a channel as in the diagram
3. The red team must enter the channel and are allowed to escape by the blue defender before attacking the blue cones.

**Progression:**
- Allow the blue to defender to become more active when defending the initial escape.
**Phase 1 - Hooked on Fun**

**Movement Skill: Balance & Co-ordination**

**LEFT FOOT SHUFFLE**

**Organisation:**
1. Coach lays down 5 sets of 2 cones staggered across a 20x20 meter line.
2. After the first set, each subsequent set should be laid out to the right of the previous set.
3. Players must run at the cones and push off their left foot to dodge the cones before approaching the next set.

- Low intensity to begin with.
- Focus on pushing off the left foot and using hips and upper body to aid the movement.

**WHOLE BODY STRETCH**

**Organisation:**
1. Divide into lines of 6-8 players, on the end line facing the 22m line.
2. Each player in the line puts their hand on the shoulder of the player in front.
3. The player at the back must shuffle in and out of the players (under their arms) until they reach the top of the line.
4. As soon as the hand is in place, the next player follows the process.
5. The first team to reach the 22m line wins.

- Remind players of safety.
- Focus on low body position.
- Push off the left and right foot.
- Players should face forwards at all times.

**SHUFFLE SNAKE**

• Remind players of safety.
• Focus on low body position - push off the left and right foot.
• Players should face forwards at all times.

**WHOLE BODY STRETCH**

**Organisation:**
1. Coach lays out several sets of cones in a small area within which players are allowed to move freely with the ball.
2. When the coach calls COWBOYS, the players must approach a set of cones and drag the ball 3 times (left and right) before moving off on the last drag.
3. ATTACK: The players must pair up facing each other and drag the ball 3 times before moving off on the last drag.
4. GERONIMO: Players must speed up and avoid each other using the Indian Dribble.

- Key points from above to be re-emphasised.
- Ensure safety of players.

**DRIBBLE LIKE AN INDIAN ON THE RUN**

**Organisation:**
1. Coach explains the technique behind using the reverse & the Indian Dribble.
2. Players begin using the body and hands movements without a stick - introduce a stick - introduce a ball.

- Emphasis on hand position on the stick and control using the Indian Dribble grip.
- Shifting of body weight from foot to foot to aid ball movement.
- Drags should be smooth using minimal touches.
- Flat part of stick should face the ball at all times.

**GAME SHIPWRECKED**

1. Coach lays out cones (sharks) with 2 “islands” at either end.
2. The players are shipwrecked on Island A and have to explore each island A and B.
3. Coach tells players that they must go to Island B, however, there are sharks in the water (cones).
4. Players must dribble across the water to Island B without touching a cone with feet, ball or stick.
5. On reaching Island B, coach explains that they need to return to Island A, as Island B is inhabited by Indians.
6. Coach instructs players to go from island to island.

- Game can be used to revise other dribbling techniques from previous sessions.
- Key points from above to be re-emphasised.
- Focus on footwork, stick and body position.

**Dribble Like an Indian Relays**

**Organisation:**
1. Coach lays out cones as per diagram.
2. Players must run to Gate A and drag left to right, then run to Gate B and drag right to left.
3. Relays can be raced once players are confident.

- Ensure players are pushing off correct foot.
- Encourage players to accelerate once the drag is complete.
- Players should keep their head up as much as possible.

- Count how many drags they can complete in 30 seconds.

For use in coaching 6-9 year olds
Phase 1 - Hooked on Fun

Movement Skill: Underarm Throwing

**WARM UP ACTIVITIES**
1. Bridge Ball
2. Whole Body Stretch (see pg 4)
3. Bombs Away

**FOCUSED ACTIVITIES**
4. Smash the Cones
5. Ten Pin Bowling

**SESSION 6 – PUSH PASSING**

**GAME Fun 4’s 4 v 4**
1. Coach lays out several playing areas for 4v4s with two goals for each team
2. Players are only allowed to push the ball to pass or score.
   Goals are scored as in normal hockey games.

See Fun 4’s Game sheet on www.hockey.ie

**ORGANISATION:**

**BRIDGE BALL**
1. Divide players into pairs, with one ball between them
2. Players travel around (jogging) a set area
3. When the coach shouts “bridge”:
   - Player A: must stand with their legs apart
   - Player B: rolls the ball through legs and picks it up on the other side
4. Reverse roles of players.

**WHOLE BODY STRETCH**

See PAGE 4

**BOMBS AWAY**
1. Coach lays out several target areas each for 2 or 3 groups (depending on numbers) and each group are given a set number of different weighted bombs (hockey balls, tennis balls, bean bag etc.)
2. In turns each player in the group must try to throw their bombs into each target area.

**HOCKEY SPECIFIC ACTIVITY**
**TEN PIN BOWLING**

**ORGANISATION:**
1. Coach demonstrates the pushing technique
2. Players practice the push technique in pairs.

Progression
1. Players are then put into Ten Pin Bowling using a stick and ball
2. Players should be encouraged to Push the ball at the cones accurately
3. The first team to hit all ten cones wins the game.

• Coach should use the “look, step, fire” method for pushing (see IHA Core Skills on www.hockey.ie)
• Focus on technique during game
• Players can go back into pairs to practice technique before playing the game for a second time

**ORGANISATION:**
1. Balls are rolled over the ground by Player A and any cone that is hit is put on another cone by the Player A who follows their pass
2. The ball rolls through to Player B, who then rolls it to Player C on the right and then back to the start
   - Each players follows their pass
   - When all cones have been hit and stacked on top of each other the game is finished.

Progression
This can also be done with players moving towards the cones.

• Shifting of body weight from foot to foot to aid ball movement
• Players should be low on release by bending knees
• Underarm throwing technique
• Focus on accuracy.

**ORGANISATION:**
1. Coach lays out several target areas each for 2 or 3 groups (depending on numbers) and each group are given a set number of different weighted bombs (hockey balls, tennis balls, bean bag etc.)
2. In turns each player in the group must try to throw their bombs into each target area.

The team scoring the most points in their targets win after 1 minute.

• Focus on controlling the pace of the ball into the area
• Players must take a step when releasing ball using the opposite foot to the throwing arm
• Players should use under arm throwing technique
• Advanced players should be encouraged to throw with both hands.

Hooked For Life Model
Long Term Player Development Model

www.hockey.ie  IHA, Newstead, UCD, Belfield, Dublin 4
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For use in coaching 6-9 year olds
세션 7 - 손바닥 앞으로 받기에 대한 활동

운동 기술: 던지기 및 잡기

1. 운동 준비 활동
   - 1.Run, Roll & Catch
   - 2. 전신 운동
   - 3. 게이트 볼

2. 전신 운동
   - 사용 테니스/하키/축구 공
   - 공을 바닥에서 잡기
   - 잡는 손이 낮을 경우
   - 받는 사람들은 공을 손으로 받으려고 하며, 공이 바닥에 빠지지 않도록 하세요.

3. 게이트 볼
   - 1. 코치가 2개의 게이트를 펼쳐 나열한다
   - 2. 게이트를 두 개로 나누어 3-5명의 플레이어로 나눈다
   - 4. 공을 던져 받는 사람에게 주는 경우

4. 골 대 골
   - 1. 코치가 골대 2개를 각각의 쌍을 6-10m 떨어진 곳에 놓는다
   - 2. 공을 집어내며, 공이 바닥에 빠지지 않도록 하세요.
   - 3. 공이 던져지면 그 곳에 있는 사람이 수비한다
   - 4. FEET는 허용되지 않으며, 하키와 같이 수비한다

5. 하키 전용 활동
   - 1. 동일한 게임을 사용한다
   - 2. 공이 바닥에 빠지지 않도록 하세요.
   - 3. 공이 바닥에 빠지지 않도록 하세요.
   - 4. 공이 바닥에 빠지지 않도록 하세요.

6. 게임
   - No Man's Land
   - 1. 코치가 Zona A와 B를 3m 간격으로 놓는다
   - 2. 중앙 3m 공간은 No Man's Land으로
   - 3. 팀은 상대 팀의 게이트를 통과시켜 점수를 낼 수 있다
   - 4. 수비 팀은 공을 수비하며, 공이 바닥에 빠지지 않도록 하세요.
   - 5. 포인트를 만드는 팀은 공을 받고, 포인트를 만드는 팀은 공을 배달해야 한다
   - 6. 공이 헬로 서면은 점수를 만드는 팀에

세션 7 - 수비에 대한 활동

정기 및 특수 활동

1. 수비에 대한 전반적인 활동
   - 사용 테니스/하키/축구 공
   - 공이 바닥에 빠지지 않도록 하세요.
   - 수비자는 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

2. 전반적인 수비
   - 수비에 대한 전반적인 수비
   - 수비자들은 공이 바닥에 빠지지 않도록 하세요.
   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

3. 전반적인 수비
   - 전반적인 수비
   - 수비자들은 수비해야 한다
   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

4. 전반적인 수비
   - 전반적인 수비
   - 수비자들은 수비해야 한다
   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

5. 전반적인 수비
   - 전반적인 수비
   - 수비자들은 수비해야 한다
   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

6. 전반적인 수비
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   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

세션 7 - 수비에 대한 활동

정기 및 특수 활동

1. 수비에 대한 전반적인 활동
   - 사용 테니스/하키/축구 공
   - 공이 바닥에 빠지지 않도록 하세요.
   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

2. 전반적인 수비
   - 수비에 대한 전반적인 수비
   - 수비자들은 수비해야 한다
   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.

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   - 수비자들은 수비해야 한다
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4. 전반적인 수비
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   - 수비자들은 수비해야 한다
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   - 수비자들은 수비해야 한다
   - 수비자들은 수비해야 한다
   - 공이 바닥에 빠지지 않도록 하세요.
Phase 1 - Hooked on Fun

**Movement Skill: Throwing & Catching**

**WARM UP ACTIVITIES**
1. Run, Pop and Catch
2. Whole Body Stretch
3. Shuffle Catch

**FOCUSED ACTIVITIES**
4. Protect the Balloon
5. Piggy in the Middle

**GAME**
No Man’s Land

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**SESSION 8 – PASSING AND RECEIVING**

**RUN, POP & CATCH**
1. Set out 2 rows of cones 10m apart
2. Divide into small groups of 3-5 players, facing each other
3. Player A runs with a ball towards Player B
4. Once they reach a designated cone, Player A must throw an underarm ball for Player B to catch, and Player B then sets off towards the opposite group
5. Player A joins the other group.

**SHUFFLE CATCH**
1. Coach lays out 2 sets of cones facing each other
2. 2 players face each other, one with a ball
3. Players must shuffle to one cone (must side-step, feet are not allowed to cross), then throw the ball back and forth once, then shuffle to the other cone.

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**PROTECT THE BALLOON**
1. Coach lays out 6m x 6m grids with three players in each grid
2. Players are given a water balloon or ball
3. A player must throw the balloon/ball to a teammate and then run to the empty cone of the grid
4. The catcher can then throw it to either the waiting player or to the player who has just moved
5. Dropped/broken balloons/balls are a five-point penalty

**PIGGY IN THE MIDDLE**
1. Coach sets up a grid in which a player stands at either end with a player in the middle facing the player with the ball
2. The ball must be passed between Player A and B, avoiding the Piggy in the Middle
   - If the ball is controlled, the team earns a point
   - If the Piggy intercepts and catches the ball, the player swaps positions with the Piggy

**NO MAN’S LAND**
1. Coach lays 2 Zones A and B for 6 players with 3 meters between each grid
2. The 3m space is known as No Man’s Land
3. Teams must push the ball through the opposition’s grid (past the red or blue cones) to score a point
4. The defending team must receive the ball and then attempt to score a point themselves
5. Teams may not carry the ball forward from the receiving point, but may make a horizontal pass before trying to score
6. If a ball hits a foot it is a point to the other team.

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**ORGANISATION:**
- Use different balls shaped/sizes/weights
- Use different throwing techniques to improve catching:
  - bounce ball, low throws, chest pass, high throws
  - Receivers should extend arms to aid accuracy and should catch softly.

**ORGANISATION:**
- Players should focus on catching softly to cushion the ball
- Use different types of catches:
  - one and two handed catches
- Vary distance between shuffle points to allow for different throwing distance and allowing for greater power on the ball to catch.

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**WARM UP ACTIVITIES**
1. Run, Pop and Catch
2. Whole Body Stretch (see pg 4)
3. Shuffle Catch

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**FOCUSED ACTIVITIES**
1. Protect the Balloon
2. Piggy in the Middle

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**GAME**
No Man’s Land

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**ORGANISATION:**
- Players should focus on catching softly to cushion the balloon/ball
- so not to break it
- Players should face the player in possession at all times, even when on the move
- Throw types and power can be varied and the grids can be made bigger to increase the challenge.

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**ORGANISATION:**
- Opportunity to review “look, step, fire” pushing method (see IHA Core Skills on www.hockey.ie)
- Encourage soft receiving to gain control
- Right hand should be used to guide the ball onto the stick and should remain soft to cushion the ball
- Left elbow should be forward
- Receive with upright stick and on the hook of the stick.
SESSION 9 – PASSING ON THE MOVE

Warm Up Activities
1. Cone Release
2. Whole Body Stretch (see pg 4)
3. Find the Bibs

Focussed Activities
4. Run & Pop
   • Run and Pop Hockey
5. Fill the Squares

Organisation:
1. Coach divides players into 2 groups
   - Group A stand by a cone
   - Group B move around area, bouncing
     or throwing the ball to themselves as they run
2. When coach shouts “release”
   - Group B must find the nearest pass
     to a player from Group A
3. Group A then change places with Group B
4. Players should then throw on the move.

Vary the number of cones to increase competition and speeds.

Run & Pop Hockey

Organisation:
1. Coach lays out a grid (10m x 10m) and places gates
   halfway between each corner on the outside
2. Players must carry a ball toward the next corner and when they reach the gate, they must throw to the
   waiting player, who then sets off
3. Introduce more balls as the players improve
4. Have the waiting players move off so that the throw
   must be to the player on the move
5. Game can be timed to see how many passes can be made in 30 seconds.

Game

Organisation:
1. Coach lays out several small square grids within an area
   - Red, blue, green coned squares etc
2. Players are in pairs with a ball between them
3. The coach calls a colour and Player A must get into
   that colour box and receive a pass from Player B to gain a point
4. The passer must remain on the move when passing
5. Coach should lay out enough boxes to make the game challenging
6. Alternate roles of players.

Hockey Specific Activity

Fill the Squares

Organisation:
1. Coach lays out several small square grids within an area
   - Red, blue, green coned squares etc
2. Players are in pairs with a ball between them
   - Player A carries ball around
   - Player B can run anywhere
3. The coach calls a colour and Player A must get into
   that colour box and receive a pass from Player B to gain a point
5. The passer must remain on the move when passing
6. Coach should lay out enough boxes to make the game challenging
7. Alternate roles of players.

Game Fun 4s

Organisation:
1. Coach lays out several playing areas for 4v4s with two goals for each team
2. Players are only allowed to push the ball to pass or score and goals are scored as in
   normal hockey games
3. Goals can only be scored on the move
4. Goals scored like this could score 2 points.
   See Fun 4s Game sheet

Movement Skill: Throwing on the Move

1. Low intensity to begin with
   • Vary throwing technique
   • Use different balls if possible - soft balls, light balls, soccer balls, rugby ball etc.
   • Focus on accuracy.

2. Whole Body Stretch

Organisation:
1. Divide into pairs and give each player a different coloured bib
   - Player A - Red
   - Player B - Blue
2. All players run carrying a ball
3. When the coach calls ‘RED’, Player A must place their ball on the ground
4. Player B (blue) cannot stop but must pass to Player A (red) quickly and on the move
5. Player B (blue) picks up the ball of the ground and continues onward.

Players should focus on accuracy
• Ensure one player throwing to standing player at any time
• Catchers should extend arms to give a target
• Progress exercise using different commands and colour codes catching softly to cushion the ball.

Focus on passing technique during game
• Receiving players should show their hook on the ground to give a target
• Players should pass off left foot
• Passing off the right foot can now be introduced.

2 or 3 touches ideally
• Focus on technique and receiving
• Reinforce technical points during game play.
**SESSION 10 – RECEIVING ON THE MOVE**

**Warm Up Activities**
1. Catch on the Move
2. Whole Body Stretch (see pg 4)
3. Find the Bibs

**Focus Activities**
4. Running the Gauntlet
5. Chaos

**Organisation:**
1. Coach sets up a channel with 3-5 cones A, B, C, D, E, at different points for players to stand at
2. A player begins at Cone A and throws the ball to the player at Cone B while on the move and continues running to receive the ball back from Player B to pass to player on Cone C, on receiving ball back from Cone C
3. Players are not allowed to stop at any point
4. Player continues through the channel to Cone D were they pass to a waiting player on Cone E, who repeats the drill in the opposite direction.

**Organisation:**
1. Coach sets out an area for players to move freely carrying a ball
2. On Coach’s instruction player must move around at different speeds
3. When coach calls "swap" players must find a pass while on the move to any other player
4. Players can carry different balls and passes can vary (e.g. roll passes) according to coaching commands.

**Organisation:**
1. Coach lays out an area for players to move freely carrying a ball
2. On Coach’s instruction player must move around at different speeds
3. When coach calls "swap" players must find a pass while on the move to any other player
4. Players can carry different balls and passes can vary (e.g. roll passes) according to coaching commands.

**On the Move Focus:**
- Low intensity to begin with
- Vary throwing technique
- Use different balls if possible – soft balls, light balls, reaction balls, soccer ball, rugby ball etc.
- Focus on accuracy
- Extend arms and focus on cushion when receiving
- Balance and footwork when preparing to receive.

**Focus:**
- Players should focus on receiving on the move
- Variety of throws and the types of passes
- Focus on receiving with feet pointing in the direction that the player wants to go
- Players should make a target with their stick where they want to receive
- First touch should be in the direction that player wants to go and players should pass off both feet if possible.

**Running the Gauntlet: Hockey**
- Same game as above but the players use a stick and ball
- Coach can have players passing on the forehand and if confident, using the reverse side
- Vary distance of cones so players receive different ball pace.

**Game Fun 4s**
1. Coach lays out several playing areas for 4v4s with two goals for each team
2. Players are only allowed to push the ball to pass or score and goals are scored as in normal hockey games
3. Team must make 2 passes before they score
4. Tackling can be banned if you play 3 touches.

See Fun 4s Game sheet
SESSION 11 – DEFENDING (STICK HEAD ON THE GROUND)

WARM UP ACTIVITIES
1. Toe Touch
2. Whole Body Stretch
3. Knee Tag

TOE TOUCH

1. Divide players into pairs facing each other.
2. Players must try to touch each other’s toes with their foot whilst trying to avoid having their own toes touched.
3. Each toe touch gains a point.

Count how many points they can get in 1 minute.

WHOLE BODY STRETCH

1. Low intensity to begin with.
2. Focus on footwork.

Count how many points they can get in 1 minute.

KNEE TOUCH

1. Similar game to Toe Touch but using their hands.
2. Players must get lower and try to touch a knee of their partner, while trying to avoid having their own knees touched.
3. Each knee touch gains a point.

Count how many points they can get in 1 minute.

FOCUSED ACTIVITIES

MEET, GREET, FEET AND COMPETE
1. Coach lays out a channel and splits the group into two teams (attack and defence) at either end of the channel.
2. Each player is given a number.
3. The coach shouts "a number" and the attacker must enter the channel, moving forward.
4. The defender must come and meet the attacker and begin to move with them as they move forward.
5. Defender should keep their left shoulder outside the attacker’s right shoulder to keep them on the forehand and lead with their left foot.
6. Coach signals and both attacker and defender must race to the end of the channel.

MEET, GREET, FEET AND COMPETE
1. Same game as above but the attacker dribbles a hockey ball.
2. When coach shouts "GO", the defender must tackle the attacker.
3. Defender must move with the attacker, as the attacker dribbles from side to side.

Focus on footwork, deceleration and moving with the attacker.
Stick head should be close to the ground.

HOCKEY SPECIFIC ACTIVITY

SHARKS
1. Divide group into 6-8 players.
2. Each player is given a ball.
3. One player is picked as a “Shark” and must tackle the other players – pushing their ball outside the marked area.
4. If a player is tackled, they join the shark (attackers).
5. The last player in possession of a ball is the winner.

Emphasis on controlled tackling (no wild swings).
Focus on footwork and encourage sharks to move with the players.
Opportunity to revise technical points of ball carrying with the players.

GAME

Numbers and Letters
1. 2 teams are put on either side of Channel.
   - team 1: numbers - 1, 2 etc.
   - team 2: letters - A, B etc.
2. Coach calls a number and a letter (e.g. B:2). A player from each team must run to a designated end of the channel (as shown in diagram).
   - where the coach has put a ball for one of the teams.
3. The ball is picked up and the player without the ball must defend the channel.
4. Alternate which team defends.

Add in a chasing defender.
Have both players compete for one ball.
Add in additional obstacles.

Progression:
- Players should focus on moving with the ball carrier and being patient when defending.
- Deceleration and moving backward techniques to be emphasised at all times.
- Defenders should have their left foot and shoulder forward.
Phase 1 – Hooked on Fun

Movement Skill: Agility and Acceleration

WARM UP ACTIVITIES
1. Jump and Go
2. Whole Body Stretch
(see pg 4)
3. Run, Jump, Run

FOCUSED ACTIVITIES
1. Overhead Catch
2. Chuck & Run
3. Obstacle Course

1. Jump and Go
- Low intensity to begin with
- Landing with knees bent in order to maximise acceleration
- Focus on footwork on acceleration.

2. Whole Body Stretch
- See Page 4

3. Run, Jump, Run
- Players begin on the sideline
- On Coach’s instructions players jump on the spot continuously
- When the coach calls “go”, players must accelerate outward to a cone placed 10m from the sideline
- Players then jog back to the sideline
- Repeat using different kinds of jumps - hopping, scissors, star jumps etc.

4. Overhead Catch
- Focus on a short throw and accelerating onto the ball before catching
- Thrown should be released close to the middle player
- Ensure players are aware of safety.

5. Chuck and Run
- 1 team: numbers - 1, 2 etc.
- 2 team: letters - A, B etc.
- Coach calls a number and a letter (e.g. B:2)
- A player from each team must run to a designated end of the channel where the coach has put a ball for each team
- The ball is picked up and both players must lift the ball over both sets of cones to the finish
- The player who stops the ball on the opposition’s line wins.
- Progression: Add in additional obstacles.

ORGANISATION:
1. Divide players into groups of 4-6 players
2. Coach lays two cones 10m apart and places a cone/hurdle in the centre
3. Player runs to the cone/hurdle, jumps over it, jumps backwards over it and jump forwards again, before accelerating to the opposite cone
- Add different combinations of jumping
- Add additional cones to change the jumping directions (e.g. lateral jumps)
- Can be made into a race between groups.

1. Add different combinations of jumping
- Add additional cones to change the jumping directions (e.g. lateral jumps)
- Can be made into a race between groups.

1. Ensure players understand when to accelerate and decelerate
- Focus on footwork
- Opportunity to revise technical points of ball carrying with the players
- Emphasise on controlling the ball when going around an obstacle.

1. Players should focus on accelerating after each time the ball is lifted over the cones.

WARM UP ACTIVITIES
1. Jump and Go
2. Whole Body Stretch
(see pg 4)
3. Run, Jump, Run

FOCUSED ACTIVITIES
1. Overhead Catch
2. Chuck & Run
3. Obstacle Course

GAME
Numbers and Letters

1. 2 teams are put on either side of Channel
   - team 1: numbers - 1, 2 etc.
   - team 2: letters - A, B etc.
   - coach calls a number and a letter (e.g. B:2)
   - a player from each team must run to a designated end of the channel where the coach has put a ball for each team
   - The ball is picked up and both players must lift the ball over both sets of cones to the finish
   - The player who stops the ball on the opposition’s line wins.
   - Progression: Add in additional obstacles.

Long Term Player Development Model

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For use in coaching 6-9 year olds
**Phase 1 – Hooked on Fun**

**Movement Skill: Agility and Acceleration**

**WARM UP ACTIVITIES**
1. Shuffle and Go
2. Whole Body Stretch (see pg 4)
3. Confused Shuffle

**SHUFFLE AND GO**
- Low intensity to begin with
- Focus on transfer of weight between both feet
- Body position low with knees bent
- Feet should not cross during shuffle.

**WHOLE BODY STRETCH**
SEE PAGE 4

**CONFUSED SHUFFLE**
- Feet should not cross
- Body position low, knees bent

**FOCUSED ACTIVITIES**
4. Mirror Run
5. Obstacle Course

**MIRROR RUN**
- Focus on transfer of weight from left to right
- The sideways movement should come off the left feet
- Ensure acceleration forward is off the right foot.

**MIRROR RUN HOCKEY**
- Drag should be wide and ideally in one motion
- Accelerate with head up.

**HOCKEY SPECIFIC ACTIVITY**

**OBSTACLE COURSE**
- Ensure players understand when to accelerate and decelerate
- Focus on footwork
- Opportunity to revise technical points of ball carrying with the players.

**SESSION 13 – 1v1 ELIMINATION: LATERAL DRAG & ACCELERATE**

**ORGANISATION:**
1. Players begin on the sideline
2. Coach tells players to shuffle left and right continuously over set area
3. When the coach calls “go” players must accelerate outward to a cone placed 10m from the sideline
4. Repeat with the players hopping from side to side. Vary instructions.
5. Add in a hockey ball and stick to revise the Indian dribble (players accelerate with stick and ball).

**GAME NUMBERS & LETTERS**
1. Use same instructions as Session 2 Stop Start
2. This time however players must complete a left to right drag
3. The Progression is to play 1 v 1.

See Fun 4s Game sheet

**ORGANISATION:**
1. Players stand on a line facing the coach who is also on the line
2. Cones are placed at 2m, 4m, 6m and 8m either side of the line and are numbered A-B-C-D and 1-2-3-4
3. Coach calls combinations or can use hand signals
4. The players must follow the commands - e.g. A:4, players must shuffle to Cone A and then to Cone 4 and then return back to the line
5. Coach can reverse the calls or add misleading hand signals
SESSION 14 – GOALSCORING

Movement Skill: Spatial Awareness

Phase 1 – Hooked on Fun

WARM UP ACTIVITIES
1. Benchball
2. Whole Body Stretch
   (see pg 4)

WARM UP

ORGANISATION:
1. Coach sets out a playing area with two scoring end-zones
2. Divide group into 2 teams with 4-6 players
3. Players must throw a football/tennis ball to their team mate
4. The player with the ball cannot move
5. If the ball hits the ground or is intercepted, the opposition gain possession of the ball
6. Players can only score a point in the scoring zone by placing the ball between the cones.

BENCH BALL

• Focus on footwork
• Encourage players to bend knees while remaining agile
• Emphasise safety, especially clashing of heads
• Players should move to space off the ball.

WHOLE BODY STRETCH

SEE PAGE 4

FOCUSSED ACTIVITIES
4. Mirror Run
   Mirror Run Hockey
5. Obstacle Course

FIND THE NAME

ORGANISATION:
1. 6 players on cones form a circle around a player
2. One player in the outer circle has a tennis ball/ball
3. That player throws the ball to the player in the centre
4. As they throw, they call out either a name/number and/or colour
5. The central player must catch the ball and throw it to the name/number and/or colour called, quickly.

Progressions:
1. Players can move around the circle to increase the challenge
2. Additional balls can also be added
3. Players must clap before they catch it.

FIND THE NAME HOCKEY COMPETE

ORGANISATION:
1. Same game as Find the Name but introduce hockey sticks and balls
2. Player are only allowed two touches, one to control and one to pass
3. Can add an additional set of cones inside the group of players and the ball must be lifted into the central player who then passes with a lift back out.

• Focus on passing quickly after the receive
• Passes should be as accurate as possible
• Vary the type of throw – low, high, bounce etc.

1 Coach lays out a line of 5 cones on the end line or in the goal
2 Four players take up positions on the cones placed 5m in front of end line
3 Balls are passed to Player A and a colour is called
4 Player A must control the receiving ball and try to hit the cone called in two touches.

HOCKEY SPECIFIC ACTIVITY

STRIKE THE CONE

• Focus on two touches and footwork around the ball
• Vary timing of calls so central player has to make better decisions
• Focus on the accuracy of passing.

• Emphasise two touches – One to control, one to finish
• Encourage players to receive facing different directions
• Players can try to finish with their back to the cones
• Allow players to discover their own ways of hitting the ball.

30 SEC

Player who hits the most cones wins

WARM UP ACTIVITIES
1. Benchball
2. Whole Body Stretch
   (see pg 4)

GAME

Fun 4s

4 v 4

GAME

Fun 4s

1. Coach lays out several playing areas for 4v4s with a line of 6 cones on the goal line 1m apart
2. Designate a certain number of points depending on where the players put the ball
3. Players are only allowed to push the ball to pass or score.

• Encourage 1 v 1s
• Focus on technique and receiving
• Reinforce technical points during game play.

Hooked For Life Model
Long Term Player Development Model

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For use in coaching 6-9 year olds
Phase 1 - Hooked on Fun

Movement Skill: Kicking

ROUND THE SQUARES
1. Divide into groups of 4 players per grid (8m x 8m)
2. Players must move around the grid facing the same direction at all times
3. When moving laterally, players should shuffle without crossing feet and should face forward
4. Players can move around the square in both a clockwise and anticlockwise direction.

WHOLE BODY STRETCH
- Low intensity to begin with
- Body position low with knees bent
- Feet should not cross during shuffle.

LADDERS
1. Divide players into groups behind a ladder (or hockey sticks placed 90cm apart)
2. Coach directs the players to go through the ladders using the following exercises:
   - Kneels Up
   - Icky Shuffle (1 foot in, 1 foot out)
   - Side Step
   - Backwards.

FOCUSSED ACTIVITIES
4. Get to Twenty
5. Name Game

HOCKEY SPECIFIC ACTIVITY
NAME GAME
1. Coach follows diagram
2. Player A kicks a ball at the goalie and calls the name of one of the players to the sides - Player B or Player C
3. The Goalie must kick the ball at the named Player (B or C) and try to score a goal. B & C should try to stop the shot
4. Rotate players after 6 balls
5. To increase the challenge, the kicker Player A can also call a name and the goalie must not kick to that player.

Progression:
1. If the goalie fails to score, the other players could play a 3v1 to score on the central player.

GAME FUN 4s GK Style
1. Coach lays out several playing areas for 4v4s with two goals for each team
2. Players play football style Fun 4s using a tennis ball
3. They may only kick the ball using the inside of their foot
4. The player in possession cannot be tackled.