

Eight Session Curriculum

Session One

Introduction of the game of Field Hockey (10 min)

Brief history of the game

Olympic sport for men since 1908 (US Men competed in six Olympics: 1932, 1936, 1948, 1956, 1984, and 1996)

Olympic sport for women since 1980 (US Women competed in three Olympics: 1984, 1988, 1996)

Basic Rules

Ball can only touch the flat side of the stick

Cannot touch the ball with any part of the body

Cannot raise the stick above the knees, waist, shoulders (depending on level of skill – knees for beginners, shoulders for advanced)

Show Stance, Grip, and Forehand Dribbling – explain that this is what the group will learn in Session One (5 min)

Go outside

Introduction of a good hockey stance (5 min)

Much like tennis player or playing basketball defense

Knees bent

On balls of feet

Feet roughly shoulder width apart

Pass out sticks (5 min)

Introduction of Grip – (5 min)

Handshake grip with left hand on top of the stick

Right hand loose and in the middle of stick

Ask group to demonstrate a good hockey stance with the stick – “Show me a good hockey stance.”

Remind participants of Basic Rules

Pass out balls

Introduction of Forehand Dribbling (5 min)

Ball is on the right side of body

Stick is close to the ball

Knees bent

Have participants dribble in straight line and turn around and dribble back

Activities in a square (15 min)

Dribble inside the square and try not to run into anyone

Dribble inside the square and give as many high fives as possible in 30 seconds

Dribble inside the square and exchange hockey balls with as many different people as possible in 30 seconds

Tunnel Tag – the instructor is the person trying to tag as many participants as

possible; once a participant is tagged they must stand with their feet apart and right foot

on the ball inside the square; the tagged participant can be released when an untagged

participant dribbles the ball between the tagged participant’s feet

Collect balls and sticks (5 min)

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Session Two

Show Indian Dribbling, Push Pass and Receiving – explain that this is what the participants will learn in Session Two (the Hit will not be taught until later) – (5 min)

Go outside

Pass out sticks and hockey balls

Ask participants to show you a good hockey stance

Have participants dribble in square and do various activities from Session One (High Fives, exchange balls, etc.) – (5 min)

Introduction of Indian Dribble (10 min)

- Rotate left hand “V” grip

- Use left hand to rotate stick

- Right hand is loose

- Have participants move ball back and forth in front of them (Yardstick Drill)

Activities in a square (5 min)

- Knockout – the instructor is the person trying to put the balls out of bounds. If a participant’s hockey ball gets knocked out of the square a person who is still dribbling can tag then back in

Introduction of the Push Pass (5 min)

- Good hockey stance

- Hands are apart on the stick

- Left shoulder is pointing to the target

- Stick stays on the ground and there is no back swing

- Follow through should be pointing to the target’s shoes

Introduction of Receiving (5 min)

- Good hockey stance

- Hands are apart and right hand is low on the stick

Activities (15 min)

- Have participants find a partner and stand five yards apart, practice passing and receiving

- Pass as many times as you can in 30 seconds

- Pass through cones

- Set up cones and have participants weave between cones and turn around and pass the ball to the next person

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Session Three

Show Individual Defense and Dodges (5 min)

Go outside

Pass out sticks and hockey balls

Partner passing and receiving (5 min)

Dribble in square (5 min)

Introduction of individual defense (10 min)

Good stance

Main objective is stay with the offensive player (like basketball) not just go for the ball

Have participants find a partner, person A is on offense and person B is on defense; person B shadows person A as he/she moves toward a designated goal or target. Person B tries to stay between the goal and person A (like basketball defense). This should be done with the stick and ball. Switch.

Have the partners do the same thing except without sticks, no ball.

Have the partners do the same thing with the stick and ball, no tackling.

Introduce tackling (10 min)

Have person A dribble the ball and person B play defense – person A lets person B tackle the ball. Switch.

Pulls (5 min)

Introduce Pulls as a big Indian Dribble to the side

Have participants pull around cones

Activities

Sharks and Minnows

Knockout

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Session Four

Skills Test

#1 – Dribbling

Six cones are placed in a line between a starting point and a turning point. A different type of cone or marker is used to signify the starting and turning points. The distance from the start to the turning point is 25 yards and the spacing of the cones is shown below.

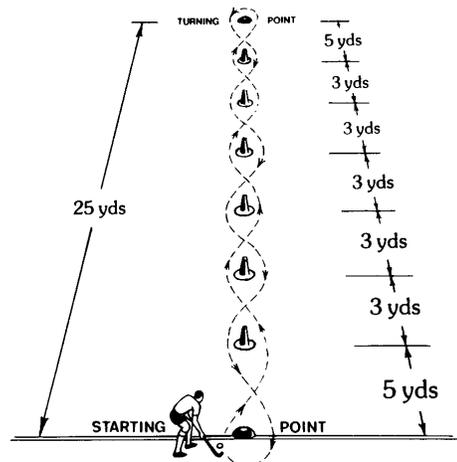
Each player has 60 seconds in which to dribble a ball from the starting point, zig-zagging between the cones, around the turning point, and back through the cones.

The objective is for the participant to dribble past as many cones as possible in the time allowed.

A player's score is determined by the number of cones they dribbled past. The starting and turning marks do not count towards a player's score.

Scoring

- For
- 0-17 cones = 1 pt.
 - 18-22 cones = 2 pts.
 - 23-26 cones = 3 pts.
 - 27-29 cones = 4 pts.
 - 30+ cones = 5 pts

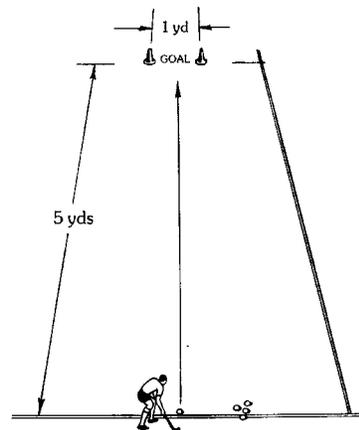


#2 – Pushing

The player stands directly in front of a goal five yards away. The goal is one yard in width. Five balls are placed to the right of the participant. Having collected a ball, the participant attempts to push each ball into the goal until all the balls have been played.

Scoring

The number of goals scored



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#3 – Passing

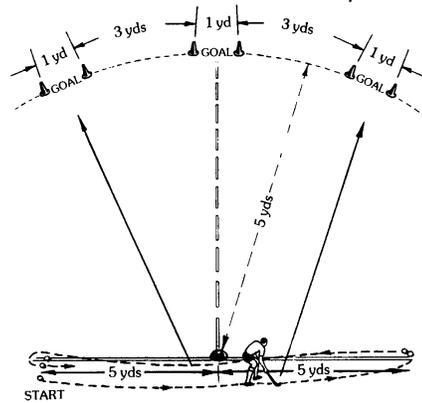
Five balls are placed in two groups (one of three and one of two) ten yards apart. A marker is positioned at the midpoint between them. Three target goals are set up in an arc five yards away from the central mark. Each goal is one yard in width and there are three yards between each goal.

Starting from the group of three balls the participant dribbles a ball past the center marker and passes the ball through one of the goals. The player moves to collect the next ball until all five balls have been played.

At least one pass must be made to each goal.

Scoring

The number of balls that pass successfully through the goals

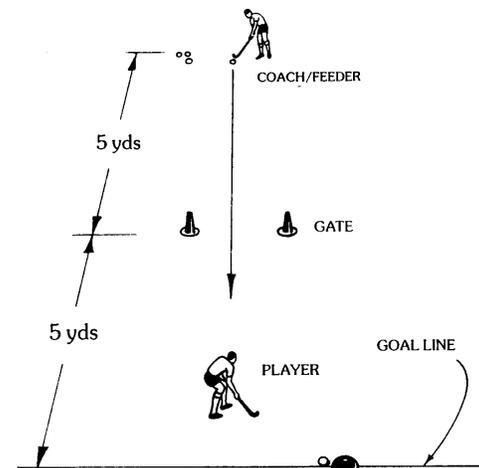


#4 – Receiving

A gate, one yard in width, is positioned five yards away from a line. On the line is placed a marker. The player stands anywhere between the line and the gate. Five yards beyond the gate stands a feeder who pushes or rolls each of the five balls through the gate. The player must control the ball before it crosses the line and dribble to the marker. The player then runs back to their starting position and calls to the feeder to play the next ball.

Scoring

The number of balls successfully controlled before crossing the line



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Session Five

Introduce Minkey (See Minkey Manual)

Session Six

Play MINKEY

Session Seven

Play MINKEY

Session Eight

Play MINKEY