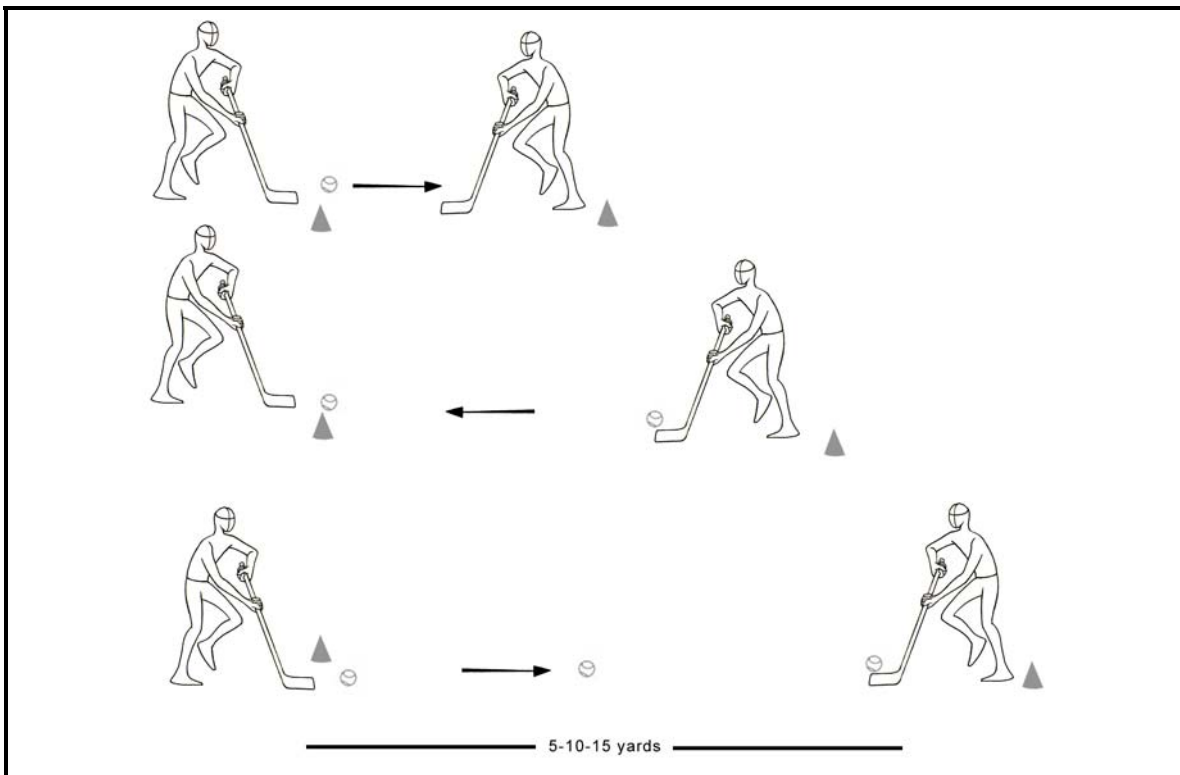


Stick and Ball Control



Activity

- Duration:** 10 minutes
- Cycles:** Ongoing according to time allotment
- Players:** Up to 70 players in groups of 2. Vary field size accordingly.
- Field Set Up:** Place cones at 5-, 10- and 15-yard markers.
- Field Dimensions:** Basketball court



Object

- Players improve passing, control, receiving and stopping skills.
- This activity teaches the players the importance of stick awareness, control and safety.

Rules

- Players are grouped in pairs and face each other.
- Players should pass balls to each other and control methods of passing, receiving and stopping the ball. Alternate between forehand and backhand when passing and receiving.
- Gradually increase the distance between the players as their skill levels improve.
- Players may not use slapshot (above knees).
- Players must keep both hands on the stick at all times.

Equipment

- 1 shield/speed-control ball for each pair, hockey sticks for all players, 16 cones

Player Positions

- Pairs face each other.
- As technique improves, move one farther away in two-step increments.

Tips

- Avoid wild stick swings. Emphasize low (below knee level) swings. Use threat of bench time for infringements.
- Allow players sufficient time to go at their own pace.
- Keep extra balls handy to keep play moving.
- Have players round up all balls at the end of the session.
- Instructors might find this a little challenging as the activity might be new to most players. Hang in there; it's great fun!

Variations

- Beginner: Keep the same distance. Use only forehand swings to pass.
- Advanced: Increase distances. Have receiver move side to side.

Full Rink Breakaway Challenge

Practice Game



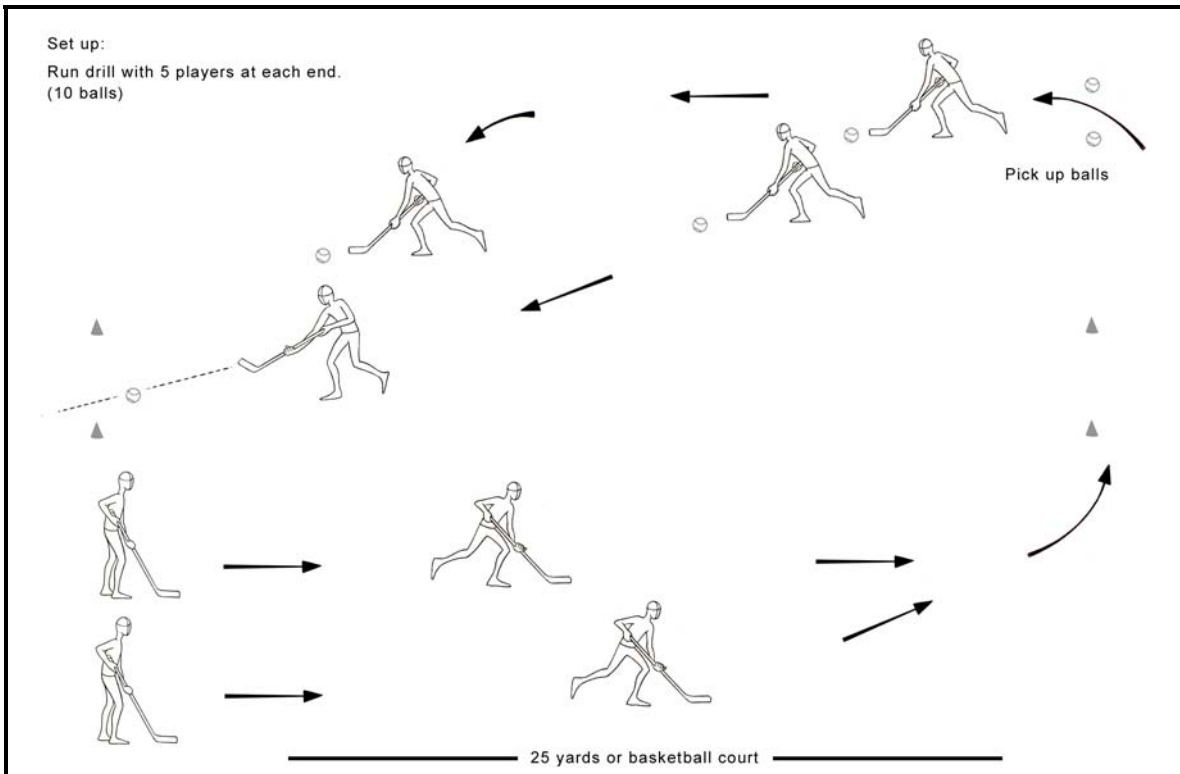
Duration: 10 minutes

Cycles: Ongoing according to time allotment

Players: Up to 70 players. Best with teams of 6. Add a second field accordingly to keep everyone moving.

Field Set Up: Place 4 cones to make 6-foot-wide goals at each end. Place an additional cone at the right corner line. Line up 5 balls at each end between the goal and corner cones.

Field Dimensions: Basketball court



Object

- Two teams compete to score goals as quickly as possible.
- This game develops breakaway skills by teaching the players how to catch and control a ball on the run.

Rules

- Teams line up at each end of the court behind the balls on the end line.
- On the instructor's whistle, both teams run to the opposite end of the court and around the goal. They pick an available ball of choice, dribble it to the far end of the court and attempt to score with one shot only.
- When complete, players set up the balls for the next run.
- Swap teams as required to give everyone equal playing time.
- If a player scores a goal, he or she must move to the side cone and take a knee.
- Whoever scores the most goals wins.

Equipment

- 6 cones, hockey sticks and shield/speed-control balls for all players

Player Positions

- Each team of 5 players forms a line along the goal line at one end of the court.
- Non-active teams wait off court for their turn.

Tips

- Remember stick control; keep it low.
- Have players retrieve their balls and set them up for the next team or the next run.
- Adjust the goal size to ensure that goals are scored.
- As players improve, try adding a goalie.

Variations

- Beginner: Increase the width of the goal. Do not make it a race.
- Advanced: Decrease the width of the goal. Add additional goalies.