

# STICK AND BALL CONTROL

## Key Concept

Players improve passing, control, receiving and stopping skills.

This activity teaches the players the importance of stick awareness, control and safety.

Pairs of players pass, receive and stop balls.

Vary distance 5, 10 and 15 yards.

Alternate forehand and backhand.

## Tips

Push the ball; 2 hands on stick.

Wild swings = bench time.

Increase distance in two-step increments.

## Equipment

1 shield/speed control ball for each pair  
Hockey sticks for all players  
16 cones

## Field

Basketball court

## Skills

Pass and Receive

Dribble and Control

Striking, Shooting and Scoring

Player Position

Agility and Endurance



**DIFFICULTY:**



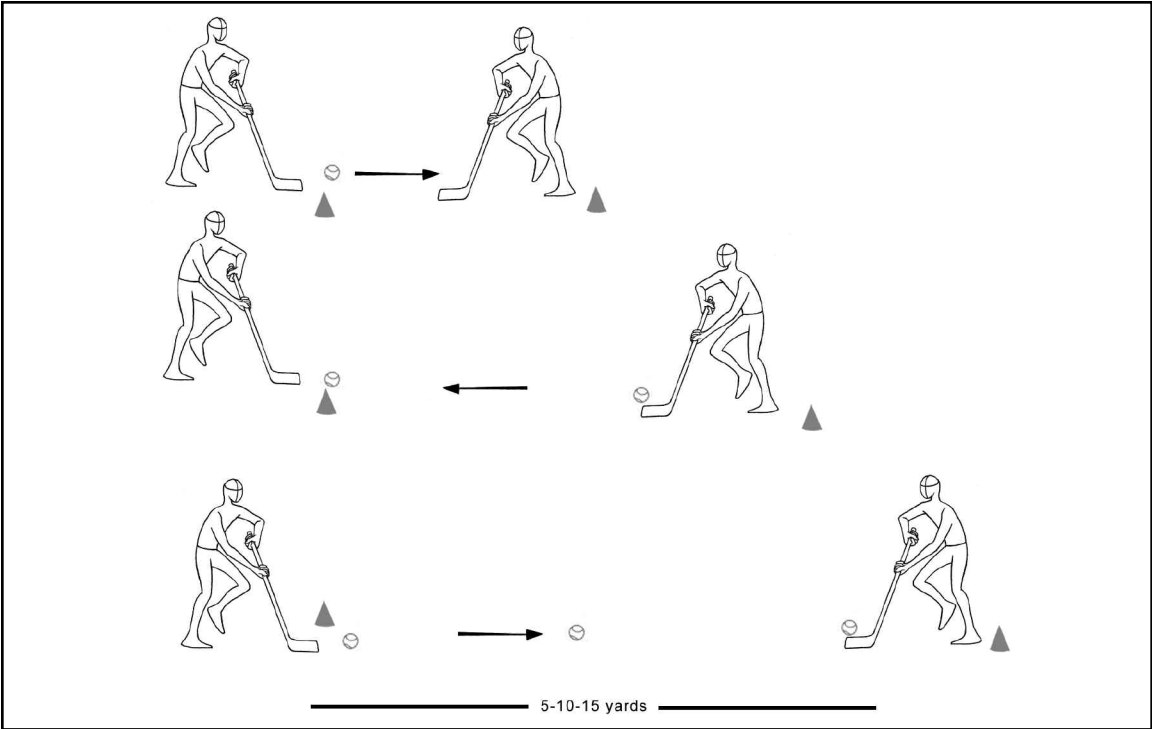
**Low**



**Medium**



**High**



## FULL RINK BREAKAWAY CHALLENGE

### Key Concept

Two teams compete to score goals as quickly as possible. Most goals is winner.

This game develops breakaway skills by teaching the players how to catch and control a ball on the run.

Form lines behind end court.

Set up balls at opposite end.

Players run to far end and retrieve ball. They dribble back down court and try to shoot a goal (1 shot only).

If player makes goal, move to side and take a knee.

Set up balls again for next group.

### Tips

Keep sticks low.

Players retrieve balls and set up.

Adjust goal size as needed.

### Equipment

6 cones  
Hockey sticks for all players  
Shield/speed control balls for all players

### Field

Basketball court

### Skills

Pass and Receive

Dribble and Control

Striking, Shooting and Scoring

Player Position

Agility and Endurance

**DIFFICULTY:**

**Low**

**Medium**

**High**

Set up:

Run drill with 5 players at each end.  
(10 balls)

