



## Hockey Albury Wodonga Coaching Beginners Session Plans

### Pre-Session

- Sort out the sticks into piles for each size
- Decide on the activities from the sections below, based on the time allocation/grade. Remember to allow time for drinks breaks

### Warmup

- Introduce yourselves
  - After lunch/recess, in hot weather or for 40 minute session warm-ups may not be required
- Choose one activity:

<u>Time</u>	<u>Activity</u>	<u>Description</u>	<u>Activity Set-up</u>	<u>Grade</u>
5 mins	Scarecrow Tiggy	Choose two students to be the taggers. Once a student is tagged they must stand with their legs apart and arms out like a scarecrow, players come back into the game once another student claps between their legs.	-Basketball court sized area or similar	P-6
5 mins	Octopus	Each student lines up on the line. The aim is for students to run to the other side without getting tagged. There are octopuses in the middle that can run anywhere and tag the other students. When a student is tagged they become seaweed. Seaweed cannot move but can reach and tag the other students.	-Basketball court sized area or similar	P-6
5 mins	Builders and Bulldozers	Split students into two teams, one team are the builders and the other are bulldozers. Place all the cones spread out around the court, with half upside down. The builders have to flip all cones upright, and bulldozers have to flip them upside down. Once you say stop, whichever team has the most cones build/bulldozed wins.	-Basketball court sized area or similar -Cones	P-2
5 mins	Pirate Ship	Students are given the following instructions: <ul style="list-style-type: none"> <li>- <b>“Shore”</b>: run to one end of the playing spaces</li> <li>- <b>“Climb the Ladder”</b>: pretend to climb a ladder</li> <li>- <b>“Hit the Deck”</b>: participants lie down on the ground a quick as possible</li> <li>- <b>“Walk the Plank”</b>: walk one foot in front of the other like walking a plank</li> <li>- <b>“Scrub the Deck”</b>: participants pretend to clean the floor on all fours</li> </ul> They must complete the action to the instruction you yell out.	-Basketball court sized area or similar	P-6
5 mins	Stop, Go, Up, Down	Students do the opposite of the instructions given: <ul style="list-style-type: none"> <li>- <b>“Stop”</b>: move around the space walking or jogging</li> <li>- <b>“Go”</b>: must stop</li> <li>- <b>“Up”</b>: must lie down</li> <li>- <b>“Down”</b>: must stretch up to the ceiling</li> </ul>	-Basketball court sized area or similar	P-6



### Post Warmup

- Safety - Keep the head of the stick on the ground at all times and don't swing the stick around near people's leg as you'll chop them off!
- Hand out sticks (go shortest to tallest for young grades and tallest to shortest for older grades) Sticks should be approx. between belly button and hip height

### Dribbling (Choose 2-4)

<u>Time</u>	<u>Activity</u>	<u>Description</u>	<u>Activity Set-up</u>	<u>Grade</u>
10 mins	Dribbling	How to hold a stick: left hand at the top, right hand near the end of the grip. Grip for dribbling is 'tell the time', left hand should be rotated slightly back so students can see their 'watch'. Students should have their knees bent, ball out in front of their feet so they can see. Ask students to take their ball for a walk across the area. Demonstrate, showing they need to keep their stick on the ball. Practice going faster.	-Basketball court sized area or similar -Each student will need a ball	P-6
3 mins	Indian Dribble	Use left hand to rotate the stick over other side of the ball, using the flat side of the stick to move the ball from side to side in front of fee and then while walking forwards.	-Basketball court sized area or similar -Each student will need a ball	4-6
5 mins	Traffic Lights (Stop/ Slow/ Go)	Line students up, explain the following actions: - <b>"Green Light"</b> : Dribble ball towards other end - <b>"Orange Light"</b> : Slow down - <b>"Red Light"</b> : Stop yourself and your ball Students then follow your instructions and try to reach the other end. Whenever you yell "stop", anyone who didn't stop straight away must go back to the start.	-Basketball court sized area or similar -Each student will need a ball	P-2
10 mins	Rob the Nest	Split students into teams of 3-4, one cone per team. Students run into the middle one at a time and dribble one ball back to their teams nest/cone. They then join the back of the line until their next turn. When all the balls are gone from the middle get teams to count the number of balls they have. For older students, coaches/teachers can protect the nest and try to keep the balls there while students try to get them back. Additionally allow teams to steal from other teams after all the balls have gone from the middle.	-Lay 4+ cones about 10m away from a pile of all the balls in the centre of the area, spread cones out so they surround the balls	P-6
5 mins	Fruit Salad	Students pick a fruit (strawberry, orange, apple, watermelon).When the coach yells out their fruit they must dribble their ball to the other side of the square and back. If the coach yells out fruit salad all participants must run. Optional: the last one back can be eliminated and put into the compost pile (next to the coach on the side line), the coach can then yell out compost these participants must then dribble across the box and the 1st one back joins back in with the main group.	-1/3 basketball court or similar - Each student will need a ball	P-2



10 mins	What's the time Mr. Wolf?	Coach/teacher to be 'Mr/Mrs Wolf', who stands at the other end of the court to the line of students, facing away. The students ask "What's the time Mr/Mrs Wolf?" The Wolf responds with a time e.g. "3 o'clock" The students then can take 3 steps forward, while counting. Once the line of students are close to the Wolf, yell out "It's dinner time!" Students then need to dribble their balls back to the start while the Wolf tries to catch their ball.	-Each student will need a ball	P-2
5 mins	Robbers/ Sharks and Fish	Each student has a ball, their aim is to knock others ball out of the area while keeping their own and dribbling around. If they get out, then they try and knock others balls out.	-1/3 basketball court or similar - Each student will need a ball	P-6

### **Optional Pushing & Trapping (for 1 hour session or grades 5/6's)**

<u>Time</u>	<u>Activity</u>	<u>Description</u>	<u>Activity Set-up</u>	<u>Grade</u>
10 mins	Push & Trap	Demonstrate pushing & trapping technique: <ul style="list-style-type: none"> <li>- <b>Pushing:</b> start with the stick on the ball and drag it forward towards your target</li> <li>- <b>Trapping:</b> move feet to line up with ball, keep head over the ball, catch it soft (like an egg), watch ball onto stick</li> </ul> Spread the participants out along a line, with one opposite the other 5m apart. Practicing pushing and trapping to each other.		3-6
10 mins	Rob the Nest	Split students into teams of 3-4, one cone per team. Students run into the middle one at a time and push one ball back to their teams nest/cone, next person in line must trap ball. They then join the back of the line until their next turn. When all the balls are gone from the middle get teams to count the number of ball they have. Optional: Count how many balls you trapped successfully and add them onto your total.	-Lay 4+ cones about 10m away from a pile of all the balls in the centre of the area, spread cones so they surround the balls	3-6

### **Games (Choose 0-2)**

<u>Time</u>	<u>Activity</u>	<u>Description</u>	<u>Activity Set-up</u>	<u>Grade</u>
10 mins	Hocktopus	All students have their own ball. Students try and dribble their ball to the other end of the court without having their ball pushed over the sidelines. The two coaches are the Hocktopus' and can move. If a student has ball stolen and pushed over the sideline, they become Seaweed. Seaweed are not allowed to move their feet, they have to try and block other students ball and push it over the sideline. Students are allowed to chase their ball to save it. Last person left wins. Note: make sure you demonstrate what seaweed do at the start, not moving and not swinging sticks when people run through	-Basketball court sizes area or similar -Each student will need a ball	P-6



10 mins	Number Hockey	Ask students to pair up. Their pair will then become their opposition. Divide pairs into 2 or 3 groups so multiple games can be run at once, using both coaches/teachers. Each student in a pair to stand facing each other on opposite side of their court. Students are then given a number, students in a pair will have the same number. Students will aim to score in the goal to their left when lining up. Coach/teacher calls out a number, then that pair will have a match to try and score. Play on if it goes out. Remind students to keep sticks low. Call out 2 or more numbers, students who are aiming for the same goal will then form a team. Each player from that team needs to touch the ball before a goal can be scored.	-Separate a basketball sized area into 2 or 3 courts using cones -use cones to mark goal at each end, yellow for one end and red for the other.	3-6
10 mins	Zone Hockey	Split players into 2 teams. 2 defenders, 2 midfielders, 2 forwards, and subs for each. Players are limited to where they can move within the playing area: Defenders are allowed within their defensive zone only. Midfielders are allowed in all 3 zones. Forwards are only allowed in their forward zone. Rotate players after every 2 minutes between defence, midfield, forward and sub positions. Goals can only be scored from within the forward zone.	-Separate a basketball sized area into 3 zones -Ask to borrow bibs/sash's from school	5-6

### **Tricks Zone**

Use these tricks when it is extremely hot, as an energiser or to fill in time at the end.

<b><u>Activity</u></b>	<b><u>Description</u></b>
Bouncing Ball	Spread out. Using the flat side of the stick, tap the ball up in the air. How many times can you tap the ball?
Egg and Spoon	Balance the ball on the Hook of the stick, on the round side. See who can balance it for the longest possible. See how far you can walk from one side of the court to the other keeping the stick balanced.

### **Hookin2Hockey**

With 5 minutes left in the session, stop the activity and get the students to put the balls and sticks away. Ask them to be seated and now it's your job is to sell them Hookin2Hockey!

Get as excited as possible about how great hockey is and how great the club is that is running the Hookin2Hockey program. Show the class the equipment pack, let the class ask questions, get a student to hand out flyers and ask the students questions they can find answers to on the flyer "What time can you do hockey?" "Where can you do hockey?"

### **Sample Sessions**

Remember to allow time for drink breaks in each session

#### **40 Minute Sessions**

#### **50 Minute Sessions (Prep – 2s)**



<u>Time</u>	<u>Activity</u>
5 mins	Scarecrow Tiggy
10 mins	Dribbling
10 mins	Rob the Nest
10 mins	Hocktopus
5 mins	Hookin2Hockey Den

<u>Time</u>	<u>Activity</u>	<u>Grade</u>
5 mins	Stop, Go, Up, Down	P-6
10 mins	Dribbling	P-6
5 mins	Traffic Light	P-2
10 mins	What's the time Mr. Wolf?	P-2
10 mins	Fruit Salad	P-2
5 mins	Tricks Zone	P-6
5 mins	Hookin2Hockey Demo	All

**60 minute Sessions**

<u>Time</u>	<u>Activity</u>	<u>Grade</u>
5 mins	Scarecrow Tiggy	P-6
10 mins	Dribbling	P-6
10 mins	Rob the Nest	P-6
10 mins	Push & Trap	3-6
10 mins	Hocktopus	P-6
10 mins	Number Hockey	3-6
5 mins	Hookin2Hockey Demo	All