



Field Hockey BC
U10 Development Programming 2006

Robin D'Abreo
Provincial Development Coach
Field Hockey British Columbia
Tel: 604-730-7220
robin@fieldhockeybc.com
www.fieldhockeybc.com

U10 Boys Development 2005 Programming Notes

- ❑ Execution of these practice plans will require preparation on your part to ensure a smooth transition from one drill to another and to make the most of the limited time you have with your athletes
- ❑ The plans are to be treated as a working and evolving document. They will be continually improved based on your invaluable feedback
- ❑ Any questions or concerns can be directed to me at the office at any time

- ❑ **Think safety first** – explain at every opportunity, the importance of being safe whether the athlete is on or off the ball. This is especially important when it comes to hitting and tackling
- ❑ Be patient and positive. This is often the athlete's first experience with Hockey and possibly with sport in general so avoid criticism and be enthusiastic and encouraging at all times. If the kids are not having fun they will not stay with the sport.
- ❑ Keep it simple, avoid excessive instruction and focus on only one thing at a time
- ❑ Keep in mind auditory, visual, and kinesthetic (tactile) learning styles when giving instruction or explaining a drill. Explain it, draw it out, demonstrate, and run through it.
- ❑ Kids at this age are enthusiastic, active, and competitive so keep them going... avoid long lineups for drills, and whenever possible make the drill a contest (against the clock, each other, or a personal best).
- ❑ Try and maximize the number of touches the athletes have on the ball
 - Give athletes their own ball whenever possible
 - Limit numbers in small games (ideally 3v3)
- ❑ Modify field size to accommodate ability... less capable players need more space. A larger playing field will allow for greater success and place less focus on skill and attention.
- ❑ Everybody, especially kids at this age, loves to score, so with that in mind:
 - Increase the size of the goals
 - Have more than one goal
- ❑ Ensure frequent water breaks to avoid dehydration
- ❑ A lot of the athletes in this age group will be going through either the "Fundamentals" or "Learning to Train" stages of the Long Term Athlete Development Model (LTADM). It will be critical therefore to focus on:
 - Building basic athleticism (agility, balance, coordination, and speed)
 - Learning overall sport skills that from a Hockey perspective would include running with the ball, dribbling, passing, receiving, hitting, sweep hitting and basic lifts.
 - Technique - Pay close attention to the details:
 - Grip, ball position, footwork, weight transfer, vision, balance, preparation, execution, follow through
- ❑ Included in every practice is small games work (3v3)...this allows for:
 - Reinforcement of basic skills
 - More touches on the ball
 - Tactical decision making
 - Fun
- ❑ Rules for games can always be modified slightly to reinforce a basic skill or increase a tactical component. Some examples include:
 - 4 goals instead of two (accommodates switching the play)
 - Passing only (works basics)
 - Two/ Three touch (first touch, control, off ball running)
 - Pass through goal to a teammate to score (forces leads in front of the ball)
 - Lifted passing and dribbling only

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- Coaches should strive to develop intelligent athletes
 - Provide context at every stage to make sure athletes understand why they are doing what they are doing
 - Ask questions to promote discussion and thinking rather than simply providing the answers
 - As often as possible incorporate drills with decision making components
- The level of difficulty of ALL the components of the practice can easily be modified by altering one or more of the following 3 elements:
 - Time – speed up or slow down execution, ball speed, foot speed, transition
 - Space
 - Competition – add a defender, make it a contest vs. the clock, vs. each other, vs. their previous best

- **Thank you for your dedication and commitment to our athletes...please take advantage of the fact that we are here to support you. I look forward to working through any questions or concerns together.**

Key Components of the LTAD through the 7 Stages* of Late Specialization Sports

* Stage 7 is the Active for Life stage which is not the focus here

STAGE	Active Start (1) Males and Females 0-6	Fundamentals (2) Males 6-9 Females 6-8	Learning to Train (3) Males 9-12 Females 8-11	Training to Train (4) Males 12-16 Females 11-15	Training to Compete (5) Males 16-23 +/- Females 15-21 +/-	Training to Win (6) Males 19 +/- Females 18 +/-
GENERAL	<ul style="list-style-type: none"> FUN and part of daily life Fitness and movement skills development Focus on learning proper movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching Not sedentary for more than 60 min except while sleeping Some organized physical activity Exploration of risks and limits in safe environments Active movement environment combined with well structured gymnastics and swimming programs Daily physical activity Focus on participation 	<ul style="list-style-type: none"> Overall movement skills FUN and participation General, overall development Integrated mental, cognitive and emotional development ABC's of Athleticism: Agility, Balance, Co-ordination and Speed ABC's of Athletics: running, jumping, wheeling and throwing Daily physical activity Emphasize motor development to produce athletes that have better trainability for long term sport specific development 	<ul style="list-style-type: none"> Overall sport skills development Major skills learning stage (accelerated adaptation to motor co-ordination): all basic sport skills should be learned before entering training to train Integrated mental, cognitive and emotional development 	<ul style="list-style-type: none"> Sport specific skill development Major fitness development stage: aerobic and strength. Onset of Peak Height Velocity (PHV) and PHV are the reference points training to train Integrated mental, cognitive and emotional development Frequent musculoskeletal evaluations during PHV 	<ul style="list-style-type: none"> Integrated mental, cognitive and emotional development 	<ul style="list-style-type: none"> Ages are sport specific based on international normative data Modeling all aspects of training and performance Frequent prophylactic breaks Athletes training to peak for major competitions Training is high intensity and relatively high volume Individualized
		<ul style="list-style-type: none"> Screening for talent 	<ul style="list-style-type: none"> Talent identification 	<ul style="list-style-type: none"> Selection 	<ul style="list-style-type: none"> Specialization 	<ul style="list-style-type: none"> High performance
PHYSICAL TRAINING		<ul style="list-style-type: none"> Introduce basic flexibility exercises Develop speed, power and endurance using games 	<ul style="list-style-type: none"> Medicine ball, Swiss ball and own body strength exercises Introduce hopping and bounding exercises to 	<ul style="list-style-type: none"> Introduce free weights Accelerated adaptation to aerobic, speed and strength training. Make aerobic training a priority after onset of PHV while further developing speed, 	<ul style="list-style-type: none"> Sport, event, position specific physical conditioning 	<ul style="list-style-type: none"> Maintenance or improvement of physical capacities



		<ul style="list-style-type: none"> Develop linear, lateral, and multi-directional speed with the duration of repetitions less than five seconds Medicine ball. Swiss ball and own body strength exercises First window of accelerated adaptation to speed: males 7-9 females 6-8 	<p>help aid strength development</p> <ul style="list-style-type: none"> Further develop endurance (games and relays), flexibility (exercises), and speed (activities focusing on agility, quickness, and change of direction in warm-up) 	<p>strength, and flexibility</p> <p>Emphasize flexibility training given the rapid growth of bones, tendons, ligaments, and muscles</p> <ul style="list-style-type: none"> 2 windows of accelerated adaptation to strength training in females: the first occurs immediately after PHV and the second begins with the onset of menarche 1 window of accelerated strength training for males: it begins 12-18 months after PHV. Learn to cope with the physical challenges of competition 		
ANCILLARY CAPACITIES (mental training / nutrition education etc.)			<ul style="list-style-type: none"> Introduce ancillary capacities 	<ul style="list-style-type: none"> Develop ancillary capacities 	<ul style="list-style-type: none"> Optimize ancillary capacities 	<ul style="list-style-type: none"> Maximize ancillary capacities
MENTAL		<ul style="list-style-type: none"> Introduction to simple rules and ethics of sport 	<ul style="list-style-type: none"> Introduction to mental preparation 	<ul style="list-style-type: none"> Develop mental preparation Learn to cope with the mental challenges of competition 	<ul style="list-style-type: none"> Advanced mental preparation 	
VOLUME		<ul style="list-style-type: none"> Once or twice a week in preferred sport as long as there is participation in many other sports 3-4 times/wk. 	<ul style="list-style-type: none"> Narrow focus to 3 sports Sport specific training 3 times/wk; other sports 3 times/wk 	<ul style="list-style-type: none"> Narrow focus to 2 sports Sport specific training 6-9 times/wk including complimentary sports 	<ul style="list-style-type: none"> Select 1 sport Sport specific technical, tactical, and fitness training 9-12 times per week 	<ul style="list-style-type: none"> Sport specific technical, tactical, and fitness training 9-15 times per week
PERIODIZATION AND SPORT PARTICIPATION		<ul style="list-style-type: none"> No periodization, but well structured programs 	<ul style="list-style-type: none"> Single or double periodization 	<ul style="list-style-type: none"> Single or double periodization 	<ul style="list-style-type: none"> Single, double, or triple periodization 	<ul style="list-style-type: none"> Single, double, triple or multiple periodization
COMPETITION RATIOS	<ul style="list-style-type: none"> No specific ratios 	<ul style="list-style-type: none"> All activity FUN based 	<ul style="list-style-type: none"> 70% training:30% competition 	<ul style="list-style-type: none"> 60% training:40% competition 	<ul style="list-style-type: none"> 40% training:60% competition 	<ul style="list-style-type: none"> 25% training:75% competition
SPORT SPECIFICS		<ul style="list-style-type: none"> Fundamental movement skills must be mastered before sport specific skills are introduced 	<ul style="list-style-type: none"> Major skills learning stage (accelerated adaptation to motor co-ordination): all basic sport skills should be learned before entering training to train 	<ul style="list-style-type: none"> Consolidate sport specific skills and tactics Major focus of training is still on learning the basics not competing 	<ul style="list-style-type: none"> Sport, event, position specific technical and tactical preparation Sport, event, position specific technical and playing skills under competitive conditions 	<ul style="list-style-type: none"> Further development of technical, tactical, and playing skills



U10 Development Practice Content – Summary

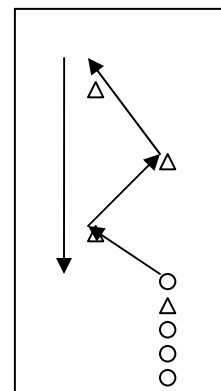
<p>Session 1</p> <ul style="list-style-type: none"> <input type="checkbox"/> Intro to dribbling <input type="checkbox"/> Intro to passing <input type="checkbox"/> Small games 	<p>Session 2</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ball control <input type="checkbox"/> Passing and receiving <input type="checkbox"/> Intro to tackling – basic movement patterns <input type="checkbox"/> Small games
<p>Session 3</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ball control <input type="checkbox"/> Passing on the move <input type="checkbox"/> Poke and flat stick tackling <input type="checkbox"/> Small games 	<p>Session 4</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hitting the ball <input type="checkbox"/> Curling with the ball and shooting <input type="checkbox"/> Tackling <input type="checkbox"/> Small games
<p>Session 5</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hitting the ball <input type="checkbox"/> Eliminations <input type="checkbox"/> Passing <input type="checkbox"/> Small games 	<p>Session 6</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reverse stick receptions <input type="checkbox"/> Passing <input type="checkbox"/> Small games
<p>Session 7</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sweep hitting <input type="checkbox"/> Give and Go <input type="checkbox"/> Possession skills <input type="checkbox"/> Small games 	<p>Session 8</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sweep hitting <input type="checkbox"/> Ball Control <input type="checkbox"/> 1 vs. 1 <input type="checkbox"/> Small games
<p>Session 9</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ball control <input type="checkbox"/> 1 vs. 1 <input type="checkbox"/> 2 vs. 1 <input type="checkbox"/> Small games 	<p>Session 10</p> <ul style="list-style-type: none"> <input type="checkbox"/> Option to reinforce or introduce new skills <input type="checkbox"/> Coach determines content based on the teams development

U10 Warm-up

The following options reinforce basic movement patterns for our game and can be done every practice to build and reinforce skill. They can be done individually or in pairs as needed over a 25 yard zone.

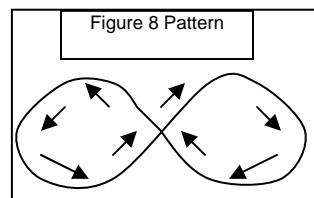
MOVEMENT PATTERNS

- ❑ Straight jog 1-2 laps incorporate:
 - Accelerations and decelerations
 - Side shuffling
 - Cross-overs / karaoke
- ❑ Up and back by 5 yard intervals for 10-15 yards
 - Forward on the way up then turn to run back
 - Facing forward the whole time
 - Side shuffling facing L and R
- ❑ Stick ladders to practice quick feet with both high and low knees
- ❑ Simple change of direction sequences as shown to incorporate footwork and sequencing for movement patterns like draws to the left and right



INDIVIDUAL WORK

- ❑ **Stationary* patterns**
 - Yard stick test
 - Ball is drawn back and forth across the body (1 yard) for one minute (keep count – back and forth = 1rep)
 - Keep stick in contact with the ball at all times
 - Figure 8's
 - Ball stays on stick throughout the motion
 - Weight transfers from L foot to R foot as ball goes from R to L



***even though the athlete does not move make sure that they are still transferring weight from one foot to another as appropriate.**

- ❑ **Running with the ball** – ball stays in contact with stick the entire time – focus on vision and control
 - Ball in the middle of the stance
 - Ball on the right side
 - Ball on the left side
 - Slalom dribble with the above variations
 - Draws left and right
- ❑ **Run/pause (check dribble)**
 - Open face running with the ball with a pause for control every few steps
 - Ball comes to a stop but athletes try and maintain their momentum going forward (athlete should not stop running and then start up again but rather slow down as the ball's momentum is stopped and accelerate with the ball to get it going again)
 - As with regular running with the ball this can be done with the ball in the middle and on the right and left side of the stance

WORK IN PAIRS

□ Dribbling and tackling footwork

- Athlete with the ball moves the ball up the field using the Indian or open face dribble
- The defensive partner while moving backward, shadows the movement of the forward
 - Focus is on the ball
 - Maintain the engaging distance (stick length away from the ball)
 - Maintain good footwork – balanced position with one foot always in front of the other, continually pivoting, defending your feet, and poke tackling to keep the forward honest, use small steps to allow for rapid change of direction
 - Pairs switch roles after each 25 yard run
- Dribbling while moving backwards – player without the ball now puts passive pressure on the ball carrier as a forward
- Repeated pullbacks to protect the ball from advancing forward

□ Lifts over flat sticks

- Defender passively lays down a flat forehand or reverse stick tackle and allows the forward to practice lift over the flat stick
- Can be progressed into a draw followed by a lift
- Pairs switch roles after each 25 yard run

□ Forward open face dribble and defender tries to make reverse stick tackle

- Pairs switch roles after each 25 yard run

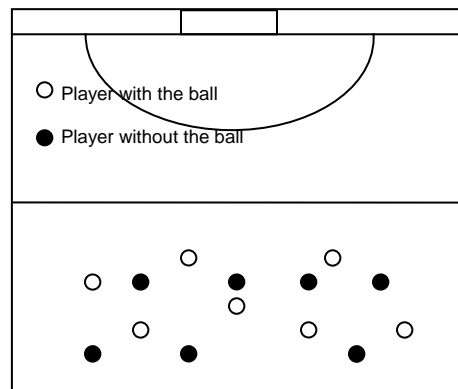
TEAM DRILLS

□ Passing – Vision Drill

- Players stay within the 25 yard zone.
- Half have a ball and the other half don't.
- All players can move freely within the zone
- Players with the ball have to pass to free player

Progressions:

- Cannot pass to player that just passed to you
- Introduce defenders (1-3) that can intercept passes
- Introduce defenders that can tackle ball carrier



U10 Development: Practice 1

FOCUS: Intro to dribbling, intro to passing, small games
Time: 1.5 Hrs

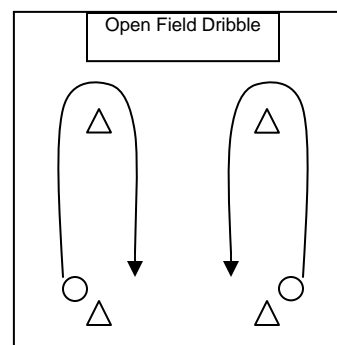
0-15 Warm-up

See warm-up routine included as part of package

15-35 Intro to dribbling

A: Explain grip and basic movement pattern.

- Stick on the ground- flat side down
- Pick up stick with the left hand at the top with the "V" (made between the thumb and forefinger) of the left hand going down the round face of the stick
- Ball is out in front to maintain peripheral vision – stick handle should point at thigh not at waist
- Left hand grips and turns the stick over, right hand is loose allowing the stick to turn inside it



B: Open field dribble (max 2 athletes per line)

- Over 10-15 yards
- Alternate left and right turns around the cones
- Keep head/eyes up to see where you are going and to react to a potential tackle

Focus on:

- Ball staying in contact with the stick
- Vision – split vision between the ball and passing options

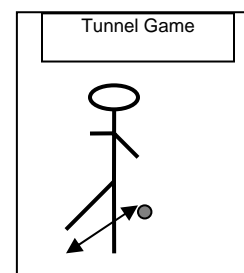
35-55 Indian Dribble

A. (10 min) **Yardstick test:**

- Players pair up
- Player 1 lays stick down as measure and player 2 dribbles back and forth over the length of the stick
- Count number of repetitions in 30 sec and then switch roles – remember best score as test will be repeated at the end of the season

B. (10 min) **Tunnel Game :**

- Players pair up
- Player 1 stands with legs apart
- Player 2 pushes ball back and forth between the legs of player 1 (forehand to push the ball left and reverse stick to go right)
- Count number of reps in 1 min and then switch roles



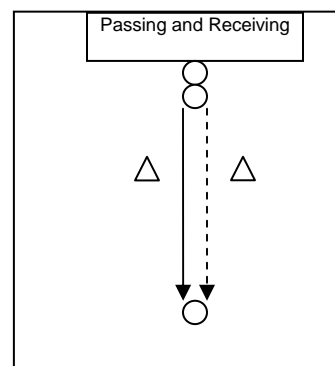
Focus on:

- Turning the stick over effectively
- Weight transfer (even if the player is stationary – weight should still be shifting from one foot to another as they dribble)

55-75 Intro to Passing

- A: Introduce forehand passing and receiving technique (closed receptions only)
- Explain the importance of a safe and controlled follow-through
 - Be sure to explain context of each skill especially closed receptions (under pressure for added protection of the ball)
 - Players pass back and forth in pairs

- B: Passing and receiving drill
- 3 players per group
 - Players are 10 yards apart and cones are 5 yards apart
 - Players try and pass through the cones for accuracy and follow their pass



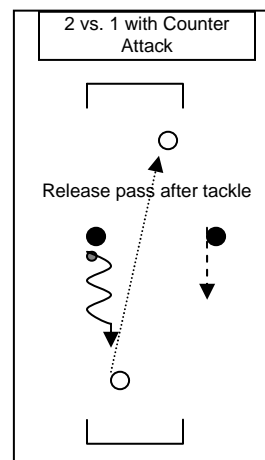
Focus on:

- ❑ Forehand passing technique – pass from beside the body not in front of the body, low stance, weight transfer, follow through to target
- ❑ Closed receiving technique – low stance, receive at right foot, right hand low for more stability

75-90 Small Games

2 vs. 1 with a counter attack

- 2 players on each team
- Offensive team executes a 2 v 1
- Second player on defensive team stays high
- If a tackle is made the defender releases quickly to their partner to score a quick goal at the other end
- Teams then switch roles



U10 Development: Practice 2

FOCUS: Ball control, passing and receiving, intro to tackling, small games
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

15-35 Dribbling and ball control

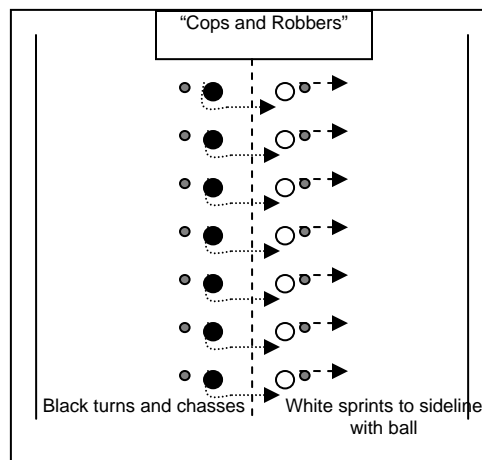
A: (10min) Indian dribble in a 15x15 square

- 4 players per square
- Players randomly move within the square while trying to keep their heads up and avoid collisions
- **Progressions:**
 - have each player try to tackle the rest while still trying to maintain possession of their own ball
 - reduce the size of the square to force more interactions

B: (10 min) Open stick dribble – “Cops and Robbers”

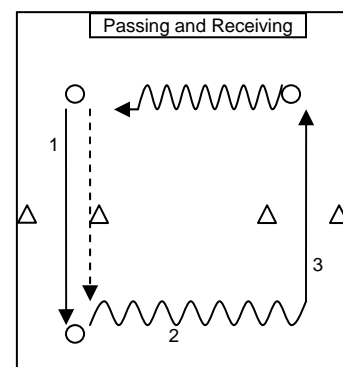
- 2 even teams – game is played across the width of the field
- Each team lines up in a row 2.5 yards from the center of the court – each team facing the sideline
- Each player has a ball in front of them
- Coach calls out name of one of the teams who are automatically the “robbers” – their job is to steal the loot (ball) and run it as fast as possible to safety (sideline)
- The other team are the “cops” and have to capture the robbers by running past them and making a front stick tackle

Note: robbers are only allowed to run in a straight line and cannot change direction to avoid being tackled



35-55 Passing and receiving – with ball control

- Playing area is 15 yards x 10 yards wide
- Groups of 3 players per grid
- Players start as shown in diagram
- Pass 1 is made between cones for accuracy and player follows the pass
- Player across the cones receives the pass (closed reception) and open face dribbles across to make second pass between cones
- **Progressions:**
 - Count number of passes in 2 min
 - Very between open face and Indian dribble
 - Drill can run clockwise with forehand receptions and reverse stick passes



Focus on:

- Receiving and passing technique
- Head/eyes up when carrying the ball

55-75 Intro to Tackling

A: (10 min) "Reaction contests" without sticks or balls

- Players are in pairs – defender facing attacker who is 3 yards away
- Defenders are in a balanced stance – feet are square
- Attackers feet are wide apart and square to defender
- Defender has to lunge out with left leg and has to try and touch one of the attackers knees with the back of their left hand
- Attacker has to try and pull the appropriate leg away but has to keep the other leg on the same spot
- Switch roles after 5 min (keep track of the number of touches to make it a contest)

B: (10 min) "Reaction contests" with sticks – no balls

1.
 - All players stand on a line facing the same direction
 - on a signal from the coach, players have to lunge out with the left leg - stick in left hand with blade on the ground
 - player who reacts first with good technique wins
2.
 - Players stand facing forward with a line (designated by cones) 3 yards to their right
 - On cue players have to lunge to their right and "slide" stick into the line to simulate making a tackle
 - Practice lunging out on right foot and on left
 - Player who reacts first with good technique wins
 - Progression: move players 5 yards away so that they have to incorporate good footwork to get to the line quickly (have to first step and then lunge)
3.
 - Same as above but with line 3 yards to the players left to make a reverse stick tackle
 - Players have to extend out with stick in left hand and have it slide low and parallel to the turf for the tackle to count
 - Player who reacts first with good technique wins

Focus on:

- Footwork
- Low body position on lunge
- Control – stick should slide into position

75-90 Small Games

2 vs. 2 with the entire end lines acting as the goals

- Field size 20x15
- Dribble across the end line with control to score

U10 Development: Practice 3

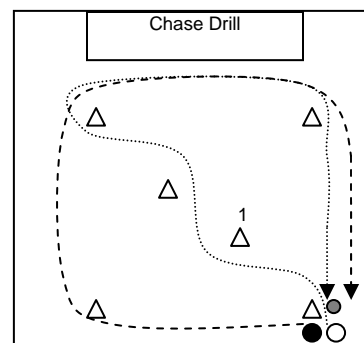
FOCUS: Ball control, passing on the move, poke and flat stick tackling, small games
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

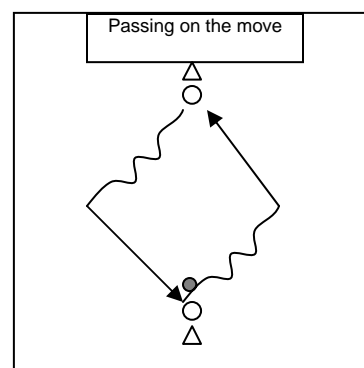
15-35 Dribbling and ball control – chase drill

- 2-4 players per drill - one with the ball, one without
- 10 x 10 square
- Player with the ball dribbles across the diagonal and back around the square to the start
- Player without the ball starts when ball carrier reaches cone 1 and has to sprint along the outside of the square and try to catch the ball carrier before they get back to the start



35-55 Passing on the move

- 2 cones 10-15 yards apart
- Groups of 4 players per grid – 2 at each cone
- One player starts with the ball and dribbles out at a diagonal to the right
- When half way across they have to pass across their body to their left to a teammate at the opposite cone
- Player follows their pass to the cone
- Receiver then repeats the same movement going back to the first cone
- **Drill is then repeated with players running diagonally to their left**



Focus on:

- Receiving and passing technique
- Head/eyes up when carrying the ball
- Staying balanced when passing

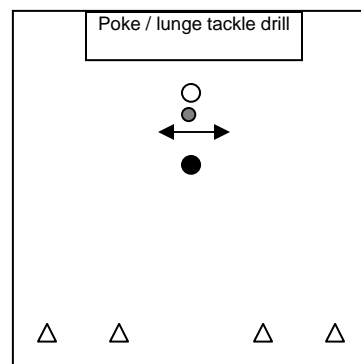
55-75 Tackling – poke and flat stick tackle

A: (10 min) poke tackle

- Players are in pairs – defender facing attacker who is 3 yards away
- Forward dribbles back and forth within a two yard zone while keeping eyes on the defender
- Defender has to use the poke tackle to dispossess the attacker
- Play for one minute at a time then switch roles

B: (10 min) poke - lunge tackle

- Same as above but with the addition of two goals 10 yards away from attacker as shown
- If poke tackle attempt is not successful then forward can attack one of the two goals and try to score by dribbling through them
- Defender has to recover, track the forward down and make a forehand or reverse stick tackle before a goal is scored



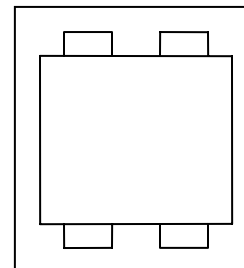
Focus on:

- Technique – **safety while tackling – do not tackle from behind**
- Staying balanced while poke tackling – do not dive forward
- Control – stick should slide into position

75-90 Small Games

2 vs. 2 with 4 goals

- Field size 20x15
- Scoring in either goal
- Progression: have the goal on the right worth 3 points and the goal on the left worth 1 to encourage right side attack



U10 Development: Practice 4

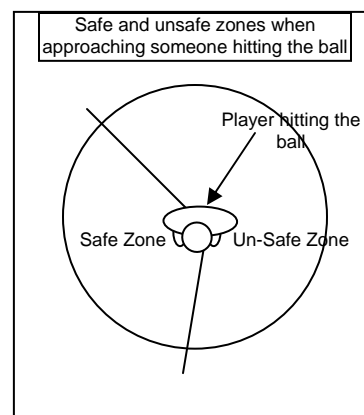
FOCUS: Hitting the ball, curling with the ball and shooting, tackling, small games
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

15-35 Hitting the ball – choke hit only

- Explain and demonstrate the basic technique for the choke hit – this hit incorporates all the motor learning of the full hit but is more controlled and easier to learn for athletes at this age
- Safety is especially important – stick should not go above the shoulders at any time (backswing or follow-through)
- Explain what the safe and unsafe zones are for someone approaching the hit to make a tackle
- Players can practice the hit in pairs 10-15 yards apart

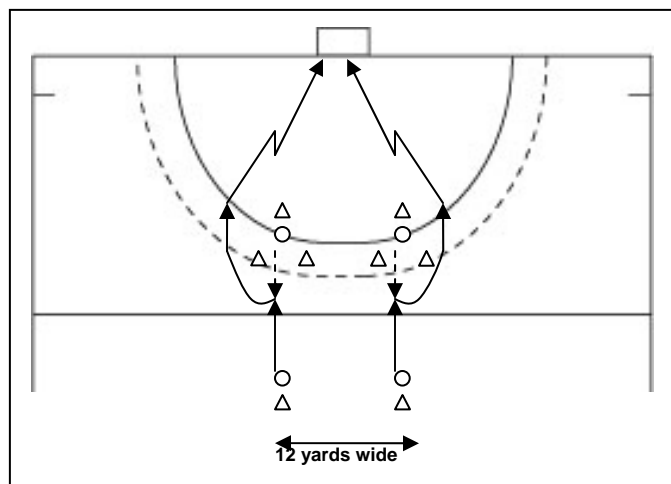


Focus on:

- Control – safety first
- Good contact with the ball – power is less important

35-55 Receive, curl and shoot

- 2 lines 10-12 yards apart
- First player in line goes to the cone at the top of the D
- Player leads back through the two cones as shown and receives a pass from the second player in line
- Player then curls to the right or left as shown – curl has to be around the outside cone to simulate having to get around a defender (simply turning directly up field will result in players running right into a defender)
- **Have both lines first curl to the left and then to the right to avoid collisions**



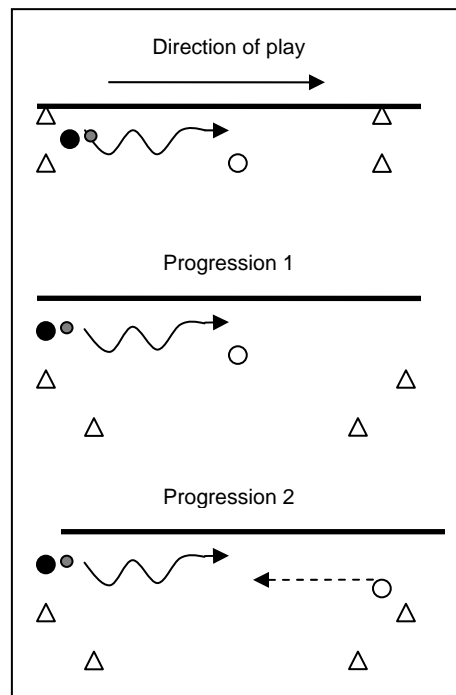
Focus on:

- Receiving and passing technique
- Curling around an imaginary defender
- Good contact for the shot at net

55-75 Tackling - forehand and reverse stick

Players in pairs working along any 15-20 yard stretch of the field that had a line (side line, center line, 25 yard line) on it.

- Drill starts with goals on the line, fwd at one end with the ball and defender in the middle
- Objective is to keep the fwd wide (close to the line) and make a forehand or reverse stick tackle
- Forehand tackles in one direction and reverse stick tackles in the opposite direction
- **Progression 1:** Moving the goals infield will force the defender to work harder to keep the fwd wide and prevent them from going infield to score the goal
- **Progression 2:** start the defender at the other end and have them close the distance to the forward and then make the tackle (close the distance to the fwd, pick up their speed, make the tackle)



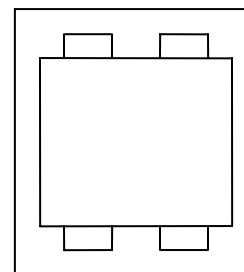
Focus on:

- Technique – **safety while tackling – do not tackle from behind**
- Eyes on the ball
- Do not dive into the tackle...maintain a balanced position
- Control – stick should slide into the tackle

75-90 Small Games

2 vs. 2 with 4 goals

- Field size 20x15
- Scoring in either goal
- Progression: have the goal on the right worth 3 points and the goal on the left worth 1 to encourage right side attack



U10 Development: Practice 5

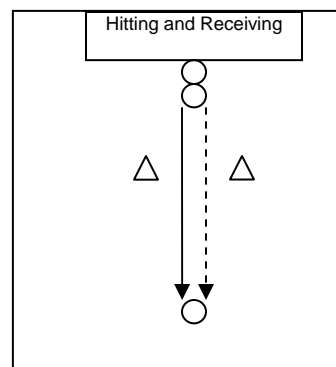
FOCUS: Hitting the ball, eliminations, passing, small games
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

15-35 Hitting and receiving drill

- 3 players per group
- Players are 10-15 yards apart and cones are 5 yards apart
- Players try and hit through the cones for accuracy and follow their ball



Focus on:

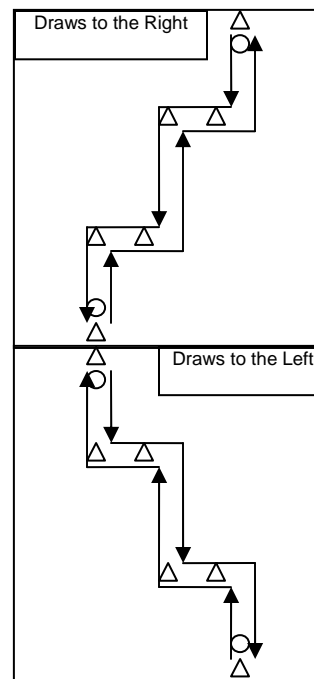
- Control – safety first
- Good contact with the ball – power is less important
- Closed receiving technique – low stance, receive at right foot, right hand low for more stability

35-55 Elimination basics

- Players run through circuit as shown
- 2-3 players per line
- Option to set up draw to the right first and then change to draw left or set up both stations and have players cycle through

Focus on:

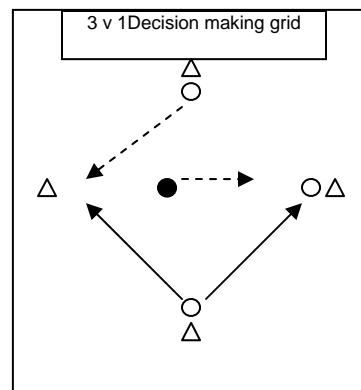
- Footwork – plant the right to go left and vice versa
- Good contact for the shot at net



55-75 Passing 3v1 decision making grid

Grid is set up over a 15x15 square

- Continuous drill
- 4 players per square
- One defender and three forwards
- Ball carrier should always have 2 options
- Defender has to commit to first cutting off one of the options and then pressuring the ball carrier
- Pass has to be made to open forward
- Once the pass is made the free forwards have to reposition to create two passing options for the ball carrier
- Defender is switched out if:
 - A tackle or interception is made
 - A forward causes a foul
 - The forwards complete 5 consecutive passes
- **Progression:** make the square smaller e.g. 12x12 or 10x10



NOTE: all the receptions are “open” to accommodate quick transition into the next pass

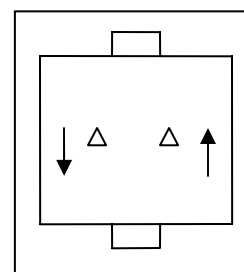
Focus on:

- Good technique for passing and receiving – all receptions are “open”
- Good vision to aid good decision making
- Early off ball running to create options

75-90 Small Games

2 vs. 2 with extra point for attacking through wide right channel

- Field size 20x15
- Additional point for attacking through the wide right channel



U10 Development: Practice 6

FOCUS: reverse stick receptions, passing, small games
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

15-35 Reverse stick receiving technique

- Introduce technique
- Players practice technique in pairs over 10 yards

Focus on:

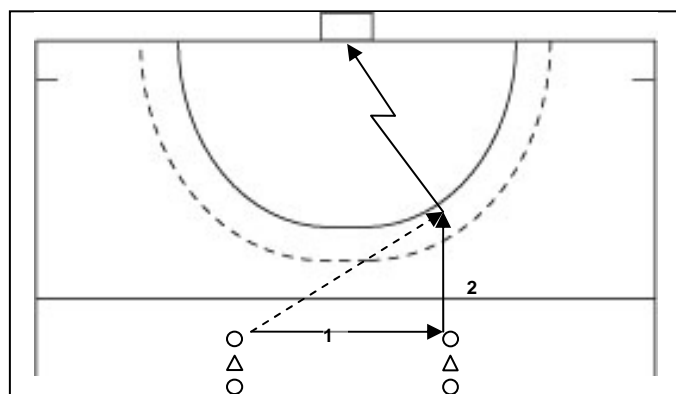
- Getting the hips turned around
- Receiving with the correct stick angle – in front of the lead foot

35-55 Square and Through (over the shoulder receptions)

- First pass (1) is square
- Passer leads diagonally to create danger in front of the ball and unbalance the defense – lead is not for depth i.e. forward is looking to get behind a defender to force the defender to make a decision (to drop with the forward or engage the ball carrier)
- Repeat on other side

Progression:

- move the starting points 5 yards back and after passer makes pass 2 they support the ball carrier by leading square to the top of the D for a return pass and shot
- have the forward draw L/R before taking a shot



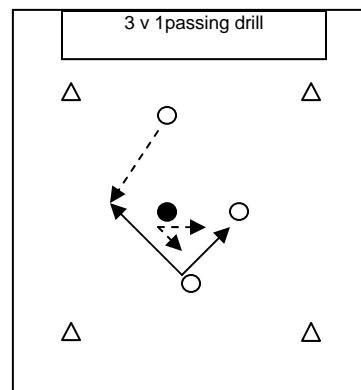
Focus on:

- Passing and receiving technique
- Strong leading with good timing
- Good contact for the shot at net

55-75 Passing 3v1

15x15 square

- 4 players per square
- One defender and three forwards
- Free play for possession
- Ball carrier should always have 2 options
- Defender tries to dispossess the ball carrier or intercept the pass
- Forwards have to keep possession by passing between themselves
- Once the pass is made the free forwards have to reposition to create two passing options for the ball carrier
- Defender is switched out if:
 - A tackle or interception is made – person who lost possession will now be the defender
 - A forward causes a foul
 - The forwards complete 5 consecutive passes
- **Progression:** make the square smaller e.g. 12x12 or 10x10



NOTE: all the receptions are “open” to accommodate quick transition into the next pass

Focus on:

- Good technique for passing and receiving – all receptions are “open”
- Good vision to aid good decision making
- Using the full space to create options – depth and width
- Early off ball running to create options

75-90 Small Games

3 vs. 3 with goals scored by dribbling over the end line

- Field size 25x25

U10 Development: Practice 7

FOCUS: Intro to sweep hitting, give and go, possession skills, small games
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

15-35 Sweep hitting technique

- Introduce technique
- Players practice technique in pairs over 10-15 yards

Focus on:

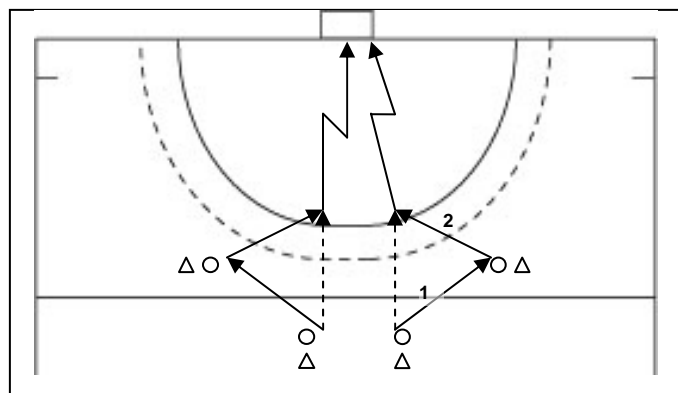
- Ball position – step and a stick length away and perpendicular to target
- Staying low with the hands and the body
- Not turning the wrist over on the follow-through – blade stays open right through the entire motion

35-55 Give and Go Drill

- 2 lines are active
- In each line, rotate from shooter to passer to back of the line
- Switch lines after 10 min
- All shots are forehand – get feet around if shooting from the left side

Progression:

- have the forward draw L/R before taking a shot



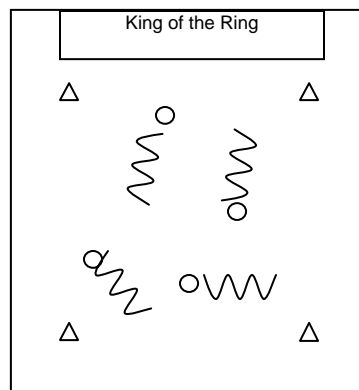
Focus on:

- Passing and receiving technique
- Timing of pass
- Good contact for the shot at net

55-75 King of the ring (avoiding the tackle)

15x15 square

- 4 players per square
- All players have a ball
- Players dribble randomly within the square
- Players have to keep possession while also trying to dispossess each other
- When tackled, player has to complete two laps of the square in order to re-enter the game
- **Progression:** make the square smaller e.g. 12x12 or 10x10



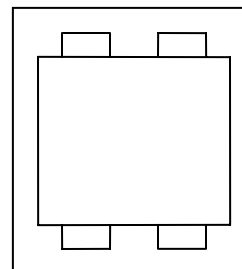
Focus on:

- Eyes and head up to maintain vision and awareness
- Good technique for Indian dribble
- Footwork

75-90 Small Games

3 vs. 3 with 4 goals

- Field size 25x25



U10 Development: Practice 8

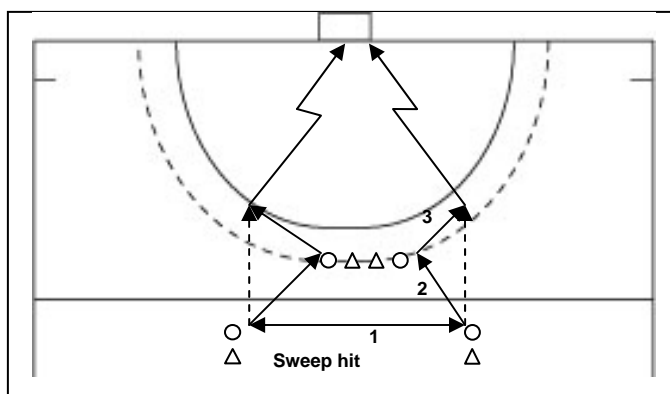
FOCUS: Sweep hitting, ball control, 1 vs. 1, small games
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

15-35 Sweep hitting / give and go

- Lines are approx 15 yards apart
- First person in each line goes to the cones at the hash marks for the give and go
- Drill begins with a sweep hit across to partner (1)
- Ball carrier then executes a give and go and finishes with a forehand shot on net



Focus on:

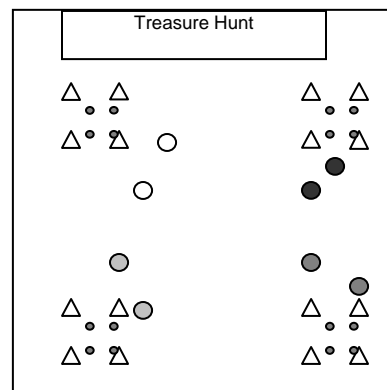
- Ball position – step and a stick length away and perpendicular to target
- Staying low with the hands and the body
- Not turning the wrist over on the follow-through – blade stays open right through the entire motion
- Good contact for the shot on net

35-55 Treasure Hunt

- Each game has up to 4 home bases with 2 players and 4 balls at each base
- Players try to steal treasure(balls) from other bases and deposit them safely into their own using an open stick or Indian dribble
- Play 3x5 min periods to see which team can capture the most treasure

Progression:

- have one or two additional players designated as “sharks” who are free to tackle anyone they want outside their home base



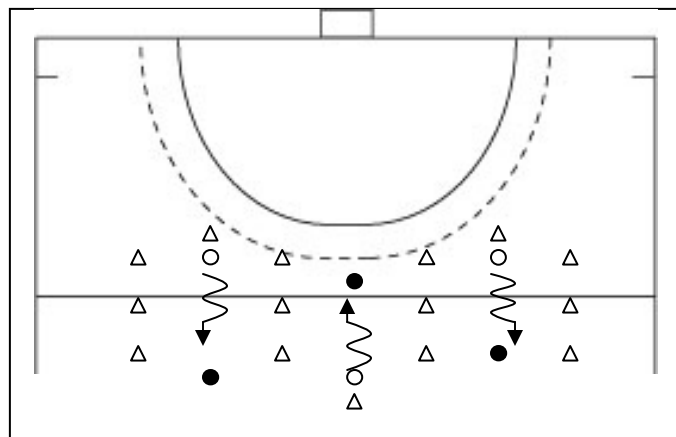
Focus on:

- Vision
- Good technique

55-75 1 vs. 1's

Each channel is 7-10 yards wide

- 3 channels – 1 going towards net ending in a shot and 2 going away from net
- Defenders need to work on trying to make forehand tackles and making the tackle within the designated zone
- **Progressions:**
 - Vary the starting position of the defender – starting from further back in the channel will make it harder as the forward will be attacking with more speed
 - make the channel narrower



Defenders Focus on:

- Eyes on the ball
- Footwork
- Channeling
- Timing

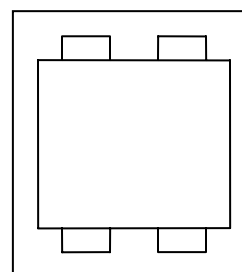
Forwards focus on:

- Change of speed
- Change of direction
- Deception

75-90 Small Games

3 vs. 3 with 4 goals

- Field size 25x25



U10 Development: Practice 9

FOCUS: Ball control, 1 vs. 1, intro to 2 vs. 1, small games
Time: 1.5 Hrs

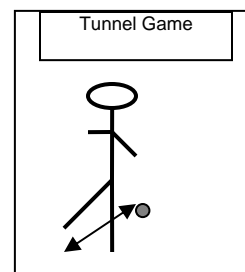
0-15 Warm-up

See warm-up routine included as part of package

15-35 Indian Dribble – same as practice #1 for comparison of scores

A. (10 min) Yardstick test:

- Players pair up
- Player 1 lays stick down as measure and player 2 dribbles back and forth over the length of the stick
- Count number of repetitions in 30 sec and then switch roles – compare best score to scores from the start of the season



B. (10 min) Tunnel Game :

- Players pair up
- Player 1 stands with legs apart
- Player 2 pushes ball back and forth between the legs of player 1 (forehand to push the ball left and reverse stick to go right)
- Count number of reps in 1 min and then switch roles
- compare scores to start of the season

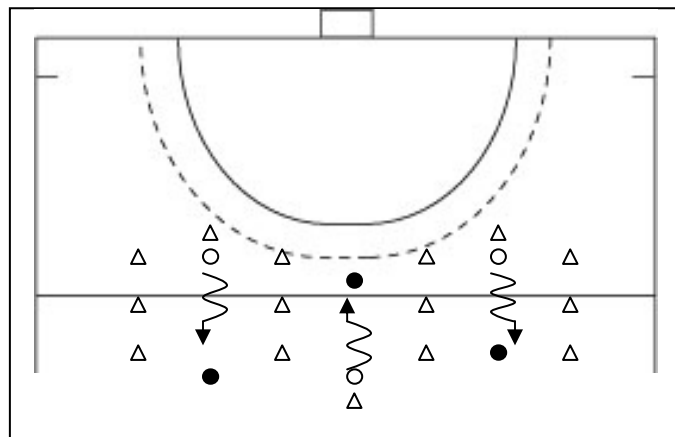
Focus on:

- Turning the stick over effectively
- Weight transfer (even if the player is stationary – weight should still be shifting from one foot to another as they dribble)

35-55 1 vs. 1's

Each channel is 7-10 yards wide

- 3 channels – 1 going towards net ending in a shot and 2 going away from net
- Defenders need to work on trying to make forehand tackles and making the tackle within the designated zone
- **Progressions:**
 - Vary the starting position of the defender – starting from further back in the channel will make it harder as the forward will be attacking with more speed
 - make the channel narrower



Forwards focus on:

- Change of speed
- Change of direction
- Deception

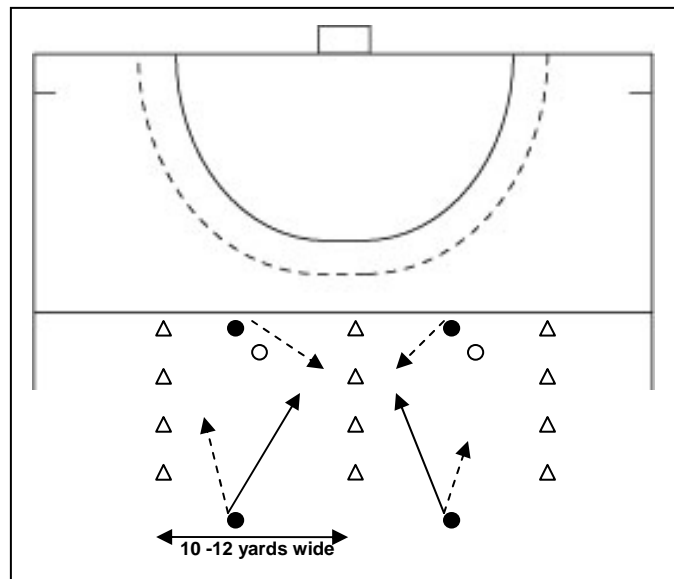
Defenders Focus on:

- Eyes on the ball
- Footwork
- Channeling
- Timing

55-75 2v1's

Drill is a simple 2 v 1 with one attacker being man to man marked by the defender. Drill alternates from L to R side.

- Forward has to make lead to get away from defender to start drill
- Ball carrier passes and then joins the attack for a 2v1
- Defender has to make tackle within the designated zone
- Drill is basically a progression to the give and go concepts introduced earlier



Note: It is much more effective for forwards to lead from **behind** their defenders. This will force the defenders to:

- readjust, forcing them to give up more and more territory or
- mark the zone in front of the forward and loose track of where the forward might lead

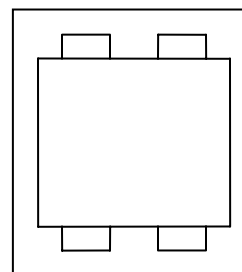
Focus:

- Strong well timed leads by the forwards
- Initial man to man marking and intercepting by the defenders
- Pass and support opportunities for the forwards

75-90 Small Games

3 vs. 3 with 4 goals

- Field size 25x25



U10 Development: Practice 10

FOCUS: This practice can be use to reinforce or build on any concepts or technical skills learned to date. Listed below are some ideas for drills that, at the coaches discretion, can be incorporated into the practice.

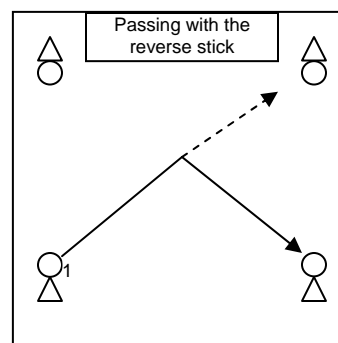
Time: 1.5 Hrs

0-15 Warm-up

See warm-up routine included as part of package

Reverse stick passing:

- Player1 moves to teammate diagonally across and passes off their back foot to teammate on their right side – players hips must be facing forward while the pass is made to their R
- Pattern repeats for player who receives the ball

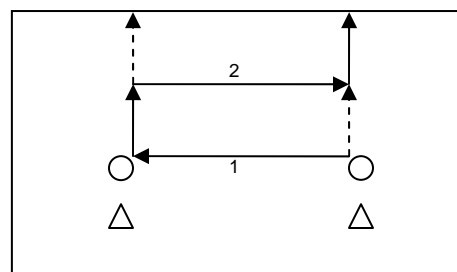


Passing in pairs (on the move)

Two player's approx 10 -12 yards apart passing back and forth while moving toward the net ending with a shot. If numbers are high, two additional lanes can be created on either side of the middle one.

Variations:

- Players on the Left (L) and Right (R) pass and receive forehand
- L player receives on reverse and passes forehand
- L player receives forehand and make a reverse stick pass
- L player receives on reverse stick and passes with reverse stick
- Players can throw in some random dribbling in between passes.



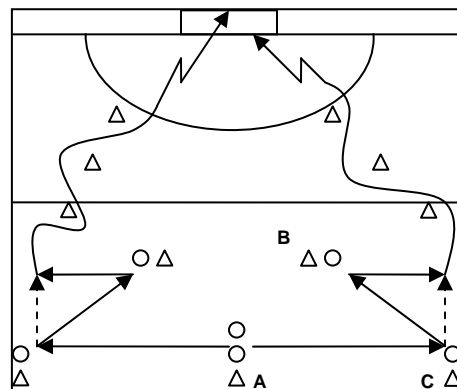
Htting / passing / receiving

Line up and ball start at cone A. Rotation is from cone A to B to C. Alternate L and R side
 Coach can be in the middle with extra balls feeding the drill whenever it breaks down

- First pass is a choke hit or sweep hit wide to cone C
- Give and go with player leading to the ball from cone B
- Slalom dribble through cones toward net for a shot (using the choke hit)

Variations / Progressions:

- Draw the ball L/R at each of the cones leading to the net
- Lifted draws at each of the cones
- Pass from station B when going up the left side of the field can be a reverse stick pass



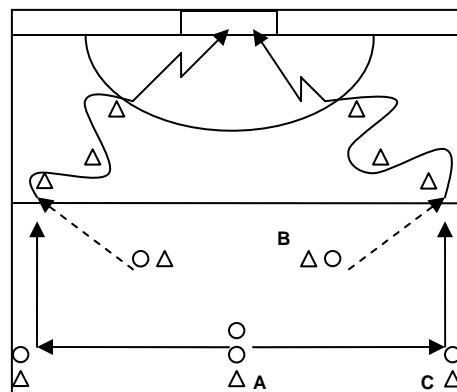
Focus on technique, weight transfer, vision, and good contact for the choke hit and shot on net.

Hitting / passing / receiving

Line up and ball start at cone A. Rotation is from cone A to B to C. Alternate L and R side.

Coach can be in the middle with extra balls feeding the drill whenever it breaks down

- First pass is a choke hit wide to cone C
- Player at B leads for over the shoulder reception from player at C
- Slalom dribble through cones toward net for a shot (using the full drive – low and flat)



Variations / Progressions:

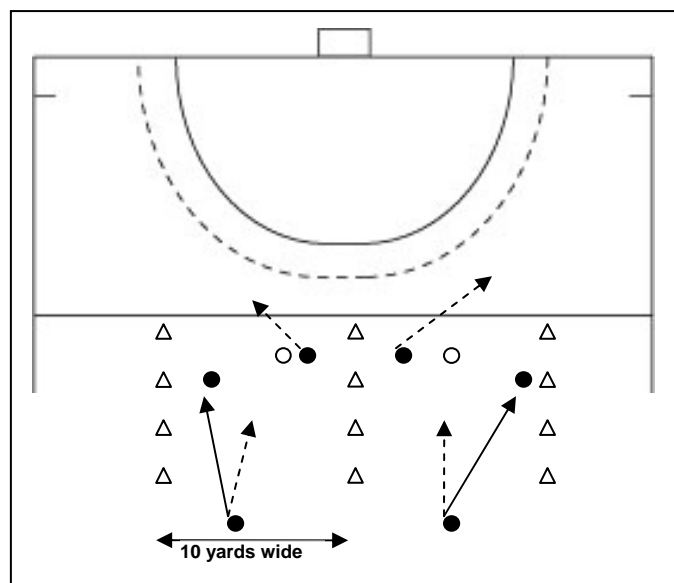
- Draw the ball L/R at each of the cones leading to the net
- Lifted draws at each of the cones

Focus on technique, weight transfer, vision, and good contact for the hit and shot on net.

3v1's

Drill is a simple 3 v 1 with the ball carrier having 2 passing options available. Drill alternates from L to R side.

- Opposite forward has to make lead to create danger in front of the ball as soon as partner receives the pass
- Ball carrier passes and then joins the attack for a 3v1
- Progress to having a late defender trail the play and join late to force the attack to proceed with speed



Small Games Tournament

3 vs. 3 with 4 goals

- Field size 25x25

