

Pine-Richland Field Hockey

Summer Training Program – 1000's Club Field Player Stick Skills

1000's Club

Field Player Stick Skills

Name: _____

Indian Dribbling	Dates / Number Completed:
	1000 Completion Date:
Pulls	Dates / Number Completed:
	1000 Completion Date:
Lifts	Dates / Number Completed:
	1000 Completion Date:
Push Passes	Dates / Number Completed:
	1000 Completion Date:
Hits	Dates / Number Completed:
	1000 Completion Date:
Shots on Goal	Dates / Number Completed:
	1000 Completion Date:

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Indian Dribbling:

Indian dribbling involves dribbling the ball by alternating between regular side and reverse side dribbles. The dribbling is done in a tight, controlled manner.

1. Set up 2 cones 10 yards.
2. Get in proper field hockey stance.
3. Place ball in your control box out in front of you.
4. Indian dribble up 10 yards.
5. Circle around with the ball on your stick – important to keep the ball moving so you don't commit obstruction.
6. Indian dribble back 10 yards.
7. One complete Indian dribble is 10 yards.

Pulls:

1. Get in proper field hockey stance.
2. Place ball in your control box out in front of you.
3. Pull the ball from off your right foot to off your left foot and back again with the reverse side of the stick.
4. Be sure to transfer your weight from right to left and back to right again.
5. Keep your head up and have your left hand at knee height (not hip height).
6. One complete pull is from the right to the left and back to the right.

Lifts:

You need a bucket for this drill.

1. Practice stationary lifts from various distances.
2. Then practice carrying the ball and lifting on the move.
3. Perform lifts on both the regular and reverse stick (reverse lift is know as the jinx).
4. Be sure that your left arm drops down in order to get under the ball to lift it.

Push Passes:

1. Find a wall and pass to it.
2. Dribble from different directions and execute a pass.
3. Work on passing off both feet.
4. Challenge yourself with reverse stick passes as well.

Hits:

1. Find a wall and hit against it.
2. Challenge yourself to hit to a certain spot 5 times in a row.
3. Then hit to another spot 5 times in a row.
4. Always hit with a ball placed in motion to make it game like. Do not hit stationary balls.
5. Challenge yourself with reverse hits.

See "the Swing and Hit" YouTube video by Tjerk Van Herwaarden at

<http://www.youtube.com/watch?v=kpXDBfdEMOk>

Shots on Goal:

1. You need to go to the field to use the goal cage for this drill.
2. Position balls around the circle within 7 yards of the goal (stroke mark to goal area). This is our high-probability scoring zone.
3. Take shots on goal using different types of shots.
4. Try shots off both feet.
5. Challenge yourself to try advance shots such as the flick, drag flick, reverse chip, lift, jinx, and punch or pop.