



Player: Amy Costello


Theme: Moving with the ball


*Please refer to the Hamish's Heroes booklet and outline Amy's tips to the children.
GC2018 facts can also be utilised at this stage*


Key:

Player 

Player 2 

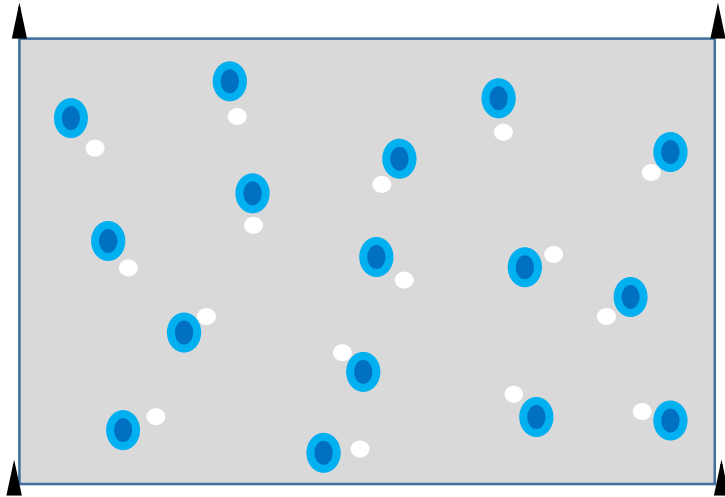
Boundary 

Goal 

Ball 

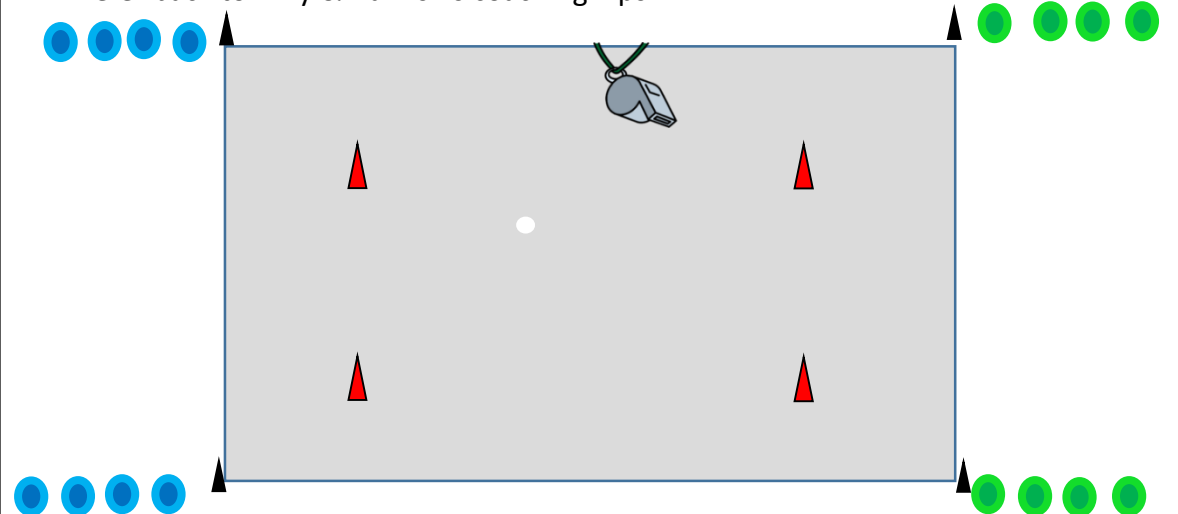
Carrying the ball

- Each player needs a stick and a ball, they should then find a space in the area.
- Each player dribbles their ball inside the area.
- The coach has 4 commands. 1 Stop the ball 2 Change Direction 3 Swap balls 4 Steal a ball. **Coaches Tip** – Use number 1 to get the group under control.
- Progression = add further or change existing commands.
- **Coach points:** Don't move too fast, keep head up, keep stick in contact with ball. Bend the knees and not the back. *refer back to Amy & Hamish's coaching Tips*



Number hockey conditioned game

- Each team is split between 2 base cones on own defensive line.
- Every player at the base cone is given a number from 1-4. So that each team has 2 of each number with one being at each base cone.
- Start with wide goals to allow lots of points to be awarded.
- The coach shouts a number e.g. 3 and both number 3's from each team enter the pitch to compete for the ball so there should be 2 players from each team on the pitch. The player needs to dribble through the cones to earn a point. Progression = narrow/widen the goals or add in 2 numbers.
- **Coaching Points:** No shooting ball must be dribbled over the line under control. *refer back to Amy & Hamish's coaching Tips*






Player: Lee Morton

Theme: Moving with the ball with vision

Please refer to the Hamish's Heroes booklet and outline Lee's tips to the children.

GC2018 facts can also be utilised at this stage

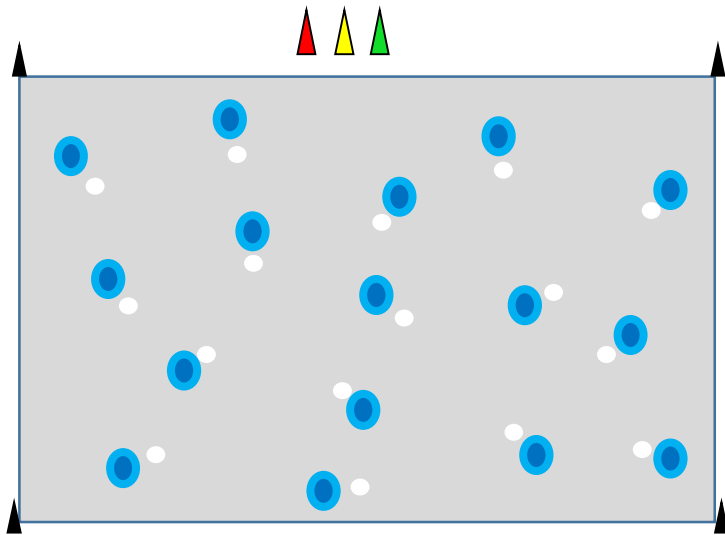
Key:

Player  Player 2  Boundary 

Cones    Ball 

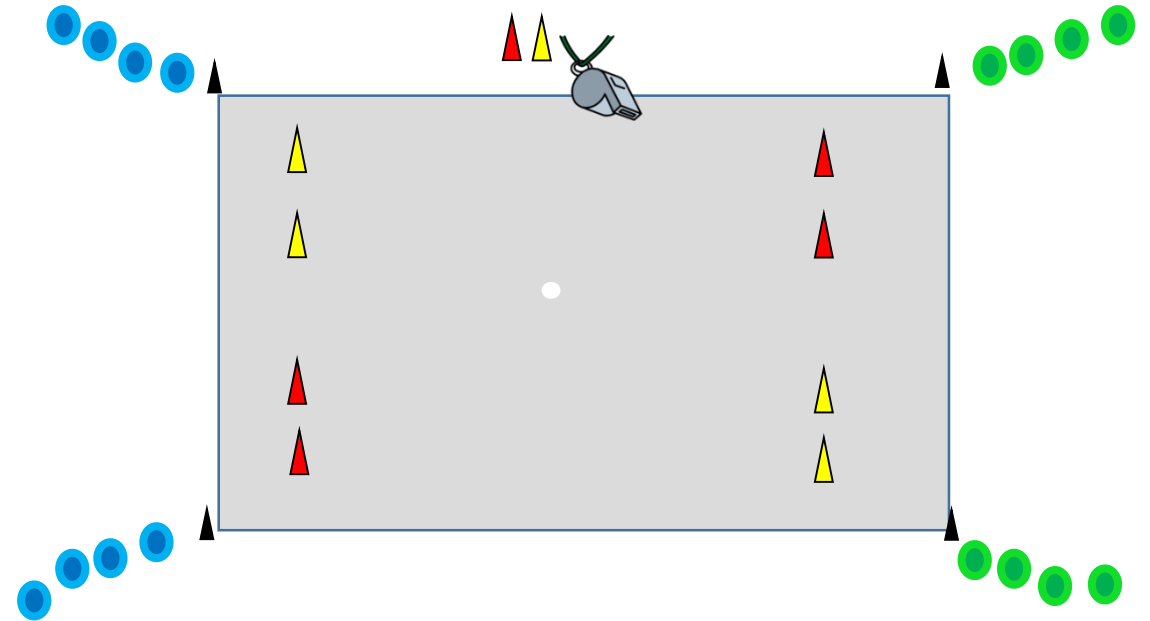
Traffic lights game

- Each player needs a stick and a ball, they should then find a space in the area
- The coach has 3 different coloured cones that they hold up at different times to signal actions for the players to complete
- Red = Stop, Yellow = Get ready (Feet stationary ball moving side to side), Green = Go (Dribble anywhere in area) Progression = swap the colour commands i.e. stop becomes yellow, go becomes red and stop becomes green.
- **Coach points:** Don't move too fast, keep head up, keep stick in contact with ball. Bend the knees and not the back. *refer back to Lee & Hamish's coaching Tips*



Number hockey conditioned game

- Each team is split between 2 base cones on own defensive line.
- Every player at the base cone is given a number from 1-4. So that each team has 2 of each number with one being at each base cone.
- The coach shouts a number e.g. 3 and both number 3's from each team enter the pitch to compete for the ball so there should be 2 players from each team on the pitch. The coach then holds up coloured cone to display which goal the player needs to dribble through to earn a point. Coach can change colour at any time. Progression = add further colours, narrow/widen the goals.
- **Coaching Points:** Keep head up, *refer back to Lee & Hamish's coaching Tips*



Player: Sarah Robertson

Theme: Passing & Receiving

Please refer to the Hamish's Heroes booklet and outline Sarah's tips to the children.

GC2018 facts can also be utilised at this stage

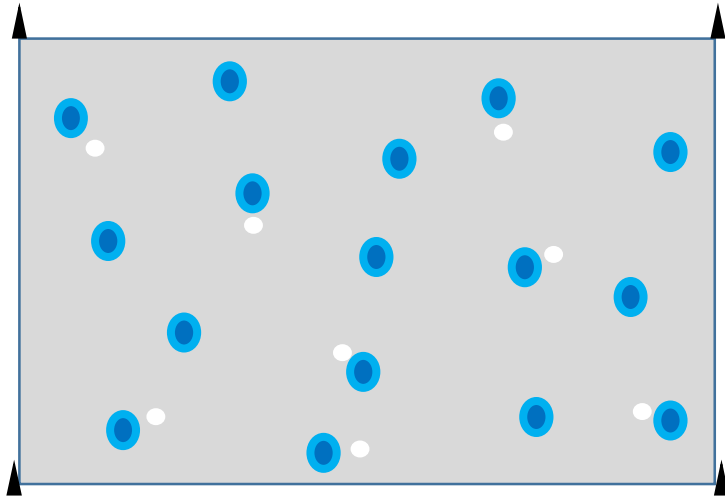
Key:

Players     Boundary 

Goal  Ball  Shooting Zone 

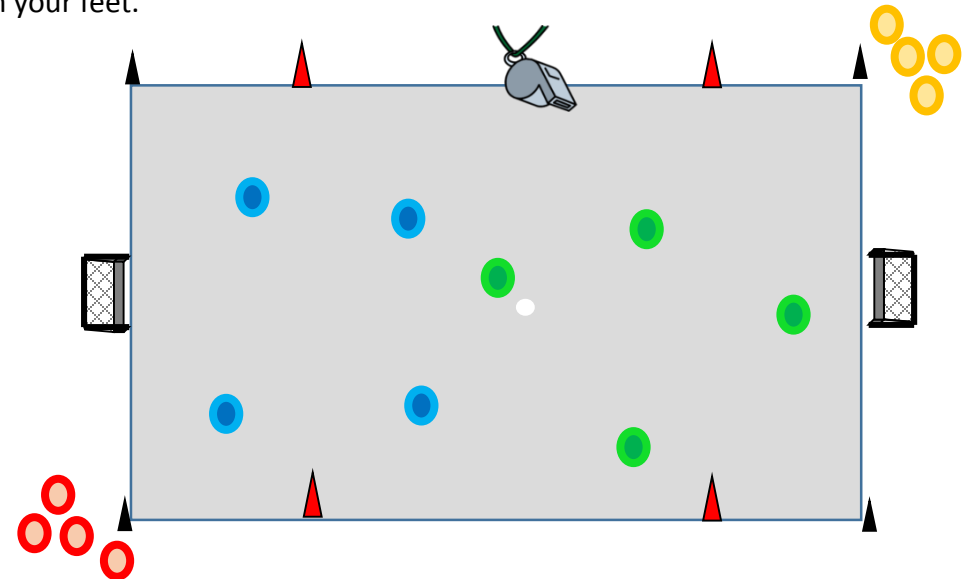
Passing & Receiving

- Half of the players have a ball.
- All players should move around the area to give or receive a pass.
- A player must pass/receive from different partner each time. A point is awarded for a successful completion of a pass.
- Progression = count number of passes in a given time, players exchange passes with a pre set number of people i.e. first person to complete 5 passes
- **Coach points:** *refer back to Sarah & Hamish's coaching Tips*



Small sided games

- Each of the 4 teams is allocated a base cone.
- Red cones indicate the rectangle shaped shooting areas between the cones and closest goal. The player must be between the cones and the goal they are attacking to score. Shooting from outside this area is a foul. **Coaches Tip** – Ensure shooting area is large. Allows more shots and is much safer for all players
- Teams must make at least 1 pass prior to shooting for goal. Teams rotate off after a goal is scored. Progression = increase number of passes prior to shooting.
- **Coaching Points:** Get into space to receive a pass. Don't play with dedicated Goal keepers unless full GK kit is available. No using feet or body to keep out a shot. Stay on your feet.



Player: Alan Forsyth


Theme: Goal Scoring

Please refer to the Hamish's Heroes booklet and outline Alan's tips to the children.

GC2018 facts can also be utilised at this stage

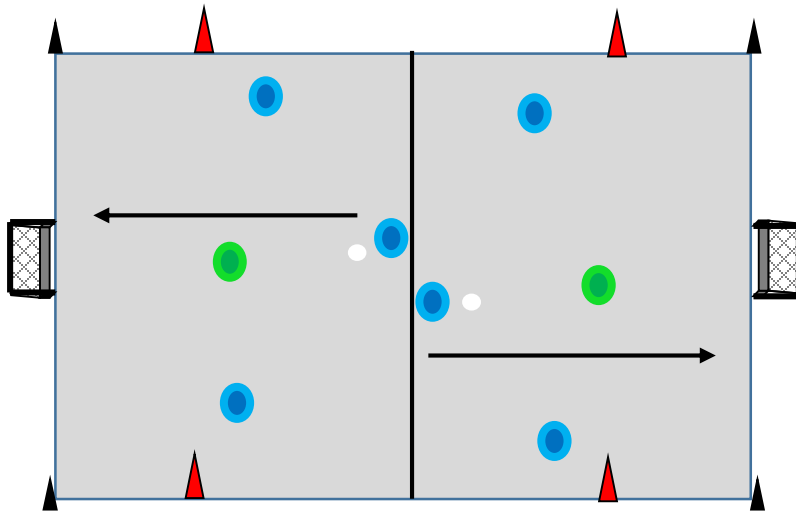
Key:

Players ● ● ● ● Boundary ▲ Shooting Zone ▲

Goal  Direction of Play ← → Ball ●

3v1

- Pitch is split into 2 even halves. 3 players in blue attack the goal which is defended by a player in green on each half.
- Red cones indicate the rectangle shaped shooting areas between the cones and closest goal. The player must be between the cones and the goal to score. Shooting from outside this area is a foul. **Coaches Tip** – Ensure shooting area is large. Allows more shots and is much safer for all players
- All players can move around the area to give or receive a pass. The defender can also move freely. Progression = Increase/shrink goal size.
- **Coach points:** Shooting is just like a push pass. Try to move ball on quickly. Defenders try to isolate an attacker. *refer back to Alan & Hamish's coaching Tips*



Small sided games

- Each of the 4 teams is allocated a base cone.
- Use the shooting areas as in drill 1.
- A match is 2 minutes long. Make the goals large to encourage shooting.
- **Coaching Points:** Use the skills learned over the previous 3 sessions and have fun. Don't play with dedicated Goal keepers unless full GK kit is available. No using feet or body to keep out a shot. Stay on your feet.
- **Coaches Tip:** Give it commonwealth games theme. Can the players come up with nations to match their bib colour.

