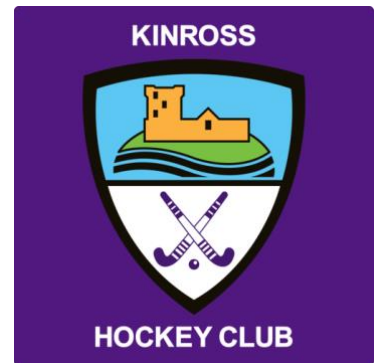


5.30 Playbook

*(or How to survive 1 hour of hockey
with 8 year olds)*



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Introduction

This is a quick guide to the activities that we have done with the youngest group at Kinross Kobras.

Each activity in this document has the following sections:

Setup: this is where we note what needs to be in place for this activity to happen. Diagrams of cone placement etc should be provided to make the setup clear

Aims: this is a quick note of what we are trying to achieve with the exercise.

Method: this is a step-by-step guide to running the activity. This should be detailed enough that someone can attempt to run the activity just from the steps outlined, but not so detailed that they fall asleep while attempting to read it.

Coaching points: these are the technical things the coach should be looking for during the activity (e.g. stick grip, ball placement etc)

Notes: This section should be filled in by anyone who has attempted to run the activity and has advice and tips for those that follow!

This should be a living document - as new activities are thought up, they should be added here. In the end, the document should make it easier for anyone to run a fun session without too much stress!

Warm-ups

Simon Says

Setup: No extra setup required

Aim: Warm up the major muscle groups at the start of the session. This exercise should mix up stretches for legs and shoulders with ridiculous exercises that make it more interesting. By adding in some exercises without “Simon says” before them, you hopefully get the players to focus on listening to the coaches

Method:

- Get all players to line up on one side of the pitch without stick of ball
- Call “Simon says....” before an exercise you want them to do. The following are the main exercises:
 - Jog (quads/calves)
 - Feed the chickens (hamstrings)
 - High knees (glutes)
 - High kicks (hamstrings)
 - Pat yourself on the back (backs of arms)
 - Lunges (quads)
 - Sprint to the line
 - Action man (/person)
- Mix in some daft ones
 - Jog while patting head and rubbing tummy
 - Swimming
 - Hop
 - Sideways star jumps
 - Anything else you can think of!
- End the exercise after a couple of minutes

Notes:

- May need to say “Simon says that Simon says is finished” if you want them to believe that you are moving on to something else!
-

Circle warmup

Setup: No extra setup required

Aim: Warm up the major muscle groups. This exercise uses continual movement with stretches and direction changes thrown in

Method:

- Form a circle around the coach. The players start off with a slow jog while trying to keep the circle properly formed. The coach calls out instructions for the players to do. Instructions might include:
 - Stop

- Change direction
- touch your toes
- high knees
- side steps etc
- make the circle wider!
- keep going for a few minutes until everyone is warmed up

Notes:

Sharks And Fishes

Setup:

Just need an area of the pitch to run across

Aim:

Warm up muscles, improve dribbling at speed, practice tackling

Method:

All players apart from one 'shark' line up with a ball. The aim is for the shark to tackle as many fishes as possible as they cross the pitch. Each time a player is tackled, they are also a shark on the next run. Last fish left is the winner!

Notes:

Noughts and crosses

Setup:

A 3X3 grid of cones is setup between 2 teams.

5 blues cones for one team, 5 red cones for the other (other colours are acceptable :))

Aim:

Get 3 cones in a row of your colour. This is a warm up exercise that also improves focus by looking at the cones available and promotes quickly changing direction without running into each other

Method:

Both teams are active at the same time. One player from each team takes a coloured cone and puts it on top of one of the cones in the grid, then runs back to the

Notes:

Tig (toilet / tunnel / Wuhan Shake)

Setup:

Aim:

Method:

Notes:

Dribbling Exercises

What's the time Mr Wolf?

Setup:

No additional setup required

Aim:

To improve close dribbling at speed, stopping the ball quickly, and looking ahead rather than at the ball

Method:

All players line up with a ball. When the coach faces the opposite direction the players run forward with their ball. The coach turns round quickly at random intervals, and any player that does not stop quickly, or whose ball is more than a stick length away from them when they stop, needs to go back to the start.

If a second coach is available, they should be looking to make sure that the players are gripping the stick correctly, that they are attempting to keep the ball and stick in contact when they move, and are trying to look ahead to see what is happening in front of them.

If some players are consistently coming near the back, the coach can look to give them a head start over the faster players. This gives more competition to the faster players and keeps the slower ones engaged

Notes:

Indian dribble race

Setup:

A line of 5-6 cones per team

Aim:

Each player in the team should Indian-dribble through along the cones, and then push-pass the ball back to the next player in the team from the end of the line of cones. All teams are competing against each other, with the first team to have all players back the winners.

Method:

A quick review of the Indian-dribble technique is recommended before starting the races - particularly focussing on the loosening of the grip on the right hand while changing from front to reverse grip.

Encourage players to keep their feet running along the line of the cones rather than running between them to keep the speed up.

If one team is going faster than others, extra cones can be added, and the existing cones can be moved closer together to make the exercise more difficult.

If enough coaches are available, players that are not managing the transition from front to reverse grip can be taken aside to practice 1-1 while their team continues to play

Notes:

This can be extended by adding an extra skill into the race - e.g. a bump-lift over some cones, a spin round a cone or running round a hook before passing the ball.

If one team is dominating, extra cones can be added to one side to make the dribbling part more difficult.

If a player is struggling to get the technique and their feet are following the ball round, I've previously taken them to the sideline and asked them to pretend it's a high-wire, and that they'll plunge to their doooooom if their feet leave the line. After a couple of walks up and down the line moving the ball from side to side, the problem was solved!

Round the D challenge

Setup:

1 ball per player. One of the D-s are required

Aim:

To practice dribbling the ball around a curve

Method:

All the players line up in the blue zone at the end of one of the Ds. The player at the front starts running along the D, and everyone else follows behind. The last player in the line needs sprint-dribble round the outside of the group to catch up and lead the line. The team succeeds if the player that started at the front of the line manages to get back to the front before they run out of D!

This promotes teamwork (don't go so fast that your team can't catch up), close dribbling control round the bend, and running at pace with the ball.

When running round the D in an anti-clockwise direction, the coaches should be checking that the ball is further ahead than the feet - if it isn't the the ball is likely to go straight on instead of round the bend.

When running round the D clockwise, the coaches should check that the ball is being dragged slightly behind the feet, or again it is likely to go straight ahead and out of the pitch.

Notes:

Traffic lights dribbling

Setup:

A ball per player. A free area of the pitch to run around

Aim:

The aim is to encourage the use of skills from moving, primarily running with the ball under control, stopping quickly with the ball, and going into clockwise and anti-clockwise spins

Method:

Notes:

Spins and drags

Setup:

Aim:

Method:

Notes:

Bump lifts

Setup:

Aim:

Method:

Notes:

Tackling Exercises

Basic block tackle practice

Setup:

Aim:

Method:

Notes:

Jab tackle practice

Setup:

Aim:

Method:

Notes:

King of the D

Setup:

Aim:

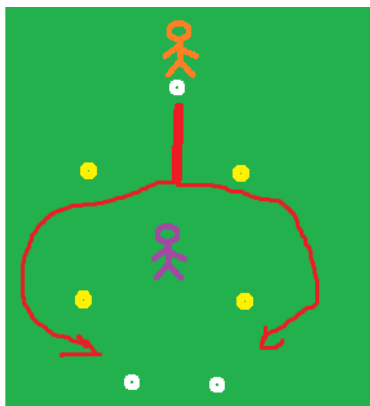
Method:

Notes:

Lyndsays Running Square game

Setup:

7 cones - 4 form a box for the defender to stay in, one as a start cone and 2 as a goal.



Aim:

The aim of this exercise is to encourage the attacker to engage the defender and attempt to dribble past them to either side. The advantage of moving at speed while controlling the ball should be emphasised by this exercise.

For the defender, the aim is to practice block (and possibly jab) tackles with a player running at them. The advantage of moving forward to engage the attacker early should be noted in this exercise.

Method:

The attacker has to enter the yellow box while dribbling the ball, with the aim of getting past the defender and scoring a goal. The defender cannot leave the box, and is trying to stop the attacker from scoring. The attacker is allowed to leave the box to either side if they wish.

Notes:

Passing Exercises

Push passing pairs

Setup:

Aim:

Method:

Notes:

Push passing with movement

Setup:

Aim:

Method:

Notes:

Push pass race

Setup:

Aim:

Method:

Notes:

Slap pass

Setup:

Aim:

Method:

Notes:

Piggy in the middle

Setup:

Aim:

Method:

Notes:

Fun activities

(Lauryn's) Number game

Setup:

Aim:

Method:

Notes:

Duck Duck goose

Setup:

Aim:

Method:

Notes:

Never managed to get this to work!!!

Spin races

Setup:

Aim:

Method:

Notes:

2-v-1 attacking exercise

Setup:

1 ball between 3. An area of pitch with a cone goal

Aim:

For the attackers, the aim is to practice attacking with a 2-v-1 overload. The key aim is to demonstrate that spreading out on the pitch will make it easier to

Method:

Notes:

Matches

Small-sided game

Setup:

Aim:

Method:

Notes:

Non-stop dribble

Setup:

Aim:

Method:

Notes:

4-goal game

Setup:

Aim:

Method:

Notes: