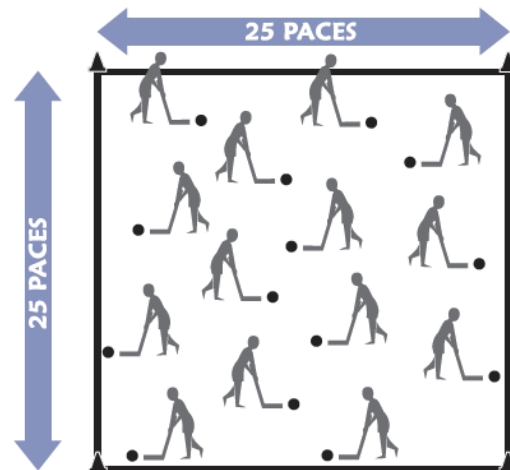


Ready

- 4 cones (for boundaries)
- 1 field hockey stick per student
- 1 field hockey ball per student

Set

- Create large (25x25 paces) activity area
- Scatter students in area; each with a stick and a ball



GO!

1. The object is to practice dribbling in open space.
2. It is important to hold your stick correctly. Use your dominant hand to “shake hands” with the stick at mid-shaft.
3. Place your other hand near the top of shaft, and shake hands with it.
4. **Tight Dribble**
 - On signal, walk in any direction through open space by keeping the ball on the stick. Can you move into a jog? A run?
5. **Loose Dribble**
 - On signal, walk in any direction inside our area while you dribble the ball by gently tapping it as you move forward.
6. **Indian Dribble**
 - Stationary- on signal, straddle your feet wider than your shoulders, and move the ball R to L using both sides of stick. Keep the ball between your feet.
 - Mobile- on signal, starting with your stick on the ball, pull the ball to the left side of the body and then back. The stick will move over the ball, protecting it from any opponents. Move forward pulling the ball from one side of the body to the other.

CHALLENGES

- Can you move into a quick jog? A run?
- Can you control the ball without looking at it?
- How many times can you pull the ball from one side of the body to the other?

CUES

- Keep stick blade down low
- Use gentle taps and touches
- Work toward controlling the ball while keeping your head up