



Hockey: Basic

Session 2: Forehand Dribble

This document is designed to be used together with the accompanying demonstration video.
Session 2: Forehand Dribble should take between 20 - 40mins to complete.

Key Objectives: Learn and practice simple techniques, encouraging the participants to reflect and repeat continuously.
“Can I simplify?”

Activity	Explanation or Extension
Introduction: <ul style="list-style-type: none"> Who we are What we hope to achieve from this session What we will need for this session Reflective cycle 	<ul style="list-style-type: none"> Explain this session is designed to be completed on grass outside, but can be completed inside (If careful). At RO Coaching, our preferred reflective cycle model is highly emotion orientated, this means we value a constant awareness of our own and other participants' emotions. Be sure to warm up before attempting the activities below
1st Activity (Without a Stick) <ul style="list-style-type: none"> Make a circle of cones (Or random objects) Ask a teammate (Or parent), to call out the colour of the cone (Or which object) React and tap the colour of the cone (Or object) called 	<ul style="list-style-type: none"> How did it feel to work hard? Proud, happy, maybe determined to work harder? How will you improve? Could you stay low between objects? Good footwork is paramount
Technique – Forehand Dribble <ul style="list-style-type: none"> Split grip (With index finger out along the back of the stick) Staggered stance (Left foot forward) High left elbow (Away from body) Keep the ball out in front (And slightly to the right) of your feet 	<ul style="list-style-type: none"> Keeping the index finger out is crucial for maximum control By keeping the ball out in front, away from the feet, you can look up far more easily.
2nd Activity (With a Stick) <ul style="list-style-type: none"> Make a circle of cones (Or random objects) Ask a teammate (Or parent), to call out a sequence of colours (Or objects). Remember the order and dribble to each, once there turn left and return to the start, then repeat. 	<ul style="list-style-type: none"> Focus on forehand dribbling technique, speed is not as important Attempt the activity as quickly as possible whilst maintaining a good technique.

Disclaimer:

By taking part in these activities, you are agreeing that RO Coaching aren't liable for any injury whilst taking part. In order to avoid any injury ensure you warm up as you would for any P.E lesson and we also recommend:

- You have permission from parent or Guardian
- You are wearing full hockey kit
- You have enough clear space (Inside or Outside)