RO Coaching Online

Hockey: Basic

Session 1: The Push Pass

This document is designed to be used together with the accompanying demonstration video.
Session 1: The Push Pass 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: • Who we are • What we hope to achieve from this session • What we will need for this session • Reflective cycle	• 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 • Mountains and Volcanoes – Flip all the cones • Repeat 3 times • Reflection	• Using cones (or random objects), time to see how long it takes you to flip each object over. Check to see if timings improve. • How did it feel to improve? Proud, happy, maybe determined to improve again? • How will you improve? Could you stay low between objects?
Technique – Push Pass • Split grip (With index finger out along the back of the stick) • Staggered stance (Left foot forward) • High left elbow (Away from body) • Lead the movement with the left hand, following through with the right hand. Finish pointing at the target.	• Attempt the technique whilst moving forward (Good footwork is paramount)
2nd Activity • 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 pass the ball toward the colour (Or object) called	• Use multiple balls if possible • 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)

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