RO Coaching Online

Hockey: Basic

Session 4: Push Pull Dribble

This document is designed to be used together with the accompanying demonstration video.
Session 4: Push Pull 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: • 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 • Take 3 cones (or objects) and place them in a triangle a few meters apart • Start in the middle, sidestep to a cone (or object) and touch it. Repeat • Time how long it takes to touch each cone twice	• How did it feel to work hard? Proud, happy, maybe determined to work harder? • How will you improve? Could you stay low between cones (or objects)? • Good footwork is paramount
Technique – Push Pull Dribble • Split grip (With index finger out along the back of the stick) • Feet slightly further than shoulder width apart • Move the ball side to side, moving the ball on the forehand to the reverse and back again	• Keeping the index finger out is crucial for maximum control • Ensure the left hand moves the stick, and the right hand loosely holds the stick for support, allowing the stick to turn in the right hand. • **Whacky idea**: Put an empty toilet role tube onto the stick handle and hold it with your right hand whilst still holding the stick at the top with your left
2nd Activity • Spread cones (or objects) on the floor • Move the ball around the cones, without hitting them, for 20 seconds • Count how many cones (or objects) were hit. Repeat	• Focus on push pull dribbling technique, speed is not as important • Attempt the activity as quickly as possible whilst maintaining a good technique. • If no cones (or objects) were hit then move to 30 seconds, or move the ball quicker to make it harder

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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