

First touch, Next action

Objective – First touch, next action, “On the move”

GameFocusReset
Progression

1. Box, triangle or any shape you wish
2. 4 players for box
3. 3 balls – one less than corners (if young then start with one ball and build)
4. Aim is to pass to another player on the next corner in 2 touches
 1. Receipt/direct
 2. Pass
5. To add pressure add balls
6. To make competitive measure the time around the box or the number of passes in a time

1. Body shape to receive and move
2. Stick position and action to move the ball

1. Normal Hockey

1. 5 balls each box and once they are gone they are done
2. Speed and pace of passes
3. Add balls
4. Limit types of passes and receipts

