



THE SPORTING GLOBE®
BAR & GRILL

6 WEEK COACHING PROGRAM



WEEK 1

Warm Up (5 minutes):

Dishes and Domes

- Set up a small area of cones on the ground scattered around at random. Half scattered upside down (like a dish) and half scattered the right way up (like a dome).
- Divide players into 2 teams – 1 team called dishes and 1 team called domes
- Explain to the players that if you are in team dishes, then your aim of the game is to bend down with your knees and flip all the cones over so that they become dishes
- Explain to the players that if you are in team domes, then your aim of the game is to bend down with your knees and flip all the cones over so that they become domes
- Blow your whistle to start the game. Let them play for a couple of minutes to get warmed up, then blow your whistle to end the game. Get kids to count their dishes and domes to see which team had the most





DEMONSTRATE - How to hold your stick correctly (5 minutes):

- **FIRSTLY, IT IS VERY IMPORTANT THAT YOU DEMONSTRATE AND DEMAND SAFETY. PLEASE QUOTE THE FOLLOWING TO YOUR CHILDREN** – “Hockey sticks are not toys. They are not pretend guns, and they are not pretend swords. I should never see your stick being waved up in the air like this. When I am talking, the hook of your stick should be on the ground. When you are running and playing games, the hook of your stick should be on the ground. If I see anyone’s stick above their hip, you will have to run a lap of the whole field. Do we all understand?”
- Next, get players to place their stick on the ground with the round side facing the sky and the handle of their stick at their feet. Demonstrate the same with your stick. TIP: face the same direction they are. Your back should be facing them



- Get them to raise their left hand (show them with your hand) in the air and make a V shape with their forefinger and thumb
- With that left hand, bend down and grab the handle of your stick
- Instruct them to make another V shape with their right hand, bend down and grab the stick wherever it feels comfortable for them (a general guide is where the grip meets the stick halfway down)
- Go round and make sure you can see their knuckles on their left hand and palm on their right hand



DEMONSTRATE - Dribbling (5 minutes):

- There are 3 types of dribbling... Question time - do you know what they are called? Answer = Sticky dribbling, Tap Tap dribbling and Indian dribbling!
- Demonstrate sticky dribbling encouraging the ball to be at 1 o'clock on the outside of their right foot. FUN TIP: Pretend to put glue on the bottom of your stick first, then get the players to do the same to theirs!!



Activity Time!!

All In (5 - 10 minutes):

- Set up a box that is big enough for them to dribble around in (roughly 10m x 10m but varies depending on number of players)
- Each player has a ball each and starts inside the box
- On your whistle, they start sticky dribbling inside the box (no going outside the box)
- Encourage ball to be dribbled at 1 o'clock on the outside of their right foot, making sure they are looking up so they don't bump into anyone
- Make sure you go around and help anyone who is holding their stick incorrectly or is struggling in any way
- After 5 minutes, blow your whistle and tell the players that you are going to come around and try and knock their ball out of the box. NOTE: this will encourage them to try and protect the ball. Plus, it makes them feel like they are in more of a game situation
- If their ball gets knocked out, they must do 5 squats or star jumps, and then grab their ball and jump back in



Go, Stop, Backwards (10 minutes):

- Line players up with their own ball each (get them to spread out so they are not dribbling on top of each other) and position yourself on the “finish line” about 25 yards away
- Demonstrate that when you yell out GO, they sticky dribble forwards
https://www.youtube.com/watch?v=JLmfUf4GiSs&list=PLTpTNRxZ_Rl-eQ7L2jyRLC4uanFJsg2d&index=32
- Demonstrate that when you yell out STOP, they roll their stick over the top of the ball to stop it
- Demonstrate that when you yell out BACKWARDS, they roll their stick over the top of the ball and sticky dribble backwards by pulling the ball back into them whilst stepping backwards



- Once they get the hang of this, you can CHANGE IT UP by using your hands for signals instead of your voice. GO = hands down by your side. STOP = holding hand up (universal sign for stop). BACKWARDS = holding both arms straight out like an aeroplane. This encourages the players to look up
- Once they get the hang of this, you can get them dribbling left and right by simply holding out your left or right arm

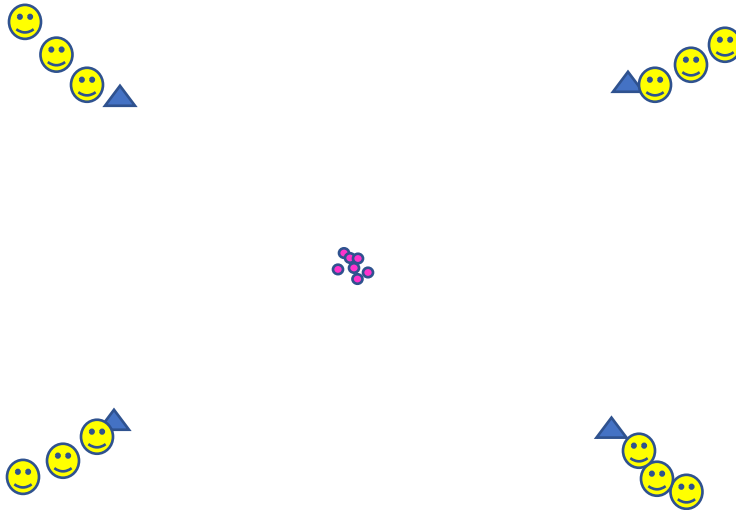
NOTE: When you hold out your left arm, demonstrate to them that you want them rolling their stick over the left side of the ball, making sure they twist the stick with their left hand and don't roll their right hand over their stick (no bendy wrists). Encourage them to keep their right hand loose so their left hand can control the stick by twisting it. Once they have rolled their stick over to the left side of the ball, encourage them to drag the ball one big step to the right, turning their stick back to the neutral position to stop the ball, then do the same again. This is teaching them how to do a left to right drag





Rob The Nest (20 minutes):

- Divide your players up into even teams (usually 4 teams so that you can have each team starting at 1 corner of a box roughly 20m x 20m that you set up with cones. However, if larger numbers, create a pentagon or hexagon with your cones, or smaller numbers, create a triangle)
- Place all the balls in the middle
- Explain and demonstrate to the players, that on your whistle, the first player of each team must run into the middle, grab a ball and sticky dribble back to their nest



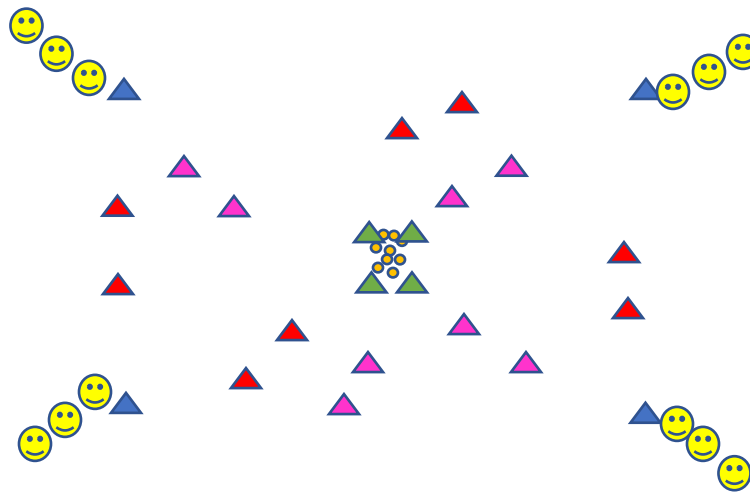
- Make sure the player sticky dribbles the ball right into the next player's flat stick on the ground (encourage the player receiving the ball to lunge forward with their left leg, bending at the knees, both arms are straight and hands are basically touching the ground). Demonstrate this and tell them, no sitting on the ground, they should be hovering in a very low lunge position



- Once all balls are gone from the middle, get players to count how many eggs they have in their nest
- Get them to then place their sticks flat on the ground 1m apart from each other, and however many balls they have, is the number of times they must hop over their stick on their left leg
- Once finished, explain to the players that they can now steal eggs from other team's nests
- Blow whistle to start game again, allow to run for a couple of minutes



- CHANGE IT UP!! Add 2 different coloured gates roughly 1m apart with cones, ie; red gates and pink gates
- Explain to players that in order to collect an egg from the middle nest, you must run through a red gate to get there
- In order for them to get the egg back to their nest, they must sticky dribble through a pink gate (still dribbling to the next player's flat stick on the ground)



- Once all balls are gone from the middle, get players to count how many eggs they have in their nest
- Once counted, explain to the players that they can now steal eggs from other team's nests, still making sure they run through a red gate first and then sticky dribble through a pink gate to get back to their nest
- Blow whistle to start game again, allow to run for a couple of minutes
- CHANGE IT UP AGAIN!! Choose 1 team to become Gate Masters. Which means, without their sticks they block any gate. Dribblers must find new gates if a Gate Master is blocking their gate



WEEK 2

Warm Up (5 minutes):

Tag Belt

- Set up a small box (roughly 10m x 10m but can vary depending on the number of players)
- Give players a bib to tuck into their right side of their pants
- Explain to players that in hockey we dribble the ball on the right side of our body. And when we play hockey, we want to protect the ball. That is why we are putting the bib on the right side of our pants because we want to try and protect the bib, just like what we would do in hockey if it was the ball
- Tell players to jump inside the box and on your whistle, they must try and pull each other's bibs out of their pants whilst protecting their own (no going outside the box)
- NOTE: if they get tagged, they must jump outside the box and do 3 squats (demonstrate how to do a squat first) or star jumps or something similar. Once they have done 3, then they can pick their bib back up, tuck it into the right side of their pants and keep playing
- CHANGE IT UP!!! Boys vs girls

DEMONSTRATE - Pushing (5 minutes)

- Demonstrate stick on ball (SOB) no noise pushing
 - Left hand (V grip) at top of the stick. Right hand (V grip) halfway down where the grip meets the stick
 - Ball at 1 o'clock on the outside of right foot
 - Bend knees, stick on ball and push forward making sure you step with your left foot going forward
- NOTE: players to start by stepping forward with left foot, but let them know that they don't always have to step forward with their left foot as they can still push with their right foot forward as it is all in the wrists

https://www.youtube.com/watch?v=qTEN2GAh0DQ&list=PLTpTNRxZ_RleQ7L2jyRLC4uanFJsg2d&index=31&t=0s

Hockey Push Pass

Quick and Accurate way of getting the ball to your team-mate
used over short distances



START

- Hands apart
- Feet apart and knees bent
- Keep eyes on the ball
- Stick onto ball



CONTACT

- Step forward
- Keep stick in contact with ball
- Shift weight from back to front foot
- Low body position



FINISH

- Release ball when stick reaches front foot
- Follow through with stick pointing towards direction of pass

signs of success ball is released with power and pace to target



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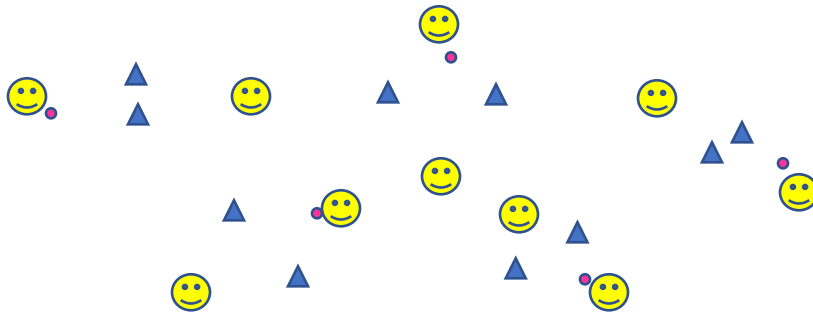




Activity Time!!

Pairs Passing (10 minutes)

- Set up multiple gates using cones. Make them different widths apart, ie; some might be 1-2m apart and then some might be 30cms apart etc.



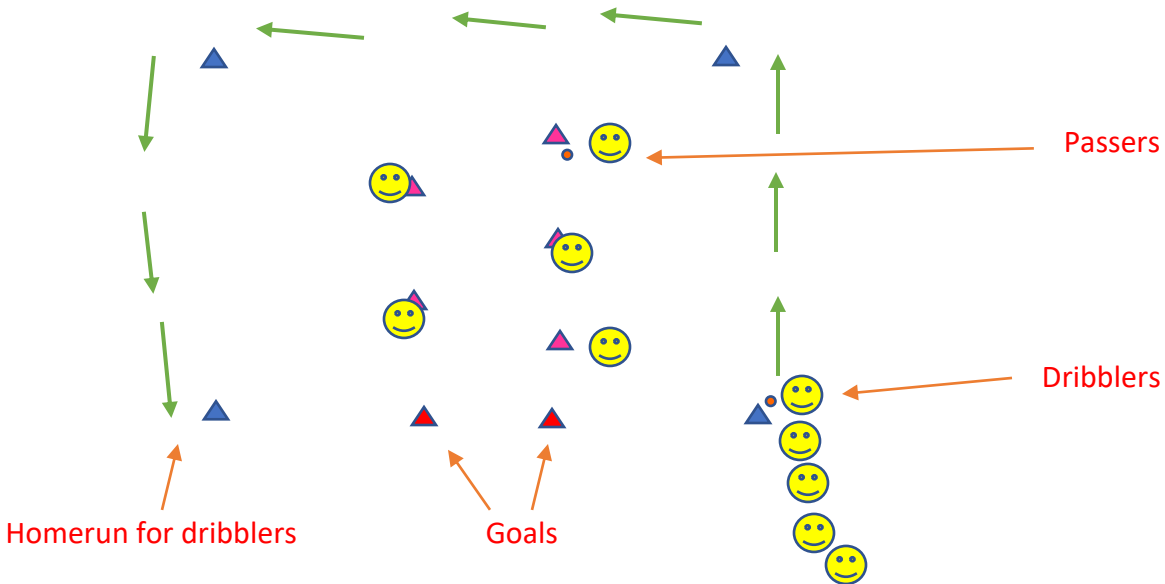
- In pairs, tell players to find a gate and stand 1m away from the gate (one player on each side of gate)
- One ball between pairs
- On your whistle, pairs are counting how many passes they get through their gate (SOB pushing only – no noise!!)
- After a couple of minutes, blow your whistle and ask, who got more than 5? More than 10? More than 15 etc. Whoever has the most, get them to demonstrate to the rest of the team
- Next round, CHANGE IT UP! Once a pair has made 5 passes, they must find a new gate
- Aim is to see how many gates they tried within the space of 2-3 minutes





Golden Child (10 minutes)

- Divide children up into 2 teams
- 1 team are the dribblers and the other team are the passers
- It should be set up looking like this:

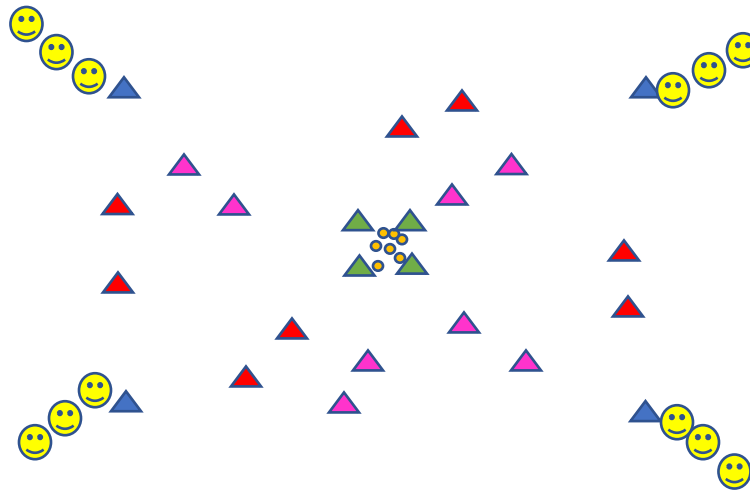


- Set up a zig zag of cones approximately 2m apart (like pass ball)
- Aim of the game for the first dribbler, is to start at one end of the box and dribble their ball around the outside of the box that you've set up with cones, all the way to the other end (homerun)
- Aim of the game for the passers is for them to zig zag pass down their line and shoot a goal
- Once a goal is scored, they yell out STOP and the dribbler must stop dribbling and the next dribbler in line can start dribbling
- Once the passers have scored a goal, they all shuffle down and the goal scorer shuffles to the top of the zig zag line and they all start passing again
- If one of the dribblers passes another dribbler, then they can both/all resume dribbling again, trying to get all players a homerun
- Once all dribblers have gone through once, rotate the two teams, so that the dribblers do the passing and the passers do the dribbling



Rob The Nest (10 - 20minutes):

- Set up game like this again with 2 different sets of coloured gates



- This time, you must go in pairs to the middle
- One of you collects the ball from the middle
- That person sticky dribbles to a set of gates where your partner stands on one side of the gate and you stand on the other side with the ball on your stick
- Then you push the ball through the middle of the gate to your partner
- Then your partner must sticky dribble to a different coloured gate and do the same thing
- As a pair, you must push the ball through 2 different coloured gates, before you can sticky dribble back to your nest
- Make sure you are still dribbling right to the next players flat stick
- Then the next pair can go
- Once all eggs are gone from the middle, ask players to count their eggs
- Once all counted, players can go in pairs again and rob from other nests, making sure they still push the ball through 2 different coloured gates before they take the ball back to their nest
- CHANGE IT UP!!! Get one team to be Gate Masters
- If a Gate Master blocks a gate, you must find a new coloured gate to push the ball through



WEEK 3

Warm Up (5 minutes):

Knee Tag

- In groups of three, players must try and tag each other on the back of their knees
- Encourage bending at the knees, not at the back
- If you get tapped on the back of the knee, you do 2 squats and then join back in

NOTE: If a player is doing their squats, you cannot try and tap the back of their knees again until they have finished doing their squats

- After a couple of minutes, CHANGE IT UP by making them only allowed to hop on their left foot
- This time if they get tapped on the back of their knee, they must do 2 scissor lunges

DEMONSTRATE - Poke Tackle (5 minutes)

- Demonstrate to players, we hold our stick like normal and then we twist the stick until it is lengthways in front of us at 12 o'clock and the flat side is facing the sky
- Your left foot needs to be in front of your right foot in a small lunge position



- When the ball is within reach we step forward with our left foot and poke or jab the ball with our left hand, releasing the right hand

TIP – get children to wave right hand to the sky and say hello





Activity Time!!

Knock Out (10 minutes)

- Make a box with cones roughly 10m x 10m (box size depends on how many players you have)
- Each player has a ball and starts inside the box
- Players start dribbling inside the box only and try and knock out other player's balls
- If your ball gets knocked out, you do 5 squats, collect your ball and jump back in

TIP: You can turn it into a game with points for the older kids. Every player you knock out, you get a point. If you knock out a player by poke tackling, you get 2 points

DEMONSTRATE – Block or Push Tackle (10 minutes)

- Get one player to stand facing the rest of the group with their stick on the ball, hands in a neutral position and feet on either side of the ball



- Tell them no matter what happens, do not look at you
- Then stand behind that player so they cannot see you and demonstrate what NOT to do ie; pretend to swing your stick over their head and say “should I tackle like this?” The rest of the group will yell out NOOOOO!!!!
- Put your stick underneath that players stick from behind and ask the rest of the group the same question
- Put your stick between that players legs and ask the same question
- Swing your stick around to nearly hit that players knees from the left side of their body and ask the same question
- Then come stand in front of that player and say, “what about head on?” The rest of the group will yell out NOOOO!
- Then come stand facing that player so you are mirroring exactly how they are standing with your stick on the ball and then ask the same question. The rest of the group should say yes!
- Ask them why? They should say because it is safe
- Ask them “what’s in between our bodies that makes it safe?” They should say the ball and your sticks



- Then tell that player that you want them, without dragging the ball towards their body, to push as hard as they can towards the rest of their team and you're going to try and push the opposite way (let them win)

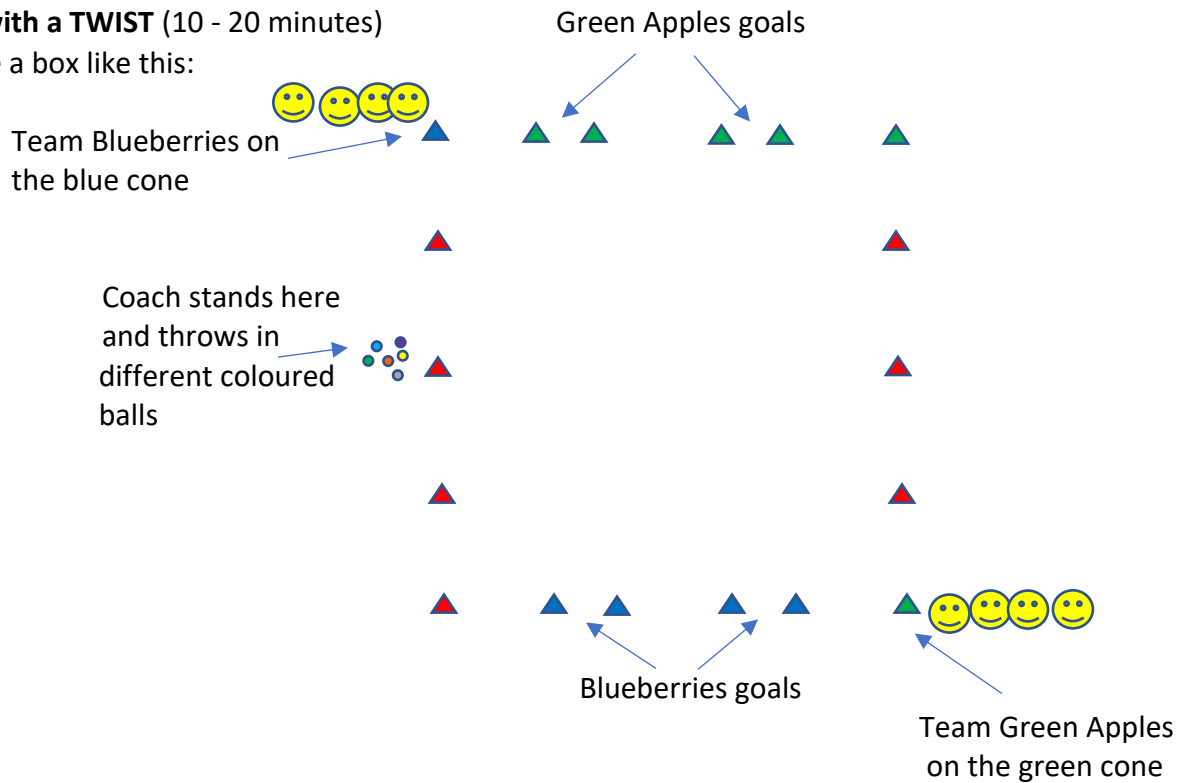
NOTE: Encourage them to get down low so that their hands are almost touching the ground and they are moving their feet so that they are using their legs for power and strength

- After demonstrating, pick up your stick and the players stick and ask the group if they heard any of this (bang both stick flats together)? They will answer no
- Tell everyone to get a partner and 1 ball between them and see who is stronger
- Go around correcting anyone who needs it

Activity Time!!

Dog n Bone with a TWIST (10 - 20 minutes)

- Create a box like this:



- Coach throws one coloured ball (yelling out it's colour) into the middle for the first Blueberry to play against the first Green Apple
- Whilst they are playing a 1 v 1, the Coach throws in another coloured ball for the next Blueberry and Green Apple to start playing another 1 v 1
- Coach keeps throwing in different coloured balls so that there are multiple 1 v 1 games going on
- Instruct Blueberries that once a goal is scored or the ball goes out the box, that the Blueberry must pick up the ball and goes around the outside of the box to deliver it back to the Coach





- Make sure once a game is finished, all players get out of the box and walk around the outside of the box back to their team and go to the end of the line
- CHANGE IT UP!!! Coach no longer calls out the colour of the ball, which means players need to pay attention to the Coach and not the other games going on
- CHANGE IT UP!!! In order to encourage players to get their feet out the way, make a rule that if the ball hits their foot, they must run to any sideline cone and tap it with their stick, and then they can join back in the game
- NOTE: Player who has the ball, does not need to wait for the other player to get back from the sideline. They can keep playing and try and score a goal whilst that player is being disadvantaged for letting it touch their foot



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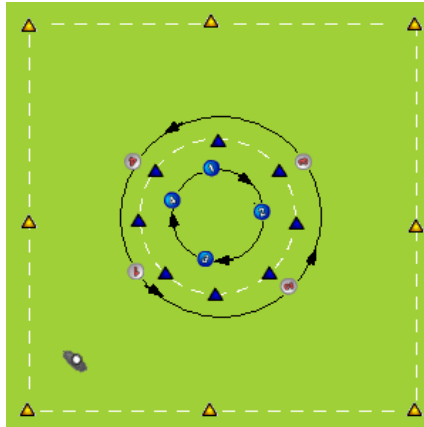


WEEK 4

Warm Up (5 minutes):

Jailbreak

- One team runs clockwise round the inside of the circle with the other team running anti-clockwise around the outside of the circle (set up a circle with cones roughly 8m in diameter)
- When the coach shouts 'Jailbreak' the players inside the inner circle try to 'escape' to outside the 10m x 10m box (use different coloured cones)



- The inside team scores a point for each 'jailbreaker' then swap teams over. If you have an odd number of players give the defenders the extra man

ACTIVITY TIME!!

Jailbreak (10 - 15 minutes)

Same activity but get them to add their sticks, and give balls to jailbreakers to dribble with

DEMONSTRATE - Stealing the ball (10 minutes)

- There are two ways to steal the ball from someone. The first is coming in from the attackers left side. The second one is coming in from the attacker's right side
- In order to steal the ball from the attackers left side, you must hold your stick in a neutral position
- Get low and enter the attacker's space, making sure you do not lean or push into them
- When in a good position, simply reach in and steal the ball, carrying it on your stick side and rotating around to your left
- In pairs get players to practice this steal on each other for a few minutes, then demonstrate stealing from the right side <https://www.youtube.com/watch?v=h368WC-5Hxw>
- In order to steal the ball from the attacker's right side, you must hold your stick in a neutral position to start with

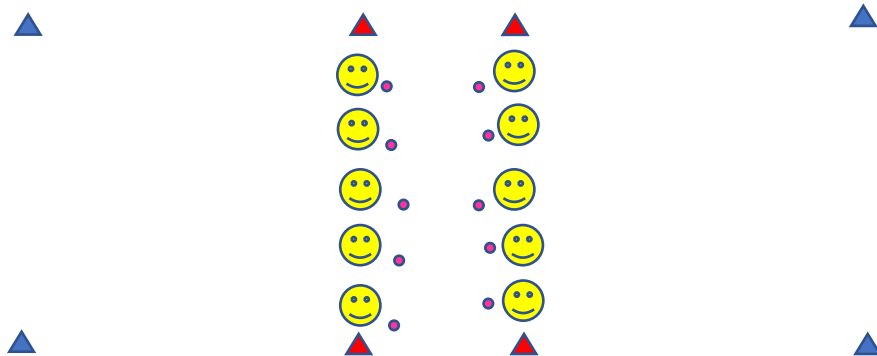


- Get low and roll your stick over the ball, making sure you do not hit the other player's stick
- Once your stick is on the ball, you want to carry the ball on your stick, rotating around to your right
- In pairs again, get players to practice on each other for a few minutes

Activity Time!!!

Cat and Mouse (10 - 15 minutes)

- Separate players into two lines making sure they are in line with a partner and are about 2m apart from their partner (make sure each line is really spaced out). One line is called cats. One line is called mouse
- Each player has a ball each
- Set up scoring lines about 15m away from each starting line
- When you call out cats, they all must dribble towards their scoring line whilst their mouse tries to run after them and steal their ball by tackling. And vice versa when you call out mouse





WEEK 5

Warm Up (5 minutes):

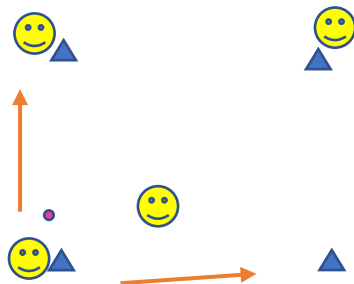
What's the Time, Mister Wolf with a TWIST!

- Mister Wolf squats about 15m away from the rest of the players with his/her back to them
- The remaining players start in a line about 15m away from Mister Wolf
- The remaining players yell out, "what's the time, Mister Wolf?"
- Mister Wolf replies with a number from 1 – 12 o'clock
- Whatever number Mister Wolf yells out, the remaining players must do that number of lunge steps towards Mister Wolf
- The remaining player's goal is to touch Mister Wolf on the back before he yells out "dinner time"
- Mister Wolf's goal, is to draw the remaining players in close to them, then yell out "dinner time" so he/she can turn around and try and catch one of the remaining players before they get back to the start line
- If a remaining player taps Mister Wolf on the back before he/she yells out "dinner time", then that player becomes Mr Wolf and the game starts again
- If Mister Wolf yells "dinner time" and catches one of the remaining players, then that player becomes Mister Wolf and the game starts again

Activity Time!

Piggy in the Middle (10 - 15 minutes)

- Set up multiple boxes with cones roughly 3m x 3m
- Put players in groups of 4
- 3 players stand on the corners of the box. The 4th player is the piggy in the middle
- The 3 outside players must pass the ball around the box without the piggy in the middle intercepting the ball



- The piggy in the middle must try and intercept the ball from the 3 outside players (no tackling)



- If the piggy in the middle intercepts the ball, then they switch with the player who lost the ball
- Players on the outside cannot pass on the diagonal, only through or square as per the diagram
- This means you need to encourage the players on the outside to keep leading around the box and make quick passes. You cannot run on the diagonal

TIP: player to try and not broadcast where they are going to pass it

DEMONSTRATE – Left to right drag / right to left drag or Indian Dribble (5-10 minutes)

- Hold stick in a neutral grip with stick on the ball, feet slightly further than shoulder width apart and knees bent
- Drag the ball from the right side of your body to the left side of your body, rolling your stick over the ball once the ball is in line with your left foot, in order to stop the ball
- With your stick still on the ball, drag it back to the right
- Make sure you are transferring your weight from side to side, twisting the stick with your left hand and keeping your right hand slightly loose as a guide
- Get players to grab a ball each and practice just standing on their own going back and forth with the ball from right to left, left to right and so on, making sure they are transferring their weight from leg to leg as per below video

<https://www.youtube.com/watch?v=xVr8nJXDyAo>

Octopus with Sticks and Balls (10 - 20 minutes)

- Depending on how many players, create a box with cones roughly 25m x 25m
- Select 1 or 2 octopus' to be the taggers that start in the middle
- All other children line up on one end of the box with a ball each
- When the players in the middle yell out octopus, all other children must sticky dribble from one end to the other end trying not to get their ball knocked out of the box by the octopus' in the middle and they MUST stay inside the box
- If someone gets tagged, they become seaweed, which means they freeze where they got tagged and can only pivot on the spot, but they can now tackle others dribbling past





WEEK 6

Warm Up (5 minutes):

Duck, Duck, Goose with a TWIST

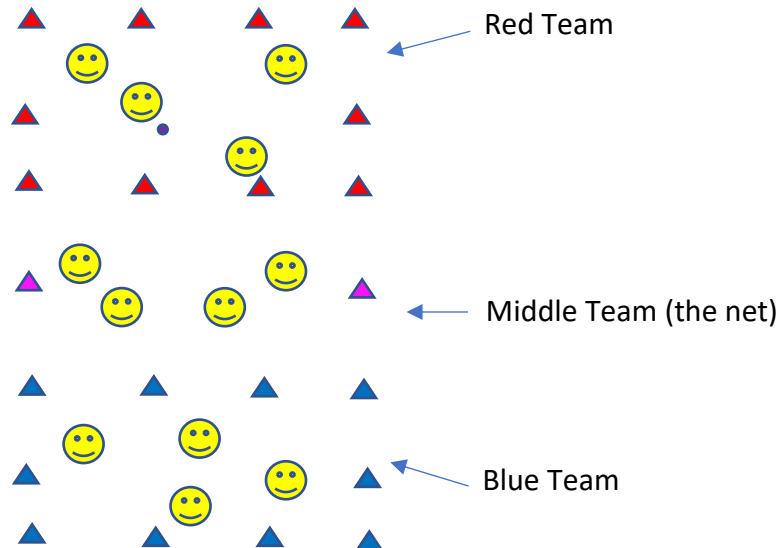
- Get players to form a circle and instead of sitting down, they must squat
- One player goes around the circle tapping the squatters on the back saying duck, duck, duck
- When they are ready to be chased, they choose a squatter, tap them on the back and say goose
- The goose squatter then chases the tapper all around the circle trying to tag them
- The tapper is trying to make it all the way around the circle back to the taggers spot
- If the tapper gets tagged, then they must hold a squat in the middle of the circle
- They only get out of the middle of the circle when someone else gets tagged and takes their place

If the tapper makes it back to the taggers spot, then they go into the squat position and the tagger becomes the new tapper

ACTIVITY TIME!!!

Hockey Tennis (10 - 15 minutes)

- Divide players up into 3 teams
- Set game up like this with 3 boxes attached to each other:

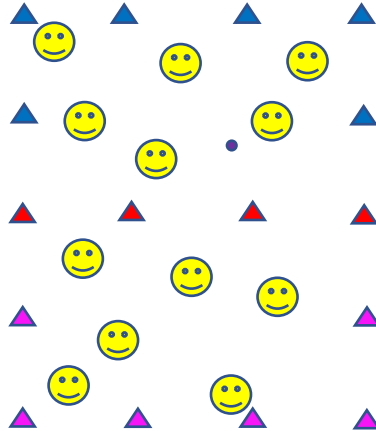


- Red Team must get the ball from their red zone to the Blue Team in the blue zone without the Middle Team (the net) intercepting the ball
- If the Red Team gets the ball to the Blue Team, then the Blue Team must try and get the ball back into the red zone without the Middle Team (the net) intercepting the ball
- If the Middle Team intercepts, then the team who did not get the ball to the other side, switches with the Middle Team



3 Pass (10 - 15 minutes)

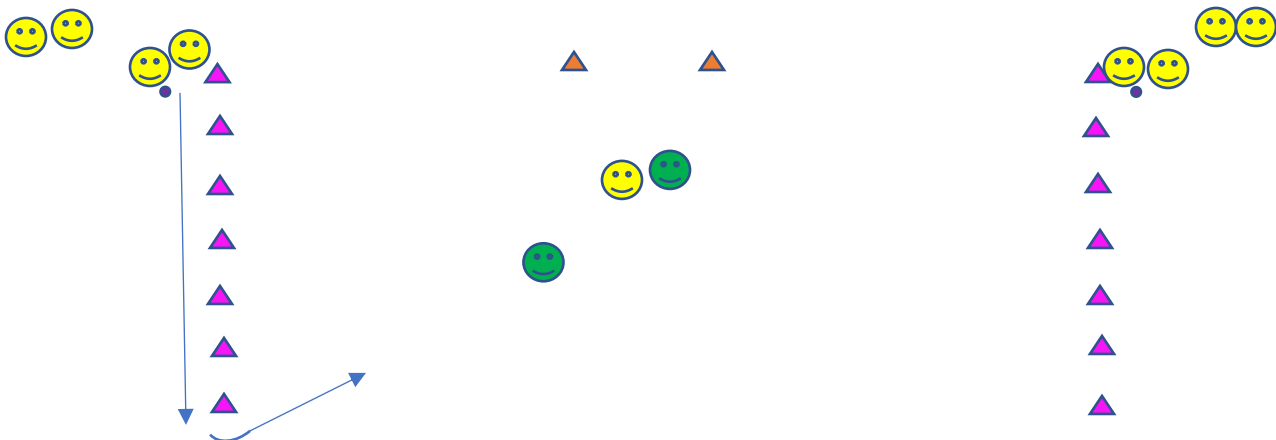
- Divide players into 2 teams
- Create 2 boxes connected to each other like this:



- If Blue Team starts with the ball, they must get 3 consecutive passes between them, and then 1 player from the Pink Team may enter the blue zone and try and intercept the ball
- If the Blue Team manage to get another 3 consecutive passes, then another Pink Team player enters their blue zone trying to intercept the ball again
- This keeps on happening until the Pink Team gets the ball back to their pink zone
- If the Pink Team player/s intercept the ball, they must get it back to their zone either by dribbling or pushing
- If the Pink Team are successful in getting the ball back to their pink zone, then they must get 3 consecutive passes between them, and then 1 player from the Blue Team may enter the pink zone and try and intercept, and so on

3 v 2 (10 - 15 minutes)

- Choose 2 players to be defenders and get them to put bibs on
- Set your field up like this:





- 2 players from one side go first by 1 player dribbling the ball up the line of cones and the other player running up the line of cones with them
- A 3rd player is waiting in the D with the 2 defenders
- As soon as those 2 players running and dribbling get to the top of the line of cones, it becomes a 3 v 2 with the attackers trying to score a goal and the defenders trying to clear the ball out
- Once a goal is scored or the defenders clear the ball, the attacker who started in the middle goes to the end of the line where the players start from, and 1 of the 2 players that started with the ball, stays in the middle. The other player joins the end of the line on the other side
- Once players are all set up again, 2 players from the other side start running and dribbling



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