

## Session Plan Template

<b>Date:</b> 9 <sup>th</sup> March 2022	<b>Attendance:</b> <div>Lisa Johnson                      Junior Coaches</div> <div>Dan Johnson</div> <div>Will Johnson</div>	<b>Equipment needed:</b> <div>Hurdles                      Sticks</div> <div>Cones</div> <div>Balls</div>
<b>Venue:</b> Trinity College Turf		
<b>Duration:</b> 1 hour		

<b>Focus:</b>		
<b>Warm-up activities:</b>  Warm-up run  Toilet tiggy	<b>Drills/Exercises:</b>  <b>New kids:</b> How to hold the stick                      Dribbling the ball (walk the dog) Hockey ready                      How to block (Stationary tackle – flat stick)  <b>Kids from Week 1:</b> Hockey Ready                      Block Tackle Dribbling the Ball                      Pushing and Receiving	<b>Game:</b>  <b>No Game</b>
<b>Technique Tips:</b>  <b>Grip</b> – Wide and V running down the edge <b>Position</b> – Feet position – Shoulder position <b>Movement</b> – Where is the ball in relation to the body?	<b>Stations:</b>  <b>Refer to Hook-in-2-Hockey manual</b>  1. Rob the Nest 2. Hocktopus <b>3. Island hockey (Sharks in the water) – Not in the Manual</b> 4. Obstacle relay	<b>Cool Down</b>  Hockey High Five
<b>Review/evaluation</b> (key points from session, what worked and what did not, modifications for next session, etc.):		

