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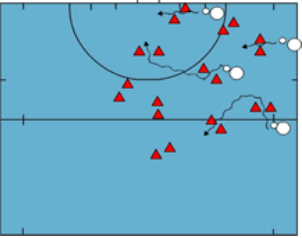

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CLINIC 1-1

<p>WARMING UP CHANGING TREE</p> <p>PURPOSE: Be warm, coordination and fun</p> <p>B1-002</p>	<p>Organization: Set cones down (less than there are players). These are the trees of the forest. There are three tickers and all the other kids standing by a tree. If you touch a tree with your foot, you may not be tapped. At a prearranged signal should exchange all children's tree. There may be only one child standing by a tree ...</p> <p>Variation:</p> <ul style="list-style-type: none"> • Ditto, then with stick and ball (no duel/or game); • Accent, look up and proper hockey stance.
<p>DRIVING THROUGH GATES</p> <p>PURPOSE: To practice run with the ball and pass</p>  <p>00-002</p>	<p>Organization: Set with cones many (10 or more) gates represents a limited part of the field. If possible, use 2 or 3 different colors loopholes.</p> <p>Exercise:</p> <ul style="list-style-type: none"> • The players put themselves on the line and all have a ball; • The player with the ball must drive through as many gates; • The ball must pass through the gates, the player around; • The player must pass through the gate, the ball along it; • Players drift to a gate and pass through the gate left or right; • Create a clear trick and not walk past it!; • Make up some more command. <p>Instructions - Driving the ball:</p> <ul style="list-style-type: none"> • Knees bend, hold great upper body, straight back; • Ball position right; • Stick 45 degrees to the ground, holding ball contact; • Attention to the ball and the environment (split vision). <p>Running with the ball changing direction:</p> <ul style="list-style-type: none"> • Hands in the normal grip, hands apart; • Elbows apart / Keep ball on the stick; • Rapidly change direction, change direction at the left the ball.
<p>POSTMAN WITH DOUBLE WALL</p> <p>PURPOSE: Driving with change of direction and acceleration, overview</p>  <p>02-012</p>	<p>Organization: Create with cones space of 20x10m. 2 "Chinese walls" (see drawing). Lay behind 10 to 20 balls (letters) in a defined area; place in front a small defined area. Each "wall" a knocker, ask other players (mailmen) behind a line. The trainer stands along side 5 cones beside him.</p> <p>Exercise:</p> <ul style="list-style-type: none"> • Postmen trying to get past the tickers without being tapped; The tickers remaining between their cones (on the wall); • If it succeeds the postman to come by the tickers, they may address a letter (ball) and the drive forward and put in the front pocket; • If a postman is tapped, the trainer puts down a cone; the postman must start again behind the start line; • If all 5 cones are down (there are so ticked 5 postmen) exchange tickers; the number of letters posted, will be counted. <p>Variation:</p> <ul style="list-style-type: none"> • A knocker i.p.v. two; The ticker may come across the area; • Two tickers that may come in the whole area. <p>Instructions - Postmen:</p> <ul style="list-style-type: none"> • Wait until there are more runners; • Threatening several simultaneously stabbing over; • Go back to the start line as the ticker them threatens to tip. <p>Instructions - tickers:</p> <ul style="list-style-type: none"> • Keep an eye on whether and where there be new runners; • Prepare well after a tap attempt.



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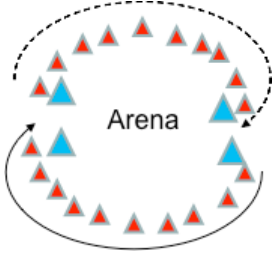


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CLINIC 1-2

<p>ARENA</p> <p>PURPOSE: agility, speed, coordination and fun</p>  <p>S2-005</p>	<p>Organization: Make a arena of cones with a diameter of about 15 meters. On each side a goal, the balls lie on one side outside the arena at a goal. Divide the group into two (A and B). Two players compete against each other constantly.</p> <p>Exercise:</p> <ul style="list-style-type: none"> • Player 1 goes from A with ball stick outside (clockwise) through scorer in across the arena; • Player 1 B is at that same moment without the ball outside (along with clock), via scorer in the league; • The players go through a game trying to score by walking the ball into the goal with ball stick • Scored: players 2, etc. • A duel lasts up to 1 minute. Not scored? No points; • Which team will win? • Thereafter team A, B, and vice versa. <p>Instructions: Remember to keep safety, ball/stick!</p>
<p>KINGS & QUEENS</p> <p>PURPOSE: Duel win and switch</p>  <p>W1-001</p>	<p>Organization: Put together fields by turning cones 10m apart. Move to make it easier to score two cones against each other, two players per field. Each player defends his cone(s) for 1 to 2 min. To play against each other. Scoring by playing the ball against the cones of the opponent.</p> <p>Keep going:</p> <ul style="list-style-type: none"> • Each player first cone by moving the hands clockwise; • The winners a field 'up' and the losers a field 'down'. • If you stand on the highest field and you win, you stay standing. The same applies for the loser to the lowest field; • In a tie wins who scored first; • In a tie, short shoot out from 1 minute (a break for the rest).
<p>BELGIAN HOCKEY</p> <p>PURPOSE: competition form, fun , stick ball to score</p>  <p>W2-005</p>	<p>Organization: Make two parties. Put a field of 20 by 10 meters. Turn 5 meters from the goal lines a, game direction lengthwise. Goal is scoring goal back.</p> <p>Ball featuring party:</p> <ul style="list-style-type: none"> • Do not stand too close to your teammate who has the ball, minus two stick lengths; • Free ball ALWAYS take self pass by the player closest to the ball - speed; • Make decisions independently; • Do not overplay because it has to but because it is a chosen solution; <p>Not possessing ball party:</p> <ul style="list-style-type: none"> • In freestyles against , keep your distance ; • Defense on the forehead (your strong point)



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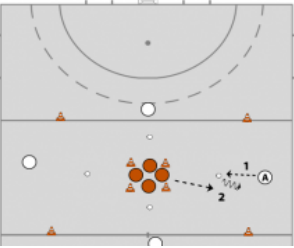
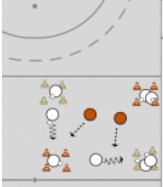
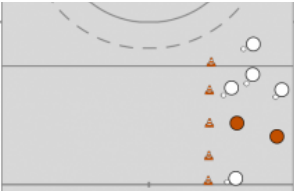
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CLINIC 2-1

<p>WARMING UP BALL STEAL</p> <p>PURPOSE: Be warm, coordination, fun and agility B1-003</p>	<p>Organization: All players have a ball. They run with the ball to an area. The trainer picks a player off the ball, now they go together to steal balls. This continues until there is just one player with a ball, who is the winner.</p>
<p>PICK PINEAPPLES</p> <p>PURPOSE: Speed with and without ball. Frontal starting and sharp change in direction</p>  <p>O1-003</p>	<p>Organization: The rascals are trying to steal the pineapples from the farmer, by driving the ball over the line from the main square. A scoundrel goes towards the pineapple (ball in the middle). A scoundrel like touches the ball, the farmer from his farm stays (square) come and try to tap the rascal. The scoundrel may keep the pineapple if he can drive without being tapped pineapple on the line. Make sure the ball is positioned so that it is possible for both parties to conquer the pineapple.</p> <p>Variation:</p> <ul style="list-style-type: none"> • First, without a stick; • The scoundrel may pick up the ball. <p>Indications:</p> <ul style="list-style-type: none"> • Hands in the normal grip, hands apart; • Elbows apart ball to keep the stick and quickly change direction; • After the change of direction speed up a few steps; • Keep focus on ball and stick.
<p>HOUSE SWAP</p> <p>PURPOSE: Running with ball changes direction and oversight</p>  <p>O1-006</p>	<p>Organization: All players start in their own house "(four cones). They may defect to the other houses. The tickers may pick up when the players out of the home off the ball. Players can earn points by walking to another house. 1 point for the house next to the house where they stand, 2 points for a house diagonally. Detracts the ball back to the house where they came from, no points.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Vary in the size of the field; • Vary in the number of houses; • Vary in the number of tickers <p>Instructions:</p> <ul style="list-style-type: none"> • Note stick approach; driving with view; • Ball to right foot.
<p>RUN OVER</p> <p>PURPOSE: Running with ball, overview and speed changes of direction</p>  <p>S0-002</p>	<p>Organization: Possession ters trying to drive the ball to the other side without losing the ball to the defenders; if successful , they should try to go back again. A player may not count for more than 10 behind the line. A player may return to the line where he comes from. When a player loses the ball, he is self defense. The defender is in possession.</p> <p>Variation: The defenders need to hit the ball just to the ball</p> <p>Running with the ball changing direction:</p> <ul style="list-style-type: none"> • Change of direction left panning the ball; • Change of direction right now run ball or ball first recall with hook. <p>Keep going, reverse:</p> <ul style="list-style-type: none"> • Turn left: elbows free of the body, left elle bow facing outward ; accelerate , maintain contact with the ball; • Clockwise: right elle bow to the body, in the side . Faster than run the ball and keep ball contact.



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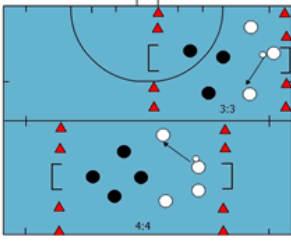
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CLINIC 2-2

<p>KINGS & QUEENS</p> <p>PURPOSE: Duel win and switch</p>  <p>W1-001</p>	<p>Organization: Put together fields by turning cones 10m apart. Move to make it easier to score two cones against each other, two players per field. Each player defends his cone(s) for 1 to 2 min. To play against each other. Scoring by playing the ball against the cones of the opponent.</p> <p>Keep going:</p> <ul style="list-style-type: none"> • Each player first cone by moving the hands clockwise; • The winners a field 'up' and the losers a field 'down'. • If you stand on the highest field and you win, you stay standing. The same applies for the loser to the lowest field; • In a tie wins who scored first; • In a tie, short shoot out from 1 minute (a break for the rest).
<p>MATCH 3:3 / 4:4</p> <p>PURPOSE: Competition Shape, and all techniques together</p>  <p>W2-004</p>	<p>Organization: At 3: 3 the field 20X20 m, with 4: 4 max 30X30m. A party with vests, sufficient spare balls around the field or in the train. The trainer can give commands; eg. only with the forehand drive and play. Do you have too many players make a 4 by 4 or later join assistant quiet. We play in a triangle with tip back. Opponent with ball approaches, to it, not to fall behind. ONLY MUST GO! - Stimulate.</p> <p>Ball featuring party:</p> <ul style="list-style-type: none"> • Do not stand too close to your teammate who has the ball, min. 2 stick lengths; • Free ball ALWAYS take self pass by the player closest to the ball - pace!; • Make decisions independently; • Do not overplay because it has to but because it is a chosen solution; • Play or dribbling to the side where the players are least <p>Not possessing ball party:</p> <ul style="list-style-type: none"> • In freestyles against, keep distance; • Defense on the forehand (your strong point)



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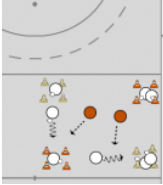

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CLINIC 3-1

<p>WARMING UP Keep the ball!</p> <p>PURPOSE: be warm, basic techniques, keeping ball to stick.</p> <p>B1-004</p>	<p>Organization: All players have a ball. They run with the ball to suffocate the circle. The trainer gives commands to follow players: Reverse / Shutdown (with tip) / Left / Right / Accelerate .</p> <p>Variation:</p> <ul style="list-style-type: none"> • Players on the ball by changing the ball to give to each other using soft pass; • Add 2 tickers that possess no ball, ball snatched So knocker.
<p>ANNA MARIA CUCKOO!</p> <p>PURPOSE : Herding, respond and action</p>  <p>00-001</p>	<p>Organization: The players drive the ball towards in a marked area. The trainer calls loudly An- ne -ma -ri -a ---- Cuckoo. When trainer cuckoo turns quickly to the group. The players that are currently not altogether ball and all stand still, and noted by a player must return to the center line and start again. The player who is first on the other side of the area, wins and may take the place of the trainer.</p> <p>Driving the ball:</p> <ul style="list-style-type: none"> • Knees bend, hold great upper body, straight back; • Ball position right; • Stick 45 degrees to the ground, holding ball contact; • Attention to the ball and the environment (split vision). <p>Ball shut-down:</p> <ul style="list-style-type: none"> • Stick turn (convex side emerges) and put the ball; • The left turn, right hand relaxed, not turning; • Shut down the ball away from the feet.
<p>HOUSE SWAP</p> <p>PURPOSE: Running with ball changes direction and oversight</p>  <p>01-006</p>	<p>Organization: All players start in their own house "(four cones). They may defect to the other houses. The tickers may pick up when the players out of the home off the ball. Players can earn points by walking to another house. 1 point for the house next to the house where they stand, 2 points for a house diagonally. Deducts the ball back to the house where they came from, no points.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Vary in the size of the field; • Vary in the number of houses; • Vary in the number of tickers <p>Instructions:</p> <ul style="list-style-type: none"> • Note stick approach; driving with view; • Ball to right foot.
<p>CHINESE WALL</p> <p>PURPOSE: Running with ball, overview, accelerate</p>  <p>S2-006</p>	<p>Organization: To drive across without being tapped. If successful, they must return. Ticker may only Chinese wall back and forth, remain among the four cones. Player who most has been back and forth without being tapped wins.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Start the exercise without balls; • The tickers also each have a ball, which must continue during tapping within a stick length of the ticker; • If a player is tapped, it takes the place of the ticker and self ticker <p>Running with the ball changing direction:</p> <ul style="list-style-type: none"> • The change of direction to the left the ball panning; • The change of direction to the right to run the ball back or the ball first retrieve the hook.



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CLINIC 3-2

MUSICAL CHAIRS AND SCORE!

PURPOSE: Several things at once, change of direction and playing ball



S0-003

Organization:

Players floating around in the circle; the trainer claps his hands. If the trainer stops flapping, players must as soon as possible to stand on a cone of the circle; there must be only one player standing on a cone. The two remaining players to drive the outer cone and scored to get a penalty point.

Variation:

- Drive the players through the round; the coach mentions each two names. These players must be outside the cone and scored, 1 left and 1 right;
- Repeat this over and over; the players have to look at each other not both complete the same cone.

Driving with direction change:

- Hands in the normal grip, hands apart;
- Elbows apart;
- Keep ball on the stick;
- Keep focus on ball and stick;
- The change of direction to the left the ball panning
- The change of direction to the right to run the ball wide of first retrieve the hook the ball.

MATCH 3:3 / 4:4

PURPOSE: Competition Shape, and all techniques together



W2-004

Organization:

At 3: 3 the field 20X20 m, with 4: 4 max 30X30m. A party with vests, sufficient spare balls around the field or in the trainer. The trainer can give commands; eg. only with the forehand drive and play. Do you have too many players make a 4 by 4 or later join assistant quiet. We play in a triangle with tip back. Opponent with ball approaches, to it, not to fall behind! ONLY MUST GO! - Stimulate.

Ball featuring party:

- Do not stand too close to your teammate who has the ball, min. 2 stick lengths;
- Free ball ALWAYS take self pass by the player closest to the ball - pace!;
- Make decisions independently;
- Do not overplay because it has to but because it is a chosen solution;
- Play or dribbling to the side where the players are least

Not possessing ball party:

- In freestyles against, keep distance;
- Defense on the forehand (your strong point)



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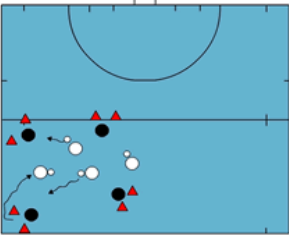

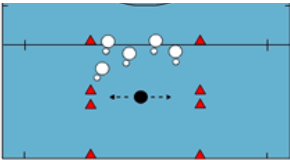
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CLINIC 4-1

<p>GOALS COURSE</p> <p>PURPOSE: Running with ball and avoid contact list</p>  <p>B2 -005</p>	<p>Organization: The attackers choose any small goal that they want to score; They score walking with the ball a small goal. However, every small goal defended by a defender. If the attacker succeeds by driving the small goal, he may go on and score another small goal. Ball as defender takes away, he is the attacker and another supporter of that goal.</p> <p>The attackers:</p> <ul style="list-style-type: none"> • Try to pass the defender with a good play to score; • Stick during the action as close as possible to keep the ball in order to respond as quickly as possible to the action of the defender; • Avoid collisions by regularly watch. <p>Defenders:</p> <ul style="list-style-type: none"> • Look carefully at the ball to attacker; <p>Do not chop, hold the stick in front of you with the curl as close to the ball, so you can get the ball onto the stick if the attacker can not control the ball.</p>
<p>RELEASE THE BALL WITH SPY</p> <p>PURPOSE: to keep the ball, turn away from your opponent overview</p>  <p>O1-004</p>	<p>Organization: The players drive the ball through the circle. Tickers will tap many players as possible, they have to protect their own ball. If a player is tagged, he goes into straddle stand with the ball between the legs anyone can see that he is nuts. Only the spy can free him by playing the ball through the legs. The game is over when all players are tapped or when the spy is unmasked.</p> <p>Variations:</p> <ul style="list-style-type: none"> • 2 spies instead of 1; • Try to avoid that the tickers find out who the spy is; <p>Do not go right to walk if you're crazy</p> <p>Tickers: Pay attention not only on the tap, but if you can uncover the spy.</p>
<p>CHINESE WALL</p> <p>PURPOSE: Running with ball, overview, accelerate</p>  <p>S2-006</p>	<p>Organization: To drive across without being tapped. If successful, they must return. Ticker may only Chinese wall back and forth, remain among the four cones. Player who most has been back and forth without being tapped wins.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Start the exercise without balls; • The tickers also each have a ball, which must continue during tapping within a stick length of the ticker; • If a player is tapped, it takes the place of the ticker and self ticker <p>Running with the ball changing direction:</p> <ul style="list-style-type: none"> • The change of direction to the left the ball panning; • The change of direction to the right to run the ball back or the ball first retrieve the hook.



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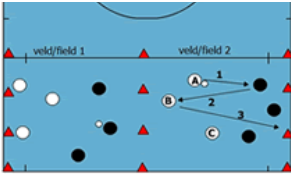
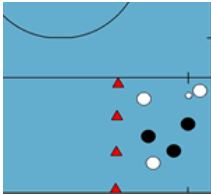
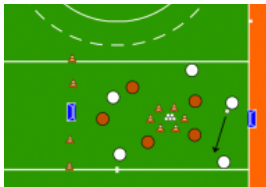
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CLINIC 4-2

<p>BORDER HOCKEY</p> <p>PURPOSE: Playing the ball, watching where the ball needs to make pace</p>  <p>S0-001</p>	<p>Organization: The game is a party form, the player in possession can not be attacked. Possession of the ball must not run with the ball, but must play the ball. The players of one team may max 2 times to play each other. Aim is to play the ball over the back line of the opponent; if it succeeds the ball in the small goal in the middle to play, the team gets 2 points. Make pace hard to count, at 3 the ball must be played. So each time over and again played ; Young players use the slapshot or push older players can also store</p> <p>Variation:</p> <ul style="list-style-type: none"> • Take turns playing the ball or the player who receives the ball play; • With older children , make the field bigger and expand the number of players; • The trainer can indicate in advance which technique should be used : sliding stroke, slapshot, push, stroke ..
<p>3:3 DRIFTING ACROSS GOAL LINE</p> <p>PURPOSE: 1. Practice playmaking and defense 1:1 & 1:2 2. Overture to contests with goals</p>  <p>W2-003</p>	<p>Organization: Competition pitch longitudinally of real playing field. "Goal Lines" are the real line. Field 10 m wide. Do you have an abnormal number of players: assistant do it quietly;</p> <p>Exercise:</p> <ul style="list-style-type: none"> • Both parties can score by driving across the "goal line" <p>Instructions - Possession:</p> <ul style="list-style-type: none"> • Keeping in the build-up depth and width. Installation is therefore 1 back and 2; • The ball must be played back; • Do not stand too close to your teammate who has the ball, eg. 2 min. 2 stick lengths; • Free ball ALWAYS take self pass by the player closest to the ball - pace!; • Make decisions independently; • Do not overplay because it has to but because it is a chosen solution; • Play or dribbling to the side where the players are least. <p>Not possessing ball party:</p> <ul style="list-style-type: none"> • At freestyles against, keep distance; • To defend the forehand (your strong point); <p>Trainer sends too much information, lets players choose.</p>
<p>CONTEST WITH NO GO ZONE</p> <p>PURPOSE: Build on the sides in party form</p>  <p>W2-006</p>	<p>Organization: Cones place with a circle in the middle of the court; a goal on both rear lines or make. Make two parties jackets on; possibly keepers in goal. Collect the balls with the trainer, who stands in the circle.</p> <p>Exercise:</p> <ul style="list-style-type: none"> • Party shape where the ball must not be played by the circle ; both parties are not allowed in the circle; • Variation: whenever the ball is in the field, the coach throws a ball in any position. <p>Instructions Try to possession to use the space in the width of the field by shifting the ball wide mount an attack through the side where you can party in possession as create a numbers situation.</p>



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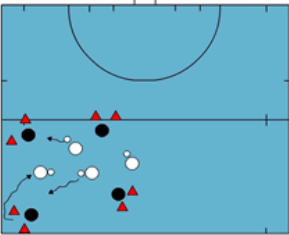

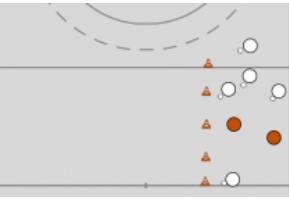
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CLINIC 5-1

<p>GOALS COURSE</p> <p>PURPOSE: Running with ball and avoid contact list</p>  <p>B2 -005</p>	<p>Organization: The attackers choose any small goal that they want to score; They score walking with the ball a small goal. However, every small goal defended by a defender. If the attacker succeeds by driving the small goal, he may go on and score another small goal. Ball as defender takes away, he is the attacker and another supporter of that goal.</p> <p>The attackers:</p> <ul style="list-style-type: none"> • Try to pass the defender with a good play to score; • Stick during the action as close as possible to keep the ball in order to respond as quickly as possible to the action of the defender; • Avoid collisions by regularly watch. <p>Defenders:</p> <ul style="list-style-type: none"> • Look carefully at the ball to attacker; <p>Do not chop, hold the stick in front of you with the curl as close to the ball, so you can get the ball onto the stick if the attacker can not control the ball.</p>
<p>STRETRUN AND SCORE</p> <p>PURPOSE: Driving with occasionally look up (Vision)</p>  <p>O1-008</p>	<p>Organization Create with cones 2 " blocks " that intersect; States are 10-15 meters long. At the end of the street on the side or back line 2 goals. The players into two groups on at the beginning of the street with sufficient balls.</p> <p>Exercise</p> <ul style="list-style-type: none"> • The leading players drive the ball through the street ; at the crossing they must give each other priority, or not • At the end of the street by means of scoring a push, slide stroke or slapshot <p>Variation:</p> <ul style="list-style-type: none"> • Float by means An Indian dribble; • Do the exercise in relay form; Who has the first 10 balls in the goal? • Players can only through the street again; thereby careful, because maybe the following players have already begun. <p>Instructions - Driving the ball:</p> <ul style="list-style-type: none"> • Stick to the normal grip • Bend your knees , keep big upper body , straight back; • Ball position right; • Stick 45 degrees relative to the ground • Ball contact, the ball stick attention to the ball and the environment (split vision).
<p>RUN OVER</p> <p>PURPOSE: Running with ball, overview and speed changes of direction</p>  <p>50-002</p>	<p>Organization: Possession ters trying to drive the ball to the other side without losing the ball to the defenders; if successful , they should try to go back again. A player may not count for more than 10 behind the line. A player may return to the line where he comes from. If a player loses the ball, he is self defense. The defender is in possession.</p> <p>Variation: The defenders need to hit the ball just to the ball</p> <p>Running with the ball changing direction:</p> <ul style="list-style-type: none"> • Change of direction left panning the ball; • Change of direction right now run ball or ball first recall with hook. <p>Keep going, reverse:</p> <ul style="list-style-type: none"> • Turn left: elbows free of the body, left elle bow facing outward ; accelerate , maintain contact with the ball; • Clockwise: right elle bow to the body, in the side . Faster than run the ball and keep ball contact.



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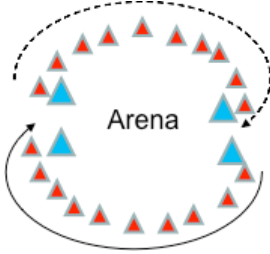


Responsible
Unawajibisha

Active
Anakufanya uwe
Unajishughulisha

Concerned
Unajali

Exercises
Mazoezi

CLINIC 5-2

<p>ARENA</p> <p>PURPOSE: agility, speed, coordination and fun</p>  <p>S2-005</p>	<p>Organization: Make a arena of cones with a diameter of about 15 meters. On each side a goal, the balls lie on one side outside the arena at a goal. Divide the group into two (A and B). Two players compete against each other constantly.</p> <p>Exercise:</p> <ul style="list-style-type: none"> • Player 1 goes from A with ball stick outside (clockwise) through scorer in across the arena; • Player 1 B is at that same moment without the ball outside (along with clock), via scorer in the league; • The players go through a game trying to score by walking the ball into the goal with ball stick • Scored: players 2, etc. • A duel lasts up to 1 minute. Not scored? No points; • Which team will win? • Thereafter team A, B, and vice versa. <p>Instructions: Remember to keep safety, ball/stick!</p>
<p>KINGS & QUEENS</p> <p>PURPOSE: Duel win and switch</p>  <p>W1-001</p>	<p>Organization: Put together fields by turning cones 10m apart. Move to make it easier to score two cones against each other, two players per field. Each player defends his cone(s) for 1 to 2 min. To play against each other. Scoring by playing the ball against the cones of the opponent.</p> <p>Keep going:</p> <ul style="list-style-type: none"> • Each player first cone by moving the hands clockwise; • The winners a field 'up' and the losers a field 'down'. • If you stand on the highest field and you win, you stay standing. The same applies for the loser to the lowest field; • In a tie wins who scored first; • In a tie, short shoot out from 1 minute (a break for the rest).
<p>BELGIAN HOCKEY</p> <p>PURPOSE: competition form, fun , stick ball to score</p>  <p>W2-005</p>	<p>Organization: Make two parties. Put a field of 20 by 10 meters. Turn 5 meters from the goal lines a, game direction lengthwise. Goal is scoring goal back.</p> <p>Ball featuring party:</p> <ul style="list-style-type: none"> • Do not stand too close to your teammate who has the ball, minus two stick lengths; • Free ball ALWAYS take self pass by the player closest to the ball - speed; • Make decisions independently; • Do not overplay because it has to but because it is a chosen solution; <p>Not possessing ball party:</p> <ul style="list-style-type: none"> • In freestyles against , keep your distance ; • Defense on the forehead (your strong point)