



# Ball Carrying Games



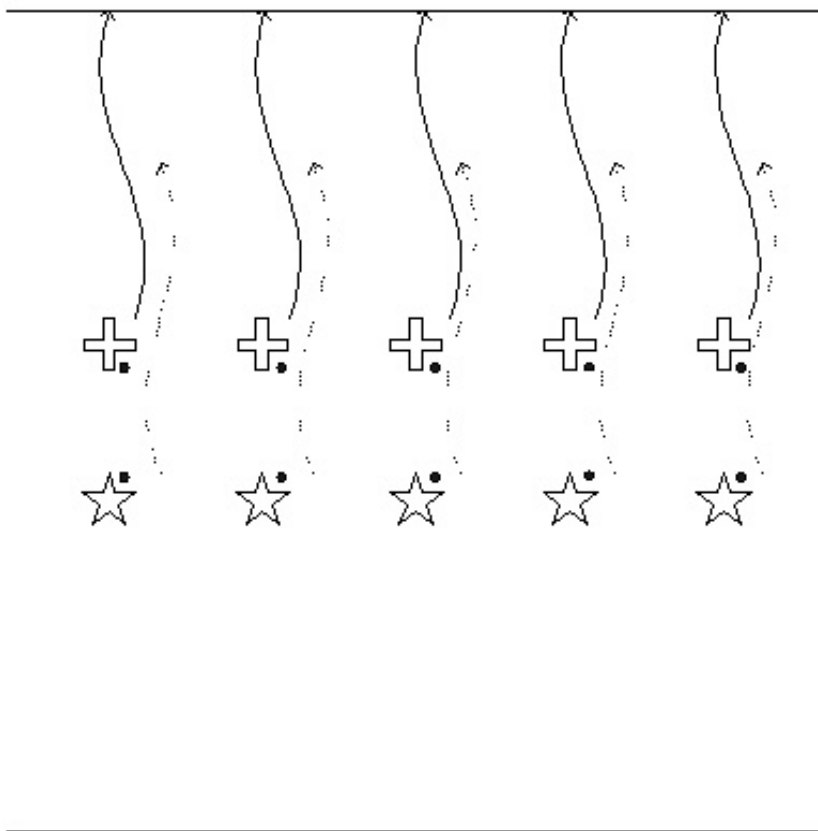
## Title: Cats and Mice

**Objective:** To open dribble at pace

### Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x hockey ball each
- Bibs for one team

### Setup:



### Description:

- Players line up in 2 rows, one row with bibs on called Cats (stars)
- The other row is called Mice (crosses)
- The two rows are about 3m apart
- When the coach calls "MICE" the mice all dribble across the nearest line
- The Cats then have to leave their ball behind and try to catch the mice, tackling them before they reach the line
- If the coach calls "CATS" the rolls are reversed, with the cats dribbling across the line, and the mice chasing
- After each chase, reposition the players and call either cats or mice again.
- The winners are the players who do not get caught

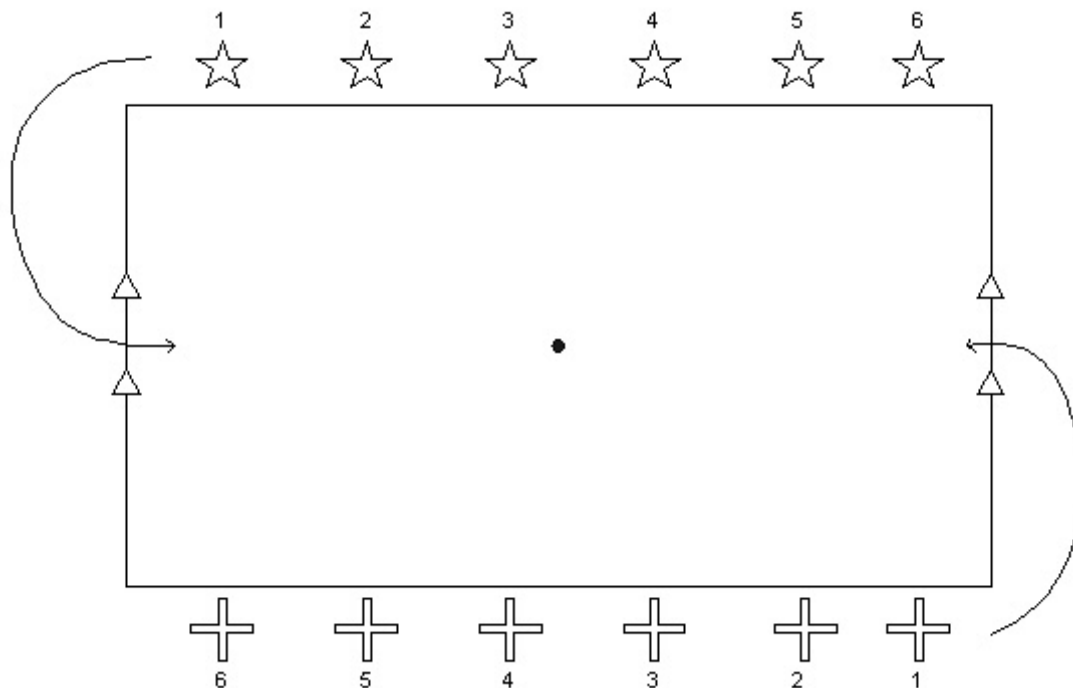
## Title: Dog & Bone

**Objective:** To dribble while under pressure, also tackling skills

### Equipment Needed:

- 8 x cones
- 1 x hockey stick each
- 1 x hockey ball

### Setup:



### Description:

- Divide the players into 2 groups of 6 and give them a number as shown above
- The ball is placed in the middle as shown above and a number is called
- The crosses must run through the goal on the right, and score into the goal on the left, while the stars must score into the goal on the right
- The players called must run through the goal, into the middle and try and score at the opposite end, both players must try and stop the other from scoring
- To score, the ball must be dribbled through your opponent's goal
- Play continues until a goal is scored or the ball goes out of play
- Another number is called and the game continues
- The teams keep track of how many goals they have scored and after a set time limit the team with the most wins

### Variations:

- Call more than one number; start calling two numbers, then three numbers!
- Players on the side can receive a pass then pass back to their players but they can not score

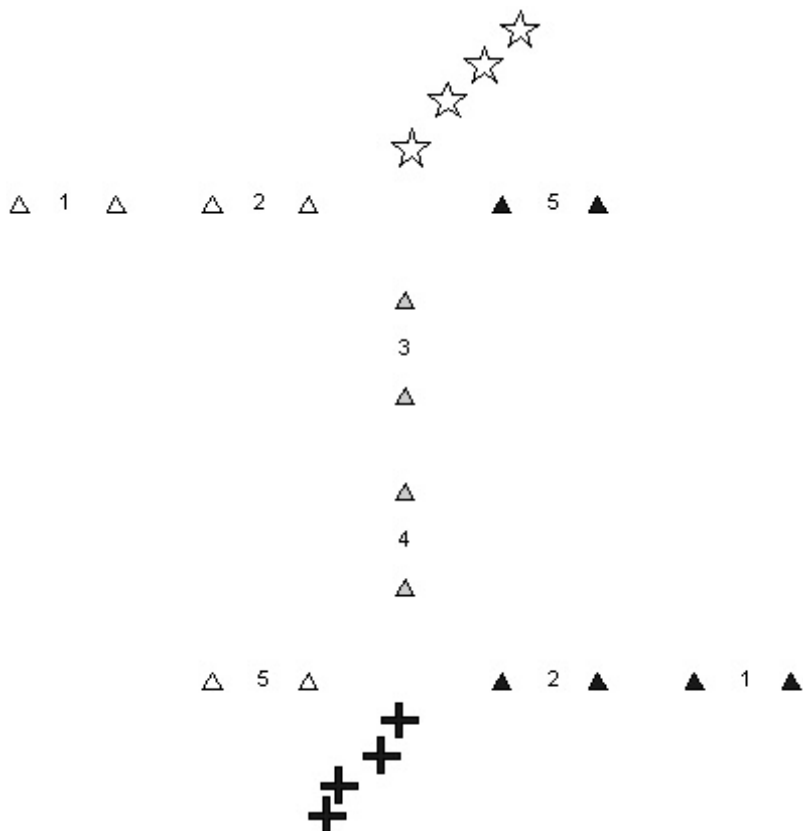
## Title: Dribble Race

**Objective:** To dribble at pace using vision

### Equipment Needed:

- Coloured cones
- 1 x hockey stick each
- 1 x hockey ball each

### Setup:



### Description:

- Split into 2 teams of 4-5 players
- The black crosses team has to dribble through the black goals and the grey goals in the fastest route possible
- The white stars team has to dribble through the white goals and the grey goals in the fastest route possible

### Variations:

- Have three teams and rotate the losing team
- Make 2 players on the same team go at the same time, and they have to pass between the goals instead of dribbling through

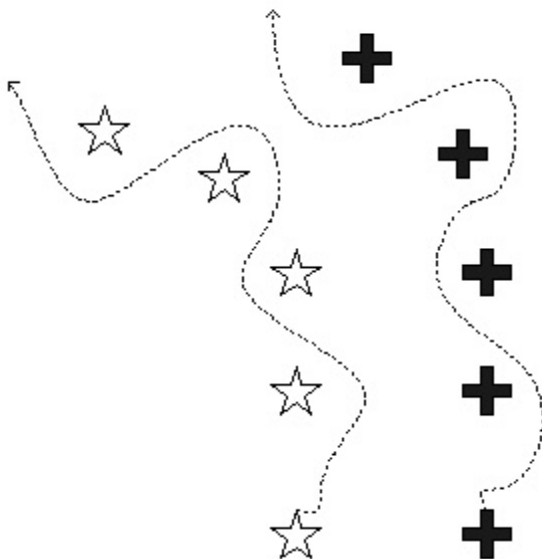
## Title: Dribble Relay

**Objective:** To dribble at pace with vision

### Equipment Needed:

- 1 x hockey stick each
- 1 x hockey ball each

### Setup:



### Description:

- Split into 2 teams
- Each team lines up with about 2m between each player
- When the coach calls GO! Both teams start to dribble forward
- The player who is last in line then dribbles in between each of their team mates in a slalom fashion
- Once the player reaches the front of the line they then become the leader and yell GO and the player who is at the back of the line then starts forward
- The team who gets all their players through in the quickest time wins

### Variation:

- The next player at the back can go as soon as the previous player has passed them
- Make the line of players follow a course or a square, moving from side to side rather than in a straight line
- Make it only open face dribble, rather than Indian dribble

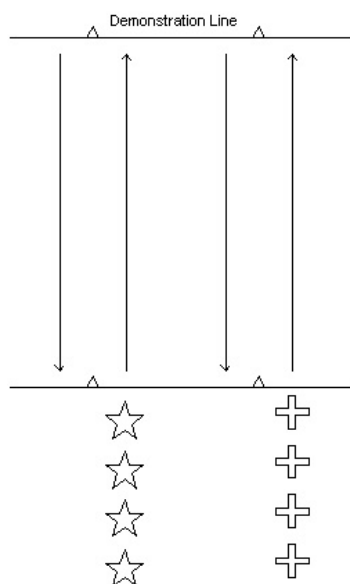
## Title: Exercise Relay

**Objective:** A fun activity that encourages good dribbling and ball control, also promoting focus and attention

### Equipment Needed:

- 1 x hockey stick each
- 1 x hockey ball each
- 2 x cones per team

### Setup:



### Description:

- Divide players into teams of 4-5
- Each team lines up as shown above
- On the word 'GO' the first player dribbles the ball to the cone and then does a little demonstration that the rest of the team must copy
- The demonstration does not have to involve the hockey stick and ball, for example the player could do 5 star jumps
- The player then dribbles the ball back to their team and the next person goes
- The rest of the team has to copy what the first person does so it is important that they are all paying attention
- Once everyone has had a turn at what the 1<sup>st</sup> player did, the next player does a demonstration and so on until everyone has had a turn at being the demonstrator
- Players cannot repeat an exercise that someone has already done
- List some examples for exercises and then ask the players to come up with their own

### Variations:

- Instead of each player dribbling up and then copying, players demonstrate the exercise 10 times and the other players have to copy at the same time, this is a much shorter version of the game as each player will only have to dribble the ball once
- Use funny ideas such as making each team an animal, so they have to do the exercises while making their team animal noise

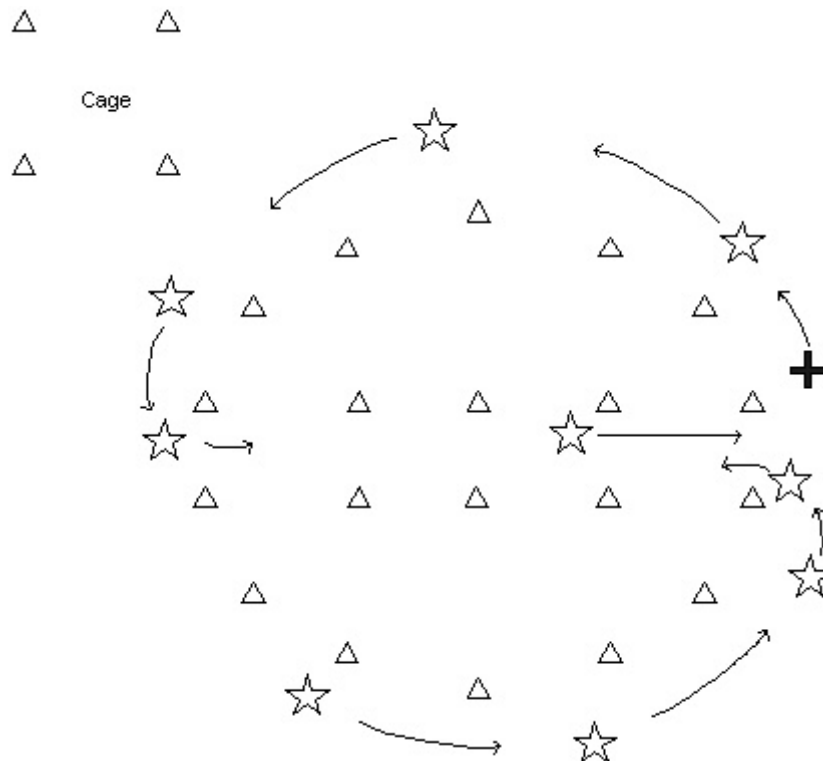
## Title: Fox & Rabbit

**Objective:** To dribble at pace using vision

### Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x hockey ball each

### Setup:



### Description:

- Make a circle with 2 entrances
- One player is the fox
- All players must move in an anti clockwise direction around the circle dribbling their ball
- All players can pass through the circle and be safe – the fox can only go around the out side of the circle
- The fox must tackle the rabbits and once tackled, the rabbits go and stand in the cage
- Give the fox one minute to catch as many rabbits as they can
- The winner is the fox who catches the most rabbits in a minute

### Variations:

- Have two foxes

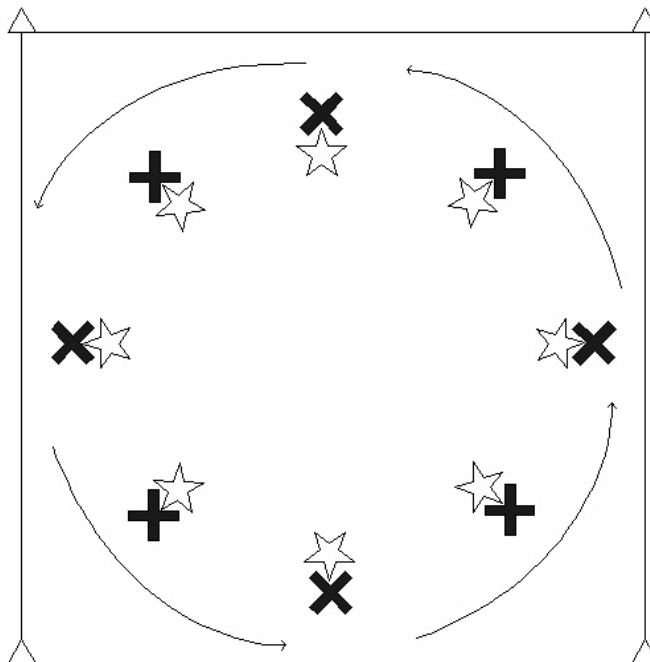
## Title: Horses and Jockeys

**Objective:** A fun game to encourage dribbling and team spirit

### Equipment Needed:

- 1 x hockey ball between two
- 1 x hockey stick each

### Setup:



### Description:

- Arrange players in pairs as shown above
- One player in the pair is the horse, the other is the jockey
- The horses get on their hands and knees with their heads towards the centre of the circle
- The jockey stands over the horses again facing the centre, this is the 'saddle-up' position (jockeys *do not* sit on the horse just stand over them)
- The balls are placed to the side of each pair
- The coach calls out either 'Horse' or 'Jockey'
- If 'horse' is called, all horses stand up, then race around the circle dribbling the ball
- They should all race anticlockwise around the circle and finish in the saddle-up position
- If 'jockey' is called the jockeys race around in the same way
- Award points for the 1<sup>st</sup> three pairs back in the saddle-up position (3, 2 and 1 points for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> pairs, respectively)
- After each player has raced 5 times, the team with the most points wins the game

### Variations:

- Dribble around the circle in a clockwise direction
- Players must run around their partner before dribbling
- Start with the balls in the centre, players must then collect a ball and dribble it through the space to their partners right and then dribble around the circle
- Players should encourage their partners by acting like horses or jockeys



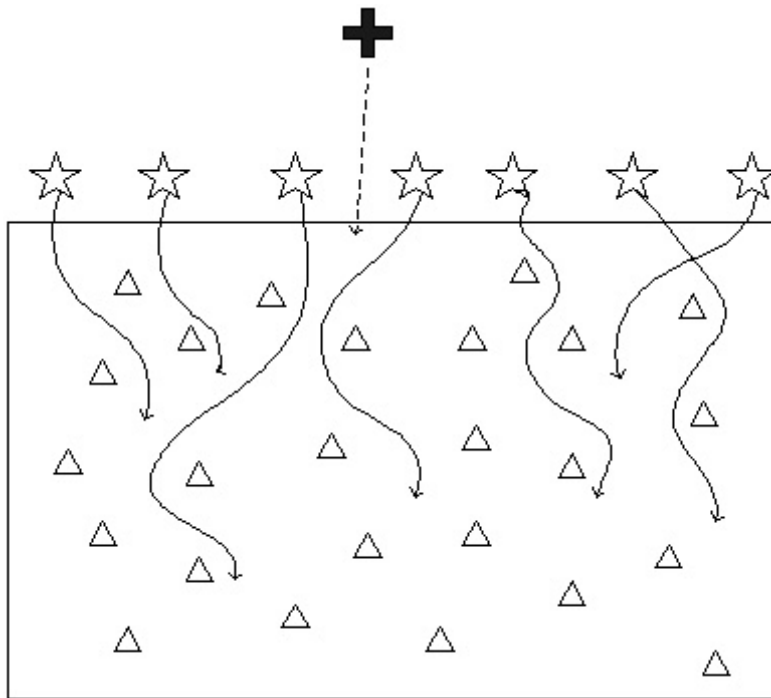
## Title: Minefield

**Objective:** To open dribble at pace with vision

### Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x hockey ball each

### Setup:



### Description:

- One player is the Chaser and stands 5m behind the other players
- All the other players have a ball and are lined up at one edge of the area
- The area has cones placed randomly throughout
- When the coach says GO the players need to dribble their ball through to the other side of the area without disturbing any of the cones (mines) and without being tackled by the chaser
- Any player caught by the chaser, or blown up by a cone, joins in as a chaser for the next round
- Players should change position so they are taking a different route through the minefield each time

### Variation:

- Add more cones
- Use less cones and more chasers

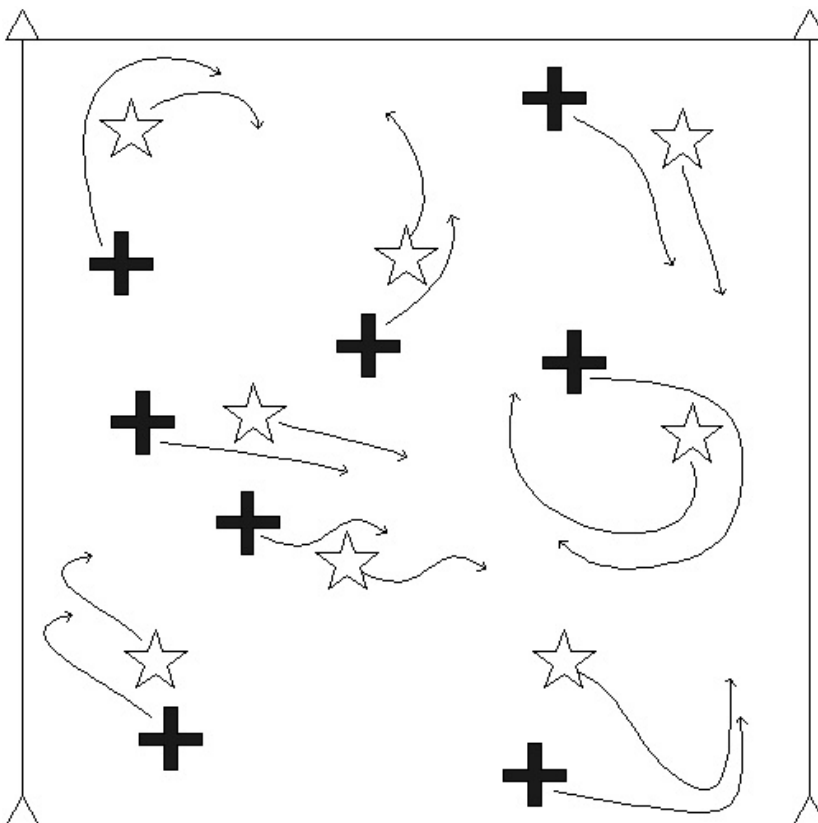
## Title: Shadows

**Objective:** Dribbling, awareness of space, also marking

### Equipment Needed:

- 1 x hockey ball per pair
- 1 x hockey stick each
- 4 x cones to define the boundary
- Cones for obstacles

### Setup:



### Description:

- Players in pairs
- One player dribbles the ball anywhere in the area while their partner follows and tries to keep up
- The player with the ball must change direction and try to lose the player following them
- When 'change' is called players swap roles
- Make sure players are in control of the ball at all times

### Variations:

- Call stop occasionally and see who is within 1, 2 or 3 metres of their partner
- Add obstacles to dribble around
- Both partners have a ball and play follow the leader

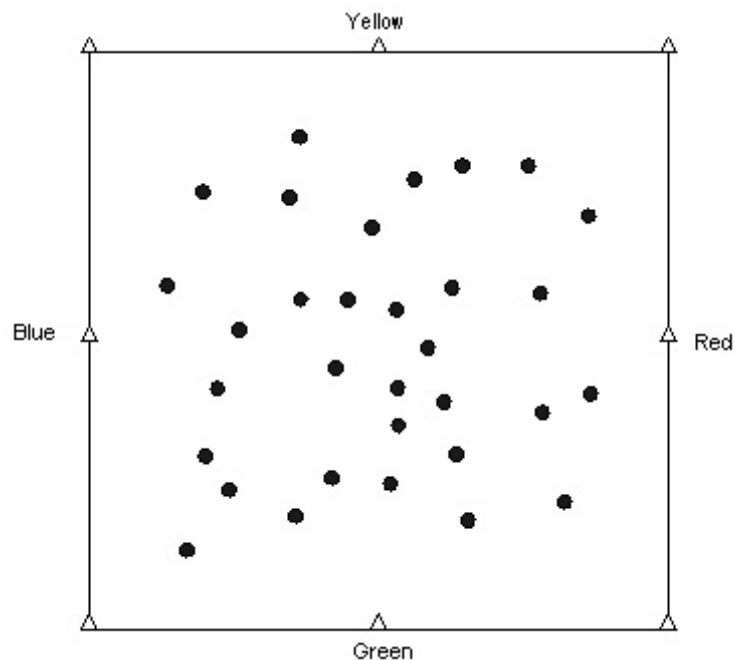
## Title: Vision Dribble

**Objective:** To dribble while under pressure, also tackling skills

### Equipment Needed:

- 4 x coloured cones
- 1 x hockey stick each
- 1 x hockey ball each
- 15m x 15m area

### Setup:



### Description:

- All players dribble their hockey ball inside the squared area
- Each side is given a coloured cone
- The coach calls the colour and all players must dribble their ball over that line
- The last player to cross the line is out
- The last player left is the winner!

### Variations:

- As players drop out they become defenders
- Call two colours and eliminate two players each time