

Passing / Receiving Games



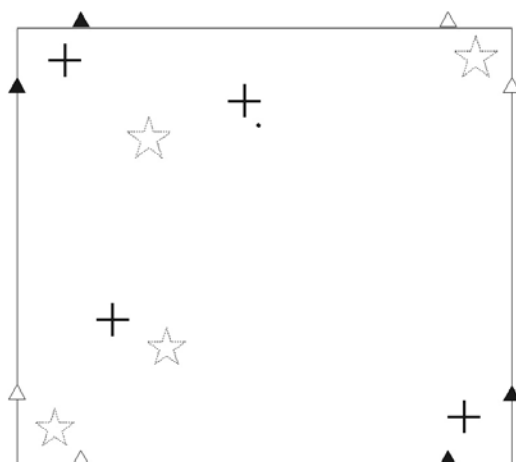
Title: Free the Hostages

Objective: Passing and intercepting the ball

Equipment Needed:

- 8 x cones to mark out 4 goals (hideouts) in each corner of a square
- 1 x Bibs for one team
- 1 x ball
- 1 x hockey stick each

Setup:



Description:

- Split into teams of 4
- Mark off a square playing area, around 23m each side, with goals in each corner as above
- 2 players of one team (stars) play against 2 players of the other team (crosses) in the square
- The other 2 members of the same team stand in the cone goals (hideout) diagonally opposite each other
- The aim is to get the 2 players in the squared area to make 10 consecutive passes without losing the ball out of bounds
- The ball carrier may pass to his team mate inside the square, or to one of his two team mates (hostages) in the diagonally opposed corners (hideouts)
- When the 'hostage' receives the ball, they are released, and can dribble into the square
- The team member who gave the pass then replaces that player in the 'hide out' area
- The defenders in the square try to intercept the ball, or force a pass out of bounds
- A push in is awarded to the opposition when the ball leaves the square – defenders must be 3m away
- Each pass should be counted loudly enough for both teams and the coach to hear
- The team that achieves 10 passes, or has possession for the longest period of time is the winner

Variations:

- Add players to the game, and increase squared area
- Draw a centre line to split the square in two. Only passes which travel from one area to the other score points. Passes within the same section retain possession, but do not score
- Only long passes 10m or more score
- For improving accuracy, only direct passes count
- A 'hostage' can only be released if the pass goes between the two cones

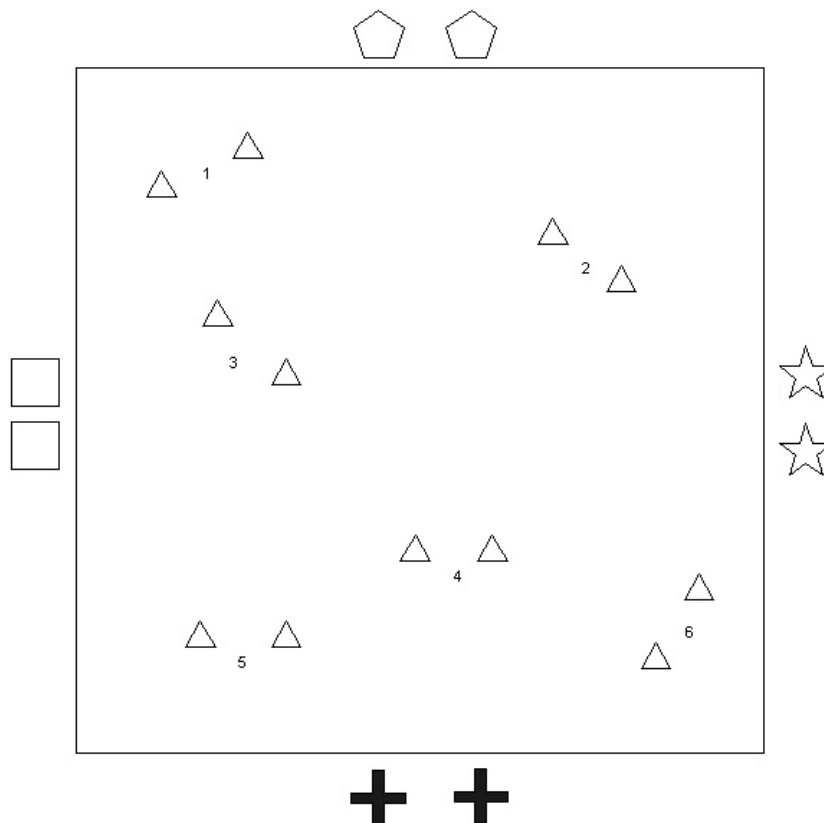
Title: Goal Pass

Objective: Accurate passing and maintaining possession

Equipment Needed:

- Different coloured cones to act as goals
- 1 x ball for each pair

Setup:



Description:

- Set up a square with 20m sides
- Set up 6 goals a sticks length apart, randomly dotted around the area
- Split into pairs
- Each pair has a ball and starts outside the boundary
- When the coach calls GO! One player dribbles the ball and passes to their pair through the goal to score
- All pairs go at the same time and can go through the goals in any order
- The pair then moves to the next goal with the ball carrier passing back to their team mate, through the goal to score another point
- The first team back over the starting line after completing the 6 goal passes wins

Variations:

- Keep going over a certain time (eg three minutes) and count the goal passes
- Put in 3 defenders to challenge possession
- Make the players go through the goals in a certain order, or only through even / odd numbered goals
- Get one pair to go at a time and make it a time trial

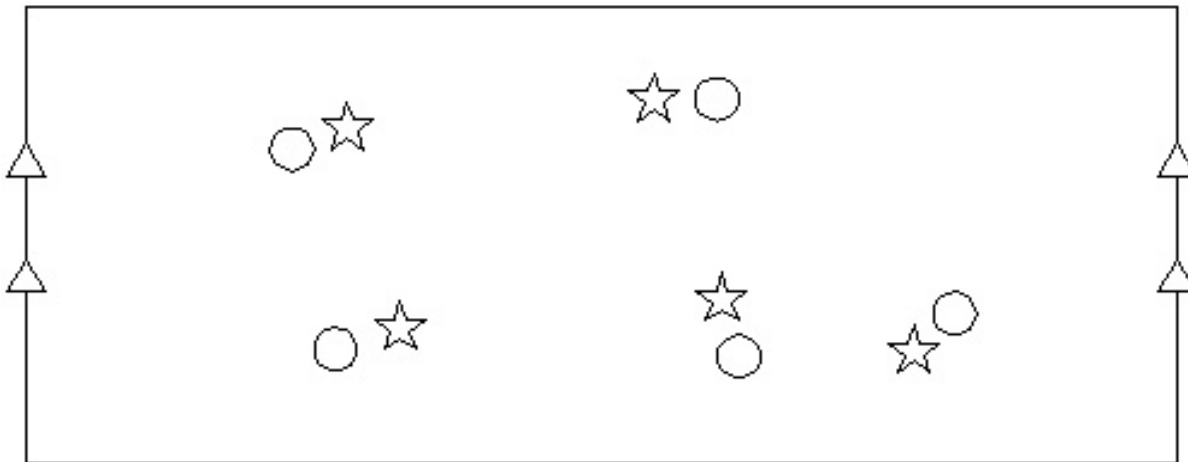
Title: No Tackling!

Objective: This game will help improve marking skills, and promote running off the ball

Equipment Needed:

- 8 x cones for goals and sidelines
- 1 x ball

Setup:



Description:

- Two teams of 4 or 5, each player is assigned a marker and must stay on that player as much as possible
- Passing the ball is allowed but tackling and dribbling *past* someone is not
- The only way to get the ball is to intercept a pass or the ball going over the sideline
- If you receive the ball and your marker is in front of you, you can't go forward, you *must* pass.
- However if there is no one in front of you then you can go for goal
- You score by running the ball over the goal line
- No tackling but if ball is in open space you can contest for the ball

Variations:

- Must pass after 5 seconds
- Make every pass into space so players have to run onto the ball

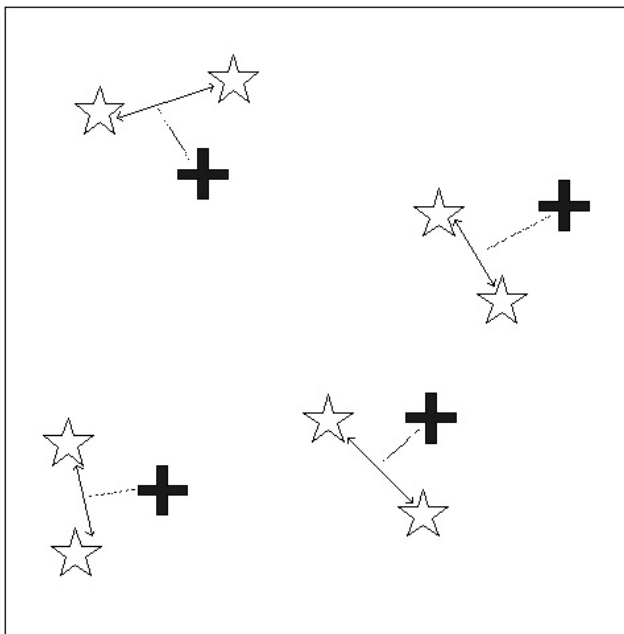
Title: Nuisance

Objective: Passing and intercepting the ball

Equipment Needed:

- 4 x cones to mark out area
- 1 x Bibs for each nuisances
- 1 x ball per pair
- 1 x hockey stick each

Setup:



Description:

- Get everyone into pairs (stars) and then (depending on the number of pairs you have) pick 2-3 pairs to be nuisances who wear bibs (crosses)
- The pairs pass a ball back and forth between them moving around within the area
- The nuisances try to intercept a pass or pick up a loose ball
- When a player has lost the ball they take the nuisances bib and they become the nuisance
- The nuisance now has a partner and they begin passing the ball to each other

Variations:

- Divide everyone into two teams, and play against each other, the aim being to keep the ball in your possession, no tackling allowed
- Play with 3 teams, e.g. green, red and a nuisance team. The green and red teams pass the balls to one another and the nuisance team tries to intercept the balls. When a nuisance intercepts a ball they call out the name of a green or red player close to them and take their bib.
- This game should be played 3 times with each team having a turn starting out as nuisances

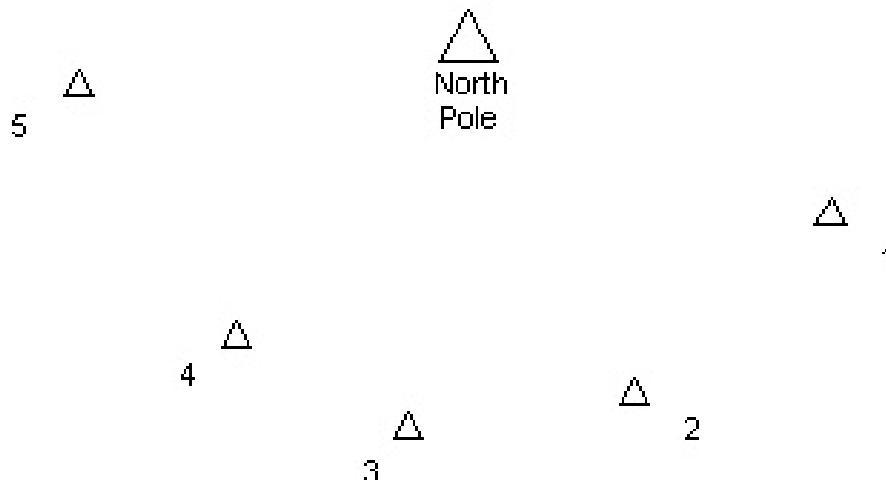
Title: Round the World

Objective: Accurate passing from various angles

Equipment Needed:

- 6 x cones per group
- 1 x ball per player
- 1 x hockey stick each

Setup:



Description:

- The target is the North Pole as shown above
- Shooting points are the cones and are placed to represent the world
- The distance from the North Pole to the shooting points depends upon the skill levels of the players
- Players start at the number 1 spot and shoot at the target. Each player must hit the target twice in a row before moving on to the next number.
- Players take turns shooting at the target
- The player to go 'round the world' first has won

Variations:

- On the second round, players should shoot from farther back
- A variation for older players is instead of pushing or hitting they can flick the ball into a bucket or bag

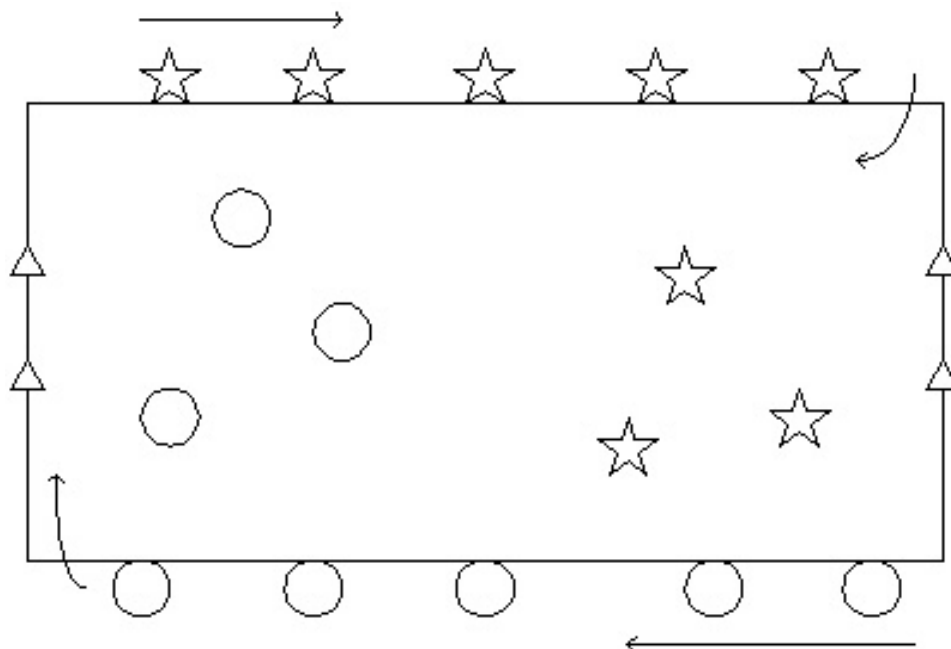
Title: Sideline Hockey

Objective: Passing and receiving under pressure, vision and teamwork

Equipment Needed:

- 8 x cones
- 1 x ball
- hockey sticks

Setup:



Description:

- Two teams, Team Stars and Team Circles
- 3 players from each team start on the field
- The spare players from each team are placed along the sideline, team stars on one side team circles on the other
- Players leaving the field go to the end of their own team line and three new players run on from the other end
- It is 3v3 for a set time or until a goal is scored. At end of time limit or a goal is scored players rotate
- The ball is kept in play along sideline by players off the field who can 'wall pass' or 'bunt' ball back onto field to their own players.
- Players on the field can also pass to the wall players
- Sideline players cannot tackle or enter field

Variations:

- Players can only hold ball for 5 seconds max
- Players can only have 3 touches then they must pass

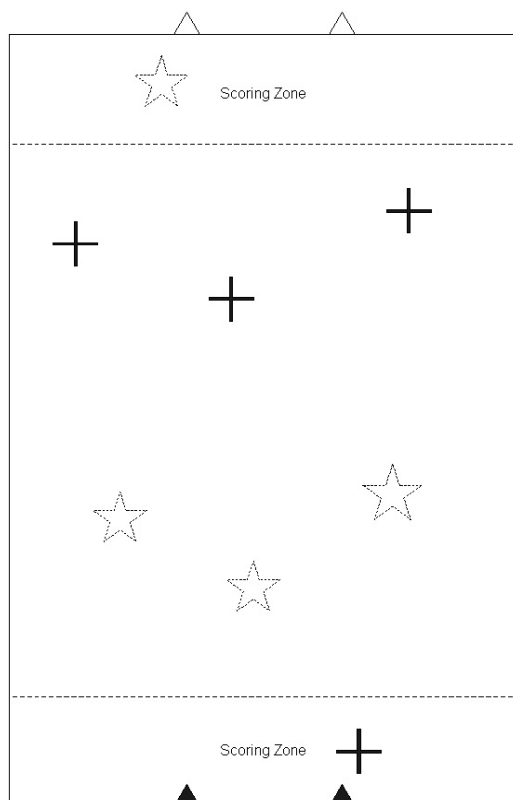
Title: Strike Zone

Objective: Passing and intercepting the ball

Equipment Needed:

- 12 x cones to mark out shooting area and goals
- Bibs for one team
- 1 x ball
- 1 x hockey stick each

Setup:



Description:

- Split into two teams of four
- One player on each team is designated as being the scorer and is the only player in either team to be in the scoring zone
- The remaining six players must play in the central zone
- Objective is for the team to keep possession and try to get a pass through to the player in the scoring zone who then shoots for goal
- If the player in the scoring zone loses the ball over the backline or sideline the opposing team begins with possession at the top of the opposition scoring zone
- 1/4 field size

Variations:

- Add players to the game, and increase the area

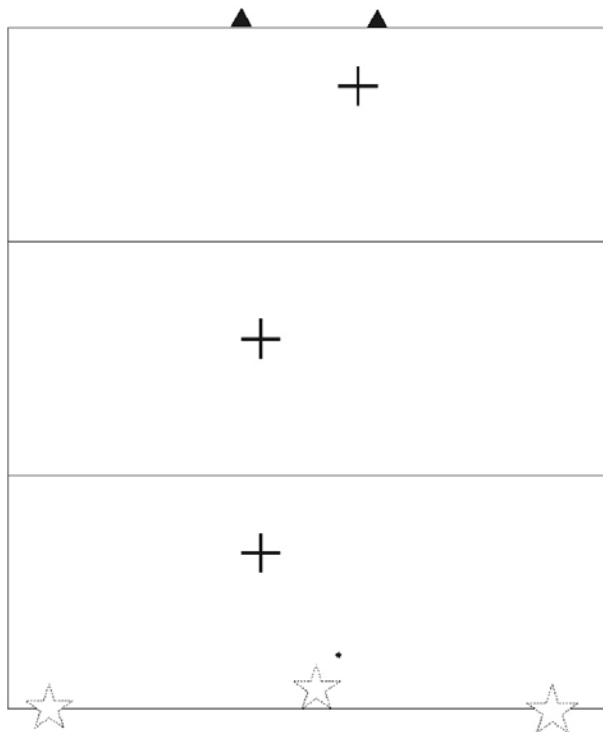
Title: Triangle Passes

Objective: Passing and intercepting the ball

Equipment Needed:

- 10 x cones to mark out area and one goal
- Bibs for defenders
- Hockey balls
- 1 x hockey stick each
- 1/4 field pitch

Setup:



Description:

- Nominate three defenders (good idea to keep them rotating)
- Split an area into three sections as above, with a goal at the end
- One defender in each section, they cannot leave their area
- Three attackers start opposite the goal, and look to pass amongst themselves while moving down the field, eliminating the defenders in each section.
- Have a shot at goal in the last section
- Defenders can score by intercepting a ball and passing it back through the zones to the first defender, who can hit it across the attackers starting line to score

Variations:

- Make the final defender a Goalkeeper
- Without Hockey sticks – use a soccer ball /netball, or rugby ball and the defenders either intercept, or tag the player in possession

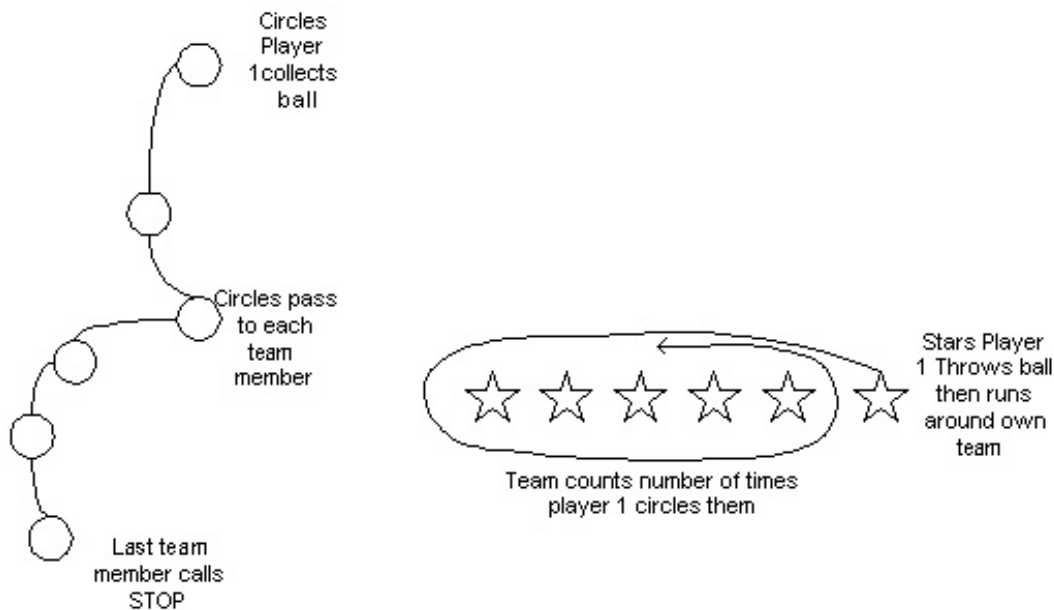
Title: Zany Ball

Objective: Creative thinking as well as accurate passing and trapping under pressure

Equipment Needed:

- 1 x awkward shaped ball
- 1 x ball
- 1 x hockey stick each

Setup:



Description:

- Start with the awkward shaped ball and sticks to the side
- Divide the players into two teams
- Both teams line up behind their number 1 player as shown above
- Player 1 of team Stars throws the ball as far as possible anywhere in the playing area and then runs around and around their team
- Team Stars calls out the number of times Player 1 passes the front of the team
- Player 1 of team Circles runs after the ball, usually followed by all of team Circles, and throws it to the next player in his/her team who throws it to the next person and so on until all of team Circles have had the ball.
- When the last player of team Circles gets the ball, Team Circles yells 'STOP' and player 1 on team Stars stops running. Team Stars calls out the number of times Player 1 went round the team
- Teams switch over and team Circles throws the ball
- The team with the highest score wins the round
- Play again until everyone has had a turn being player 1

Variations:

- Instead of throwing the awkward ball, use the hockey sticks and hockey ball
- Player 1 of team Stars hits the hockey ball as far as they can and continues as before
- Team Circles then has to pass the ball to all their team members before they can say stop

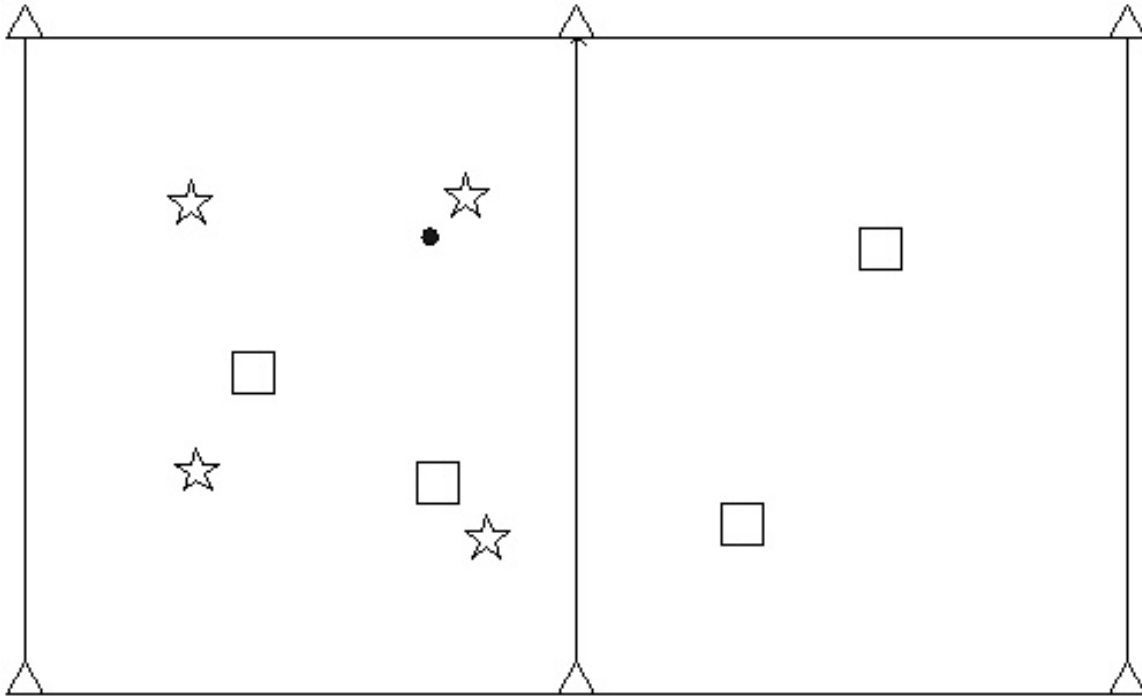
Title: 2-4 Keep Away

Objectives: This game promotes passing, receiving and teamwork

Equipment Needed:

- 6 x cones per group
- 1 x ball per group
- 20m x 10m rectangle area

Setup:



Description:

- Players are put into teams of 4
- The team with the ball must make 10 consecutive passes to score a point
- Players must pass the ball to a team mate and the defending team tries to intercept the pass
- If the defending team intercepts the ball the defending team passes the ball to their side as quickly as possible and try to make 10 passes
- The 2 defensive players join their team on their side of the court
- The attacking team is now the defending team and sends two players to the other teams court to try and intercept the ball
- If the ball goes out the team that did not get the last touch gets possession and counting restarts
- First team to score 5 points wins
- No body contact

Variations:

- Maximum 5 seconds with the ball
- Less or more passes
- More or less players e.g. 3v2