

WELCOME TO THE Hockey Skills Challenge!

Challenge your players to take on a skill circuit and earn a Certificate of Hockey Skill



1

There are 3 Levels of Skills to suit all ages and abilities:

- Bronze
- Silver
- Gold

Remember practice makes perfect!

2

Build Your Circuit:

Choose from one of our Bronze, Silver or Gold circuits or customise your own circuit using our skill stations

Keep it safe, fun and achievable!

3

Choose a Challenge:

Pick a challenge that works best for your players' age and ability

(See Page 5 for a list of challenges)

Run Your Hockey Skills Challenge!

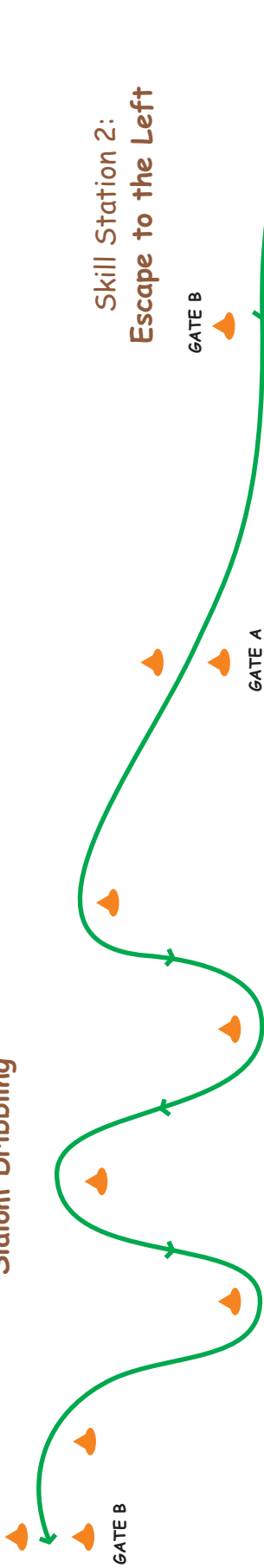


BRONZE Hockey Skills Circuit

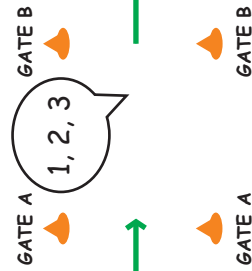
- Skill level: EASY
- Perfect for beginners
- Small circuit so great for younger players
- Tight on space? Ideal layout!



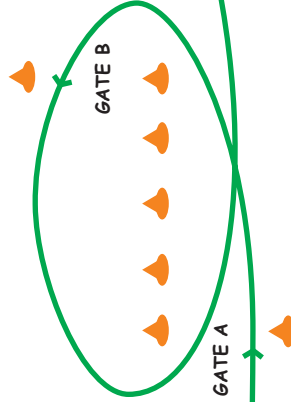
Skill Station 3:
Slalom Dribbling



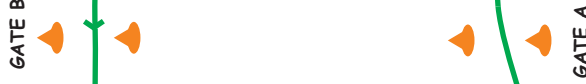
Skill Station 1:
Stop and Go



Skill Station 4:
Narrow Escape



Skill Station 2:
Escape to the Left



DON'T FORGET - practice makes perfect! Make sure your players have mastered the skills before they take on the Hockey Skills Challenge.

Remember, the Hockey Skills Challenge is flexible! Add or take away as many skills as you like and come up with your own ideas to set the challenge!

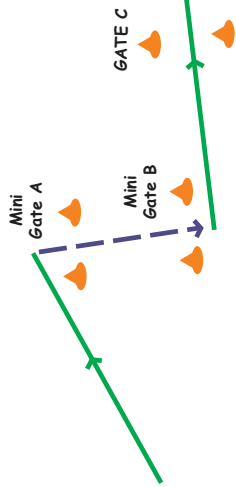


SILVER Hockey Skills Circuit

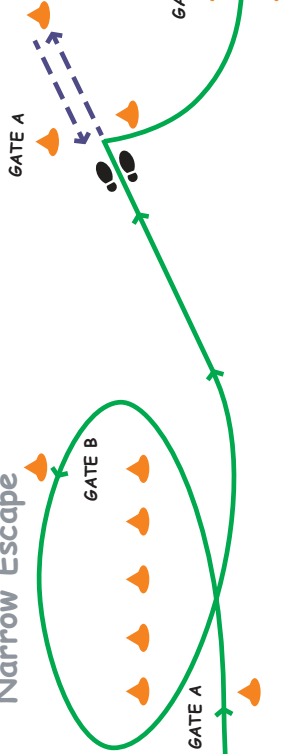
- Skill level: INTERMEDIATE
- Can be used for players that have completed an easier Hockey Skills Challenge
- Up the ante by setting a more testing challenge



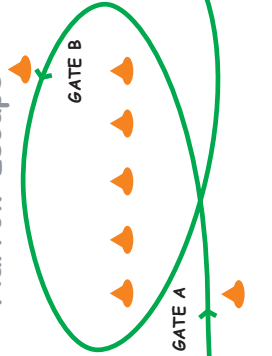
Skill Station 7:
Right to Left
Drag



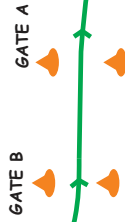
Skill Station 8:
Pull Back and Go



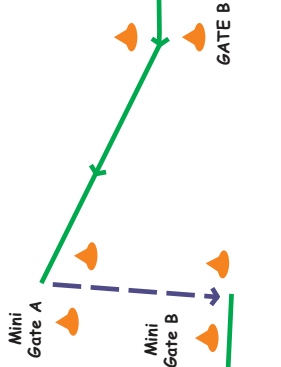
Skill Station 4:
Narrow Escape



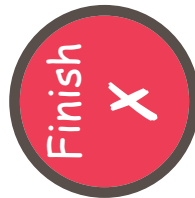
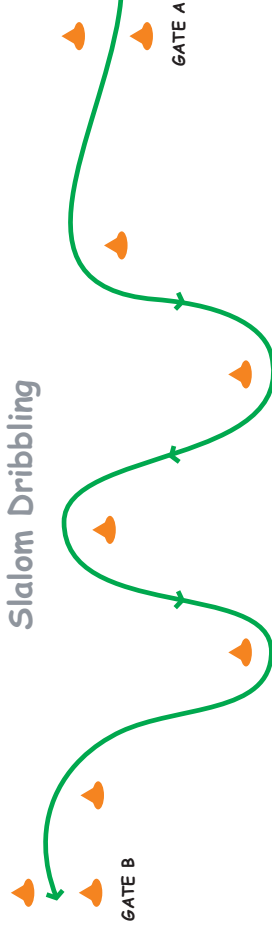
Skill Station 5:
Escape to the Right



Skill Station 6:
Left to Right
Drag



Skill Station 3:
Slalom Dribbling



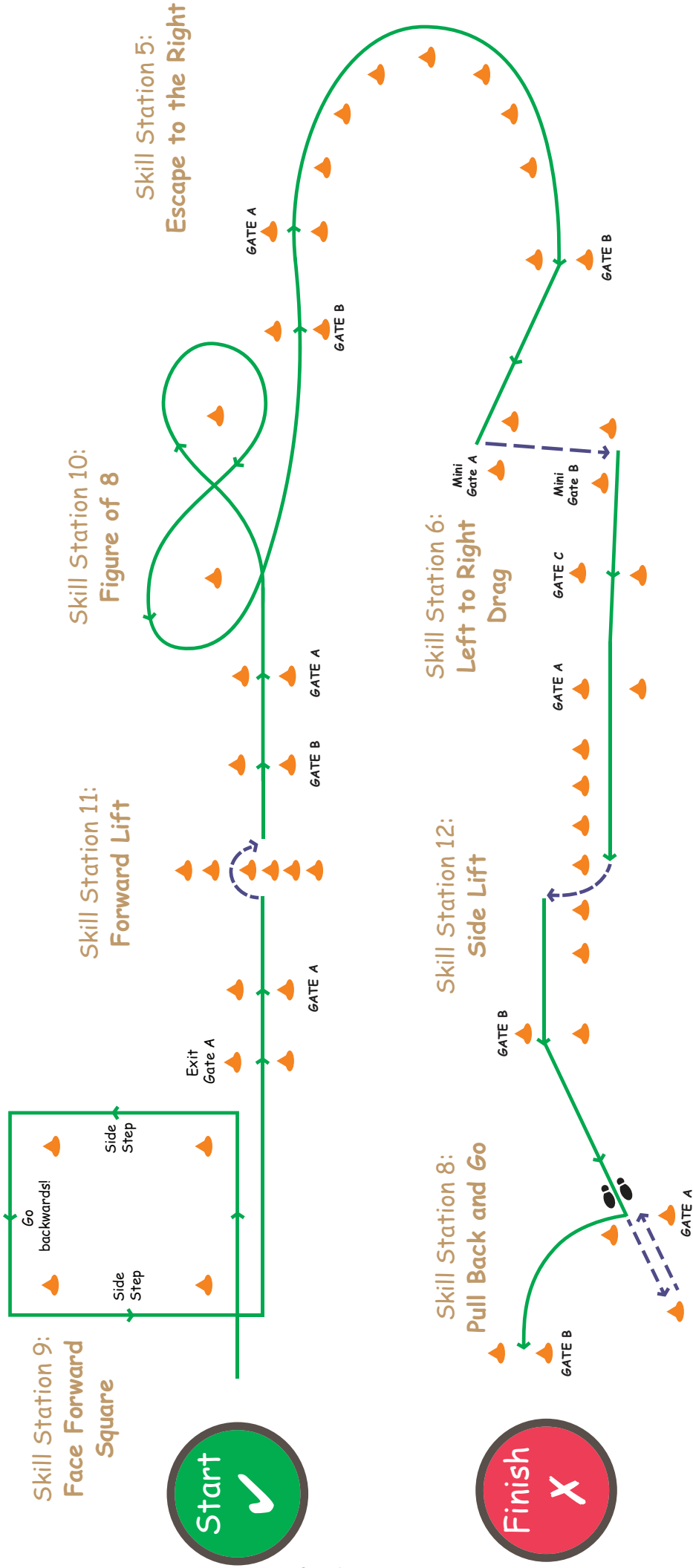
DON'T FORGET - practice makes perfect! Make sure your players have mastered the skills before they take on the Hockey Skills Challenge.

Remember, the Hockey Skills Challenge is flexible! Add or take away as many skills as you like and come up with your own ideas to set the challenge!



GOLD Hockey Skills Circuit

- Skill level: EXPERT
- Can be used for players that have completed an intermediate Hockey Skills Challenge
- Put an emphasis on completing each skill correctly



DON'T FORGET - practice makes perfect! Make sure your players have mastered the skills before they take on the Hockey Skills Challenge.

Remember, the Hockey Skills Challenge is flexible! Add or take away as many skills as you like and come up with your own ideas to set the challenge!

Hockey Skills Challenge!

Choose Your Challenge

You can set the circuit and the challenge up in a way that suits your space, the group's age and ability! You can even add in your own skill stations...

Once you have decided on a circuit, it's time to set the challenge:

1. Time Trial - Players complete the circuit as fast as possible against the clock.
2. Head 2 head - Players race each other through 2 or more identical challenges
3. Team Time Trial - Form teams with players' times added up for a 'team total'. The winner is the team with the fastest combined time.
4. Escape and Run - A player tries to complete the challenge without being caught by a chaser.
5. The Group Challenge - The whole group take on the challenge and a total or average time is recorded. The group must run it again to beat their time.
6. Control Freaks - Set a circuit to be completed without making errors and incurring penalties
7. Reverse Challenge - Try the circuit in reverse once it's been mastered
8. Mega Challenge - Set a challenging circuit using all of the skill stations!

Reward Your Players

Once your challenge is complete, it's time to reward your players with their certificates of hockey skill...

All you need to do is complete the online Certificate Request form by going to <http://hockeycertordering.questionpro.com>. Hockey Ireland will send out your certificates to you! You can host your own HSC Ceremony to reward your players!

More Support

All of the skills can be found in Hockey Ireland's Coaching resource 'Hooked on Fun' which was sent to your email but is also available at www.hockey.ie

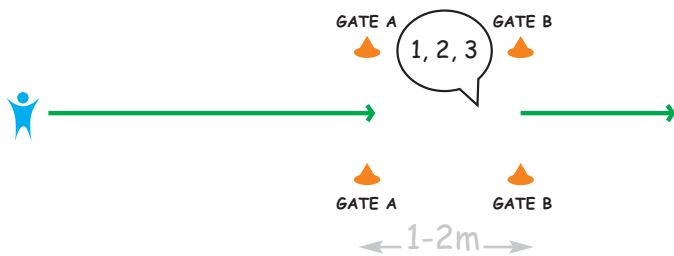
For further coaching support, check out Hockey Ireland's Core Skills DVD online here - www.hockey.ie

Hockey Ireland also runs a range of coaching courses. For more information check out details on www.hockey.ie



BRONZE SKILL STATIONS

Skill Station 1: Stop and Go



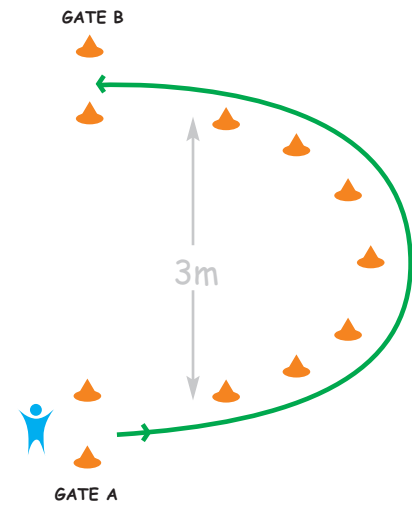
KEY COACHING POINTS

1. The player dribbles the ball through Gate A and stops the ball dead.
2. Once the ball is stopped, the player counts to 3 out loud
3. The player then dribbles through Gate B to complete the skill station

Coaching Tip: To stop the ball, the player should turn the hook of the stick over and place it in front of the ball.

Reference: Hooked on Fun Sessions 1 and 2

Skill Station 2: Escape to the Left



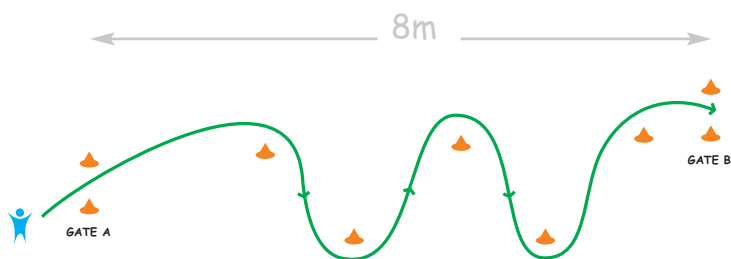
KEY COACHING POINTS

1. The player dribbles the ball through Gate A and follows the cones around towards Gate B
2. The player completes the skill station by dribbling through Gate B

Coaching Tip: When turning left, the ball should be in front of the left foot with the player's left elbow tucked into the side of their body.

Reference: Hooked on Fun Session 4

Skill Station 3: Slalom Dribbling



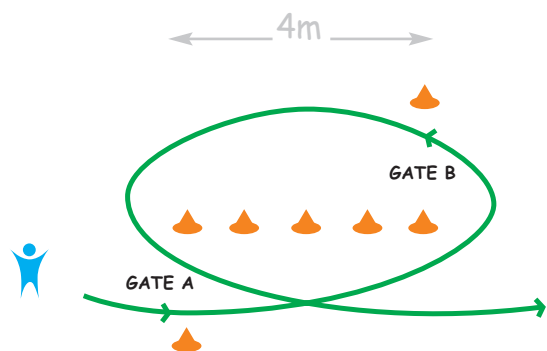
KEY COACHING POINTS

1. The player dribbles the ball through Gate A around the cones to Gate B
2. The stick and ball must remain in contact at all times - players may not use the reverse side of the stick
3. The player completes the skill station by dribbling through Gate B

Coaching Tip: When turning right, the player should tuck their right elbow into the side of their body to aid ball control.

Reference: Hooked on Fun Sessions 1, 3 and 4

Skill Station 4: Narrow Escape



KEY COACHING POINTS

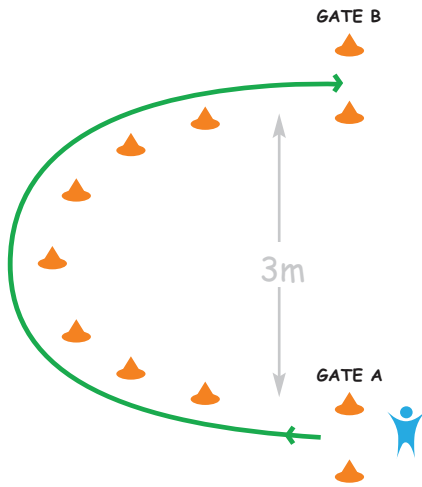
1. The player dribbles through Gate A and follows the line of the cones.
2. At the end of the cones, the player turns sharply through Gate B before returning to turn sharply through Gate A again to complete the skill station.

Coaching Tip: When turning sharply, the player's left elbow should be tucked into the side of their body to allow for greater control of the ball.

Reference: Hooked on Fun Session 1,3 and 4

SILVER SKILL STATIONS

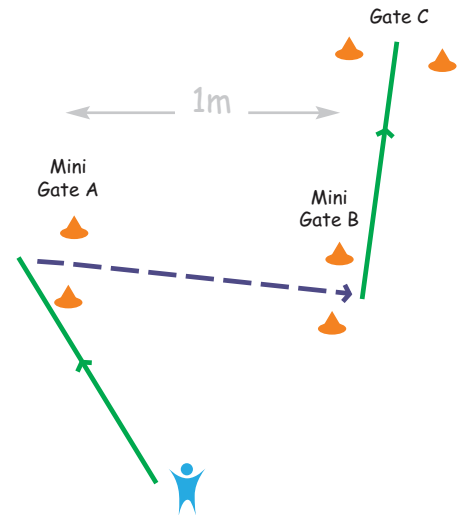
Skill Station 5: Escape to the Right



KEY COACHING POINTS

1. The player dribbles the ball through Gate A and follows the cones around towards Gate B
 2. The player completes the skill station by dribbling through Gate B
- Coaching Tip:** The player should keep the ball as close to the line of cones as possible when turning right.
- Reference:** Hooked on Fun Sessions 1, 3 and 4

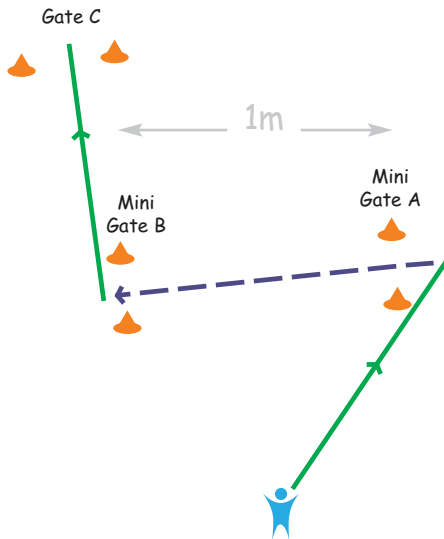
Skill Station 6: Left to Right Drag



KEY COACHING POINTS

1. The player dribbles to the left of Gate A.
 2. The ball is dragged through Gate A and Gate B in one motion using the reverse of the stick.
 3. Once the ball is through Gate B, the player dribbles forward through Gate C to complete the skill station.
- Coaching Tip:** The player should shift their weight from left to right foot during the drag to maintain control.
- Reference:** Hooked on Fun Sessions 5 and 13

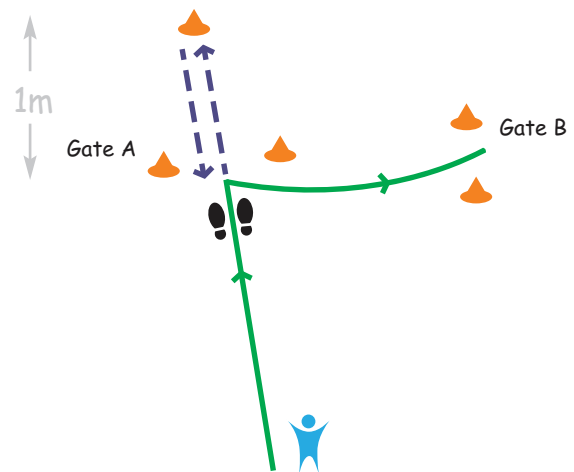
Skill Station 7: Right to Left Drag



KEY COACHING POINTS

1. The player dribbles to the right of Gate A.
 2. The ball is dragged through Gate A and Gate B in one motion.
 3. Once the ball is through Gate B, the player controls using the reverse side of the stick before dribbling forward through Gate C to complete the skill station.
- Coaching Tip:** The player should shift their weight from right to left foot during the drag to maintain control.
- Reference:** Hooked on Fun Sessions 5 and 13

Skill Station 8: Pull Back and Go

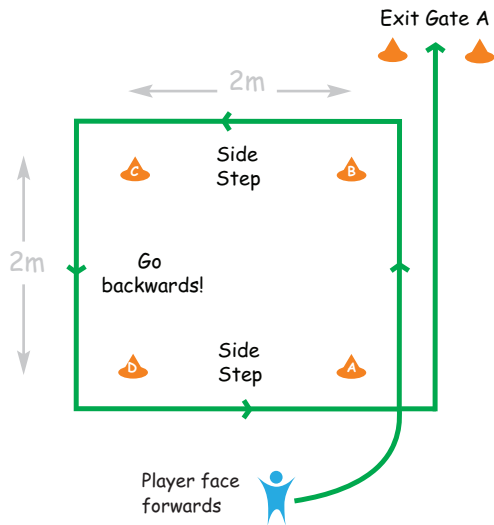


KEY COACHING POINTS

1. Player dribbles to Gate A, stopping their feet before the Gate but allowing the ball to run to Gate B.
 2. The player then stops the ball and pulls it back around gate A and dribbles through Gate B to complete the skill station.
- Coaching Tip:** The player should pull the ball back towards their feet, allowing the ball to run across their body so that they can dribble forward.
- Reference:** Hooked on Games Sessions 5 and 13

GOLD SKILL STATIONS

Skill Station 9: Face Forward Square



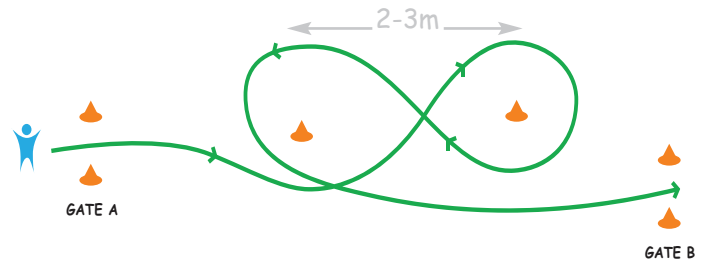
KEY COACHING POINTS

1. The player must dribble the ball around the cones (A-D) while always facing forward.
2. The player dribbles forward outside Cone A to Cone B, right to left to Cone C, backwards from Cone C and left to right from Cone D.
3. The player then exits through Gate A to complete the skill station

Coaching Tip: When dribbling around the cones, the player should keep the stick and ball in contact as much as possible to maintain control.

Reference: Hooked on Fun Sessions 1, 3 and 5

Skill Station 10: Figure of 8



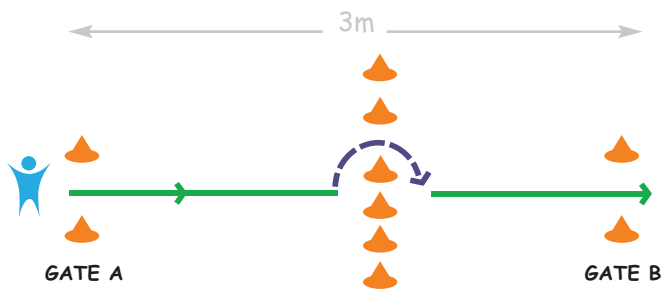
KEY COACHING POINTS

1. The player can enter the Figure of 8 from either side of Cone A.
2. The ball is dribbled between Cone A and Cone B and then around Cone B.
3. It is then dribbled back between Cone A and B and around Cone A to complete the skill station.

Coaching Tip: The player should focus on footwork and keeping their elbows tucked to the side of their body when turning to allow for greater control.

Reference: Hooked on Fun Session 3

Skill Station 11: Forward Lift



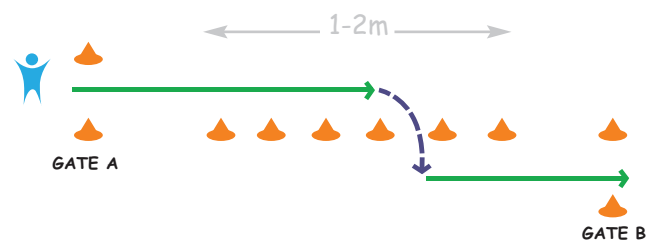
KEY COACHING POINTS

1. The player dribbles through Gate A to the line of cones.
2. The player must lift the ball over the cones and dribble through Gate B to complete the skill station.

Coaching Tip: The stick should be held using a 'frying pan' grip and the hook of the stick should be placed under the ball before lifting it over the cones. The player can stop the ball before the lift to make it easier.

Reference: Hooked on Fun Session 12

Skill Station 12: Side Lift



KEY COACHING POINTS

1. The player dribbles the ball through Gate A along the line of the cones.
2. The ball is then lifted across the line of cones and dribbled through Gate B to complete the skill station.

Coaching Tip: The player should place the hook of the stick under the ball to lift. This is more effective if it can be done while the ball is moving.

Reference: Hooked on Fun Session 12