

## Mini Hockey - Notes and Techniques - Session 1

### The Grip

Demonstrate the basic method of gripping the stick by getting the children to put their left hand at the top of the stick and their right hand (20 – 25cms) below the left.

### Running with the stick – technique

1. Stick in right hand only
2. The right hand in middle of stick.
3. The flat side of the stick should be facing to the body (to the left), head of stick pointing forward.
4. Carry stick like a suitcase – this allows you to run quickly.
5. When returning the left hand to the stick the right hand is already in the correct position.



### Right and left hand on the stick

1. The left hand should be at the top of the stick.
2. The right hand should be in the middle of the stick.
3. Carry the stick in front of the body, head of the stick near the ground this allows you to be **ready to receive** the ball



### Some exercises to practice holding the stick

These exercise ca be used in general as warm up practices and should not be spent long on.

- Run around in the circle (or area) with the stick in the right hand only (carried like a suitcase).
- When the whistle is blown, the left hand should be brought to the stick and the player should continue to run but now with both hands on the stick.
- The head of the stick in contact with the ground and slightly right of the body.

