**HookIn2Hockey Session Plans**

**⭐ Lesson 1: Introduction to Hockey**

**Objective:** Introduce hockey, basic skills, and safety  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Hockey Tag* – Players jog around the field, trying to tag others with their sticks (gently). When tagged, they perform a quick skill (e.g., dribble or pass) before continuing.
* **Skill Activity (15 mins):** *Holding the Stick* – Teach players how to hold the hockey stick properly. Practice basic tapping and dribbling with the ball.
* **Game-Based Activity (20 mins):** *Dribble and Dodge* – Players dribble the ball around cones, practicing changing direction and using both sides of the stick.
* **Mini-Game (10 mins):** *Mini Hockey Match* – 3v3 game on a small field, with players focusing on basic ball control and dribbling.
* **Cool Down (5 mins):** Gentle stretching, especially on the arms and legs.  
  🗨 “What was the easiest part of dribbling for you?”

**⭐ Lesson 2: Passing and Receiving**

**Objective:** Introduce basic passing and receiving techniques  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Pass the Ball Relay* – Players in pairs pass the ball back and forth while running to a point and back. Focus on accuracy and teamwork.
* **Skill Activity (15 mins):** *Passing Fundamentals* – Players practice pushing the ball to a partner, focusing on accuracy and controlled speed.
* **Game-Based Activity (20 mins):** *Pass and Move* – Players pass the ball to each other while moving around a small grid. Emphasis on good positioning and quick reactions.
* **Mini-Game (10 mins):** *Keep the Ball* – Two teams of 3 or 4 try to pass the ball around without losing possession. The team with the most passes wins.
* **Cool Down (5 mins):** Gentle stretching, particularly focusing on the legs and arms.  
  🗨 “Why is it important to move to the ball after passing?”

**⭐ Lesson 3: Dribbling and Ball Control**

**Objective:** Develop dribbling skills and ball control  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Ball Control Race* – Players dribble the ball around cones and back as quickly as possible, focusing on close control.
* **Skill Activity (15 mins):** *Dribbling with Both Sides* – Players practice dribbling the ball with both sides of the stick, focusing on soft touches and ball control.
* **Game-Based Activity (20 mins):** *Dribble the Obstacle Course* – Create an obstacle course with cones or markers, and players dribble around them while controlling the ball.
* **Mini-Game (10 mins):** *Dribble and Score* – Players dribble towards a small goal or target area, aiming to score by placing the ball in the designated zone.
* **Cool Down (5 mins):** Gentle stretching while reviewing the importance of ball control.  
  🗨 “What did you notice about how the ball moved when you used different sides of the stick?”

**⭐ Lesson 4: Basic Shooting Techniques**

**Objective:** Introduce basic shooting techniques  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Shoot at the Target* – Players practice shooting at stationary targets (cones or goals) using soft balls, focusing on accuracy.
* **Skill Activity (15 mins):** *Shooting Form* – Teach players the basic mechanics of a shot. Focus on the push pass to shoot, emphasizing accuracy over power.
* **Game-Based Activity (20 mins):** *Shoot and Score* – Players take turns shooting at the goal, aiming to score as many goals as possible. Rotate players to ensure everyone has a chance to shoot.
* **Mini-Game (10 mins):** *Shootout Challenge* – 1v1 challenge where players try to score past a goalkeeper or a defended zone.
* **Cool Down (5 mins):** Stretching, focusing on the legs and lower back.  
  🗨 “What was the most challenging part of shooting today?”

**⭐ Lesson 5: Defending and Positioning**

**Objective:** Develop defensive skills and positioning  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Defensive Shuffle* – Players practice shuffling sideways and stopping with control, focusing on defensive movement.
* **Skill Activity (15 mins):** *Stick Positioning* – Teach players how to hold the stick while defending and how to block or intercept a pass.
* **Game-Based Activity (20 mins):** *Defensive Challenge* – Players work in pairs, with one attacking and one defending. The defender focuses on positioning and blocking the ball without tackling.
* **Mini-Game (10 mins):** *Defensive Play 1v1* – Players take turns being the attacker and defender in a 1v1 situation.
* **Cool Down (5 mins):** Gentle stretching while discussing good defensive techniques.  
  🗨 “What do you think is the best way to block the ball from an opponent?”

**⭐ Lesson 6: Hockey Awareness & Teamwork**

**Objective:** Improve awareness of teammates and basic teamwork  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Follow the Leader* – Players follow the leader while dribbling the ball, mimicking the leader’s movements.
* **Skill Activity (15 mins):** *Pass & Move Drill* – Players practice passing the ball and moving to space to receive a return pass.
* **Game-Based Activity (20 mins):** *Passing Circles* – Players form a large circle and pass the ball to each other, aiming to maintain possession and improve teamwork.
* **Mini-Game (10 mins):** *Teamwork Game* – In small groups, players try to score while focusing on passing and communicating with teammates.
* **Cool Down (5 mins):** Group stretching and reflection on teamwork.  
  🗨 “How does passing to your teammate help the team work together?”

**⭐ Lesson 7: Small-Sided Game**

**Objective:** Apply learned skills in a small-sided game situation  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Hockey Relay* – Players pass and dribble the ball through cones, then sprint back to their team for the next player.
* **Skill Activity (15 mins):** *Quick Passing and Moving* – Players practice quick passing and moving to space to receive a pass from a teammate.
* **Game-Based Activity (20 mins):** *3v3 Hockey Game* – Split players into small teams and play a small-sided game on a smaller field. Focus on passing, movement, and teamwork.
* **Mini-Game (10 mins):** *Quick Play Game* – A quick-paced game where players focus on fast transitions, passing, and shooting.
* **Cool Down (5 mins):** Stretching and group discussion on the game.  
  🗨 “What do you think helped your team play well today?”

**⭐ Lesson 8: Fun Hockey Challenge**

**Objective:** Reinforce all skills in a fun and competitive setting  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Hockey Skills Circuit* – Set up a circuit where players practice passing, dribbling, and shooting at different stations.
* **Skill Activity (15 mins):** *Target Practice* – Players take turns shooting at targets set around the goal. Score points for hitting targets.
* **Game-Based Activity (20 mins):** *Mini Tournament* – Players participate in a friendly tournament where they apply all their skills (dribbling, passing, shooting).
* **Mini-Game (10 mins):** *Fast-Paced Game* – A quick 3v3 or 4v4 game, encouraging fast transitions and teamwork.
* **Cool Down (5 mins):** Gentle stretching and feedback on the day’s activities.  
  🗨 “What was the most fun part of the challenge today?”