**Junior Hockey Session Plans**

**Lesson 1: Meet the Stick & Ball**

**Objective:** Introduce stick handling, ball control, and safe movement  
**Equipment:** Sticks, balls, cones

* **Warm-Up:** *Stick & Move* – Players carry the ball using their stick while walking around cones. Add challenges like hopping or changing direction.
* **Skill Activity:** *Treasure Hunt* – Dribble to collect cones/balls from the center and return them to your “home base.”
* **Game-Based Activity:** *Traffic Jam* – Players dribble through a marked area without bumping others. Introduce "reverse" and "overtake" zones.
* **Mini-Game:** 3v3 free play – Just explore! Reinforce keeping the ball on the stick.
* **Cool Down:** Stick balance walk and group stretch.  
  🗨 “How can you keep your ball close while moving?”

**Lesson 2: Dribble & Dodge**

**Objective:** Improve control and awareness while dribbling  
**Equipment:** Sticks, balls, cones, bibs

* **Warm-Up:** *Sticky Shadows* – Players in pairs mirror each other while dribbling. Switch roles after 1 minute.
* **Skill Activity:** *Obstacle River* – Dribble around cones and over small bumps (cones lying down). Encourage creativity in movement.
* **Game-Based Activity:** *Sharks & Minnows* – Dribblers cross the field avoiding “sharks” trying to tackle. Safe if they reach the end line!
* **Mini-Game:** 4v4 – Encourage wide dribbling and using open space.
* **Cool Down:** Partner dribble to slow pace and cool down.  
  🗨 “What helped you dodge the sharks today?”

**Lesson 3: Push & Pass**

**Objective:** Introduce push passing with movement  
**Equipment:** Sticks, balls, cones

* **Warm-Up:** *Follow the Pass* – Pass to a partner and chase your ball. Keeps players moving and rotating.
* **Skill Activity:** *Moving Gates* – Pairs pass through moving cone gates while jogging. Try to pass in stride.
* **Game-Based Activity:** *Pass to Score Relay* – Teams must pass down the line and shoot at goal. Rotate players each round.
* **Mini-Game:** 3v3 with “pass to unlock” rule – must pass before every shot.
* **Cool Down:** Pass and talk in a slow walk.  
  🗨 “What makes a good pass when your partner is moving?”

**Lesson 4: Stop, Start, Spin!**

**Objective:** Practice ball control when stopping, turning, and restarting  
**Equipment:** Sticks, balls, cones

* **Warm-Up:** *Dribble Freeze* – Players dribble and freeze the ball when the coach calls “stop.” Add fun poses!
* **Skill Activity:** *Turn Around Town* – Players dribble to cones, stop the ball, turn, and return.
* **Game-Based Activity:** *Escape the Box* – Start inside a grid and escape using a turn or direction change. Add defenders later!
* **Mini-Game:** 4v4 – Points for players who show turn & go moves.
* **Cool Down:** Stick spins and slow ball rolls to relax.  
  🗨 “When is a good time to turn or stop in a game?”

**Lesson 5: Defensive Basics**

**Objective:** Introduce defensive stance, stick position, and tackling safely  
**Equipment:** Sticks, balls, cones

* **Warm-Up:** *Crab Walk Tag* – Fun movement game focusing on side-stepping like a defender.
* **Skill Activity:** *1v1 Tag & Steal* – One player dribbles, the other shadows and tries to block/tackle legally.
* **Game-Based Activity:** *Protect the Castle* – Small goals or zones to defend while others attack. Rotate defenders.
* **Mini-Game:** 3v3 – One team focuses on defending first, then switches.
* **Cool Down:** Defender balance games and walking stretches.  
  🗨 “How did you use your stick to stop someone today?”

**Lesson 6: Scoring Time!**

**Objective:** Introduce safe and accurate hitting/push shooting techniques  
**Equipment:** Sticks, balls, cones, goals

* **Warm-Up:** *Shooting Stars* – Players shoot at cones/goals while jogging through zones.
* **Skill Activity:** *Moving Ball Shots* – Push the ball and shoot it in stride toward the goal.
* **Game-Based Activity:** *Target Practice* – Small goal zones or cones as targets. Bonus if you hit the correct zone.
* **Mini-Game:** 4v4 – Encourage shooting when near the goal.
* **Cool Down:** Shooting races and fun team stretches.  
  🗨 “What part of your stick do you shoot with?”

**Lesson 7: Teamwork in Action**

**Objective:** Reinforce passing, movement, and team play  
**Equipment:** Balls, sticks, cones, bibs

* **Warm-Up:** *Pass & Go Maze* – Players must pass and then run to a different zone before receiving again.
* **Skill Activity:** *Triangle Tag* – Groups of 3 pass the ball around while keeping it away from a tagger.
* **Game-Based Activity:** *Team Challenge Relay* – Groups must complete tasks like 5 passes, a shot, and a safe return.
* **Mini-Game:** 5v5 with bonus points for assists and completed passes.
* **Cool Down:** Team circle stretch and team compliment circle.  
  🗨 “How did your team work together?”

**Lesson 8: Hockey Carnival Day**

**Objective:** Celebrate season achievements through games and creativity  
**Equipment:** Balls, cones, goals, ribbons/music

* **Warm-Up:** *Dribble to Music* – Players dribble with rhythm, freeze or pose when the music stops.
* **Activity Stations:** Rotate through 4–5 mini-challenges like:
  + Obstacle dribble
  + Fastest shot
  + Precision pass
  + 1v1 duel
* **Game-Based Activity:** *Crazy Mini Matches* – Mix up teams, switch rules (e.g., only pass with non-dominant hand for 2 mins).
* **Mini-Game:** Kids vs. Coaches match or team challenge.
* **Cool Down:** Medals/certificates, player reflections, and high fives.  
  🗨 “What was your favourite hockey moment this term?”