

**COACHING BEGINNER HOCKEY SKILLS AND DRILLS  
IN A DAY FOR DUMMIES**

Lianne X. Marbley

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## **Fun Hockey Drills**

These junior hockey drills and videos are aimed at teaching younger or novice players the basics of the game and get them used to using the stick to control the .

### **Drills for Beginners \*Indoor | Field Hockey Forum**

Fundamental Field Hockey is a youth development initiative to expose the . basics will be key. Feel free to Introduce a skill and a rule or two each day and revisit the Practice a skill then put them in a drill/challenge with that skill. Use fun.

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Backhand Passing – "b" Let her go. This drill gets the legs moving and allows all players to control and pass the puck. ReadtheTextVersion.AndrewPodnieks. One touch passes or puck control around pylons before return pass is. Game On! Playing Away from the Puck Become a passing option by moving to open space. KurtAschermann.RacingTrackviewdrill.Learning the basic skills at a young age will set the foundation for everything a player will accomplish in the game of hockey.