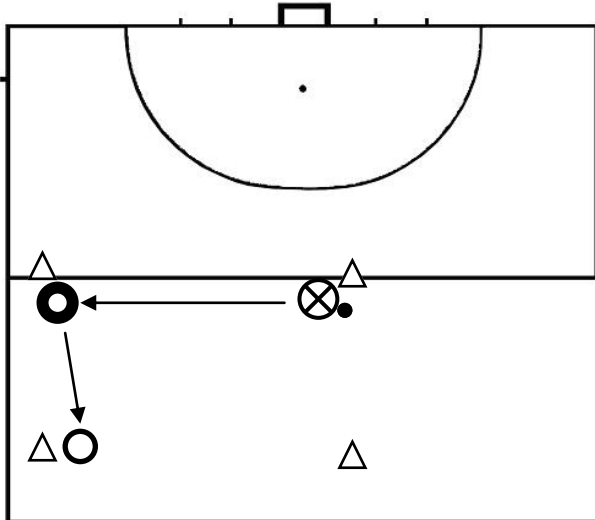


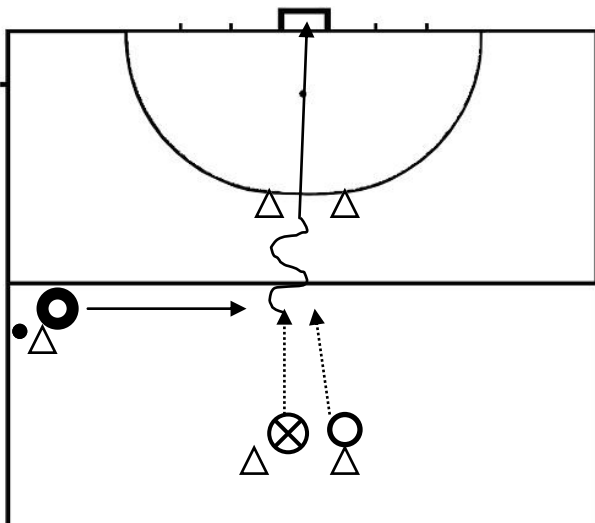
Advanced Hockey Skills- Receiving and controlling the ball

Receiving from the right/left



1.
X passes to **O**
O receives the ball facing **O**
O passes to **O** etc.

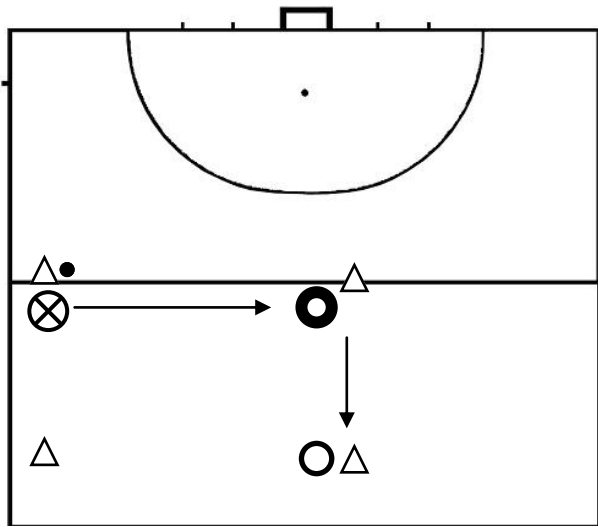
Variation:
Vary the distance between the cones
In motion



2.
X starts off in the direction of the small goal
O passes to **X**
X receives and dribbles through the small goal

Variation:
Add defender **O** to put pressure on receiving
Rotate players: **X - O - O**

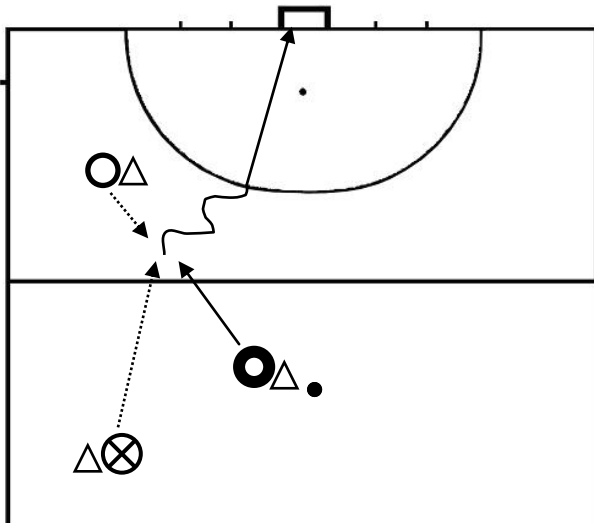
Pass from the right/ left



1. **X** passes to **O**
X faces the direction of **O** and receives right of the feet etc.

Variation:
 Vary the passing distance

Pass to the forehand
 Turn upper body to the right

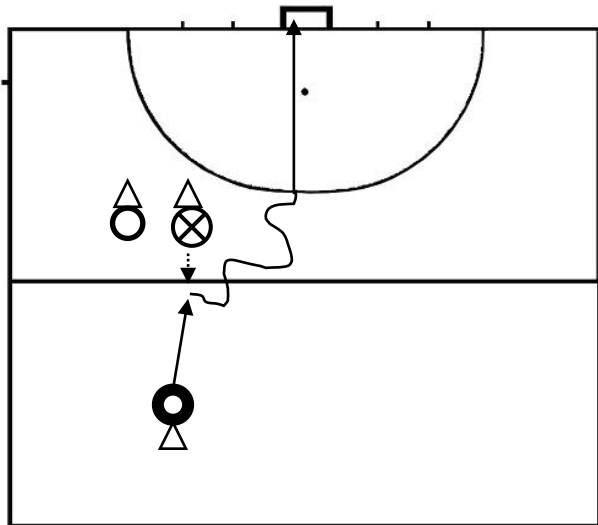


2. **X** starts off direction goal
O passes to **X**
X receives right of the feet and dribbles direction circle
 Finish at goal

Variation:
 Add defender **O** to put pressure on receiving and rotate players

Receive on the forehand
 Upper body turned to the right
 The ball is protected from the opponent with the body (screening)

Turning to the left/ right



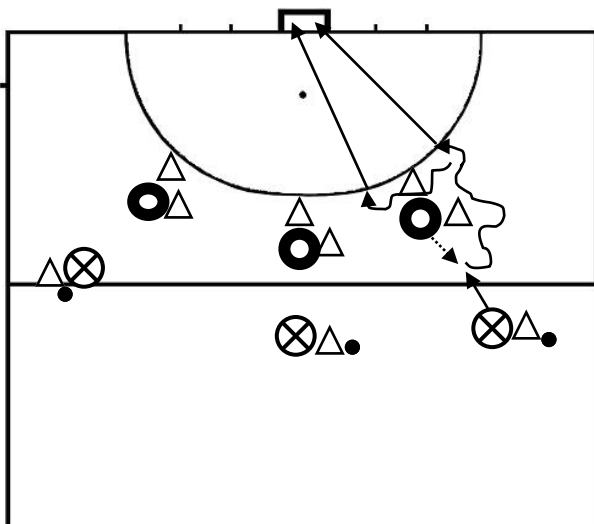
1. X leads to receive towards O
O passes to X
X receives turning to the left and dribbles direction goal
Finish at goal

Variation:

- O passes the ball on the run
- Add defender O to put pressure on receiving

Pass to the forehand

- Keep moving and don't slow down when receiving
- Move wide after receiving (away from the passing line and the opponent)
- Make a quick body dummy before just receiving



2. O moves up from the last cone to receive
X passes to O
O receives turning to the left around the cone and finishes at goal
Alternate: right - centre - left
Rotate players

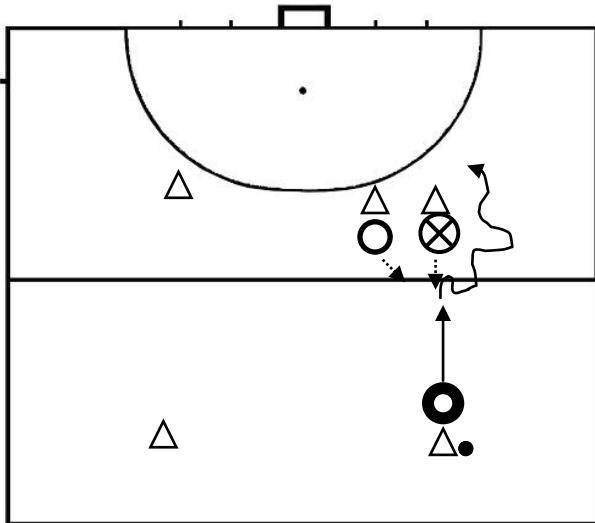
Variation:

- X passes the ball on the run
- After receiving O dribbles to the left around the last cone and finishes at goal with a low backhand hit

Pass to the forehand

- Keep moving and don't slow down when receiving
- Make a quick body dummy just before receiving

Slip to the right/left



1. **X** starts direction **O**
O passes to **X**
O slip-receives to the right and dribbles towards the circle
 Finish with a shot at goal

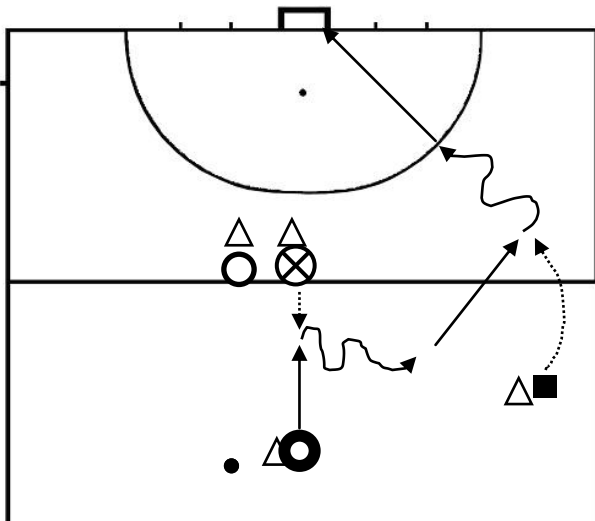
Variation:

- O** passes on the run
- Add defender **O** to put pressure on receiving

Play to the forehand

Keep moving and don't slow down during receiving

Drag the ball to the right out of the passing line and away from the opponent
 The second control is wide of the right shoulder



2. With follow up action
X leads to receive in the direction of **O**
O passes to **X**
X slip-receives to the right and passes to []
 [] receives guided and dribbles at pace towards the circle
 Finish with a shot at goal

Variation:

- O** passes on the run
- Add defender **O** to put pressure on receiving
- Add a defender to play 1vs1 against []

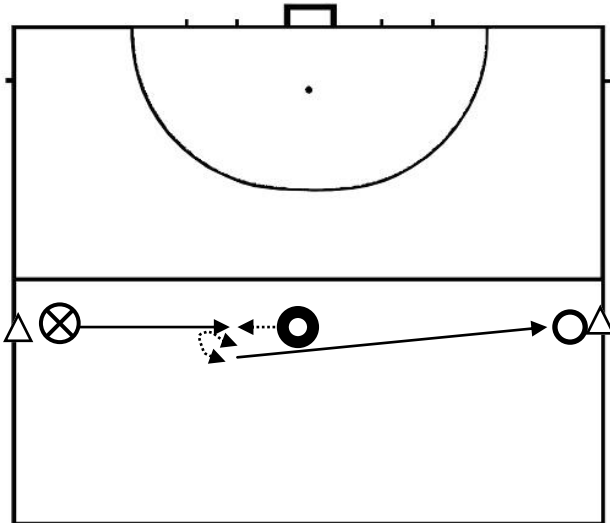
Play to the forehand

Keep moving and don't slow down during receiving

Drag the ball to the right (out of the passing line and away from the opponent)

The second control is wide of the right shoulder

Receiving through the legs



1. X passes to O

O leads to receive towards X and receives 'through the legs'

Next, O passes to X

X leads to receive towards O and receives 'through the legs'

Change the central player after ten times

Variation:

X and O pass on the run

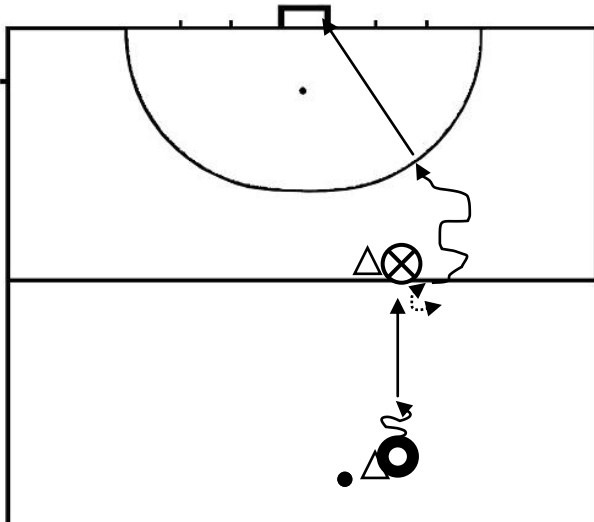
X and O also receive from O 'through the legs' and first move back towards the cone before passing back to O

Pass to the forehand

Keep moving during receiving

After receiving 'through the legs' make a half turn to the left to control the ball

The second control is on the forehand



2. X starts towards O

O passes to X

X receives 'through the legs'

Finish at goal

Variation:

O passes on the run

Add a defender to put pressure on receiving

Pass to the forehand

Keep moving during receiving