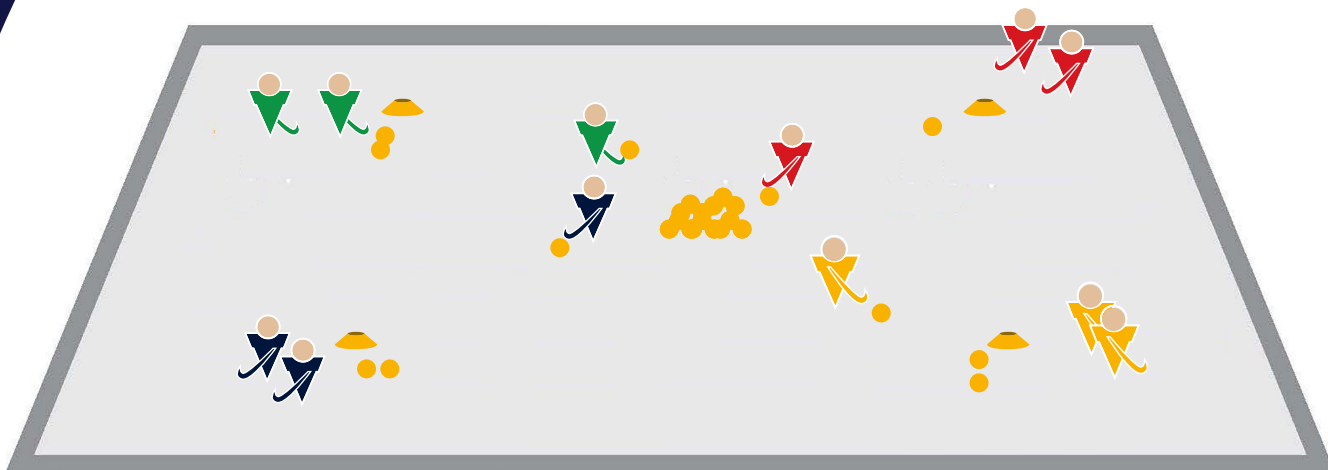


BALL CARRY CHAOS



- > Split the group into equal teams
- > The players have to run to the middle pile of balls, take one ball and then dribble back to their team
- > When the players return to their team the next player can go, and this continues so everyone gets a turn
- > Allow one player at a time from each team to move around the other teams and steal a ball to take back to their pile
- > Play for a short burst, the team with the most balls when the game ends wins
- > Repeat and see if the teams can beat their score
- > [View an example of this practice](#)



ENGLAND
HOCKEY



EQUIPMENT: Sticks | Balls | Bibs | Cones | Throw down lines

GAME IS THE TEACHER, PITCH IS THE CLASSROOM, COACH IS THE FACILITATOR

BALL CARRY CHAOS

CHANGE IT

- > If you have lots of players, consider setting up another exercise area to make sure all players get plenty of touches of the ball
- > Allow more than one player at a time to go and steal balls from other teams, to make it harder for the players to get back to their station with the ball
- > Have fewer balls in the game to encourage players to steal the ball from other teams
- > Change the pitch size, making the pitch bigger will give more space and time. Making the pitch smaller will put more pressure on the ball carrier as they are more likely to encounter obstacles
- > Offer additional points for good ball carrying skills

THINGS TO THINK ABOUT

- > Make sure you give the players plenty of breaks to take on water, and give them an opportunity to consider some of the points below
- > What ways can the players carry the ball? Encourage the players to try different grips, does having your hands further apart or closer together make a difference?
- > What makes ball carrying easier? Can you challenge the players to try and keep their head up to look out for obstacles rather than looking at the ball?
- > How can you avoid players stealing the ball? If you have a wider stance and a lower grip does this give you more control of the ball?
- > Can you create multiple pitches to make sure everyone has plenty of touches of the ball?
- > Everyone should have lots of chances to practice
- > Don't forget to [CHANGE IT](#)



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