
FLYERZ AT HOME



SKILLS CARDS

HOLDING A STICK

BASIC GRIP

Hold your stick with two hands:

- Place your right hand at the base of the grip
- Place your left hand at the top of the grip

Tips and options:

- Option - use a uni-hoc stick to build strength and mobility
- Try to only use the flat side of the stick
- Bend your knees slightly if you can

Progression:

Try other grips e.g. reverse, short handle



BALL CONTROL

THE CHA CHA SLIDE

- Stand with your feet shoulder width apart
- Move the ball from in front of your left foot to your right foot using the stick
- Count how many you can do in 30 secs - can you beat your score?

Option:

- From a seated position, use one hand

Progression:

- Play 'The Cha Cha Slide' song - see if you can move to the lyrics!



MOVING THE BALL

BULLDOG - HOCKEY STYLE

- Using your ball control skill - can you move the ball faster and wider
- Get a friend to roll a ball or rolled-up socks at you...can you dodge them while keeping control
- Try not to hit your feet with the ball!

Option:

- If you're a wheelchair user, try using your wheelchair to block the balls/socks



SKILLS PRACTICE

3D SKILLS

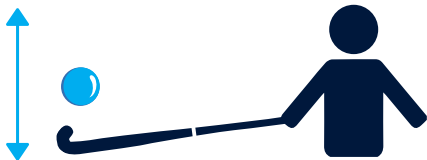
- Can you balance a ball on the end of your stick? When you can balance a ball, try doing keepy uppy's!

Option:

- You can start by practicing with a roll of selotape or rolled-up socks

Progression:

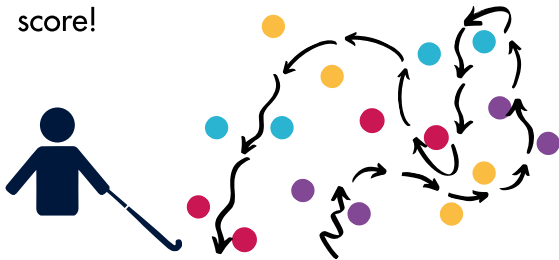
- Try moving around an obstacle course whilst balancing the ball or doing keepy ups



DRIBBLING PRACTICE

THROUGH THE GATES

- Use cones, tins or socks to create 'gates'
- Keep close control of the ball whilst dribbling through the gates
- How many can you go through in 30 seconds? Try not to hit the gates!
- If have a partner, try passing through the gates. See if you can keep beating your top score!



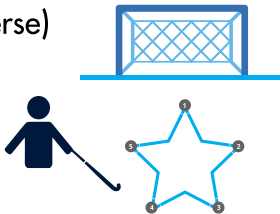
SHOOTING PRACTICE

SHOOTING STARS

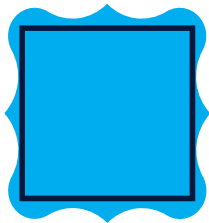
- Create a goal and a star shape using cones, tins or rolled-up socks
- Shoot at the makeshift goal from different points of the star

Progression:

- Try out different techniques for shooting
- You could make each point of the star a particular shot (eg. Hit, Slap, Flick, Push, Reverse)



FLYERZ PLAYER CARD



NAME:

CLUB:

POSITION:

HOBBIES:

**BEST THING
ABOUT FLYERZ
HOCKEY:**

SHOW US YOUR SKILLS!

We would love to see a photo of you with your new stick and ball! Or you could send a email (flyerz@accesssport.co.uk) about what it means to have a stick and ball at home.

Check out our YouTube channel for more skills videos from GB hockey players!



FlyerzHockeyUK



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