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Field hockey drills at home

Want to improve your field hockey skills but don't have much space or access to the astrotrurf? That's why I've collected 3 effective field hockey drills to improve the agility you can anywhere with only 5-10m space. With agility being a big part of hockey, these drills focus on short and sharp movements while maintaining control of the ball. (You can either watch each of the 3 videos below, or use the diagrams below) Drill #1: Field Hockey Agility (Side Movement) Setup: Place cones A, B and D 5m apart and shi cones C & E 3m off cone b. Start with cone A. Dribbling with the ball to cone B, lateral shuffle (double thrust) to cone C and back to cone B. Blast forward around cone D when you return to cone b, side shuffle (and double pulling) to cone E and back to cone B. Finish, dribbling back to cone Aa Take your time in mind. Drill #2: Field Hockey Agility (Cutting) Installation: Place the cones A and E 10m apart. Cones B and D should be about 10m from cones A&E and cone C 3m from cones B & D. Start with cone A. Sprint to cone B while dribbling the ball, then cut out cone C before rotting and pulling the ball around cone D. Dribble cone E, cutting around the cone to finish back on the cone. Drill #3: Field Hockey Agility (Pop & Burst) Installation: Place the shea and E 5m apart. Cone C should be 6-10 m from the beginning (cones A & E). Sew in B and D should be halfway between them (ie 3-5m) Start with cones A, dribbling to cones on B, Use raised/3D skills or elimination skills to get past cones, sprint with the ball to cone C, turn and head to cones on D, use a different elimination skill or 3D skill to get past cones, finish at cone E. Optional: Track the time you need to do each and then share on Facebook or Instagram and challenge your friends. Want these 3 drills in a free PDF? DOWNLOAD IT FOR FREE HERE WANT TO IMPROVE YOUR SKILLS? If you've enjoyed these drills and would like to take part in weekly skill challenges competing with hockey players around the world for the chance to win a monthly prize, you'll love Master Your Skills Weekly skills tasks designed to help you improve your skills, ball control, hand coordination and agility on the hockey field. Prizes are awarded under the points-based system and provide the extra motivation you need to push yourself (especially if you spend a lot of time training yourself) Compete with other hockey players from around the world in weekly skills challenges for the chance to win a monthly prize. Just enter your name and email address below to join the waiting list so we can let you know when the door will reopen... We appreciate your and never spam you FREE VIDEO & EBOOK DOWNLOAD: Field Hockey Board It can be difficult to practice field hockey when you have limited space and alone, but it's important to keep practicing and refining your skills. This drill is taught in our Nike field hockey camps, this is something you can do at home, on your own, on your own, small area. This will help improve ball control by making short and sharp movements. Often in shooting in a circle and neutral zone on the hockey field, players find themselves a marked quarterback. When that happens, it's important to be free, so you can reduce the chances of getting the ball intercepted or stolen from you. This drill will help you with your agility and cutting speed, which will help you give you time to get passes and lose a defender. Setting: This drill will require 5 cones. Install two shi cones 1 and 5, thirty feet apart. Cone 2 and 4 should be thirty feet from 1 and 5, and cone 3 should be ten feet from cones 1 and 5. Drill: In this drill, start with Cone 1 and sprint cone 2 while dribbling the ball. Slice the cone 3 before rotting and pulling the ball around cone 4. From there dribbling the ball to cone 5, cut around the cone and finish back on cone 1. Time yourself every time to keep track of your progress. Make this drill as often as you can to help improve the speed and cutting technique. Bonus Tip: Mobility is one of the most important factors in becoming a faster and more explosive player. The position in which we play field hockey, bent on the hips, combined with sitting for long periods of time throughout our day, can lead to tight hips, can slow us down on the field, and can even lead to injury. Take some time off at the end of workouts to include stretching hip mobility such as Hip Flexor stretches, Figure 4 stretches, and Spider-Man to help improve your mobility and range of motion. This will help you move with speed and agility in several directions with fluidity. For more drills and tips, join us this summer at Nike Field Hockey Camp! Covid-19 has changed our hockey plans and schedule. Seasons have been suspended, training has been postponed and finding ways to stay on par with our skills has been a challenge. In this video shared by FieldHockeyTube, we'll find 5 simple skills and drills to keep your hockey abilities fresh when we can get back on the field. Drills demonstrated in this video: 1. Yardstick 2. Box 3. Aerial skills 4. Avoid interference 5. Passing and first touch Want to improve your field hockey skills but don't have much space or access to the astrotrurf? That's why I've collected 3 effective field hockey drills to improve the agility you can anywhere with only 5-10m space. With agility being a big part of hockey, these drills focus on short and sharp movements while maintaining control of the ball. (You can either watch each of the 3 videos below, or use the schemes below) Drill #1: Field Hockey Agility (Side Movement) Installation: Place cones A, B and D 5m apart and cones C & E 3m from cone B. Start with cone A. Dribling with the ball to cone B, lateral shuffle (double pulling) cone C and back to cone b. forward around cone D when you return to cone b, side shuffle (and double pull) to cone E and back to cone E and back to back B. Finish by dribbling back to Cone A as soon as possible. Take your time in mind. Drill #2: Field Hockey Agility (Cutting) Installation: Place the cones A and E 10m apart. Cones B and D should be about 10m from cones A&E and cone C 3m from cones B & D. Start with cone A. Sprint to cone B while dribbling the ball, then cut out cone C before rotting and pulling the ball around cone D. Dribble cone E, cutting around the cone to finish back on the cone. Drill #3: Field Hockey Agility (Pop & Burst) Installation: Place the shea and E 5m apart. Cone C should be 6-10 m from the beginning (cones A & E). Sew in B and D should be halfway between them (ie 3-5m) Start with cones A, dribbling to cones on B, Use raised/3D skills or elimination skills to get past cones, sprint with the ball to cone C, turn and head to cones on D, use a different elimination skill or 3D skill to get past cones, finish at cone E. Optional: Track the time you need to do each and then share on Facebook or Instagram and challenge your friends. Want these 3 drills in a free PDF? DOWNLOAD IT FOR FREE HERE WANT TO IMPROVE YOUR SKILLS? If you've enjoyed these drills and would like to take part in weekly skill challenges competing with hockey players around the world for the chance to win a monthly prize, you'll love Master Your Skills Weekly skills tasks designed to help you improve your skills, ball control, hand coordination and agility on the hockey field. Prizes are awarded under the points-based system and provide the extra motivation you need to push yourself (especially if you spend a lot of time training yourself) Compete with other hockey players from around the world in weekly skills challenges for the chance to win a monthly prize. Just enter your name and email address below to join the waiting list so we can let you know when the door will reopen... We appreciate your privacy and never spam you FREE VIDEO & EBOOK DOWNLOAD: If you want to take your hockey skills to the next level this summer, it only makes sense to join us in one of our Revolution Field Hockey Camps. We have been helping athletes outperd in the sport since 2002, with over 10,000 holidaymakers working with us during this time. Revolution has everything you could think of to help you improve your game: a progressive curriculum, many different camp options to choose from, personalized instructions and some of the sport's brightest thinking doing the briefing. But what if you've already signed up for Revolution Field hockey camp and are just trying to help get past quickly so you can come and join us in a few days? Well, we can't really make the clock move than it already does, but we are proud that we always try to help you improve, whether it's with us or at home. That's why we have five below drills on our website to help you improve and properly prepare for camp this summer. Eliminating defender's ball is key in attack and it is even more important for players who don't have the ball to open themselves up on the pitch. How can you do that, though? It sounds great, but it's easier said than done sometimes. Check out the video below, where Wally Lewis helps show you some strategies on how to do it. Pull Backs You've seen advanced field hockey players pull back the ball with ease and so naturally on the field. How do they do that? Here are four different drills that you can practice to get better at it. Getting the ball Getting a pass from your teammate sounds pretty basic, but there's more skill than you can initially think about. It especially gets harder when you're on the move and trying to NAB a pass while running down the field. If you want to enhance your gaining skills and do more space, watch this three-minute video. Strength and conditioning workouts on the field skills are vital to improving in on-field hockey, but elite players are also made off the field with the way they prepare. This video from Capitol Pegasus Field Hockey Club in Rockville, Maryland goes through a rigorous strength and conditioning program they have their athletes participate in. check it out and try them out – you'll definitely see the difference after their performance for a while! Stick Tricks If you commit to working your skills, along with hand-eye coordination, what cool things could you do? Sure, stick tricks don't necessarily drill, but it's the kind of cool stuff you can do with a hockey ball field and stick if you're dedicated to your craft! How bad do you want? Field hockey is a ton of fun, but like anything else that takes the job to get better, it can be grinding sometimes. If you need motivation to keep you going, this video will do the trick. Bookmark it when the time comes and you need to pick me up a little! Interested in signing up for a revolutionary field hockey camp this summer? Click here to find the camp near you and get more information. Information.

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