



Hooked on Games

15 Play-Practice-Play Session Plans



Session 1

Travelling with Pace and Vision

Equipment needed:

Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with the ball completed in this session there should be an emphasis on the following:

• Quads • Groin • Lungs • Calves

10 mins

1. Play

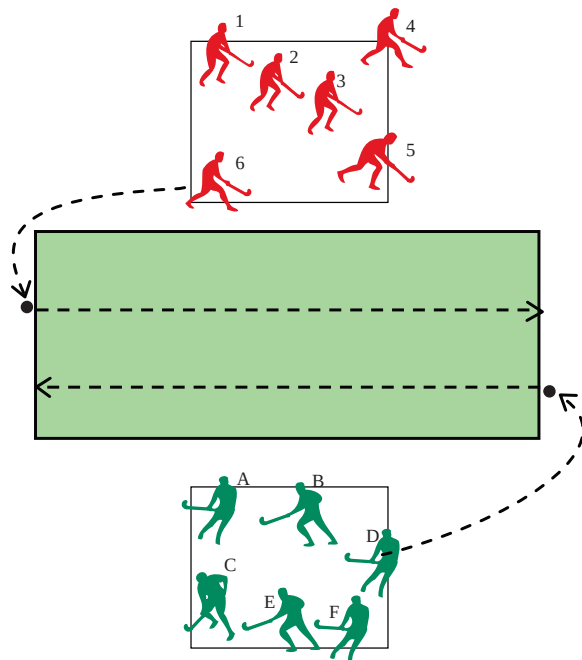
15 mins

OBJECTIVE

This game allows players to experience travelling with the ball with pace and stopping suddenly whilst controlling the ball.

SET UP

- An elongated playing area roughly 12m x 5m
- Divide the group into two teams. Give one group a number each (1-2-3-4-5-6) and the other group letters (A-B-C-D-E).
- The teams should be housed in a small grid outside the playing area in a central position as shown



RULES

1. The aim of the game is to run with the ball from one end of the pitch to the other beating the opposition who is doing the same from the other end
2. There should be a ball on each back-line (one per team)
3. The coach calls one Number and quickly one Letter e.g. 5.....A. The coach should alternate each time which goes first (letter or number).
4. Each player collects the ball from their own back-line and runs as fast as possible with the ball **under control** to the other end
5. The first to control the ball over the back-line scores a point.
DO NOT AWARD POINTS UNLESS THE BALL IS UNDER CONTROL on the line.

SAFETY POINTS

- Be careful to ensure there is always one ball on each back-line (and not two)
- To remove the hazard of balls on the back-line the coach can also roll a ball to the player each time
- Encourage the player to have their eyes up (to avoid collisions)



2. Practice

35 mins

OBJECTIVE

This section is to get the players working on their ball carrying techniques spending as much time on the ball as possible.

ORGANISATION

Each player should have a ball to themselves and work within an area which gives enough space for them to move safely around, e.g. 12 players could work in a circle. Cones can be placed randomly around the area for players to avoid (these are used in the extension activities).

TRAFFIC LIGHTS

The players complete the following instructions called by the coach:

Green light: Travel with the ball jogging with the eyes UP

Red Light: Stop the ball by placing the flat side of the stick on the top of it

To ensure the players don't get tired they should not work for more than 15-20 seconds and can then be given a rest. This can be done by them bouncing the ball on the stick with the ball in the air (Keepy Uppy). This allows them to rest their backs and develop their hand to eye coordination.

TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Moving with the ball)

Gliding (Green light):

- 1. The most effective way to travel with the ball is by taking minimal touches
- 1. This should be done by pushing the ball and then running after it
- 1. Ball should be slightly in front and to the side of the body
- 1. The stick should stay as close to the ball at all times. This allows for easy vision.

KEY

	Moving without ball		Cones
	Running with ball		Ball
	Pass		Coach

2. Practice (continued)

Once the coaching points have been developed subsequent commands can be introduced and worked upon:

'Roundabout': The player finds a cone and manoeuvres the ball around the cone (once or twice) keeping the ball on the end of the forehand side of the stick and as close as possible to the cone. The feet must work hard.

'Amber Light': Indian dribble. This can be stationary for beginners, then walking before moving to running. Ensure the players are moving the ball outside the line of the feet on each side.

'Reverse': Players stop their ball and then move backwards with it while continuing to face forwards. This should be done for 3-4 steps only.

'Humpback Bridge': Players can use the cones as a bridge and they have to use a small lift to get the ball over the cone (this is a more advanced technique).

'Motorway': To encourage the players to travel at maximum speed they can move outside of the designated area on the call of 'Motorway'. They can run as fast as they can out of the area and then back.

TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Moving with the ball)

1. Roundabout - Changing direction using a spin

- Start by moving anti-clockwise
- The turn is governed by the top (left hand) pulling across the body so it is under the right elbow
- Work the feet hard so the players run around the ball

2. Amber Light - Indian Dribble

- Ball is moved outside the feet on each side
- The ball should travel from side to side (not forward and back)
- The flat side of the stick should face the ball at all times
- The bottom right hand should be loose to allow the stick to move through it

3. Reverse - Pull Back

- The stick is placed on the far side of the ball
- Pull the ball backwards and move the feet at the same time
- Keep body facing forwards (whilst moving backwards) and try and keep eyes up and facing forward

4. Motorway - Accelerating

- The ball may be stopped at first before completing this technique
- The ball should be in front of the body
- The stick should be turned so the flat side is facing upwards
- Get the head of the stick under the bottom of the ball
- Flick the right hand up so the ball rises with the hand - keep the ball close to the stick

5. Humpback Bridge - Small Lifts

- Main points are the same as 'Gliding'
- To go faster the body should be more upright and the hands closer together
- Accelerate off the back foot

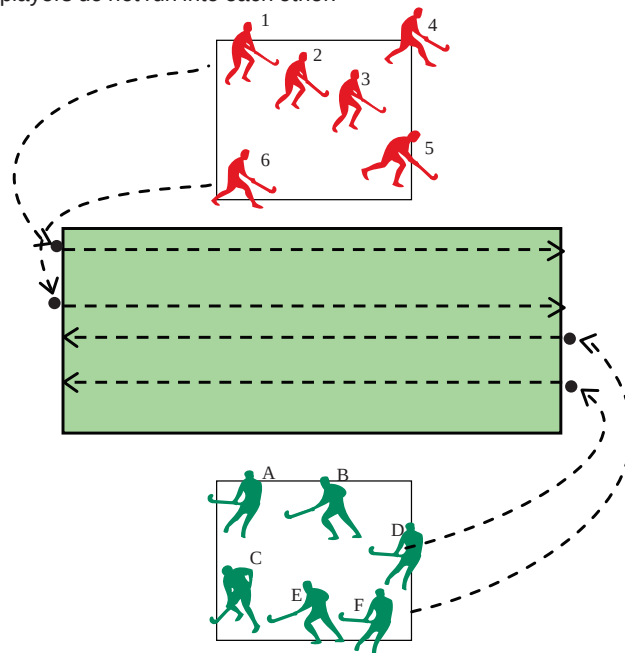
3. Play

25 mins

OBJECTIVE

To practice the techniques developed in a competitive game environment using the same area as the introductory game:

- Each team should recognise that they are faster now they have worked technically.
- It is possible now to have 2 balls at each end and to call 2 numbers and 2 letters. The team to get the points is the first to have both balls controlled on the line. Care should be taken to ensure that players do not run into each other.



TECHNICAL COMPONENTS TO EMPHASISE

- u The most critical components of this game is to ensure players move with:
 - Minimal touches
 - Eyes up
 - Ball under control

SKILL COMPONENTS

- u Players should move aware of the other players and thus be able to avoid them at any time

DEVELOPMENT OF GAME

- u The other skills introduced in 'Traffic Lights' can now be introduced into this game

Examples:

1. Changing Directions Using a Spin

Two cones can be placed 2m apart on the centre line. The players must collect their ball as normal and then travel to a designated cone and spin around them (roundabout) before they travel to the other end of the pitch to score.

2. Indian Dribble

Cones can be placed from the halfway line to the back-line. The players travel to the halfway line with their ball and then Indian dribble through the cones.

3. Small Lifts

Lay sticks down on the halfway line and the players must lift the ball over the halfway line before moving on to score.

Warm down and stretch

5 mins

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Session 2

1 v 1 Elimination

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with the ball in this session there should be an emphasis on the following:
• *Quads • Groin • Calves • Lungs • Lower Back*. Ensure to do some Zig-Zag running to demonstrate good turning and the importance of accelerating off a turn.

10 mins

1. Play

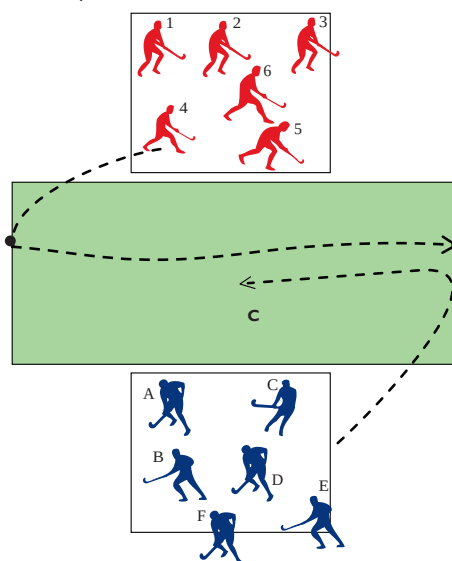
15 mins

OBJECTIVE

To build on the ball carrying developed in Session 1 and to experience getting past a defender in a competitive situation. This is called elimination.

SET UP

- An elongated playing area roughly 12m x 5m
- Divide the group into two teams. Give one group a number (1-2-3-4-5-6) and the other group letters (A-B-C-D-E).
- The teams should be housed in a small grid outside the playing area in a central position as shown



RULES

1. The aim of the game is for the attacker to beat the defender and carry the ball over the opposition back-line
2. There should be a ball on each back-line
3. The coach calls one Number and then (after a couple of seconds) one Letter e.g. 3.....B. The coach should alternate each time which goes first i.e. letter or number.
4. The first named becomes the attacker and goes and gets the ball from their back-line
5. The second named becomes the defender and before they become active they must touch their own back-line
6. These two players then play a 1 v 1 with the attacker trying to get past the defender and get the ball over the opposition back-line
7. If the defender wins the ball they can then become the attacker
8. Play the ball until it becomes dead. If there is a foot or infringement a self-pass can be played with the defender retreating 3m.

SAFETY POINTS

- Be careful to ensure there is always one ball on each back-line (and not two)
- To remove the hazard of balls on the back-line the coach can also roll a ball to the attacker each time
- Ensure the defender has the head of the stick touching the playing surface at all time to prevent any chopping or stick tackles



2. Practice

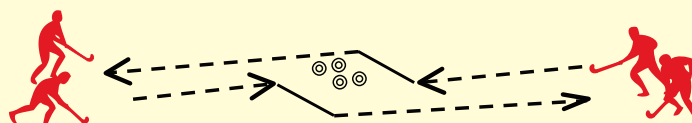
35 mins

OBJECTIVE

This section is to get the players working on their elimination techniques, working from a passive (no defender) to a competitive situation. Prior to doing this the players can revise Traffic Lights from Session 1.

ORGANISATION

- Set up players in groups of 8 and sub divide these into 4s
- The two groups of 4 are placed 18m apart in a line (one behind the other)
- Place a set of cones in the middle
- The players at the front of the line have a ball
- When both players are ready and have made eye contact they leave simultaneously travelling towards each other with their eyes up
- When they reach the cones in the middle they eliminate left to right with a drag and accelerate to the opposition line of players giving the ball to the front player
- This continues so that when the next players are both ready they do the same (it is critical they start at the same time)



TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Moving with the ball, Right Drag)

- 11 'Glide' towards the opposite player. This means manoeuvre the ball so that minimal touches need to be taken. Keep the stick close to the ball (see Session 1).
- 11 Keep the eyes up and the ball towards the front at all times and left hand and elbow out and away from the body
- 11 Hands should not be too far apart (loss of pace and vision) or too close together (loss of control)
- 11 Stick moves over the ball, facing it at all times
- 11 Ensure the drag accelerates the ball across the body and then the player should accelerate away (with their eyes up)

SAFETY POINTS

Be sure each and every player knows which way they are going to eliminate to prevent them crashing into one another. This is easy to do if you use a cone that they head towards and the throw down lines that they move around.



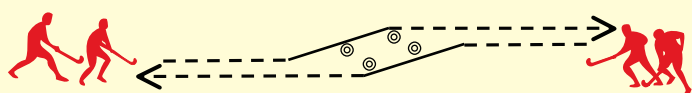
2. Practice (continued)

1. Add feints (body or stick) prior to the drag to 'commit' the defender

- A 3D skill can be added after the drag e.g. so the player drags the ball then lifts it as they move forward

2. Right to left drag (refer to IHA Core Skills DVD, Moving with the ball, Left Drag)

- Once this has been done for the left to right drag it can also be done for the right to left drag
- The right to left drag can either be a drag or a small squeeze down on the back of the ball
- The ball should be carried nearer to the feet before executing the drag (3-4 o'clock)



3. Remove the cones and replace with a 'passive' defender (one player at a time)

It is crucial this aspect is introduced as it encourages the critical aspects of decision making such as which technique to use at which time. The attacker should drag the ball once the defender commits and ensure not to get too close to the defender. They can ensure this happens by using stick and body feints.

4. Increasing the exercise to 4 players

- This extension should only be used once the players become proficient
- The players are divided into 4 groups (equal distance apart). The front 4 players start at the same time and should all use the same drag at the same time so they move in the same direction and therefore avoid clashing.

3. Play

20-25 mins

OBJECTIVE

To develop the drag techniques developed in a competitive situation using the same area as in the introductory game.

- Each team member can be given a number this time (no letters)
- No. 1 becomes a defender (who should defend five times before they change with No. 2). They are placed on the other side of the playing area as this enables them to defend on the strong stick side.
- Each team take it in turns to attack – so No. 2 would go first. The respective defender only defends when the opposition are attacking (and steps out when their team are attacking).
- On this occasion if the defender wins the ball they can push it off the pitch to mark the start of the next 1 v 1
- Players should still run and collect a ball from their own defensive line before they approach the defender

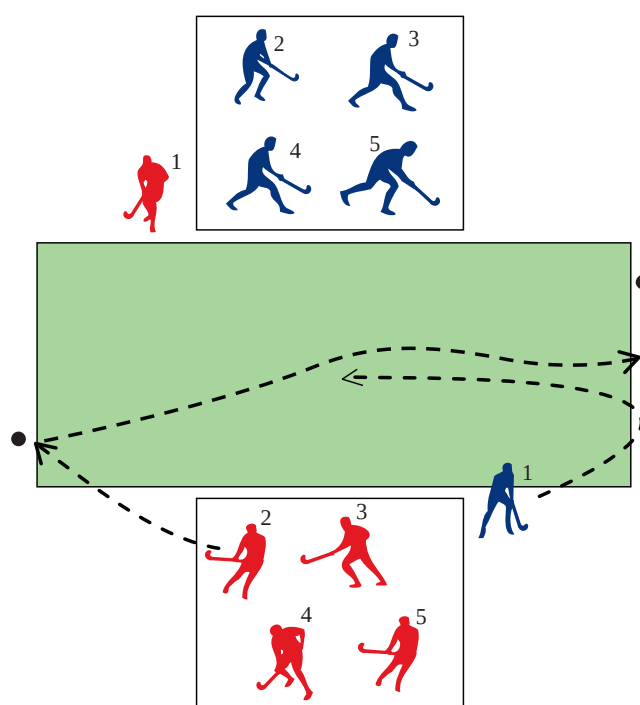
3. Play (continued)

TECHNICAL

- u Travel on an angle to move the defender
- u Eyes up and players 'glide' – remember minimal touches
- u Ensure to react to the defender and use quick drags and accelerate away

SKILL COMPONENTS

- u Players should think about the distance and timing of their elimination skills
- u They should use feints to commit the defender
- u If the defender does not commit they can just accelerate past the defender
- u Defenders need to think the opposite of attackers. For example:
 - Don't commit – stay balanced and be patient
 - Try to guide (channel) the player to their own strong side
 - Don't 'buy' feints – watch the ball and time carefully when they look to win the ball



DEVELOPMENT OF GAME

- u This game can be moved into an area where there is a circle and a shot can be taken if they enter the circle
- u The ball can be passed to the attacker
- u The area can be made smaller – in width first, then length - this makes the game much harder as there is less space

Warm down and stretch

5 mins

KEY

- > Moving without ball
- -> Running with ball
- Pass
- Player in possession
- Defender
- Cones
- Ball
- Coach

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Session 3

Push Passing

Equipment needed:

Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of pushing in a low body position in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Lunges* • *Lunges with rotation* • *Arms/shoulders*

10 mins

1. Play

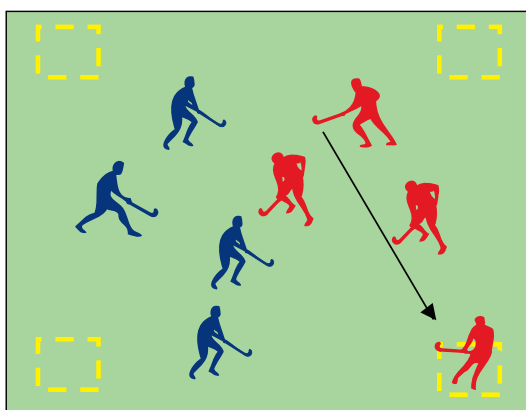
10-15 mins

OBJECTIVE

To demonstrate the push pass in context of passing past a defender. This game is called 'Find the Corner'.

SET UP

- 20m x 20m area with 4 scoring zones (one in each corner)
- The zones should be marked with throw down lines and are two stick lengths in width and depth
- Divide the group into teams of four



RULES

- A team can score a goal by push passing the ball to a team mate who receives and controls the ball in one of the scoring zones
- Teams can score in any zone BUT they cannot score in the same zone two times in a row
- After a goal has been scored the opposition takes a self-pass
- All other rules of hockey apply

SAFETY POINTS

- Ensure all players are engaged and taking part so as to avoid any injuries
- No hitting
- Be sure no loose balls are lying in or around the scoring zones - spare balls should be kept at the side
- If setting up numerous playing areas, ensure each area is divided by at least 1m



2. Practice

35-45 mins

OBJECTIVE

To isolate and develop the push pass technique statically and then on the move.

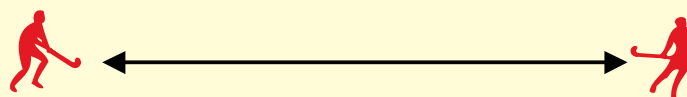
ORGANISATION

Players work in pairs pushing to each other. Each pair should be passing in the same direction. The distance should be relative to the players' ability (further apart for more able). Start at 8-12m apart and increase this distance as progress is made.

TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Passing, Pushing)

1. Low body in side on position (left shoulder pointing to target) with ball at back foot
1. Keep hands apart
1. Start by taking a step and whilst doing this move the ball towards the target (the partner) and then 'fire' the stick
1. The 'fire' motion should drive the right hand through as the upper body moves downwards to develop power. The torso should be facing the knees, not facing the target. The bottom of the stick should be pointing at the receiver's chest (the stick head should not end up on the ground as this will take away power and accuracy).
1. For younger players use the sentence 'LOOK-STEP-FIRE' to encourage them to scan and then use the key points of the step (weight transfer) and firing the stick (point towards partner's chest)



KEY

- | | | | |
|------|----------------------|----|-----------------|
| ---> | Moving without ball | ⊙ | Cones |
| - -> | Running with ball | ● | Ball |
| → | Pass | ■ | Throw Down Line |
| | Player in possession | GK | Goalkeeper |
| | Defender | | |

2. Practice (continued)

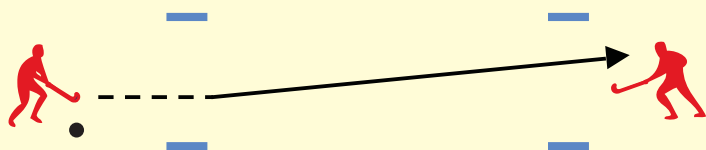
With the introduction of the self-pass there is greater emphasis now on:

- Pushing on the move
- Moving the ball on an angle before pushing

Extension Activities:

1) Roll through:

Players have a gate (using throw down lines) which they have to move the ball through before they push through their partner's gate.



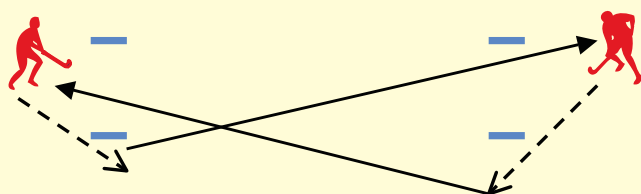
TECHNICAL EMPHASIS:

- 1. Carry the ball with eyes up and with body in side on position
- 2. This can easily be made into a competition with players competing to score the most goals
- 3. The ball must be allowed to go through the gate

2) Move forward and on an angle before pushing:

Players need to develop the ability to move the ball on an angle and push whilst on the move, especially with the introduction of the self-pass.

The game is now developed so that the player carries the ball outside the gate before pushing.



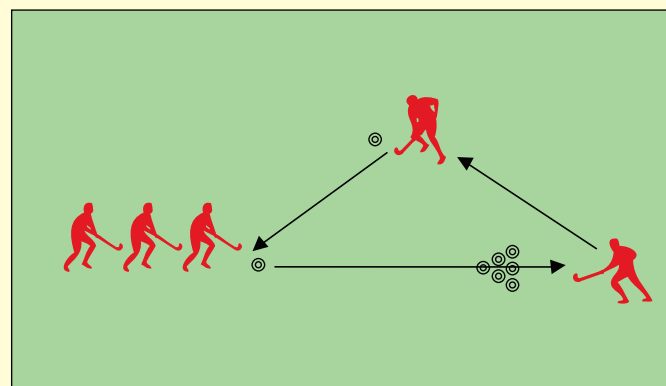
TECHNICAL EMPHASIS:

- 1. Move the ball with minimal touches to position, stay low throughout and keep eyes up until the moment the ball is to be passed
- 2. Encourage the passers at this stage not to turn their body side on as this slows down the pass and signals to the defending team that a pass is about to be made and where it is going
- 3. Ideally players learn to pass keeping their belly button facing the target. It is critical that they 'STEP' forwards and 'FIRE' the stick towards the target.

SIX PIN BOWLING

- The aim of six pin bowling is to push pass the ball towards a set of cones, hitting as many as possible. Once a cone has been hit by the ball it can be removed (placed on top of another cone).
- The team that removes all of their cones in the fastest time is the winner
- There are 3 players involved at any given time; a shooter, a receiver behind the cones and a receiver to the side of the cones
- The shooter push passes the ball aiming at the cones, the person behind the cones passes to the player to the side of the cones who passes to the next shooter. Each player follows their pass.
- The coach sets up as many 'bowling alleys' as needed
- The exercise can be extended by allowing players to place their cones on the opposition's 'bowling alleys'

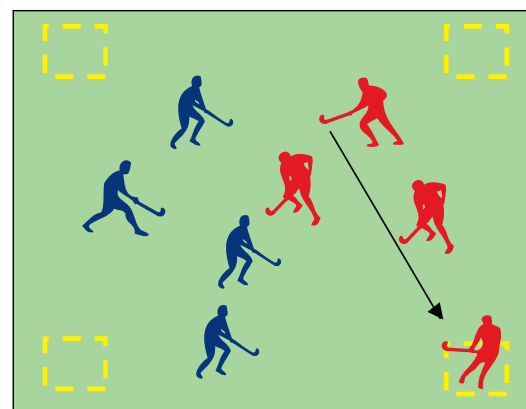
2. Practice (continued)



3. Play

20-25 mins

The introductory game is revisited in this section to further develop the technical aspects.



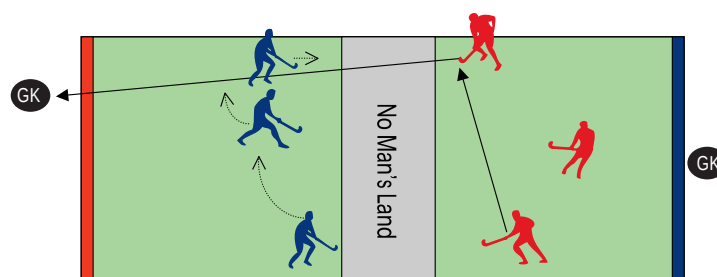
TECHNICAL COMPONENTS

- Ensure players stay low during the execution of the pass
- Keep eyes up until the moment the ball is passed
- Do not signal where the ball is to be passed to

EXTENSION

Set up a tennis court sized playing area with a marked central zone of 3-5m length. This is the 'No Man's' area. The group should be divided into teams of 3 and play against another group of 3.

- Players cannot step into the No Man's Area. Each team stays in their own defensive half.
- A team scores by push passing through the opposition's back-line
- If the ball hits a defender's foot the opposition get the ball back
- A goalkeeper can be introduced behind the back-line. The team must push pass to the goalkeeper.



Warm down and stretch

5 mins

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Session 4

2 v 1 Attack - Support to the Right

Equipment needed:
Balls (minimum one per player), cones,
throw down lines, bibs

Warm up and Stretch

Given the amount of running with and without the ball there should be an emphasis on the following:
• *Quads* • *Groin* • *Calves* • *Lunges* • *Side Lunges* • *Lower Back*. Ensure the players do some short running and footwork drills before commencing the stick and ball section.

10 mins

1. Play

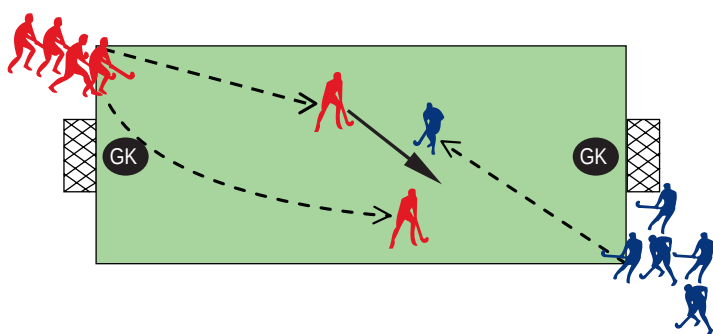
15 mins

OBJECTIVE

This game demonstrates 2 v 1 situations which will be developed in this session.

SET UP

- The pitch should be roughly 15m x 8m with a goal at each end
- Two teams of 5 to 10 players
- Players are positioned at the end of the **side-line** and not on the end-line (for safety reasons)



RULES

1. Two players leave with a ball and attack the opposition goal
2. A defender from the opposite team steps out at the same time as the attackers
3. The attackers must get the ball past the defender before they can score
4. Scoring is with pushing only (no hitting)
5. If the defender **touches** the ball the attack is over and play finishes
6. When the play is over all three players leave the field and the next team of 2 attacks against 1 defender from the other team. Teams take it in turns to attack.

SAFETY POINTS

- **No** hitting
- If the players are inexperienced then position them at the end of the side-line to ensure no balls travel near to them
- Keep control by blowing the whistle once a play is over - ensure all players leave the pitch immediately



2. Practice

35 mins

OBJECTIVE

This section aims to develop the 4 o'clock ball carrying position and passing and elimination techniques which facilitate effective 2 v 1 situations with the ball carrier on the left. It should be noted that these will most frequently occur on the left hand side of the pitch.

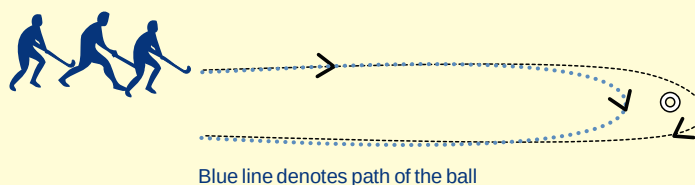
ORGANISATION

It is worth working close to the left side-line of the pitch so that the players associate the techniques developed with that side of the pitch. They should work in groups of 5 to 8 players.

1. Getting the 4 o'clock ball position:

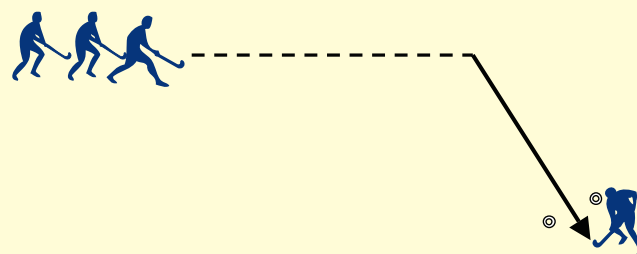
Set up a relay race: Players travel 7 to 8m then spin around a cone clockwise. The ball stays on the nearside (inside) of the cone whilst the feet move around the outside.

- Push the left hand away from the body
- Over run the ball (or speed feet up whilst slowing ball down)



2. Left to right pass:

Once the players have started to get the ball into the appropriate position a pass can then be added. The player who makes the pass follows it and the receiver takes the ball back to the start.



TECHNICAL FOCUS

Ball at 3 or 4 o'clock position

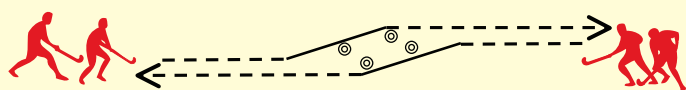
- 11 Eyes up
- 11 Try to deliver a pass on the move (don't stop as this gives the defender too much opportunity)
- 11 Throw body weight forward and follow through when making the pass

2. Practice (continued)

3. Revise right to left drag (done in Session 2)

This exercise demonstrates the action that can be taken if the pass is covered to the support player by the defender.

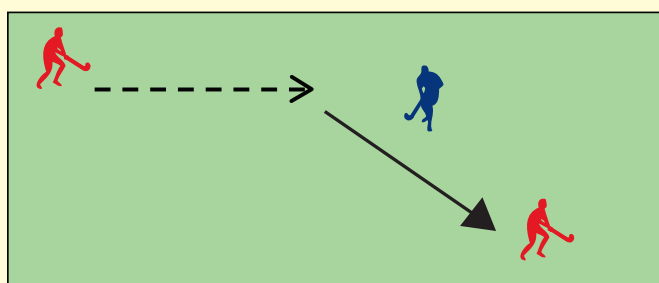
- The right to left drag can either be a drag or a small squeeze down on the back of the ball
- The ball should be carried nearer to the feet before executing the drag (e.g. 3-4 o'clock)



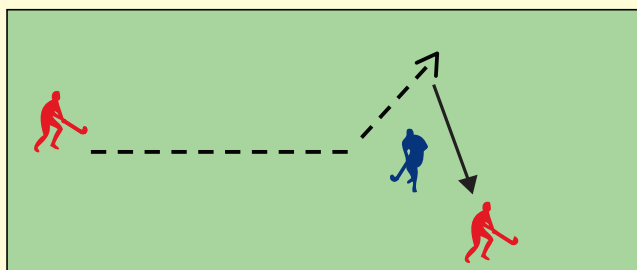
4. Developing decision making in the 2 v 1

- The objective is to get the ball behind the defender by passing or eliminating (using the skills just worked upon)
- By adding a passive defender the ball carrier now needs to decide whether to pass or eliminate (based on what the defender does)

Passing

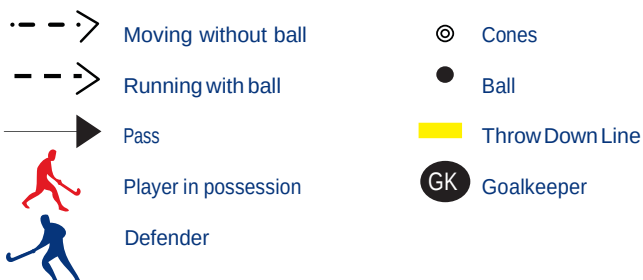


Elimination



- Progress so the defender is fully active
- Players should be encouraged to pass if they have eliminated

KEY



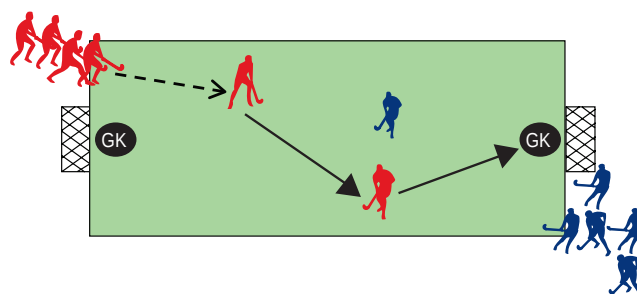
3. Play

20-25 mins

OBJECTIVE

The introductory game is revisited in this section to further develop the technical aspects in a competitive environment.

- u Each team should have 5 to 9 players to keep the intensity high. Two pitches can be placed side by side if there are large numbers. GKs should be used if available.
- u A rule can be added that if the defender (not GK) touches the ball the next team attack
- u Play continuous 2 v 1



TECHNICAL COMPONENTS TO EMPHASISE

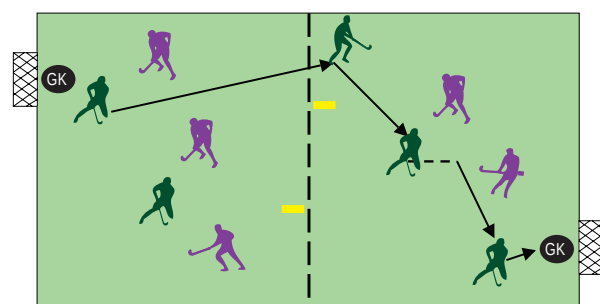
- u 3 or 4 o'clock ball position
- u Left elbow out
- u Eyes up

SKILL COMPONENTS

- u Support player to position themselves square or ahead of the defender so the pass eliminates the defender
- u Ensure the player chooses the correct option as to whether to pass or eliminate based on the actions and positioning of the defender

PROGRESSION (ALTERNATIVE GAME): 5 V 5 GAME

- u This game should be played on a large pitch (25 x 18m) with a halfway line clearly marked. A marker (preferably a throw down line) is placed 5m from the left hand side-line in each attacking half.
- u The game is played with five players on each team with three on the attacking side of the pitch and two on the defensive side. This makes it easy to create 2 v 1s.
- u Players cannot cross the halfway line
- u Before a team can score the ball must go through the left channel – this should ensure you get a left sided 2 v 1 as worked upon previously



OTHER OPTIONS

- This game could be done down the left side of the pitch and the ball is crossed into the circle.
- This can also be done through the centre of the pitch leading to a shot. Just remember the ball carrier must start on the left of the support player.

Warm down and stretch

5 mins

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Hooked on Games

15 Play-Practice-Play Session Plans



Session 5

2 v 1 Attack - Support to the Left

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running completed in this session there should be an emphasis on the following:
• *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some running and footwork drills before commencing the stick and ball section

10 mins

1. Play

15 mins

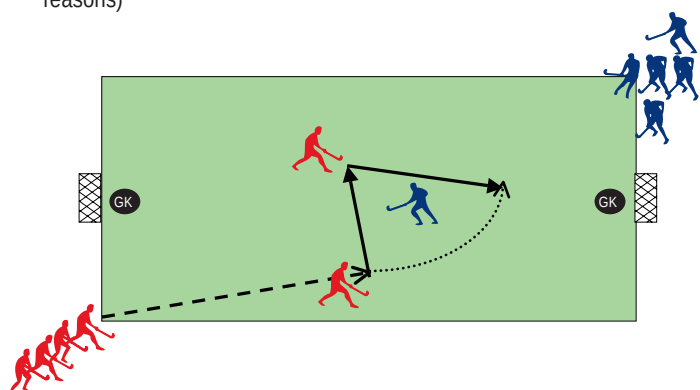
OBJECTIVE

This game demonstrates 2 v 1 situations with the support player on the left.

SET UP

This game is similar to the game played in Session 4 although the players and ball start from the other side of the pitch (right side). It should be noted that the skills covered in the session are frequently used in the wide right area of the pitch.

- The pitch should be roughly 15m x 8m with a goal at each end
- Two teams of 5 to 10 players
- Players are positioned at the end of the **side-line** (for safety reasons)



RULES

1. Two players leave with a ball and attack the opposition goal
2. A defender from the opposite team steps out at the same time as the attacker
3. The attackers must get the ball past the defender before they can score
4. Scoring is with pushing only (no hitting)
5. If the defender touches the ball the opposing team attack (with a new ball)
6. When the play is over all three players leave the field and the other team attacks against 1 defender

SAFETY POINTS

- Be careful to ensure there is always one ball on the pitch at any time
- Encourage the ball carrier to have their eyes up
- Ensure the defender has the head of the stick touching the playing surface at all times to prevent any chopping or stick tackles



2. Practice

35 mins

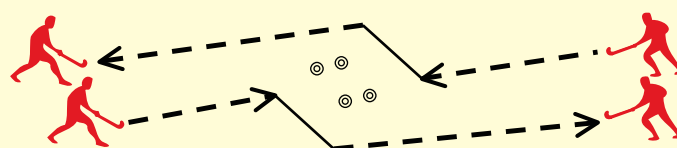
OBJECTIVE

This section allows the players to work on their elimination and passing/receiving techniques for this situation, working from a passive (no defender) to a competitive situation.

ORGANISATION

1. Elimination:

- The key concept of the 2 v 1 is that the space for the attacker is on the outside. This exercise emphasises the use of the left to right drag to exploit this space.
- Set up players in groups of 8 and subdivide these into two groups of 4
- The two groups of 4 are placed 18m apart in a line (one behind the other)
- Place 4 cones in the middle
- The players at the front of each line have a ball
- When both players are ready and have made eye contact they leave simultaneously travelling towards each other with their eyes up
- When they reach the cones in the middle they move the ball from left to right with a drag and accelerate to the opposition line of players giving the ball to the front player
- This continues so that when the next players are both ready they do the same (it is critical they start at the same time)



SAFETY POINTS

Be sure each and every player knows which way they are going to eliminate in order to prevent them crashing into one another. This is easy to do if you use a cone that they head towards and the throw down lines that they move around.



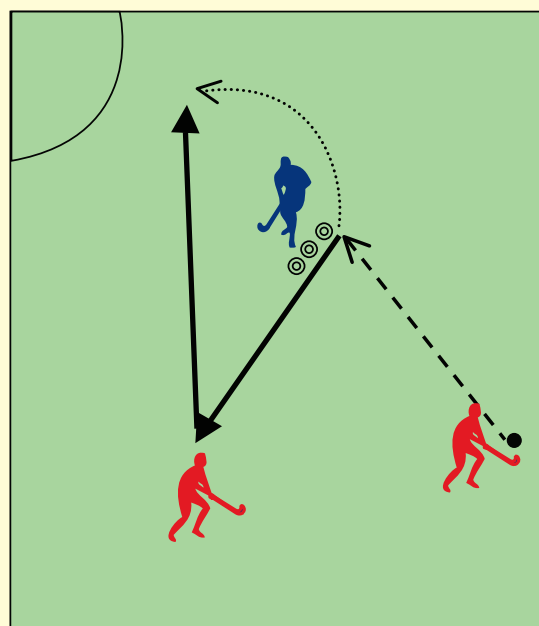
2. Practice (continued)

2. Give and Go

This exercise focuses on the attacker in possession making a pass in field with a view to attacking the space behind the defender.

- Player with ball on right starts ahead of support player and travels towards the defender moving the ball to the 11 o'clock ball position. As they approach the defender (use cones) they should pass and then accelerate behind the defender to receive a return-pass.
- The support player should receive and feed the ball early (the forward pass should be weighted)
- The receipt of the forward pass should allow the ball to stay in motion and move towards the goal

Circle



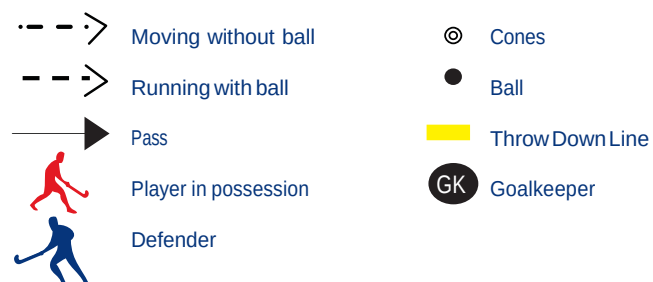
Side-line

TECHNICAL FOCUS

Move the ball towards the left cone and allow the ball to drift across the body so the ball is over the left foot (11 o'clock ball carrying position)

- 1. The body can also start to turn towards the left as if a pass is to be made to the left
- 1. The drag should be done quickly moving the ball wide and outside the line of the body
- 1. Ensure the stick moves over the ball, facing it at all times
- 1. The player should accelerate away (with their eyes up)

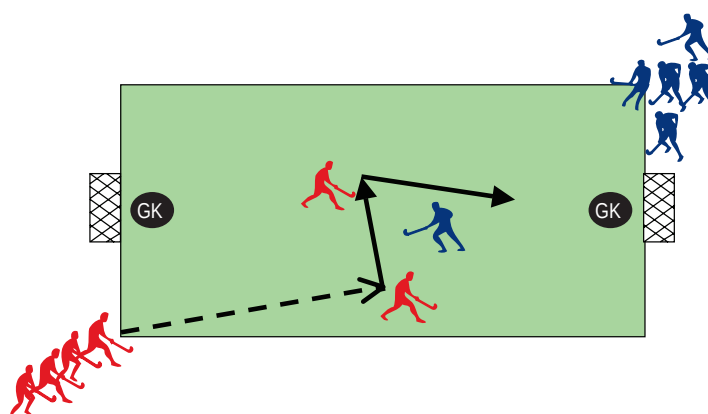
KEY



3. Play

20-25 mins

Use the same area as in the introductory game. Focus now on the two possibilities outlined in the technique section.



TECHNICAL COMPONENTS TO EMPHASISE

- 1. 11 o'clock ball position
- 1. Turn body to face infield - belly button should face defender

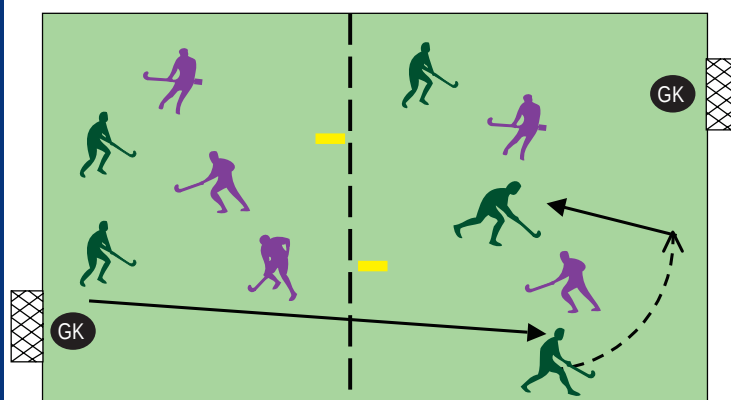
SKILL COMPONENTS

- 1. Support player should position themselves backward of square so a pass is hard for the defender to intercept
- 1. Ensure the player chooses the right option as to whether to pass or eliminate based on the actions and positioning of the defender

PROGRESSION (ALTERNATIVE GAME): 5 V 5 GAME

This game should be played on a 25 x 18m pitch with a halfway line clearly marked. A marker (preferably a throw down line) is placed 5m from the right hand side-line in each attacking half.

- 1. The game is played with five players on each team with three on the attacking side of the pitch and two on the defensive side. This makes it easy to create 2 v 1s.
- 1. Players cannot cross the halfway line
- 1. Before a team can score the ball must go through the right channel - this should ensure you get a right sided 2 v 1 as worked upon



Warm down and stretch

5 mins

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Session 6 Hitting

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of hitting completed in this session there should be an emphasis on the following:
• Quads • Groin • Lungs • Lungs with rotation • Arms/shoulders

10 mins

1. Play

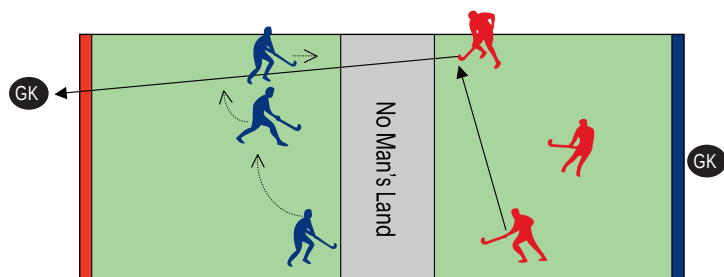
10-12 mins

OBJECTIVE

The objective of this game is to hit the ball through the opposition's end-line.

SET UP

A tennis court sized playing area with a marked central zone of 3-5m length. This is the 'No Man's' area. The group should be divided into teams of 3 and play against another group of 3.



RULES

Players cannot step into the No Man's Area. Each team stays in their own defensive half.

1. A team scores by hitting through the opposition's back-line
2. Hitting should be controlled with no 'wild' swings
3. If the ball lifts no goal can be scored
4. If the ball hits a defender's foot the opposition get the ball back
5. A goalkeeper can be introduced behind the back-line. The team must hit to the goalkeeper.

SAFETY POINTS

- Ensure each playing area is divided by at least 3m (under 10)
- Each playing area should be in the same direction so teams are hitting in the same direction to prevent possible injury



2. Practice

35 mins

OBJECTIVE

This section isolates the hitting technique.

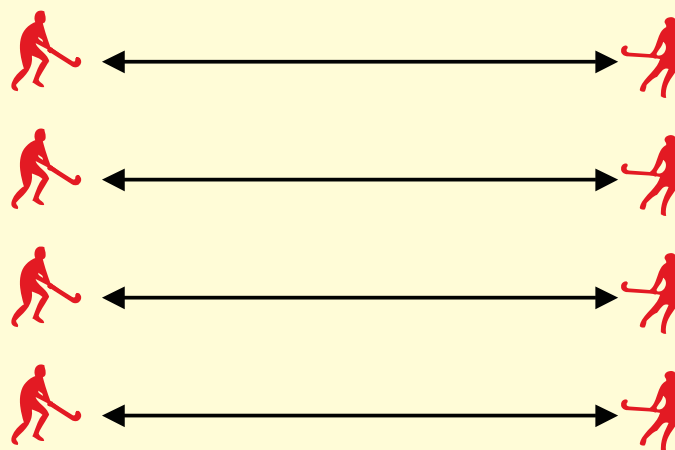
ORGANISATION

Players work in pairs hitting to each other. Each pair in the group should be hitting in the same direction (see diagram below). The distance should be relative to players' ability. Start at 10-15m apart.

TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Passing, Hitting)

- 1. Low relaxed body in side on position (left shoulder pointing to target)
- 1. Move ball and step with left foot in direction of target
- 1. Hands move together so that little finger of bottom (right) hand is against index finger of top (left) hand
- 1. The swing should be relaxed with the wrists breaking (so that stick swings more than the arms)



KEY

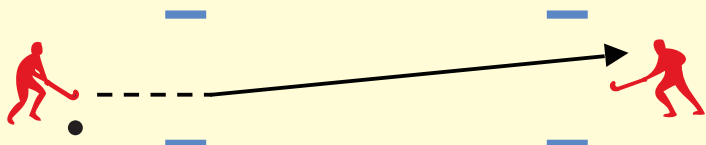
- > Moving without ball
- > Running with ball
- > Pass
- Player in possession
- Defender
- ⊙ Cones
- Ball
- Throw Down Line
- GK Goalkeeper

2. Practice (continued)

Extension Activities:

1) Roll through:

Players stand behind a gate (using throw down lines if possible or cones if not) which they have to carry the ball through before they hit through their partner's gate.



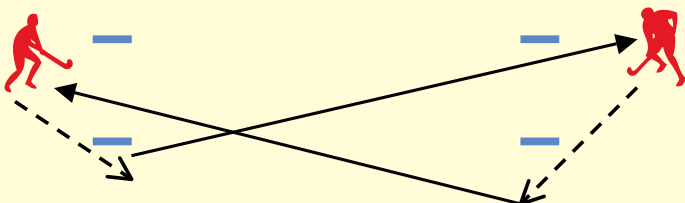
TECHNICAL EMPHASIS:

- ⚡ Carry the ball with eyes up and with body in side on position
- ⚡ This can easily be made into a competition with players competing to score the most goals
- ⚡ The ball must be allowed to go through the gate

2) Roll on an angle:

Players need to develop the ability to move the ball on an angle before hitting it, especially with the introduction of the self-pass.

The game is now developed so that the player carries the ball outside and past the gate before hitting.



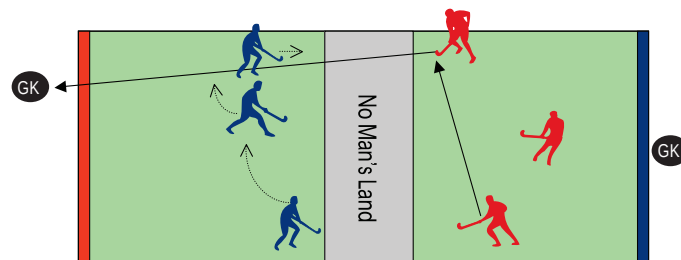
TECHNICAL EMPHASIS:

- ⚡ Move the ball with minimal touches to position, stay low throughout and keep eyes up until the moment the ball is to be struck
- ⚡ When moving to the left ensure the feet work hard to get the hips around the ball so the left shoulder is in line with the target when the ball is hit

3. Play

20-25 mins

Return to the No Man's Land Game, again in teams of three.



TECHNICAL COMPONENTS TO EMPHASISE

- u Carry the ball towards the No Man's Land area as the hit then becomes harder for the defender to intercept
- u Ensure eyes are up until ball is struck
- u Ensure head stays at an even (low) level throughout the movement of and striking of the ball (the head should not bob up and down)

SKILL COMPONENTS

- u Target the 'left foot' of the defenders
- u Move on angles to open up channels to hit through
- u Move on one angle and hit on another (as in the 'Roll on an angle' exercise)

TACTICAL COMPONENTS

- u Encourage aspects of disguise i.e. not looking at the area you intend to hit through
- u Move defence and then pass to other side for an easy score

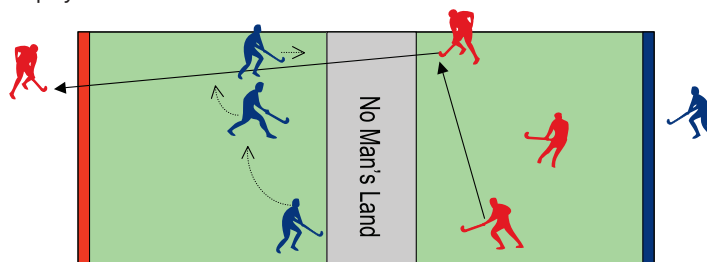
Aspects of defending:

- u Low body and hands apart – move the feet to intercept on forehand side of body
- u Have a triangular team shape (either as red team above or like an arrow head >)
- u Watch the opposition's eyes and shoulders to guess where they are going to hit the ball

DEVELOPMENT OF GAME

The game can be developed in a number of ways to further develop different aspects and make it more complex

- u A point/goal is given if the ball hits the defender's foot
- u If the attacker raises the ball they have to run around the playing area giving the opposition team an advantage
- u A 4th player of the team can be added behind the back-line. The team of 3 have to hit through to this player to score in the end zone as shown below. A goalkeeper can be added to mark this player.



- u Also as an extension, see Find the Corner in Session 3

Warm down and stretch

5 mins

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Session 7

1 v 1 Defence

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of defending completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some short running and footwork drills before commencing the stick and ball section. These drills should include changing direction and moving backwards with drop steps.

10 mins

1. Play

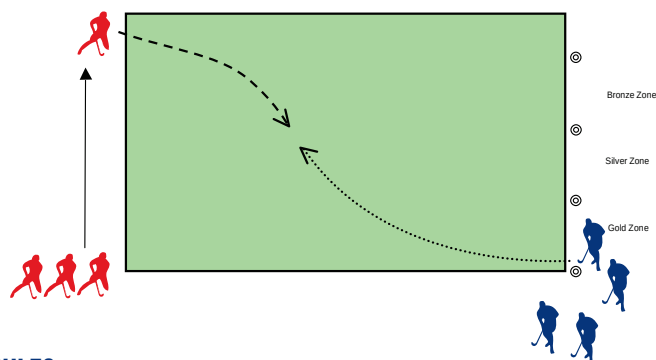
15 mins

OBJECTIVE

This is called the 'Podium Game'. The objective of the game for the attacker is to run through the Gold Zone. The defender's objective is to channel the attacker away from the Gold Zone and dispossess them, demonstrating the role of defending in a 1 v 1 situation.

SET UP

- Set up several small grids of 12m x 6m (increase/decrease for better players)
- Three goals need to be made at one end (the defender's end). These are the Gold, Silver and Bronze Zones.



RULES

- Two teams of 4 to 5 play against each other. Each player has 3-5 turns each to defend and the same to attack (they add up their total number of points from each).
- The attacking team starts the game off with a pass to their left side. The player receiving this ball then moves into the area with a view to running through one of the zones.
- The defender stays behind the Gold Zone until the pass is made. They can move out to start defending as this pass is made.
- These two players play until a goal is scored or the defender pushes the ball out of play. If a free is won by the attacker they take a self-pass.

Scoring:

- The attackers score points based on the zone they carry the ball through. Gold Zone = 5 points, Silver Zone = 3 points and Bronze Zone = 1 point.
- If the defender's foot touches the ball, the attacker wins a point (and gets a self-pass)
- If the defender wins the ball and passes the ball over the opposition back-line they score 2 points. They also score 1 point if the attacker fails to score e.g. the ball goes over the side-line.

SAFETY POINTS

- Be sure the defenders are ready when the game starts
- Ensure the defenders that are not involved stand well back from the Gold Zone in case an attacker runs through
- No balls should be left in the medal zones



2. Practice

35 mins

OBJECTIVE

This section aims to get the players working on the individual aspects of defending. These need to be broken down and isolated before going back to play the initial game again. This will be completed without a ball, breaking each aspect of defending into the different phases.

ORGANISATION

This can be covered in the same areas where the Podium Game was played. The coach should work with the whole group in one area to demonstrate each aspect highlighting the technical focus. Defending has been broken down into three aspects which are very closely linked and interdependent. These are:

- Closing Down and Engaging
- Channelling
- Tackling

TECHNICAL FOCUS

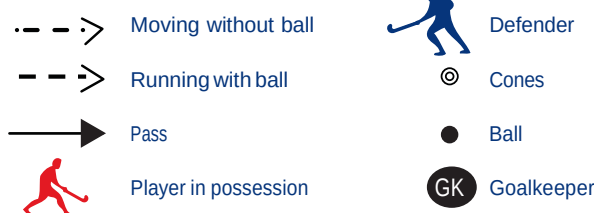
(Refer to IHA Core Skills DVD, Defensive Skills)

1. Closing down – get the distances and position right:

This can be done without the ball to start

- 1.1 Close early – deny the attacker space keeping within a zone which the defender could jab the ball. This distance is often said to be a stick and a foot.
- 1.2 Slow the feet down as the attacker is approaching so that the defender does not get eliminated by being too close (or by diving in)

KEY

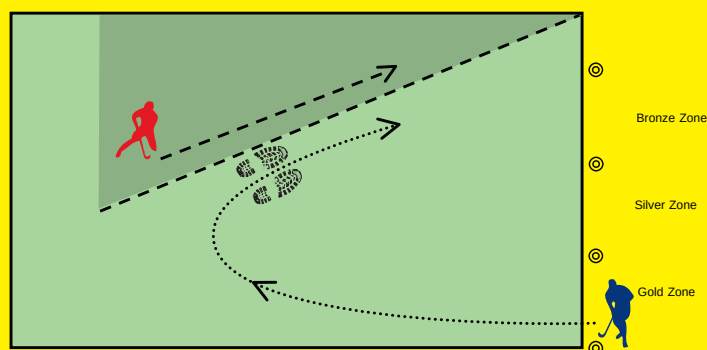


2. Practice (continued)

2. Channelling – moving the attacker away from the critical area:

The ball can now be added. The focus here is to move the attacker away from the Gold Zone and onto the defender's strong stick side.

- 11 Defender should position their body side on when engaging
- 11 Use stick and body to force the attacker away from the Gold Zone
- 11 Keep feet close together and stay on toes. Try not to be square on with body/feet or feet wide apart.
- 11 Use dummy jabs to help force the defender wide and away from the goal
- 11 As the attacker starts to attack the space on the outside, the defender should not panic and overrun so the attacker can cut back inside into the critical area (on the Gold Zone side)
- 11 The defender should only tackle if they have to. Use jab tackles to keep the attackers eyes down. Encourage a low stick at all times e.g. stick head should be close to the ground to enable protection of the feet.
- 11 Defender should form an imaginary line in their head once they have closed down and engaged (see diagram below)
- 11 The defender should keep the attacker on the side of the imaginary line i.e. away from the goal and in the shaded area
- 11 They should try to have their feet in the direction of the line



3. Tackling:

Tackles should only be made if the situation is correct. Too many players try to tackle unnecessarily and when there is no threat from the attacker.

Tackling can be practiced initially by the attacker allowing the defender to take the ball from them:

- 11 The body should be in a low position with the hands apart
- 11 Be sure to keep left hand close to ground
- 11 Ensure there is forward movement of the stick so that the player comes away with the ball (not just stop the attacker)

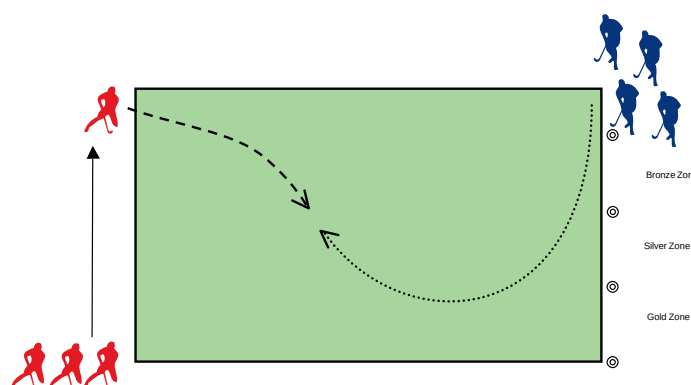
3. Play

20-25 mins

EXTENSION

Using the same area as in the introductory game, the players defend in a competitive situation and at full pace.

1. Defender must win the ball and pass it back to the start point (or coach) to score points. The focus then becomes 'win the ball and make a pass' setting up a counterattack.
2. The defender starts in the Bronze Zone yet the point scoring remains the same. The focus for the defender now becomes getting into the critical area to prevent the attacker driving straight into it. Care must be taken to angle the running line as below (in an arc).
3. The attacker starts on the left side of the channel (the same side as the Gold Zone) which again changes the profile of the defending priorities.



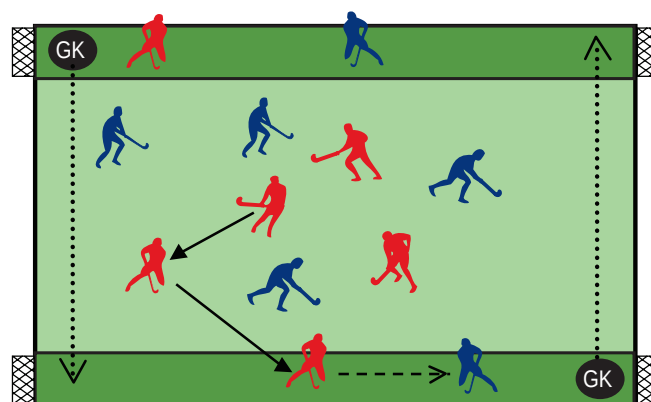
4. The scoring zones are reversed so that the Gold Zone is on the defensive side of the pitch (as if defending on the left side)

SKILL COMPONENTS

- u Players need to stay focused on their distances, angles and positioning
- u Keep reminding them to stay balanced and composed

DEVELOPMENT OF GAME

Play a game over a pitch which has widened tram lines at the sides (like a tennis court). Place one player from each team in these channels. Before a team can score they must pass to their player in this zone and they must beat their opponent. This helps demonstrate the most common area for 1 v 1 defensive situations. Add goalkeepers where possible, covering both goals.



Warm down and stretch

5 mins

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Session 8

1 v 2 Defence

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with the ball completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some small run and footwork drills before commencing the stick and ball section. These drills should include changing direction and moving backwards with drop steps. Get players moving on the balls of their feet (not their toes or entire foot).

10 mins

1. Play

15 mins

OBJECTIVE

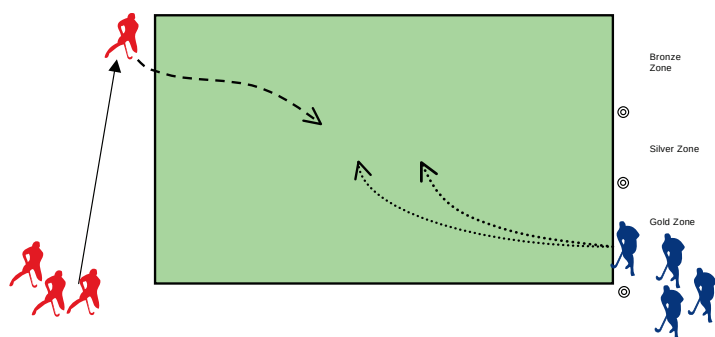
The objective of this session is to develop an understanding of double team defence where there are more defenders than attackers. An example of this would be the Sweeper and Centre Back working against the Centre Forward. The 'Podium Game' from Session 7 is used.

SET UP

- Set up small grids (you will need several pitches) of 12m x 6m (vary for better players). Try to have one of these at the top of the circle so it is placed in a position on the pitch where the situation may be relevant.
- Three gates need to be made at one end (the defender's end). These are the Gold, Silver and Bronze Scoring Zones for the attack (as per Session 7).
- The objective of the game for the attacker is to run with the ball through the Gold Zone. The objective of the two defenders is to channel the attacker away from the Gold Zone and to dispossess them.

RULES

1. Two teams of 4 to 5 play against each other. Each player has 3-4 turns each to defend and the same to attack (they add up their total number of points from each).
2. The attacking team starts the game off with a pass to their left side. The player receiving this ball then moves into the area with a view to running through one of the gates.
3. The defenders stay behind the Gold Zone until the pass is made. They can move out to start defending as this pass is made.
4. These two players play until a goal is scored or a defender travels with the ball across the attackers back-line. If a free is won they take a self-pass.



SAFETY POINTS

- Be sure the defenders are ready when the game starts
- Ensure the defenders that are not involved stand well back from the Gold Zone in case an attacker runs through
- No balls should be left in the medal zone



1. Play (continued)

Scoring:

- The attackers score points based on the zone they carry the ball through. Gold Zone = 5 points, Silver Zone = 3 points and Bronze Zone = 1 point.
- If the defender's foot touches the ball, the attacker wins a point (and gets a self-pass)
- If the defender wins the ball and passes or runs over the attacker's back-line, they score 2 points

2. Practice

35 mins

This section further develops the key defensive aspects (highlighted in Session 7 of closing down and channeling whilst introducing the positional and unit understanding of a double team defence).

This can be covered in the same areas where the Podium Game was played.

TECHNICAL FOCUS

The player who closes down the attacker is known as the 'engaged defender' and the spare defender is known as the 'cover defender'.

Engaged Defender:

Should embrace the key technical points highlighted in Session 7 of:

1. **Closing down** – focus on going early with quick footwork to start and then slowing down and getting a side on position at a distance where they can apply pressure on the ball
1. **Channelling** – using stick, body angle and jab tackles the defender's job is to move the attacker away from the danger area

It should be highlighted to the players that if there is a second defender (a double team situation) the engaged defender can be more 'aggressive' in their approach.

Cover Defender:

The cover defender's job is to work with and off the engaged defender and should control their actions through effective communication.

KEY

- > Moving without ball
- -> Running with ball
- Pass
- Player in possession



Defender

Cones

Ball

GK Goalkeeper

2. Practice (continued)

Key points for the Cover Defender:

- 1† Cover the critical area – in this situation they should work to protect the left foot of the defender in case the attacker breaks inside
- 1† Distance – the cover defender should ensure that they are not so close (and on the same line as the engaged defender) that the attacker can beat them both with one movement whilst not allowing a gap (known as 'the window') between themselves and the engaged defender that is large enough for the attacker to get through and between them.

Double Team Defence:

Using the same area the coach should now work technically to get the key aspects outlined above correct.

Importantly they should work on:

- 1† Position and distance of the cover defender
- 1† When the cover defender should go for 'The Kill' and look to make a tackle and dispossess the attacker

Key Points:

- 1† The engaged defender's job is to get the attacker moving one way (preferably to the strong side) or away from goal
- 1† Once the attacker starts to move down the strong side the engaged defender should prevent them cutting back infield
- 1† If the attacker starts to overtake the engaged defender the cover player should 'step out' and dispossess with a low flat stick tackle
- 1† The cover defender should ensure they communicate to the engaged player when they are doing this so they can then turn and provide cover on the inside. As such they have then swapped roles.

3. Play

20-25 mins

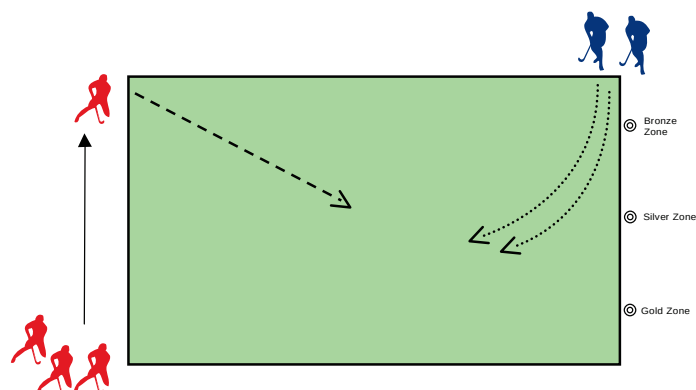
The introductory game is revisited in this section.

SKILL COMPONENTS

- u Players need to stay focused on their distances, angles and communication
- u Keep reminding them to stay balanced and composed and to 'read' the attacker
- u Ensure cover defender communicates

EXTENSION

The defenders start in the Bronze Zone yet the point scoring remains the same. The focus for the defender now becomes getting into the critical area to prevent the attacker driving straight into it. Care must be taken to angle the running line as above (in an arc).

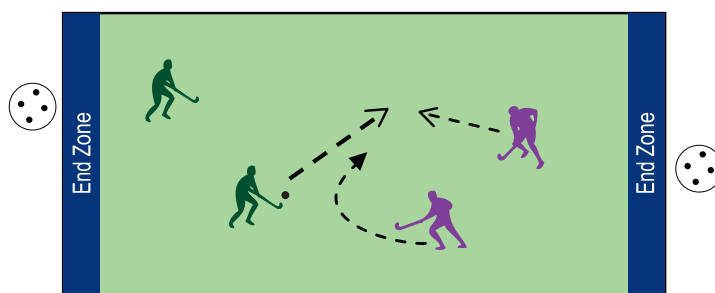


3. Play (continued)

EXTENSION

This game provides a fun competitive game for the development of 1 v 2 situations using 2 v 2 game. It is played on an elongated pitch 10-12m with an End Zone at each end. Balls should be placed at the end of the End Zone. The pitch size can be varied depending on age ability.

- The attacking player (remember there is only one attacker at a time) starts with a ball from their own End Zone and attempts to score by carrying the ball into the End Zone of the opposition.
- The teams take in turns to attack but only one of the attacking team takes part in the game at that stage, whilst both defenders are fully active (so you have a 1 v 2)
- The players in each team should take it in turns as to who attacks
- If the defenders make a tackle, the ball winner can use this chance to turn and attack on their own against the two defenders (so the attacker who was not involved must be alert!)
- If a team scores or the ball goes dead, then the team that just defended start with a ball from the End Zone
- Play the game for 3-4 minutes



- The engaging player must learn to channel the attacker to where the other defender on their team is
- If the defender is not behind the engaged defender in a cover position, they should try to slow down the attacker and channel why the cover player gets into position
- They can be more aggressive in their defence once the defender is in place as they should be (like in the previous exercise)

Warm down and stretch

5 mins

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Session 9 Developing the Self-Pass

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with and passing of the ball completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some small run and footwork drills before commencing the stick and ball section.

10 mins

1. Play

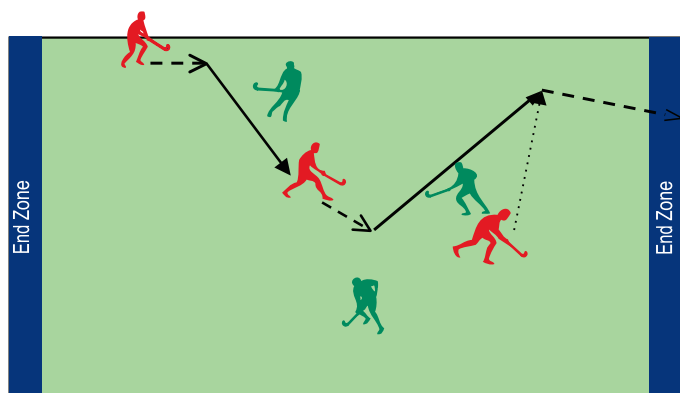
15 mins

OBJECTIVE

This game highlights the key aspects and considerations of the self-pass.

SET UP

- Divide each group into teams of 3
- Use a tennis court size pitch ensuring there is an 'End Zone' area at each end (approximately 2m wide)
- Place balls around the pitch one stick length away from the side-line or at the back of the End Zone. This ensures a fast game.
- Take regular breaks as 3 v 3s are tiring with the self-pass (play for about 4 mins before taking a short rest)
- Between each game gather balls so restarts can be quick and the games are high tempo



RULES

1. Teams score by running the ball into the End Zone (ball must be under control)
2. It is not possible to score directly from a free
3. Pushing only – no hitting
4. All other rules of hockey apply

SAFETY POINTS

- Be careful to ensure there is only ever one ball on the pitch at any time
- Keep other balls one stick length away from the side-lines



2. Practice

35 mins

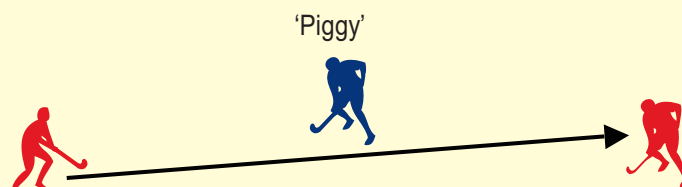
OBJECTIVE

This section is to get the players working on using the self-pass as a way in which to 'trick' defenders i.e. looking as though they are going to pass one way and then passing it another way.

ORGANISATION

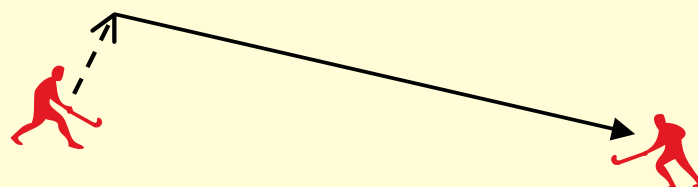
Piggy in the Middle

- Set up 'Piggy in the Middle' with 3 players
- If the middle player (the Piggy) gets the ball they change places with the player who gave them the ball
- Start each game with a stationary ball as if it is a free hit but move it before passing



Technical Skill 1: Drifting

- This technique allows the player taking the self-pass to move laterally (sideways) to the left and make a forward (vertical) pass. It is especially useful on the right side of the pitch and helps create a passing channel down the defender's left foot.
- Start with the ball at a 2-3 o'clock ball carrying position
- Move forward and to the left (on a diagonal)
- The critical factor is that the player's feet should move first, not the ball. If the ball moves first it will move into a position where it cannot be easily passed as it will be in front of the feet.
- The players should be able to move smoothly on a diagonal angle with their eyes up and then make a forward push pass

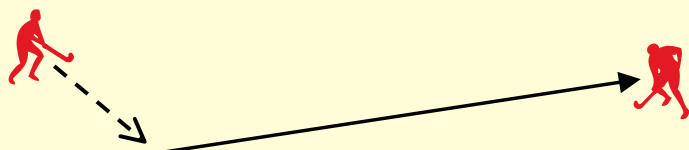


2. Practice (continued)

Technical Skill 2: Drive right and underarm pass

This is the opposite principle to drifting. This time the player drives with the ball on a diagonal to the right and passes on the opposite diagonal

- Ball should be kept in a 1 o'clock position with eyes up
- Look forward (player should still be able to see the diagonal pass in their peripheral vision)
- Keep the stick on the ball and pass with a push (don't withdraw the stick or hit the ball)

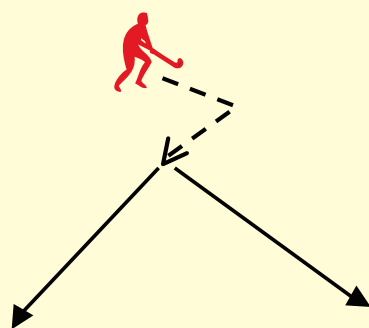


Technical Skill 3: Move forward and reverse pull back

This is a good technique to use from the left hand side of the pitch, especially a side-line free.

- The player looks as though they are going to pass forward (point left shoulder forwards as if they are about to hit in that direction). This will mean the defence takes that line.
- Pull the ball back with the reverse stick so the player can then make a backward or square pass to the centre/other side of the pitch

Side-line

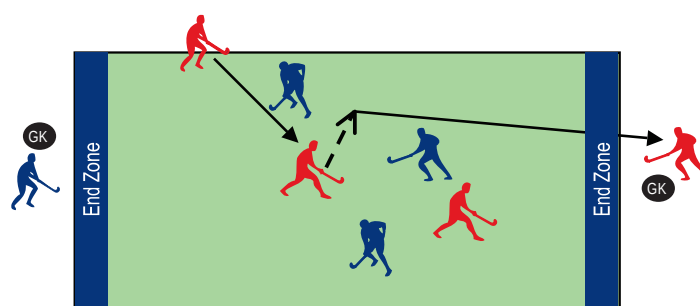


3. Play

20-25 mins

Play the same game as in the 3 v 3 at the start (it might help to make the area slightly larger) but this time have one attacker in the End Zone and the teams score by passing to that player.

- All frees should be taken from the closest side-line
- The aim should be to try and score with the self-pass using one of the techniques demonstrated
- The person who makes the pass to the End Zone then follows it and changes places with that player
- Goalkeepers can be added to mark the player in the End Zone



TECHNICAL AND SKILL COMPONENTS TO EMPHASISE

- u Use the eyes to disguise (don't indicate where the ball is being passed to by looking in that direction)
- u Remember to 'trick' the defender by moving and looking away from the area the player wishes to make a pass to

OTHER GAMES

Play 4 v 2 in a small square (2 defenders).

Warm down and stretch

5 mins

KEY

- | | | | |
|--------|----------------------|----|------------|
| ---> | Moving without ball | | Defender |
| - - -> | Running with ball | ⊙ | Cones |
| → | Pass | ● | Ball |
| | Player in possession | GK | Goalkeeper |

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Session 10

Receiving (and Passing) Laterally

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with the ball completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some small run and footwork drills before commencing the stick and ball section.

10 mins

1. Play

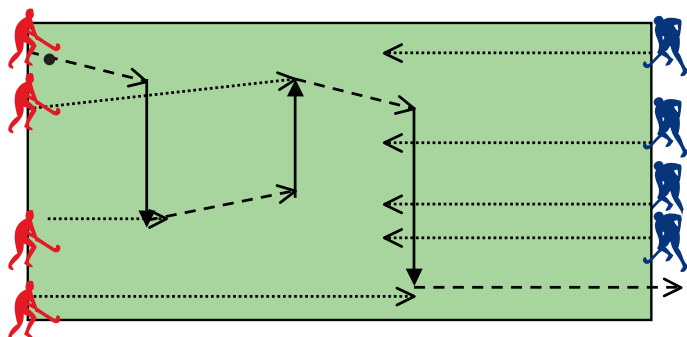
15 mins

OBJECTIVE

This game demonstrates the technical requirements of passing and receiving across the pitch on the move.

SET UP

- An elongated pitch (roughly 12m x 20m) should be set up. Divide the players into teams of 4.



RULES

1. Teams alternate between attacking and defending
2. After each play teams retreat to their own defensive line
3. The team attacking starts with a ball and attack the opposition's line. They score by controlling the ball over the opposition's back-line (like in rugby).
4. They may run with the ball but only for a maximum of 5 steps at which they must pass
5. When the attacking team starts the defending team can leave their line
6. If a free is won the defenders must drop back 3 meters

KEY

---> Moving without ball

---> Running with ball

→ Pass

Player in possession



Defender

⊙ Cones

● Ball

GK Goalkeeper

SAFETY POINTS

- Be careful to ensure there is only one ball on the pitch at any time
- Defenders should try to keep the head of their stick on the surface at all times



2. Practice

35 mins

OBJECTIVE

This section is to get the players working on their elimination and passing/receiving techniques for this situation. Working from a passive (no defender) to a competitive situation.

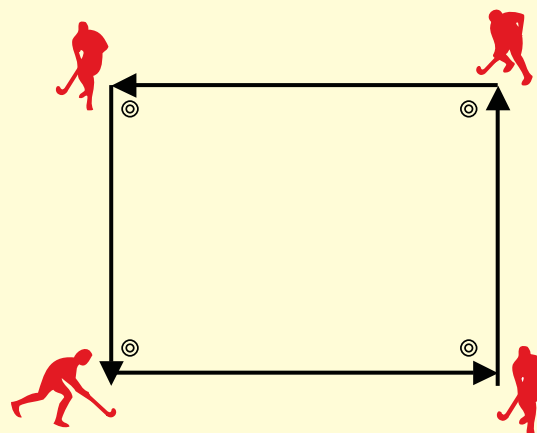
1. RECEIVING

Receiving across the body:

The key focus here is to allow the ball to come across the body so that the ball is outside the line of the right foot. Divide players into groups of 4 and pass the ball around a grid (as shown below) in an anti-clockwise direction.

Key Points:

- Face where the ball is going, not where it is coming from
- Have the stick close to the surface and as a 'target' for the passer
- Try not to receive the ball too early but make contact as the ball is coming across the body
- Have soft hands so that the ball is cushioned but not stopped until the ball is outside the line of the right foot



Receiving right to left:

The focus changes by passing the ball in a clockwise direction.

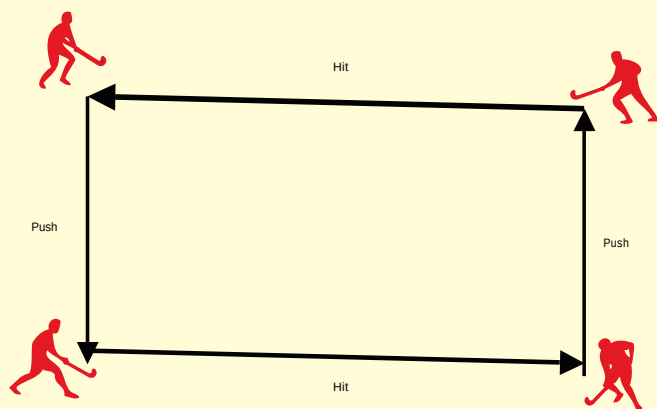
Key Points:

- Again, face where the ball is going, not where it is coming from
- Look to offer the target of the stick by the right foot
- Ensure that the left hand is out and away from the body
- Get the stick and right foot in line with the ball

2. Practice (continued)

Hit n Push:

To practice different passing techniques the exercise can be changed to a rectangle and the ball is hit on the long sides and pushed on the short ones. This also means the players have to think more about where they want the ball depending on whether they are hitting or pushing the next pass. For this exercise to work the quality of the passing has to be good.

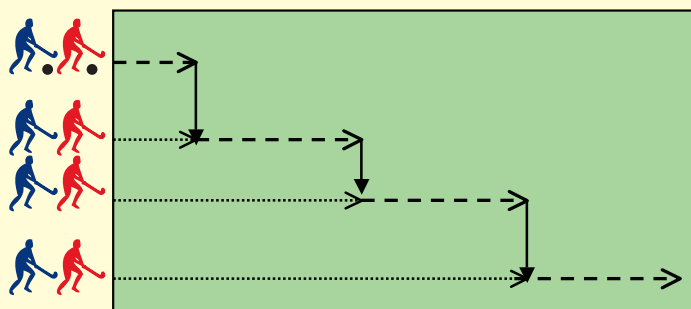


2. DYNAMIC RECEIVING (ON THE MOVE)

The principles and techniques highlighted in the square exercise can now be applied in mobile situations.

Use the area in which the first game was played. All groups of 4 can work on one pitch.

In fours travel from one end of the pitch to the other passing the ball across the line so that each player receives the ball before they come to the opposite back-line. Always start the ball at one end of the line of players.



Key Points:

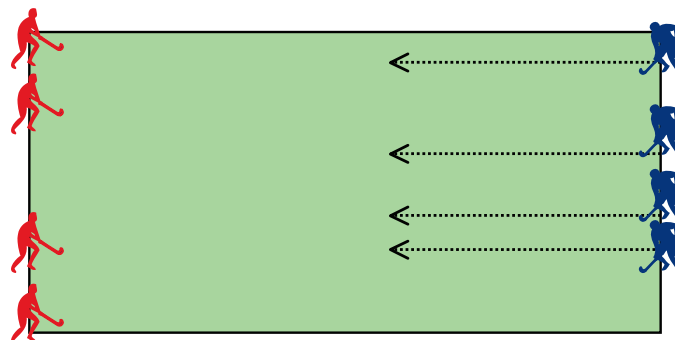
- Passes should be made so that the receiver can move onto the ball (not having to stop)
- The strength of the pass should be 'light'
- When passing to the right (as above) the ball position from Session 4 should be considered (3-4 o'clock). A reverse stick pass can also be used (pass should be made off the left foot).
- When passing to the left the ball should be moved to the left foot (11 o'clock position)
- Reinforce the key point of vision whilst moving with the ball

3. Play

20-25 mins

Use the same set-up as in the introductory game.

- To ensure success the defending team could just have 2 players
- Defenders are only allowed to intercept thus allowing players to travel with the ball (not to tackle)



TECHNICAL COMPONENTS TO EMPHASISE

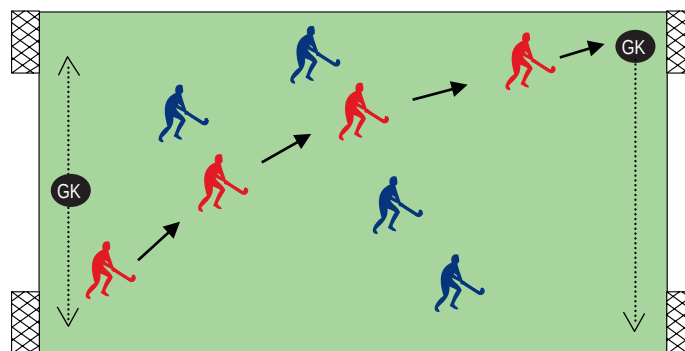
- u Vision on the ball (eyes up)
- u Ball position depending on which way the ball is being passed
- u Pace of pass and passing to allow their team mate to receive in motion

SKILL COMPONENTS

- u Encourage players to use 'feints' before they pass the ball to 'trick' the defenders – so if they are passing left they should fake to the right with their stick
- u Time the pass so it is out of reach of the defender

DEVELOPMENT OF GAME

- u The game can be turned into normal rules but add two goals for each team to score. Place these in the corners as below.
- u Add goalkeepers where possible, covering both goals



Warm down and stretch

5 mins

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Session 11

Receiving from Behind and Leading

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of receiving completed in this session there should be an emphasis on the following:
• *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some running and footwork drills before commencing the stick and ball section. These drills should include changing direction and moving from side to side with fast changes of direction. Encourage good turning technique.

10 mins

1. Play

10-15 mins

OBJECTIVE

The objective of this game is to pass the ball through 3 zones on the pitch and move into the opposition's Scoring Zone.

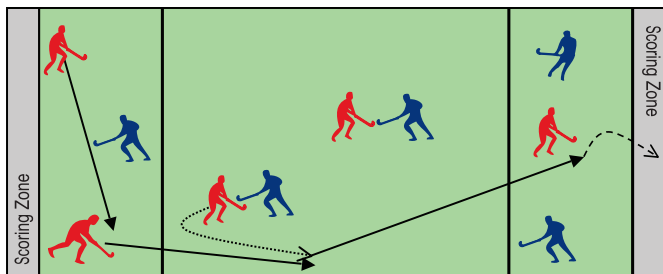
SET UP

The hockey pitch should be divided into playing areas of 23m x 18m (this can be longer for more advanced teams).

- This area should be then subdivided into three areas, the longest of which is the central area
- Add a Scoring Zone at each end
- Two teams of 5 players (reserves can be added on the side) are divided into a back zone (two players), midfield zone (two players) and forward zone (1 player) as shown below

RULES

1. Each team alternates who starts in possession of the ball. The



ball starts with the two players in the defence zone and they pass between them and look to play to one of the mid-fielders. A forward pass of this nature is a 'vertical' pass. The players in the midfield zone look to get it to the forward who tries to receive and move into the 'Scoring Zone' to score.

2. If the defensive team win the ball they can counterattack directly
3. If a side-line hit is won the ball should be undefended and played back to their defensive zone so the focus starts again of building play through the midfield

SAFETY POINTS

- Ensure the pitch is wide enough to start
- Be sure no loose balls are lying in and around the Scoring Zone – spare balls should be kept at the side



2. Practice

35 mins

OBJECTIVE

This section develops core receiving techniques working from a passive (static defender) to a more competitive situation.

The key focus of this section is to develop:

- An understanding of receiving a ball on the move facing the goal to which the player is attacking
- An understanding of some of the movement patterns that help create space
- The timing and communication which should exist between passer and receiver

Two lead types are highlighted depending on the way in which the attacker is being marked.

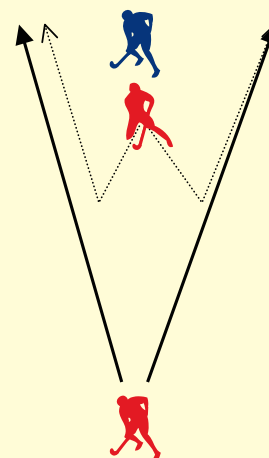
1. "Hook" Shaped Leads:

This type of movement can be used when being back marked. An initial movement towards the ball moves the defender forward and then the attacker should make a sharp lead at the point the ball is delivered.

TECHNICAL FOCUS:

- 1. Work on timing and indication - move as late as possible so the ball is received on the move
- 1. Ensure the pass is made to space and the receiver holds their run until the passer is READY and ABOUT to pass the ball
- 1. Make the first touch on the ball as 'late' as possible so the ball is in front of the feet on receiving

Passes should be over 10-20 meters depending on player ability



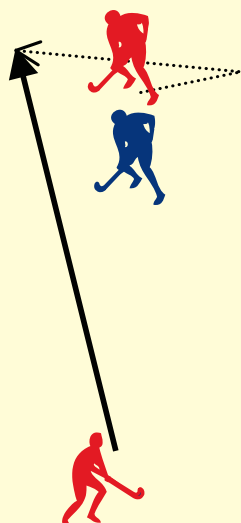
2. Practice (continued)

2. "Blindside" Leads

This type of movement should be utilised when being front marked.

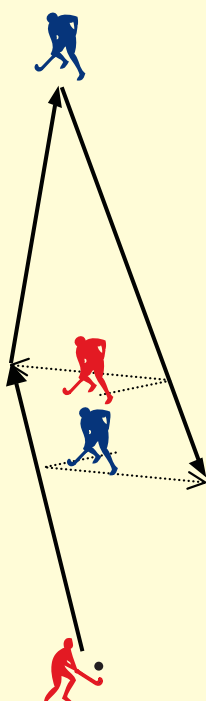
TECHNICAL FOCUS:

- ⚡ The player should move one way to receive the ball on the second movement (re-lead)
- ⚡ The player should re-lead when the defender can't see them i.e. when they are in the defender's blind spot
- ⚡ Ensure to signal – encourage the use of the hand in this situation
- ⚡ Again it is important to emphasise the pass should be to space
- ⚡ Ensure the receiver receives with their feet forward.



EXTENSION ACTIVITIES (FOR BOTH LEAD TYPES)

1. Progress towards the players moving with the ball, eyes up before making pass
2. Add a fourth person so that there is an initial pass into the person who plays forward – this helps the receivers work on the timing of their movements
3. Play in 4s so the two players in the middle alternate between defending and receiving and the two players at the end do the passing. This is a nice warm up or revision exercise.

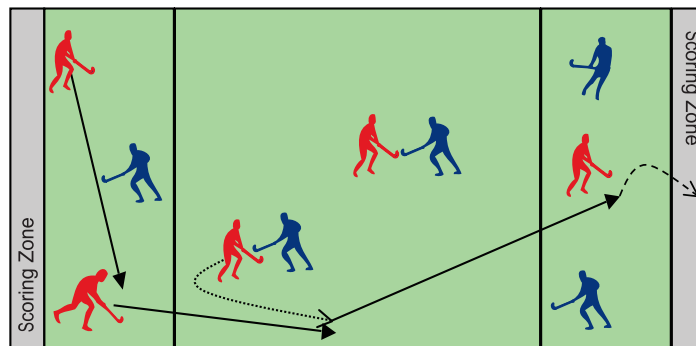


3. Play

20-25 mins

OBJECTIVE

Using the same area as in the introductory game the players now look to apply the technical areas developed.



TECHNICAL COMPONENTS TO EMPHASISE

- ⚡ Timing - delay the lead
- ⚡ Indication using the hand or stick
- ⚡ Lead late and re-lead if the player does not get the ball

SKILL COMPONENTS

- ⚡ Ensure the back two (in defensive zone) are also receiving face forwards and are scanning for space and leads. When they do not have the ball they should be looking for signals from the mid-fielders
- ⚡ Ensure the midfield players are not square of each other and offer different passing options for their defenders

DEVELOPMENT OF GAME

1. Allow any player making a forward pass to move forward into the zone they have passed to create an extra attacker (this also allows the coach to revise the 2 v 1 principles). The players then return to their zone for the next attack.
2. The defenders can also look 'long' and play directly into the player in the Scoring Zone
3. Take the sections away and play without the zones. Make a rule that any forward pass **must be received with the feet facing forwards** (no receiving with the back to goal).

Warm down and stretch

5 mins

KEY

- | | | | |
|--------|----------------------|---|----------|
| ---> | Moving without ball | | Defender |
| - - -> | Running with ball | ⊙ | Cones |
| → | Pass | ● | Ball |
| | Player in possession | C | Coach |

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Session 12

Centering

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of hitting completed in this session there should be an emphasis on the following:
• *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some small run and footwork drills before commencing the stick and ball section.

10 mins

1. Play

10-15 mins

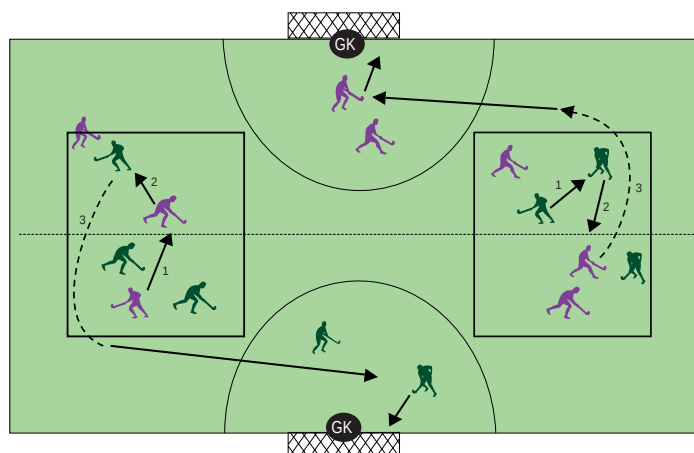
OBJECTIVE

The objective of this game is to win the ball, travel down the wing and cross to an attacker in the circle.

SET UP

Using half the pitch and a circle at each end the pitch is divided as below:

- Two teams are divided into 8-10 players (including GKs)
- 2-3 players from each team are placed in the circle which they are attacking. No defenders are allowed in the circle.
- The remaining players are divided equally in the wide areas i.e. 3 from each team
- The only players who can leave their area are those who win the ball and make a cross into the attacking area



RULES

1. Play starts in the wide areas with the team who is on the left (and not attacking the goal on that side) in possession of the ball. They must try to keep possession of it in that area.
2. When the team attacking the goal on that side wins the ball back they should look to break out of the end they are attacking. Once they have moved out of the area they should centre (cross) the ball to one of their attackers in the circle.
3. No defenders can leave the boxed area
4. The players rotate between the three areas i.e. the person who crosses goes into the circle, the attacker who shoots then goes to the defensive area and one player moves across to the attacking area.

SAFETY POINTS

- Be careful to ensure there is always one ball in each area and no balls are left loose in the circle



2. Practice

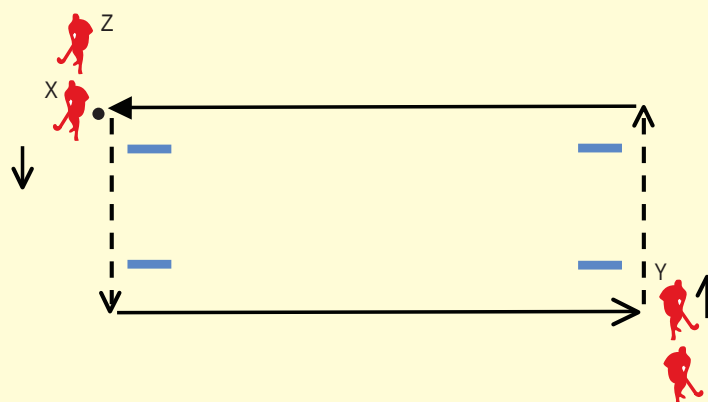
35 mins

OBJECTIVE

This section is to develop the players' ability to center (cross) the ball accurately working from a passive (no defender) to a competitive situation.

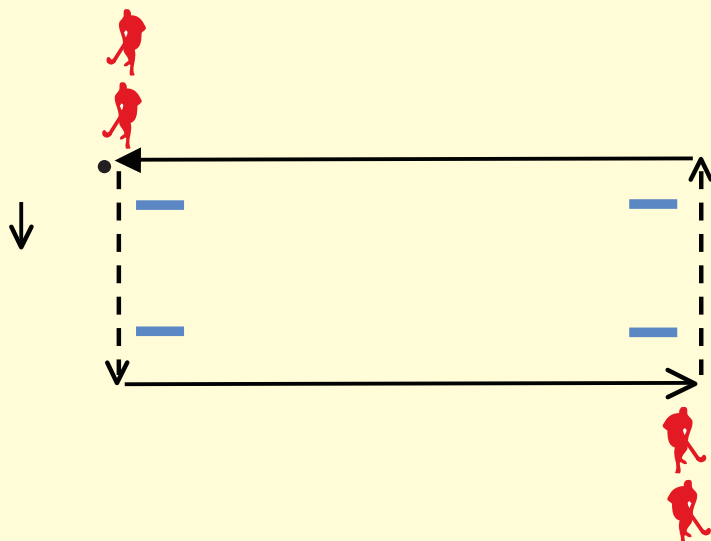
TECHNICAL FOCUS:

1. Work on travelling forward but scanning (looking) across the field. This can be achieved by gliding (see Session 1 & 2).
1. Start by moving the ball from a 1-2 o'clock position across the body to the left foot (11 o'clock) as this is easier to hit from
1. Players should also attempt to hit from the 1 o'clock ball position i.e. off the right foot
1. Divide the group into 4's – set up an elongated rectangle approximately 20m x 7m. Player X leaves with the ball and glides forward and then crosses (using a hit) to player Y, who does the same and passes to player Z. After each pass the player must join the queue they have passed to i.e. follow their pass.



2. Practice (continued)

- Reverse the direction of the activity so the ball now travels in an anti-clockwise direction
- Refer to IHA Core Skills DVD, Passing, Hitting, Upright Reverse



- Reverse stick crossing can also be practised in a clockwise direction

TECHNICAL FOCUS:

Upright reverse hitting

- 1 Turn body so right shoulder is facing target
- 1 Grip is still left hand at the top but 'V' should be down the reverse side edge of the stick
- 1 Swing with wrists not body
- 1 Keep eyes on ball and right shoulder facing the target

Flat reverse hitting

- 1 Move ball away from body to left side
- 1 Turn body so right foot is forward
- 1 Hands move together on the back swing with the 'V' grip down the back of the stick
- 1 High to low swing (like throwing a Frisbee)
- 1 Strike ball using the inside edge of the stick

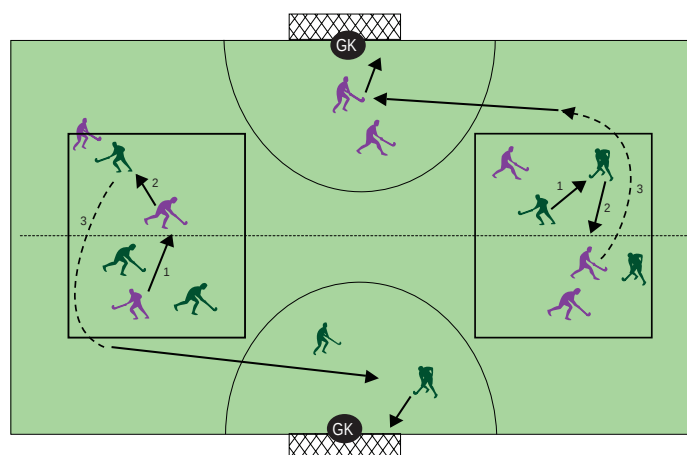
3. Play

20-25 mins

Use the same area as in the introductory game.

TECHNICAL COMPONENTS TO EMPHASISE

- u Travel with minimal touches by gliding with the ball
- u Eyes up and look into the circle whilst carry the ball
- u Eyes must then watch the ball as it is centred into the circle
- u Add a defender for the crosser to beat
- u Add defenders into the circle to mark the attackers



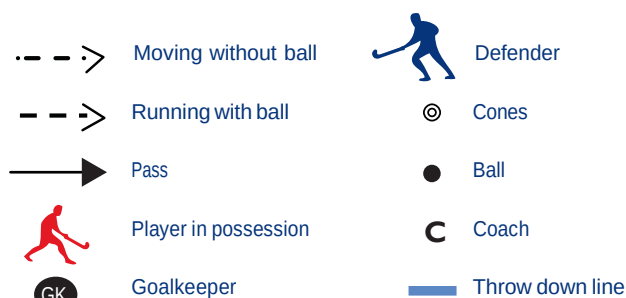
EXTENSION ACTIVITIES

- Allow only 2 touches coming out of the box before crossing the ball – this ensures gliding with vision
- Reverse the game so that crosses are made from the left side into the circle:
 - This can be achieved by a forehand cross (from 4 o'clock ball position)
 - Extend this to include reverse stick crossing
- Work on deflection skills with the players in the circle

Warm down and stretch

5 mins

KEY



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Session 13

Goal Scoring

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of dynamic movement in this session there should be an emphasis on the following:
• *Quads • Groin • Calves • Lunges*. Although many sessions which focus on goal scoring involve players running into the circle and shooting from the top of the circle, few goals are actually scored in this way during games. This session focuses on receiving and shooting from inside the circle.

10 mins

1. Play

10-15 mins

OBJECTIVE

To demonstrate the need for a variety of goal scoring techniques. This game is called King of the Ring.

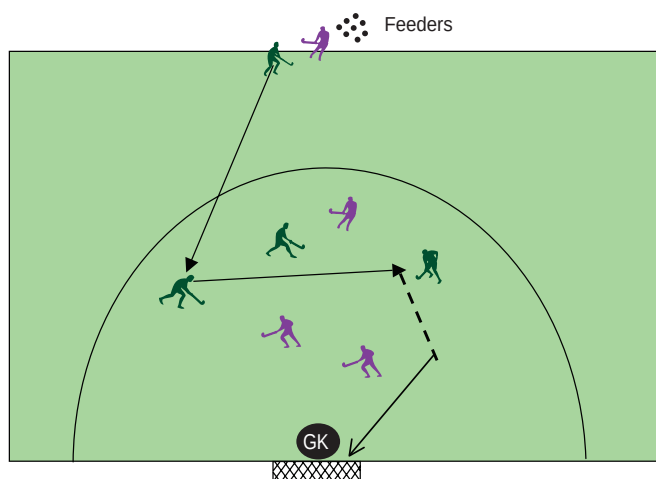
SET UP

Players are divided into teams of 4. Three players from each team go into the circle and the other (the feeder) starts on the 23m line.

- Have a set of balls on the 23m line
- Each team takes it in turns to start with the ball with the feeder passing it into the circle to one of their own players. They cannot move into the circle (this does not change on the basis of who scores).
- The team that has the ball in the circle can shoot. If they pass before they score that gives them an extra point (this is to improve vision).
- If the keeper makes a save anyone can possess the rebound and has possession
- Ensure the ball is fed as soon as the previous ball becomes 'dead'. The ball is dead if it comes out of circle.
- If a player scores they become their team feeder and the feeder goes into the circle
- Play each game for 3 minutes ensuring there are no unnecessary breaks

SCORING:

- Goal with no pass = 1 point
- If the ball is passed within the circle before a goal = 2 points



SAFETY POINTS

- Close control by the coach is required to ensure safety
- Be careful to ensure there is only one ball on the pitch at any time and that any spare balls are moved out of the way before the next one is fed. If you are using a GK ensure their saves do not rebound out of the goal and around their feet.
- Ensure that shots only count if they hit the backboard – this ensures no undercutting
- Discourage wild swings



2. Practice

35 mins

OBJECTIVE

This section develops the players' ability to shoot from anywhere around their body depending on where the space is or where the defender is positioned.

'Sweat Box' (2 Players):

2 players in the circle are passed balls alternately to shoot. This is a non competitive activity. It is suggested that the coach demonstrates and develops one or two of the following techniques. These techniques can be isolated and practiced in pairs.

TECHNICAL FOCUS:

1) Hitting off the back foot

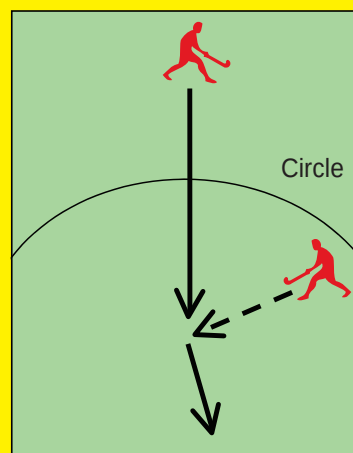
This is a common and important skill when in the circle. The first touch takes the ball away from goal (towards the edge of the circle). The player then hits the ball with their weight on the right (back) foot. If the ball is close to the feet, drop both hands closer to the ball. This technique helps to move the ball away from a defender marking goal side.

2) Upright Reverse Hit

The ball is passed to the right side of the attacker i.e. their strong side. Their first touch should move the ball so they can hit with an upright reverse hit (see IHA Core Skills DVD, Passing, Hitting, Upright Reverse Hit). Also see Technical Focus in Session 12.

3) Two touch shot off reverse stick receive

Ball is passed to the reverse stick side of attacker so they receive with the reverse stick and then quickly take the shot. See picture below. Also see Technical Focus in Session 12.

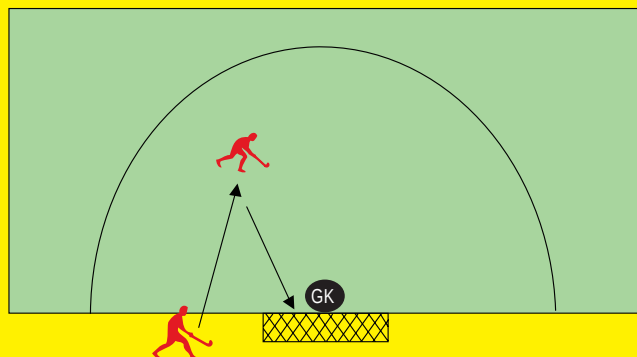


2. Practice (continued)

20-25 mins

4) Rebounding

The attacker should be positioned near to the penalty spot. Pass balls to the attacker from the back line to simulate a rebound from the GK or pass from a team mate. See diagram below.

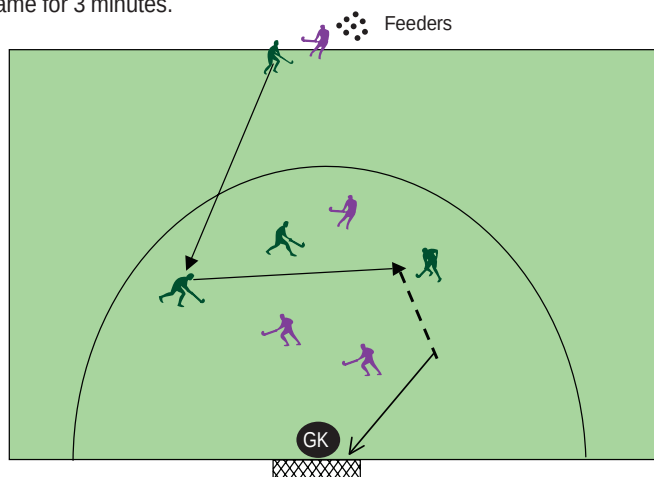


The player should be encouraged to trap the ball first (receive the ball in a secure manner) and drop hips by bending knees. The stick should be on the ball. The ball should then be pushed or flicked (see IHA Core Skills DVD) into the corner of the goal. The attacker should be discouraged from swinging the stick as it might allow the ball to be stolen by a defender.

3. Play

20-25 mins

Use the same game as the start (King of the Ring) to highlight progress made in the technical areas and improve decision making. Play each game for 3 minutes.



FOCUS

- u Players should know where their team mates are (pre scan)
- u Be low and signal well
- u Players should shoot as early as they can
- u Be first to rebounds – pass them into the net

TECHNICAL COMPONENTS TO EMPHASISE

- u Players should be aware of where the space is around them
- u Move the ball to the space and hit it early with the second touch (only take 2 touches)

SKILL COMPONENTS

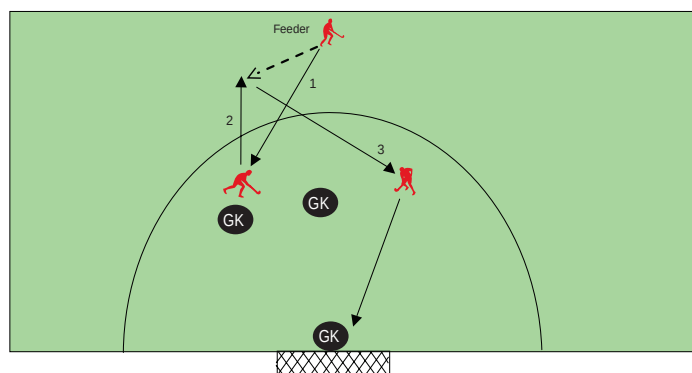
- u Know where the defender is and be aware of space
- u Choose the shot that best suits the situation

3. Play (continued)

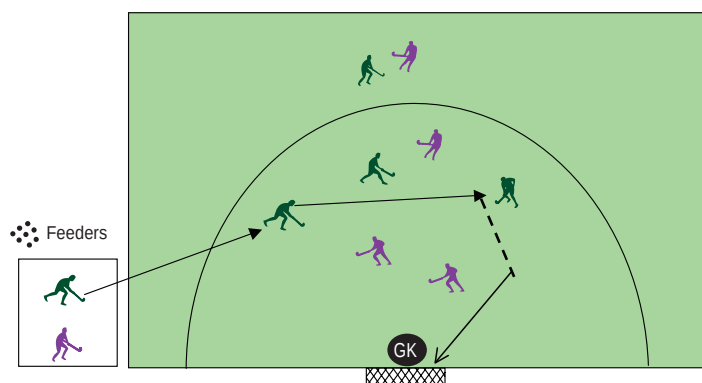
DEVELOPMENT

This game can be developed in the following ways:

1. Allow only 1 pass into the circle so the receiver has to shoot
2. Add in a 2nd or 3rd GK to defend at all times. These players should space themselves around the circle and work like defenders.
3. The feeder can be used by the attackers in possession if they can't pass or shoot within the circle as shown below. This further develops the "guard" principle (see Session 14).



4. Allow the attackers to win penalty corners (1 point)
5. Put the feeders into a different area of the pitch such as the sides so the passes resemble crosses (see below)



Warm down and stretch

5 mins

KEY

---> Moving without ball

---> Running with ball

→ Pass

Player in possession

Defender

Cones

Ball

GK Goalkeeper

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Session 14

Checkout skills: Transferring the ball

Equipment needed:

Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of moving with the ball in tight areas completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players complete some short sharp sprints with turning before commencing the play section.

10 mins

1. Play

10-15 mins

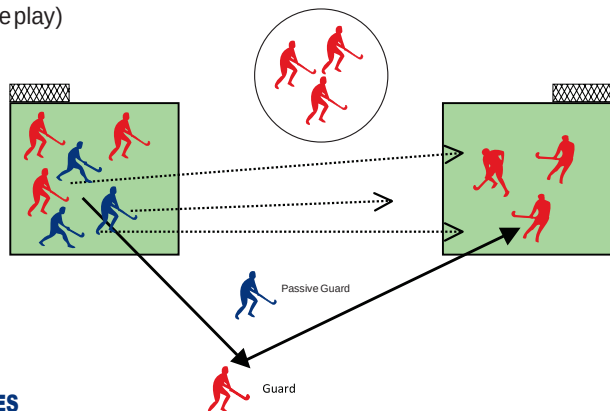
OBJECTIVE

To demonstrate how and why there is a need to transfer the ball across the pitch.

SET UP

The aim of this game is to transfer the ball out of a congested area of the pitch to an area where there is space to attack. This should be done quickly before the defensive team can defend the other side of the pitch. The faster the ball is transferred the more chance the attacking team have to score.

- Set up two areas roughly 8-12m by 5-9m (depending on age and ability)
- Each area should have a goal placed in the far corner
- Divide players into equal teams of 7 (or 9). Teams should then be subdivided into two units of 3 and a 'guard' player.
- Keep the players that will come on next in a separate area (safe from the play)



RULES

1. Teams take it in turns to attack
2. The attacking team has one unit of players in each area and a 'guard' player on the outside (furthest from the goals). The defending team is only allowed to use one of the units of three players (the other three wait for their turn).
3. The ball starts with the guard player who passes the ball into the area where both defenders and attackers are. The attackers attempt to score. If they are unable to score, they can transfer the ball to the other attacking area by playing through the 'guard'.
4. If the 'guard' passes the ball to the other attacking area, the defenders must sprint to that area to stop the attackers from scoring a goal
5. The defending team must stay in the area where the ball is at all times. They can only move to the other area when the ball is passed to the guard.
6. The guard on the defending team should be passive i.e. cannot tackle the attacking guard player

SAFETY POINTS

- Be careful to ensure there is always one ball on the pitch at any time
- Ensure the defending units know exactly which of them is defending at any times



2. Practice

35 mins

OBJECTIVE

This section allows players to work on their 'checkout' skills and passing techniques for use in this situation i.e. when they are trying to transfer the attack away from congestion. It should be noted that 'checkout skills' are those which help a player turn away from a congested area (or one where they are outnumbered) so they can transfer the ball to space.

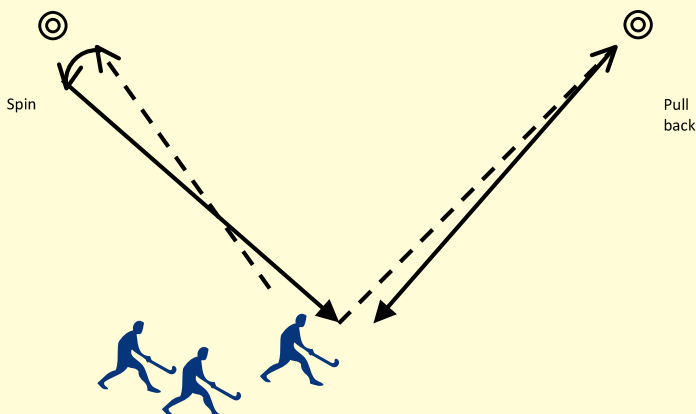
Exercise 1 - Organisation

This exercise emphasises the two principle checkout techniques. Divide the players up into groups of five or seven (note there needs to be an odd number for this exercise).

Position cones at roughly 45 degrees from the start point on both sides approximately 8m away from the group of players.

- The first player moves with a ball towards the cone on the left and uses a tight 'spin' (technical points overleaf) to turn away from the point of congestion and then passes the ball back to the second person.
- The second player receives the ball and moves immediately to the right cone and completes a 'pull back' (technical points overleaf) and passes the ball to the third player who moves to the left and so on.
- This continues so all players work on both sides

The coach may need to break down and work on one technique more than the other and if this is required then the players can all work in one direction.



SAFETY POINTS:

- Ensure all exercise areas are in the same direction and ideally side by side
- Ensure there is not the potential for a ball from one exercise to be played into another practice area
- No hitting allowed



2. Practice (continued)

TECHNICAL FOCUS:

Spin (left side):

- ⚡ The spin used in this situation is in an anti-clockwise direction as this moves away from the point of pressure
- ⚡ The spin should be tight with the stick protecting the ball throughout
- ⚡ The top (left) hand of the stick should be pulled inwards (across the body) and the bottom hand pushes away from the body. The faster the hands move the quicker the spin can be achieved.
- ⚡ The feet need to work really hard to achieve the spin and help protect the ball from the defenders
- ⚡ Eyes should come up at the end of the spin so a pass can be achieved quickly

Pull Back (right side):

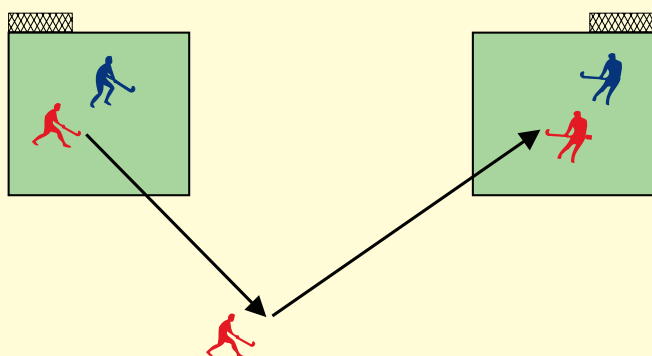
- ⚡ The ball will be being carried at 1-2 o'clock
- ⚡ At the point when the player is going to 'checkout' the stick should be moved over the top of the ball to the far side
- ⚡ The ball is then pulled through the space where the body is (ideally through the right foot)
- ⚡ The player must turn their body quickly and keep the stick close to the ball
- ⚡ If the 'pull back' is a good one (long) it is possible for the shaft of the stick to be used to protect the ball for a short period from oncoming defenders
- ⚡ Eyes should come up straight away to scan for a pass



EXTENSION ACTIVITIES

The techniques can now be worked upon in a game specific way.

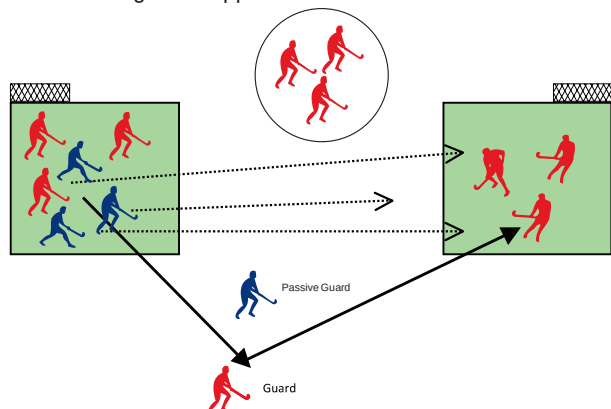
Two boxes are made for a 1 v 1 area with a pivot player positioned between each. The pivot player is responsible for transferring the ball between the two boxes (or sides of the pitch as they represent). If the attacker can't get past the defender easily they should transfer through the Guard to the other box.



3. Play

20-25 mins

Use the same area as the game developed in the introductory game. Each team should get five opportunities to attack and five to defend.



TECHNICAL

- ⚡ Aim to go forward and attack the goal
- ⚡ Players should try to receive the ball to go forwards (see Session 11)
- ⚡ Players (11) should try to keep their first touch out of reach of the defender
- ⚡ Ensure passes into and out of the 'guard' are good passes i.e. accurate and easy to receive

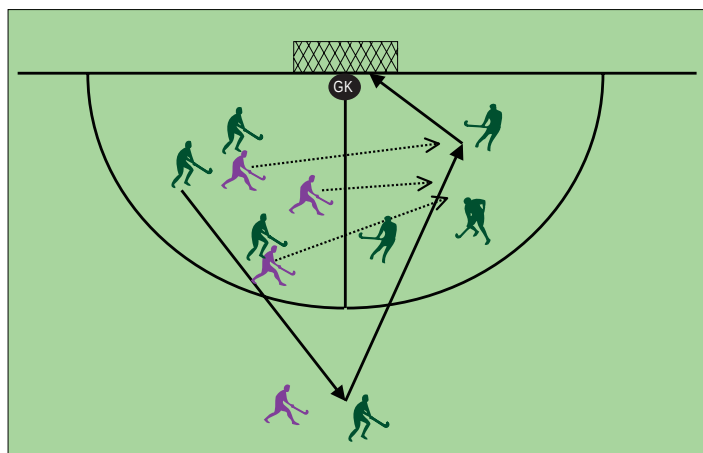
SKILL COMPONENTS

- ⚡ Teams should try to attack on the side they are on first without easy loss of the ball
- ⚡ They should look to recognize when they are in a congested area or if they are facing away from the direction they are shooting yet cannot turn forwards easily (the 'guard' can therefore be considered as the player who is facing forwards)
- ⚡ The 'guard' should position themselves so that they can be passed to whilst still being able to transfer to the other box easily
- ⚡ Transfer should be swift with the least number of touches possible

DEVELOPMENT OF GAME

This game can be developed in a number of ways to make it harder and more complex. The following are some options:

- ⚡ There can be one more defender than attackers (three attackers and four defenders) or the 'guard' of the defending team can also defend
- ⚡ Add GKs into the areas
- ⚡ Increase the number of players on each team
- ⚡ Decrease the size of the playing area
- ⚡ The game can be linked to the 'Centering' game in Session 12. The boxes are set up in wide attacking areas of the pitch and rather than shooting, the attacking team breaks out and crosses the ball into the circle.
- ⚡ This game can also be played in tighter areas such as the circle as indicated below where the circle is divided into two areas



Warm down and stretch

5 mins

KEY

- > Moving without ball
- - -> Running with ball
- Pass
- Player in possession
- Defender
- Cones
- Ball
- GK Goalkeeper



Hooked on Games

15 Play-Practice-Play Session Plans



Session 15

Counterattacking

Equipment needed:

Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running completed in this session it is essential there is a longer than normal warm up that should emphasise the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some running and footwork drills before commencing the stick and ball section. Running should include sharp changes in direction.

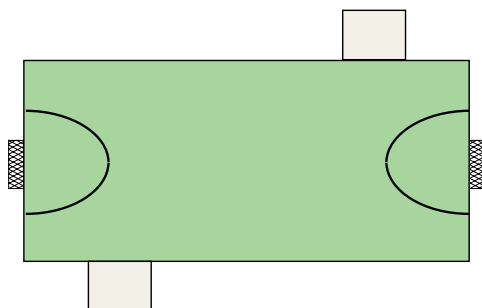
10 mins

1. Play

10-15 mins

OBJECTIVE

To demonstrate what a counterattack is. The aim of the game is for teams to be continually counterattacking (and then defending a counterattack). The game may appear confusing until the game has started and everyone remembers that they attack first and then defend in that order.

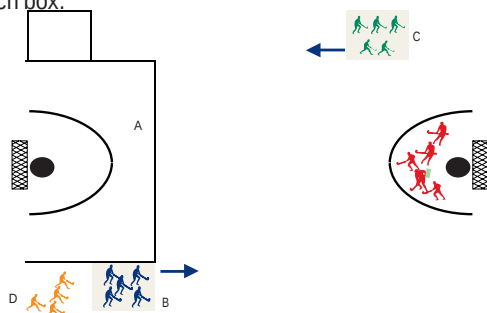


SET UP

This game requires three quarters of the whole pitch (but can be done over half a pitch) along with 16 players minimum (best number is 20). The side-line should be brought in 5-10 meters to narrow the full pitch width.

Move the goal at one end to the 23m line and make a scoring circle around this using throw down lines or talc. Two 5m x 5m boxes should be made along the side-line which are level with the top of the circles as shown below. Balls should be placed in both goals.

Divide the players into four equal teams giving each bibs and a name (A-B-C-D). Team A (red) starts in one circle, team B (blue) in the side box at the other end to A. Team C (green) start in the box beside where A starts. Team D (yellow) starts outside the box where Team B are. Once the game starts there should be two teams playing and one team in each box.



SAFETY POINTS

- Be careful to ensure there is only one ball on the pitch at any time and that the balls stored are in the back of the goal
- After a team has defended they should move swiftly off the pitch to the relevant box
- Be sure balls being played out to the next attacking team do not hit anyone
- Players on the defending team should take care when they are tackling back – they should be warned against making rash tackles from behind the attacker

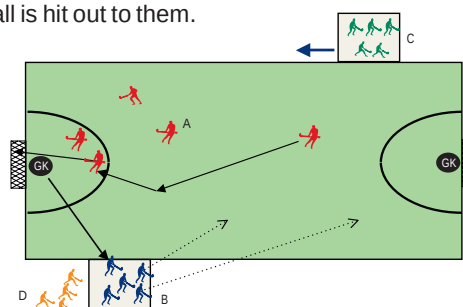


1. Play (continued)

RULES

1. Team A (red) is given a ball by the GK
2. They counterattack towards the other end and try to score
3. Once the ball becomes dead another ball is hit to Team B (blue) who counterattack to the other end as shown below
4. As soon as the ball is hit to Team B (blue), Team A (red) have to turn and defend that ball (they will have some running to do!)
5. Once Team B (blue) finish a ball is hit to Team C (green) and they attack against Team B (blue)
6. Team C (green) then defend against Team D (orange) and so on
7. This continues on for 5-10 minutes. It will be very tiring! Play this for 2-3 periods.

Note: Once a team has defended they move to the box closest to the end where they have just defended. Players must stay IN the box until the ball is hit out to them.



2. Practice

35-45 mins

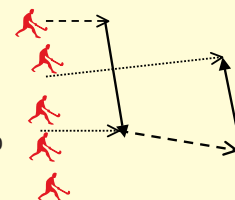
OBJECTIVE

The objective of this section is to develop the most common passing and receiving techniques used in the counterattack situation (see Sessions 10 and 11) along with ball carrying (Session 1) and goal scoring skills (Session 13). These components are then extended to include decision making components.

Exercise 1: Passing and receiving lateral passes at pace (see Session 10)

Using the playing area from the first session the players should move in their group from one end and then back to the other.

- Passes can only be made sideways (like in rugby) although the ball can be played ahead
- Once the ball reaches the end of the line it can go back the other way
- Discourage going from one end of the line to the other without passing
- Encourage skipping a player out
- Players can carry the ball forward (gliding) with their eyes up



Time how long teams take to get from one end to the other. Effective counterattack moves are done quickly so the faster the better.

SAFETY POINTS:

- Be sure players get used to the exercise before having too many groups or pairs going at once
- If you allow shooting be sure that there are clear guidelines on when to shoot and on ball collection



2. Practice (continued)

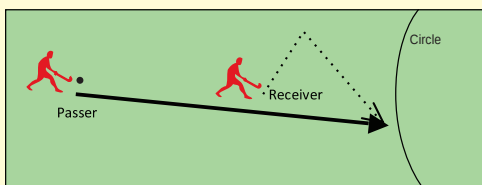
Technical Points – Passing on the move:

- Passes should be made so that the receiver can move onto the ball and receive in motion
- The weight of the pass should be 'light' and played in front of the receiver so they can move onto the ball
- When passing to the right the ball position from Session 4 should be considered (3-4 o'clock) – a reverse stick pass can at times be easier in this situation
- When passing from right to the left the ball should be moved to the left foot (11 o'clock position)

Exercise 2: Passing and Receiving vertical passes at pace

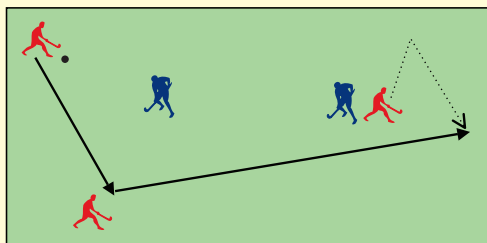
Use the same area as the introductory game. In pairs the players work on receiving the ball from behind and on the move (see Session 11, Blindside Leads).

- The pairs move from the halfway line to the back-line – one is the passer and the other the receiver
- The player furthest away from the goal has the ball
- The player in front leads on angles moving forwards to receive the ball on the move
- The pass should go to space and the receiver should move onto the ball receiving in motion
- Once the receiver has received the ball they should leave it behind to the passer to move onto and they carry on going



EXTENSION ACTIVITIES

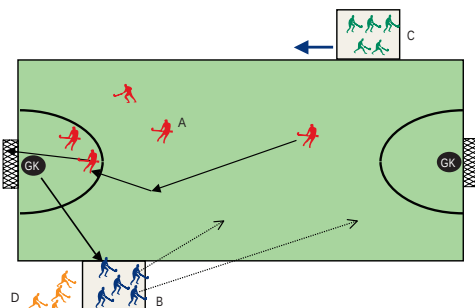
Develop exercise 1 and 2 simultaneously by adding competition. This can be done by creating a 3 (one player high) v 1 and then 3 v 2 (as shown below), 4 v 2 and so on. This helps the timing of the lead.



3. Play

10-15 mins

Use the same area and game as the start. Continue to play the counterattack game focusing on the skills developed and then build in more tactical and decision making components.



TECHNICAL COMPONENTS TO EMPHASISE

- u Travel quickly with the ball (glide) with eyes up at all times
- u Remember the ball travels faster than a player so 'passing' counterattacks are quicker than 'running' counterattacks
- u Pass so the player can receive in motion and facing forward
- u Receive the ball in a way that allows the player to go forward at all times

3. Play (continued)

SKILL COMPONENTS

Decision making is key to successful counterattacks – it turns the techniques developed into skills. Try to focus on simple principles as follows:

- u Be direct – if for a long distance
- u Passing the ball into the middle of the pitch often allows more options than passing to the side
- u Ensure that the receiver is ready to be passed the ball

DEVELOPMENT OF COUNTERATTACKING GAMES

The concept can be developed into other tactical areas such as winning the ball in a press. This simulates a common situation in a match when the defending team win the ball and can counterattack at goal.

- u Play 5 v 5 (it is a good idea to have two attacking teams of 5 players who alternate)
- u The defending team start with the ball on the 23m line as if they have a free out and play with a back 4 and center midfield
- u The counterattacking team set themselves up as if they are in a pressing situation (3 forwards and 2 mid-fielders)
- u The defending team try to hit the ball through the counterattacking team – if they get it through them they score. If the counterattacking team intercept they can attack the goal immediately.
- u All the concepts outlined remain the same but the team that defends the counter now start in more realistic positions than in the introductory game



Warm down and stretch

5 mins

KEY

---> Moving without ball

---> Running with ball

→ Pass

Player in possession



Defender



Cones



Ball



Goalkeeper

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