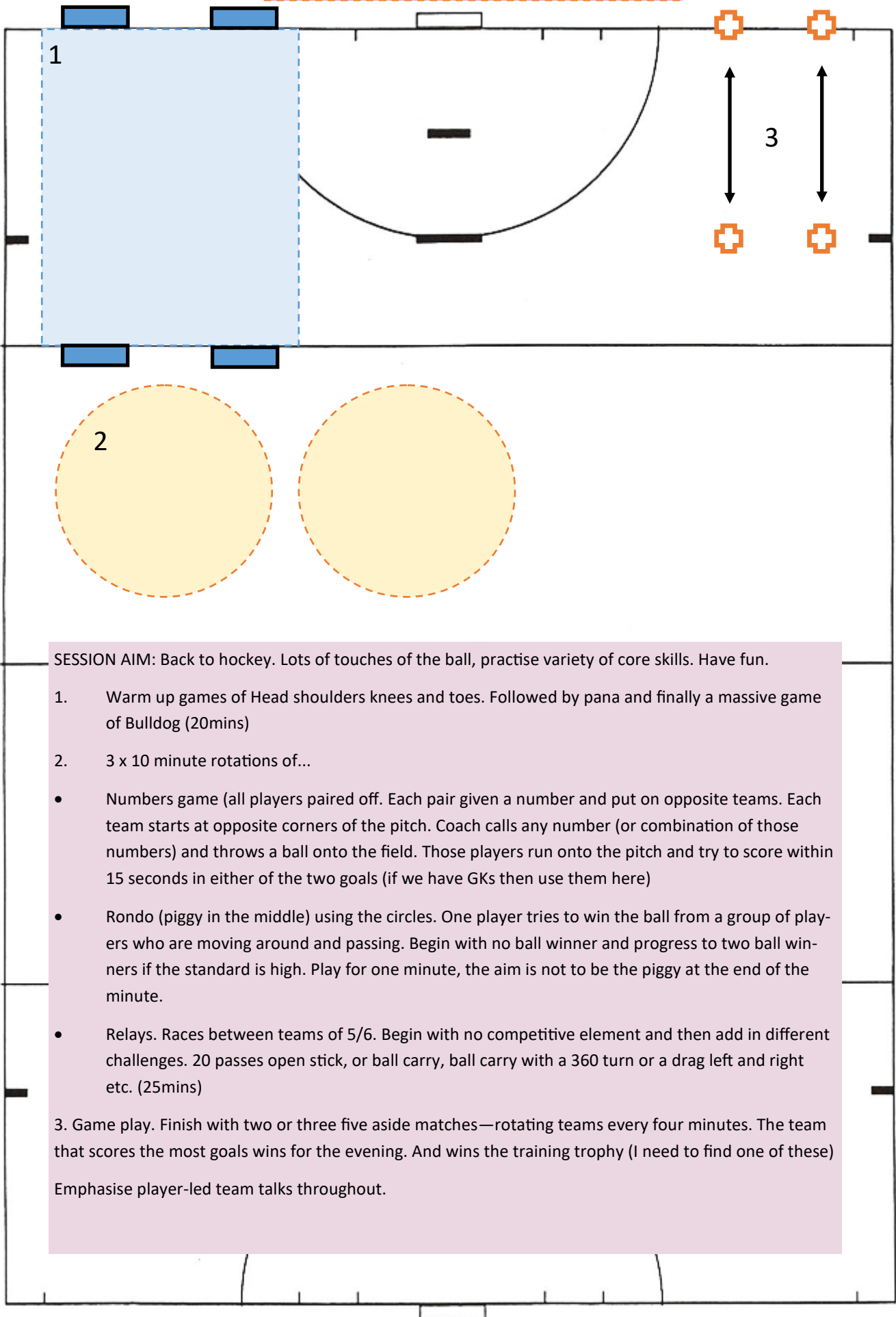


SESSION ONE > BACK TO HOCKEY



SESSION AIM: Back to hockey. Lots of touches of the ball, practise variety of core skills. Have fun.

1. Warm up games of Head shoulders knees and toes. Followed by pana and finally a massive game of Bulldog (20mins)
 2. 3 x 10 minute rotations of...
 - Numbers game (all players paired off. Each pair given a number and put on opposite teams. Each team starts at opposite corners of the pitch. Coach calls any number (or combination of those numbers) and throws a ball onto the field. Those players run onto the pitch and try to score within 15 seconds in either of the two goals (if we have GKs then use them here)
 - Rondo (piggy in the middle) using the circles. One player tries to win the ball from a group of players who are moving around and passing. Begin with no ball winner and progress to two ball winners if the standard is high. Play for one minute, the aim is not to be the piggy at the end of the minute.
 - Relays. Races between teams of 5/6. Begin with no competitive element and then add in different challenges. 20 passes open stick, or ball carry, ball carry with a 360 turn or a drag left and right etc. (25mins)
 3. Game play. Finish with two or three five aside matches—rotating teams every four minutes. The team that scores the most goals wins for the evening. And wins the training trophy (I need to find one of these)
- Emphasise player-led team talks throughout.