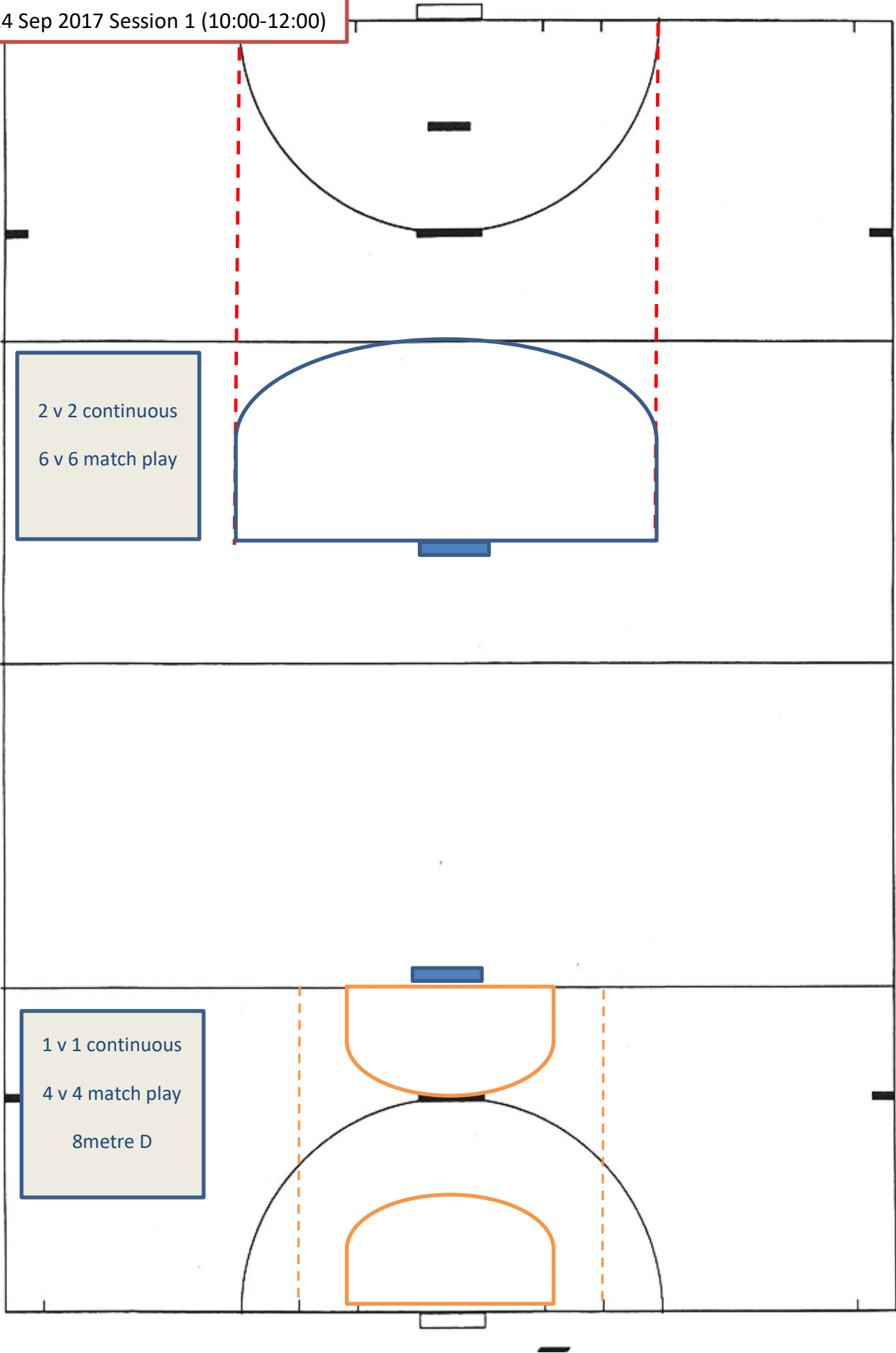


24 Sep 2017 Session 1 (10:00-12:00)

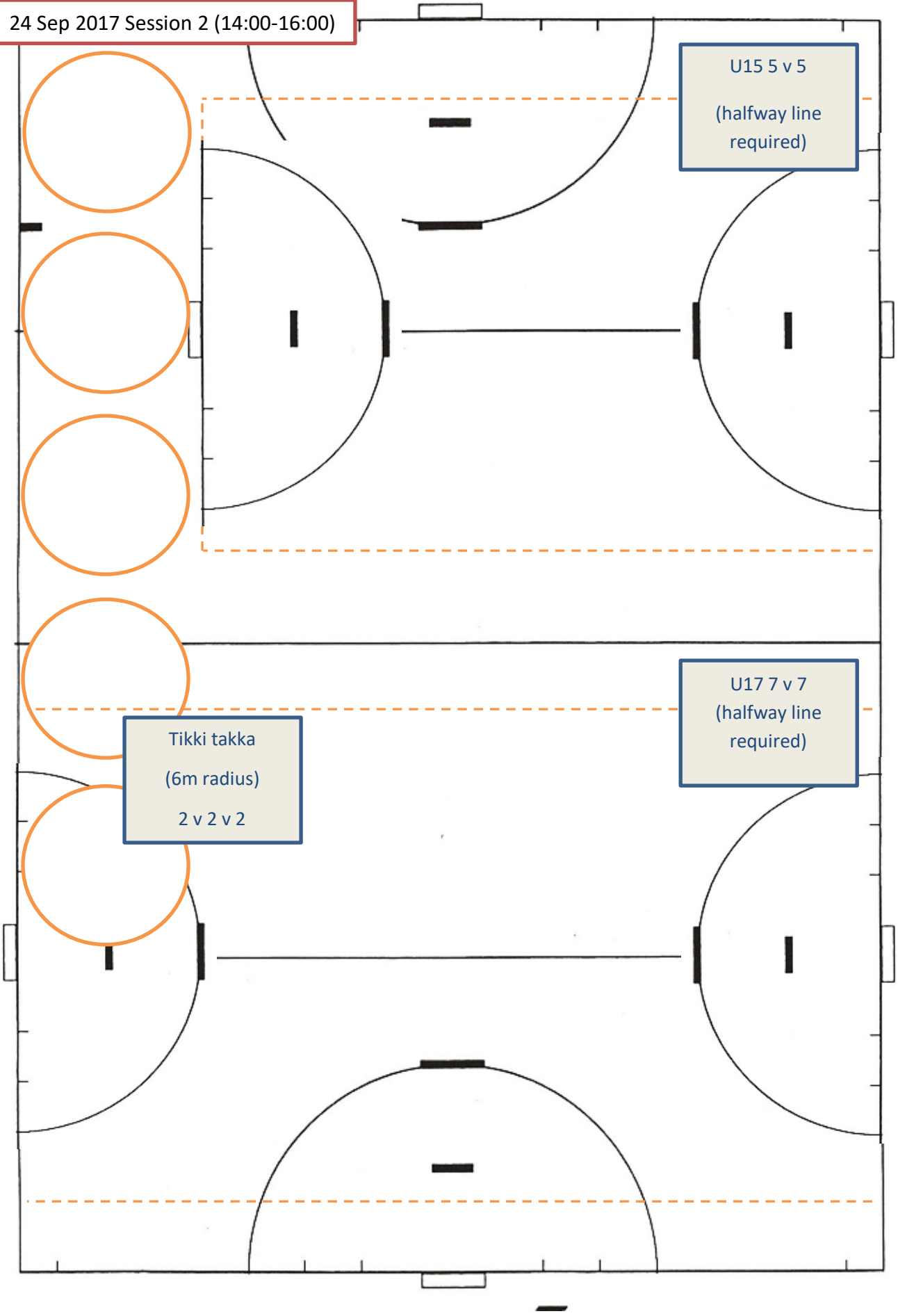


24 Sep 2017 Session 2 (14:00-16:00)

U15 5 v 5
(halfway line required)

Tikki takka
(6m radius)
2 v 2 v 2

U17 7 v 7
(halfway line required)



Session 1 aims:

- 1) Intensity; what is it; playing hockey at a pace that matches the level above PC.
- 2) Transition; reacting to winning or losing the ball; everyone should be either attacking or defending.

Time	Activity	Key Ideas
10:00-10:20	Player led warm up	
10:20-10:30	Skills test / one coach with GKs	High personal standards
10:30-11:00	1v1 and 4v4 (U15) 2v2 and 6v6 (U17)	Transition
11:00-11:40	2v2 and 6v6 and 6v6 (U15) 4v4 round robin (U17)	
11:40-12:00	Warm down	

Session 2 aims:

- 1) Intensity; playing hockey at a pace that matches the level above PC.
- 2) Transition; reacting to winning or losing the ball; everyone should be either attacking or defending.

Time	Activity	Key Ideas
14:00-14:20	Player led warm up, partner shin tag and arm sweep duels	
14:20-14:40	Tikki takka (U15/U17 mixed) one coach with GKs	Move the ball quickly, be ready, low body position.
14:40-15:00	6v6 (U15) 2x6mins 7v7 (U17) 2x6mins	Player led tactics. No conditions
15:00-15:15	Free swim	
15:15-15:35	6v6 (U15) 2x6mins 7v7 (U17) 2x6mins	Bonus point for winning the ball in the opposition half. Player led tactics.
15:35-15:45	Skills test	
15:45-16:00	Warm down	

Notes:

Feel free to give bandwidth feedback and some individual points, but avoid coach-led discussions. The aim is to prompt them to reflect on their own performance and lead team talks.