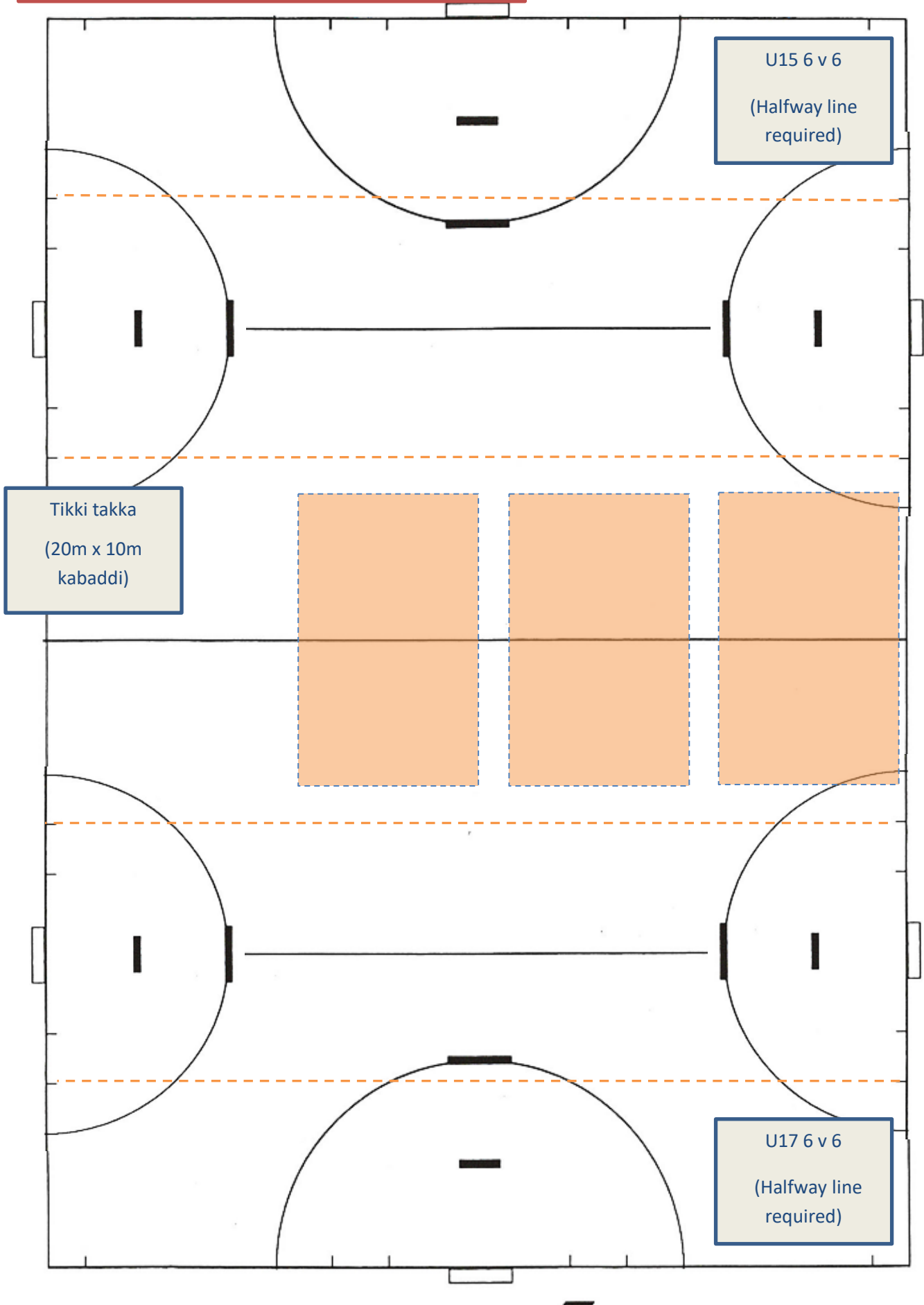


October 2<sup>nd</sup> 2017 (19:00 – 21:00) pitch setup



Session 2 Aims

1) Play forward fast.

From last week;

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

Time	Activity	Key Ideas
19:00-19:20	Player led warm up, Sam Plater to lead short shuttle races	Fast and robust players
19:20-19:30	Skills test / one coach with GKs	High personal standards
19:30-19:50	All players tikka takka kabaddi	Good body position, always ready
20:00-20:40	6 v 6 game play	Attacking at pace, leading through. Build on week one – transition; everyone is attacking or defending. Don't overemphasise the focus – let the players find the value in leading ahead.
20:40-21:00	Shuffles and Warm down	Praise creativity in the shuffles

Notes:

5 v 5

Scoring system

- Goal 3 points
- PC 2 points and 1 point for shuffle conversion

Game 1: no affordances

Game 2: bonus point for lead ahead

Game 3: balls fed from corner

Game 4: Balls fed from corner, bonus point for turn over left shoulder

Game 5: No conditions

Game length – 5 minutes

Discipline on substitutions

Player led tactics for each game.

Two coaches per group. One coach to football referee, one to give individual feedback; focus on individual points but no coach led team talks. The aim is to prompt them to reflect on their own performance and lead team talks.

FYI ...

## THE END GAME: WHAT ARE WE LOOKING FOR?

### END IN MIND

