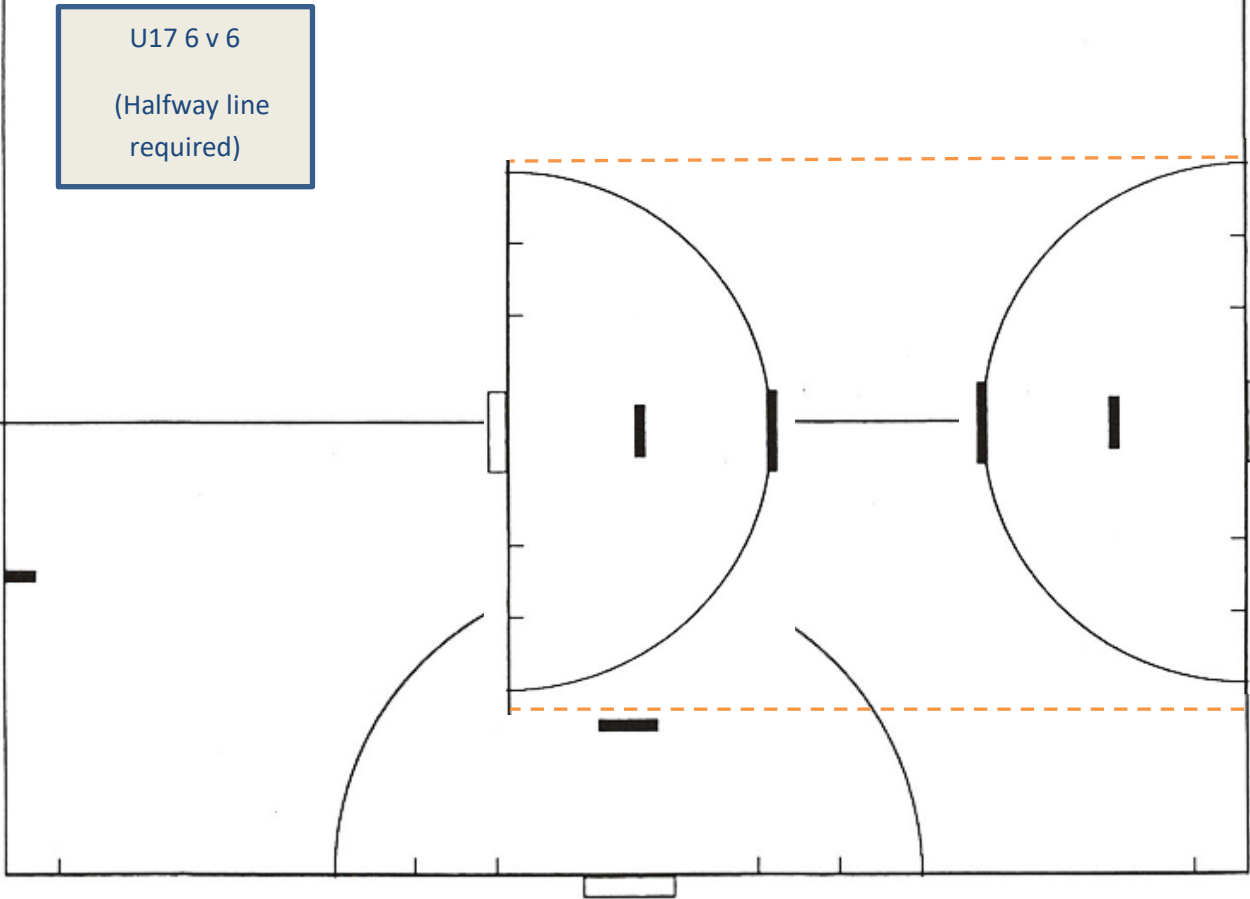
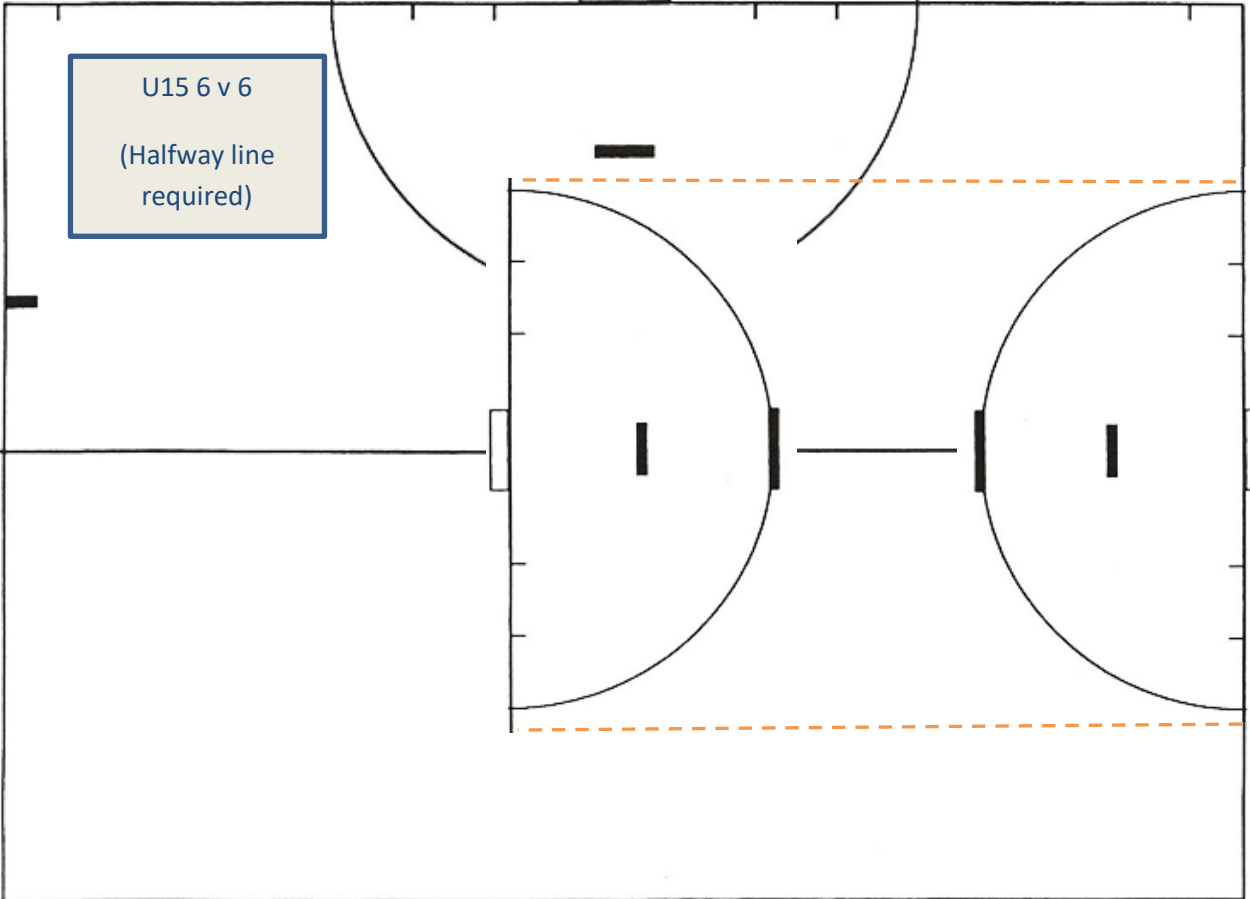


October 16th 2017 (19:00 – 21:00) pitch setup



Session 3 Aims: First Forward Fast.

- ✓ Play forward fast as your first option.
- ✓ Lead through (link to last week)
- ✓ Strong receipt and carry over left shoulder after receiving in the post

Session 1

- ✓ 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.

Session 2

- ✓ Lead through to create space, offer passes forward, create movement

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	5 v 5 lead through game (3 x 5 minutes)	1 point for leading ahead of the ball having made a successful pass for the first two sections. No constraints on section 3.
19:50-20:10	Free Swim in age groups (2 x 8 minutes with two different instructions)	<ol style="list-style-type: none"> 1. Receive the ball strong 2. Receive the ball and peel over left shoulder Be pretty active during this, ask plenty of questions and drive home the message that this is really important practice time.
20:00-20:40	1 v 1 continuous game play (3 x 5 minutes) Finish with 5 v 5 match to finish	Receive the ball and go forward first, fast. Challenging pass, strong receipt, turn over left shoulder. <ol style="list-style-type: none"> 1. No rules 2. 1 bonus point for turning over left shoulder 3. 1 bonus point for scoring inside 8 seconds.
20:40-21:00	Shuffles and Warm down	Praise creativity in the shuffles

Discipline on substitutions

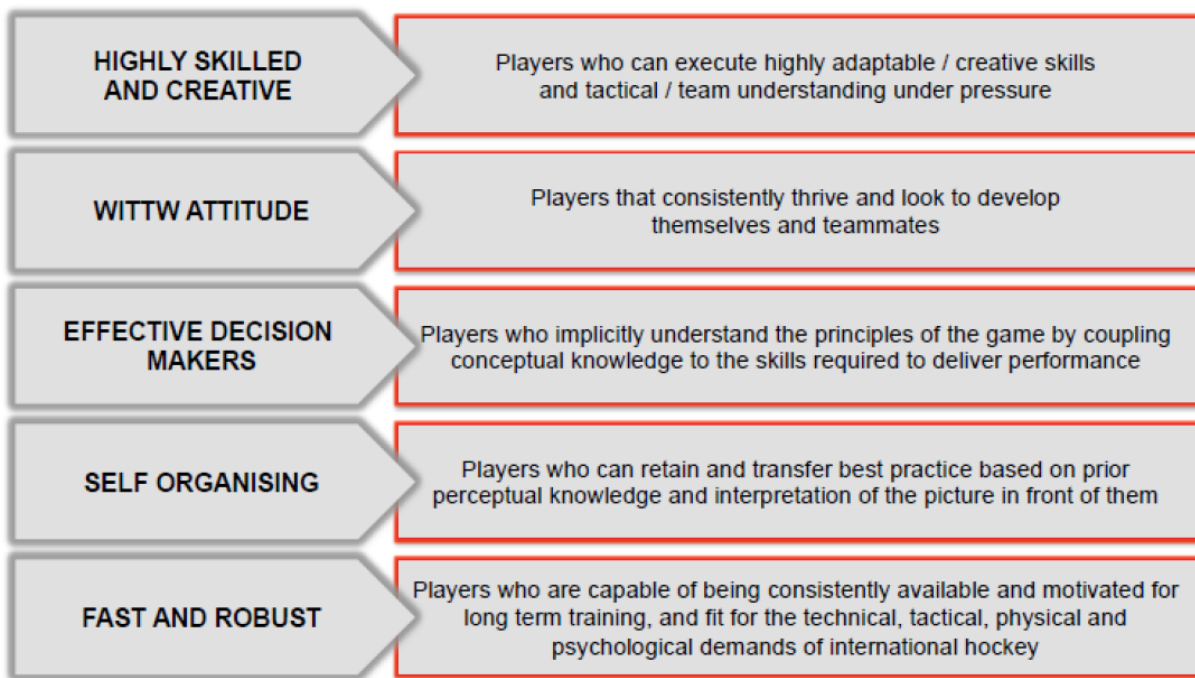
Player led tactics for each game.

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



Counter Attack

- *Forward, First, Fast*
 - Recognition of Space and attacking 'Through' it
 - Utilising 100% passes to ensure we retained possession - it would be interesting if you could ask your players about this? Can they retain / show some signs of learning?
 - High Energy when leading ahead of the ball and offering / being available in behind the defence

Pressure to the Ball

- Utilising our forehand on defence where possible
- Allowing nothing through your body space as a result of good body position with low left hand
- Being aggressive when closing
- Making sure we go with running players when teams change shape

Attacking Circle Entry

- Leading and showing for the ball in a variety of ways - post ups, lateral leads, in behind
- Playing on forehand where possible, especially on the left
- Getting value for money in the D - shots on target, good rebound positions and good numbers in the circle
- Reaction to turnover

Self-Organising

We also spent a session where the players led and organised themselves for a period of 3v3 tournament play. They took this on board well, demonstrating good organisational skills and this principle of player empowerment will be a recurring theme throughout the programme.