



Team practice

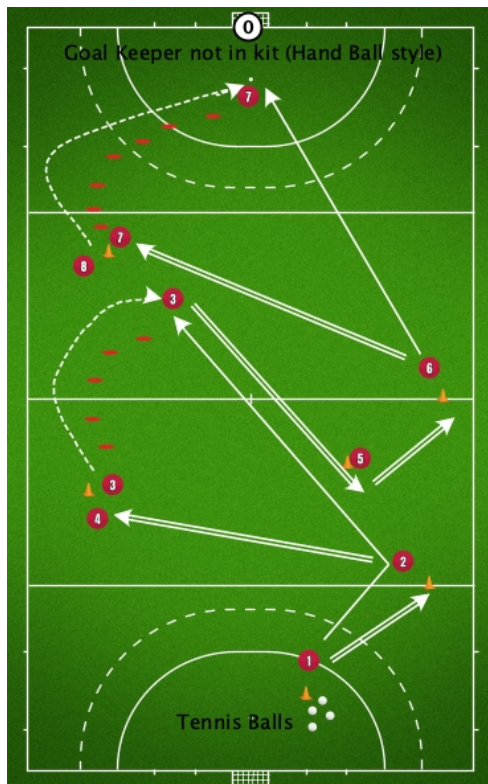
Group: Demo Team

Date & Time: 4/1/2022 - 12:00 PM

Duration: 90 min

Notes:

Aerials on the move



Resources

6 x tall traffic type cones.
12 x Flat stripes or spots
30 x tennis balls
1 x GK available

Duration

1 x Set
10 mins

Purpose

To incorporate the the teams Sprint training into a warm up with the theme for teh session in mind. This focuses more on the sprints and then connections/vision needed between passer and reciver like a american football quaterback. It also allows the goalkeepers to join in out of kit in goal like handball goalkeeper.

Organisation

1 x GK:

FB (1) Passes to HB (2).
2 Throws teh ball to Help side HB or LM (3).
3 makes a arched lead follwoing the stripes lines to recive.
each player after every actions SPRINTS to next station point.

6 Sprints

2 x GK:

Sam but instead of going one direction up the pitch can be set up going two ways to the two goals. As a result players would only get

3 Sprints

Variations

Change Pattern for Connection
Add a trigger movement from "Quater back" to help with connection and also the Aerial on the move theme.
Can reict to under arm right hand throws only to replecate teh right hand in the aerial technique.

Coaching topics

Upper body:

Head still shoulders and face relaxed

torso vertical

arms close to body and at 90 degress working alternative socket/pocket

Lower body:

Heel under hamstring

dorsiflexion of foot



Overhead on the move by Inside-Hockey.com

Move the ball.

Work your feet around the ball.

Drop your right knee towards the turf.

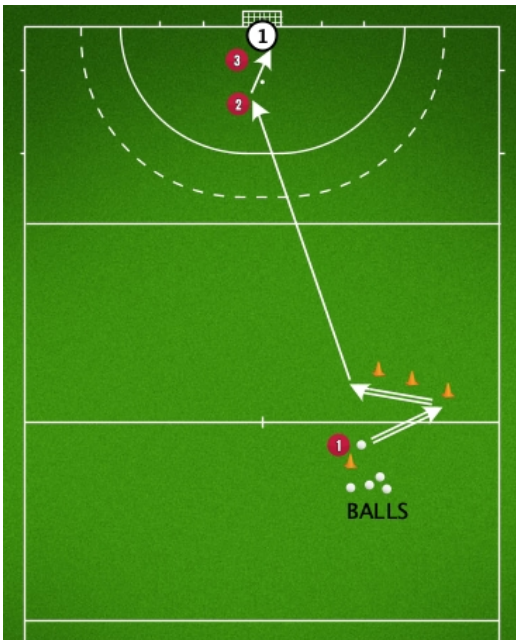
Lean back with your right shoulder and hands to create an angle on the stick.

Rotate through your hips and upper body following through with your stick.

Drive through towards your target.

Inside Pull to Aerial for D entry

MINUTES: 20 INTENSITY 4



Resources

4 x cones

Balls

1 x GK

3 x players

Duration

20mins

Purpose

To demonstrate how we may use a Aerial in motions and open play in a game. Most Aerials are from static restart or in larger less pressure spaces. The 3 cones represent a opposition player. This inside pull creates a new passing window to the D for a entry.

Organisation

Player 1 carries the ball to the right cone and pulls the ball inside whilst maintaining chest and body orientation to the right. The pull inside allows for a new passing window to the D. Player 1 aerials in motion to the the two forwards to work on their goal scoring in D on the full or from a receive or from a direct bounce.

Variations

Light balls helps with execution speed and distance.

Feeder at 25 to feed if the ball is short or not accurate so the goal scoring is still available.

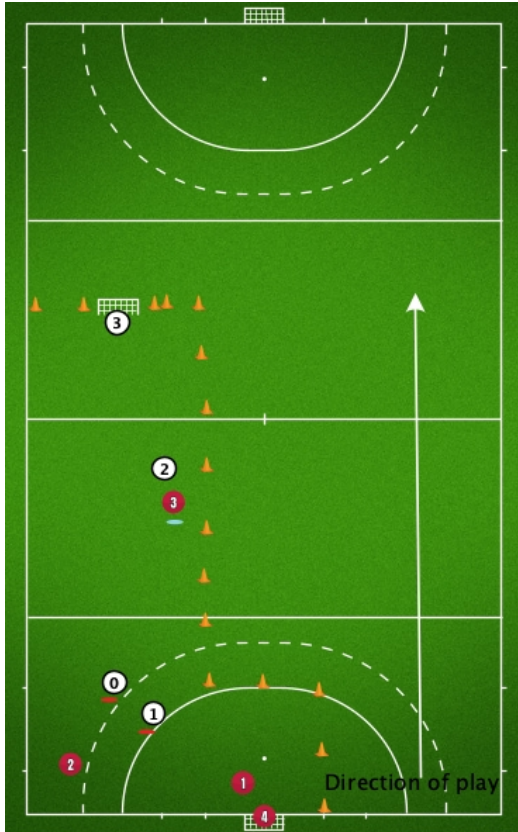
Coaching topics

Focus on chest orientation be maintains towards to the right sideline during the pull inside.

Use back space to allow for inside pull.

The pull inside will allow the ball to roll onto stick face

Left hand then right hand



Resources

20 x Large cones
3 x strips or sports (2 different colours)
5 X players

Duration

20 mins (30 mins with Progression to 3v3)

Purpose

To introduce and explore different applications off the Aerial or "Overhead" in the game. Based on pitch orientation and positional relevants.

Organisation

Pitch set up: Repeat exercise both directions off play.

5 players per exercise.

FB (1) passes to HB (2)

White 0 and 1 apply pressure to force to side line and into ball protection from HB (Chest facing side line)

2 REVERSE Aerials to 3 making a lead line and high.

Variations

Tennis ball or light balls to help with the execution outcome making it easier to outlet long.

Add goal and Gk at end challenge

Add defender to mark 3 so becomes a 3v3 can use main D and goal for transition phase for white if 3v3 then also encouraged right hand side baseline entry (This will help create a organic situation for LHB to be squeezed to sideline in left hand defensive corner. (See progression)

Light Balls

Tennis Balls

Coaching topics

Ball position just inside right foot ideally

Drop left shoulder slightly to allow for stick head to enter under ball.

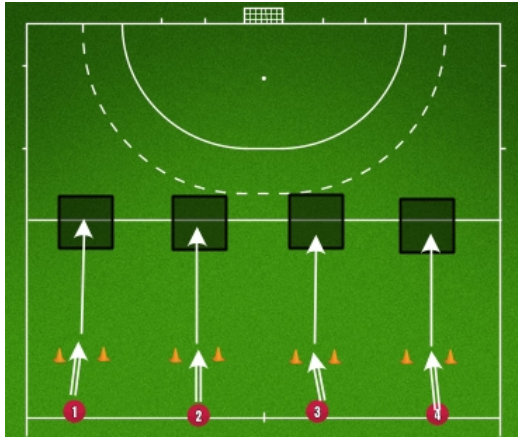
Left hand across body to make stick vertical to body

Right hand to drive stick up for height at same time and left hand pushing across body for distance.

Transfer body weight from left to right.

Limit follow through around the body to avoid a foul for danger

The lift is designed to clear the sticks keeping you in the corner



Resources

10 x Cones for carry gate
32 x stripes for target boxes.

Duration

15 mins

Purpose

To explore the technique of Short Aerial on the move with depth persepection usieng the target boxes.

Organisation

Player ball carry toward the gate and have to pass before gate or inline with. They are aiming to Drop the ball into teh target box to help aid feel and depth percetption.

Variations

Can add a team mate to receeve the ball stationairy if more able.

Depth, height and with of boxes can change for the more able (See progression diagram)

Light or heavy balls dependant on abilities.

Coaching topics

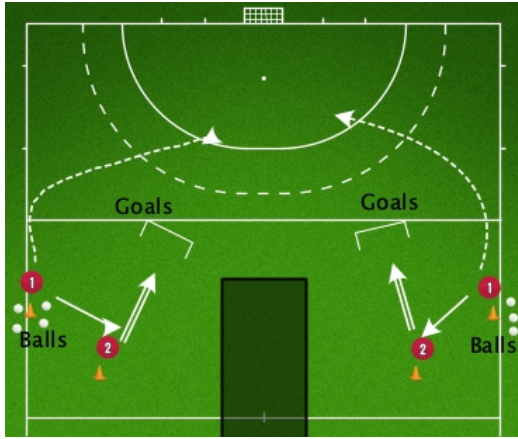
Ball position just outside right foot.

Pass of right foot

open stick face

drop right slight on aerial

accecelerate right hand



Resources

3 x Goals
2 x cones
20 x Balls
10 x Flat stripes for safe zone in black
1 X GK

Duration

20 mins

Purpose

To explore how we would use a "short Aerial to eliminate on a counter attack perhaps (See video example). To work on teh technical excution off performing a short aerial on the move.

Organisation

Player 1 passes to player 2.
Player 2 ball carries towards the goal (obsitcal) player 1 leads in behind to make a vertical 2v1.
Player 2 aerials the ball over the goal for a short aerial to make a 2v1 elimination. Player 1 shots at goal.

Variations

If more competent can add live defener to lift over

If struggling at times add a feeder in the black box to feed a ball if it does not go over the goal to still playe the shot on goal.

Light balls
Tennis balls
Light over sized soft balls (Not hockey)

Coaching topics

Ball postion in line with right foot
Pass off right foot
open stick face
accelerate right hand up for height

Cool Down

Cooldown exercises and stretches lower your chance of injury, promote blood flow, and reduce stress to your heart and other muscles. Plus, you'll bring your heart rate, body temperature, and blood pressure levels back down to their normal levels before you continue carrying on with your usual activities