



Team practice

Group: Demo Team

Date & Time: 3/18/2022 - 1:00 PM

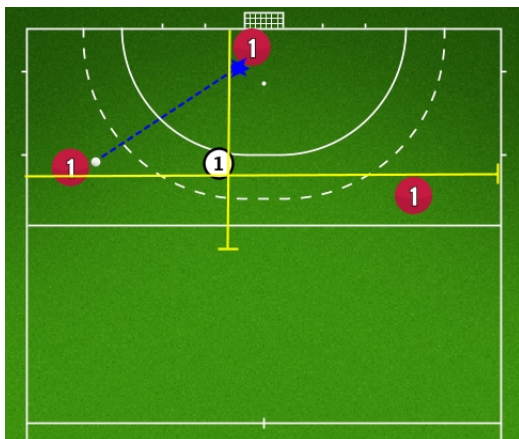
Duration: 90 min

Notes:

Outletting - Seniors

Outletting Back 3: Warm Up Game

MINUTES: **15** INTENSITY



Resources

SPORTS BALL E.G TENNIS BALLS

Duration

15MINS

Purpose

To Explore what the game line in with regards to your fullback/centre back.

Organisation

The white player is your Centre forward they are there to provide the reference point for the game line.

In groups of 4:

2 Half backs, 1 Full back and 1 opposition striker.

The 3 Outletting players (Defenders) transfer the ball from right to left. The aim of the exercise is based on the fullback/centre back positioning to beat the game line on the transfer using the opposition forward as a reference point.

Variations

Equipment: Different size balls

Travel of ball: Roll, throw, kick

Harder: Add a second opposition forward in to press.

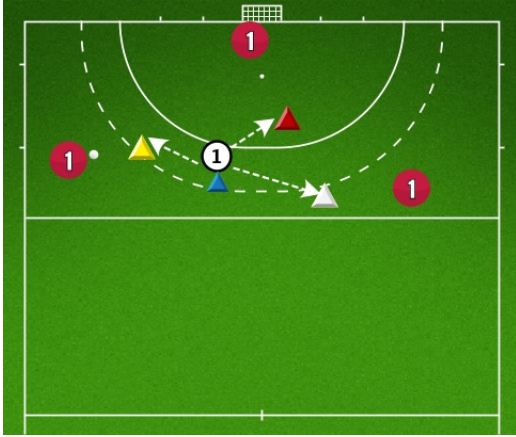
Coaching Points

See Diagramme: Fullback/Centreback "THE GAME LINE"

The Fullback/centre back is trying to receive the ball to maintain the help side opposition and not be pressed to one side of the pitch.

The first line for positioning is based on the help side shoulder of the opposition forward.

The second line is the depth from the press. to ensure no interception.



Resources

Players fully kited up with stick and ball. Multie coloured cones. 4/5 different colours per group

Duration

15 mins

Purpose

To Explore what the game line in with regards to your fullback/centre back. With stick and ball.

Organisation

The white player is your Centre forward they are there to provide the reference point for the game line but they are selected points using the cones.

In groups of 4:

2 Half backs, 1 Full back and 1 opposition striker.

The 3 Outletting players (Defenders) transfer the ball from right to left. The aim of the exercise is based on the fullback/centre back positioning to beat the game line on the transfer using the opposition forward as a reference point.

Variations

Equipment: Different size hockey balls (Lighter makes transfer quicker for youth development) Heavier Ball would be harder for seniors to develop strength to increase technical execution for game days.

Harder: Add a second opposition forward in to press.

Coaching topics

Game line horizontally Full back/centre back align your shoulder (Guideline):

Ball traveling from left to right - Left shoulder to left shoulder of opposition

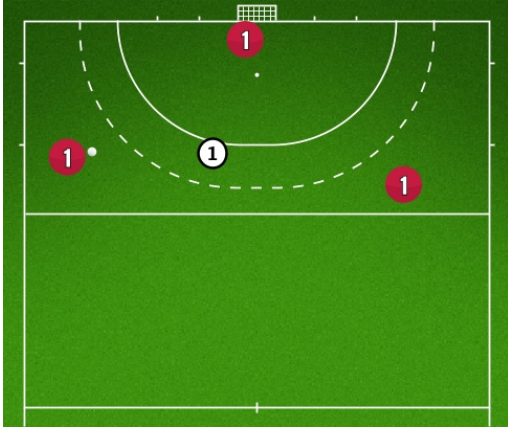
Ball traveling from right to left - Right shoulder to right shoulder of opposition

Game line vertically depends on personnel and opponents abilities are they quick then vertical game line would be deeper.

Back 3: Outlet v Press

Outletting Back 3: Advanced Outletting Techniques

MINUTES: 15 INTENSITY



Resources

Players fully kited up with stick and ball.

Duration

15 mins

Purpose

To push the distribution techniques of the back 3 to new levels in a technical way that is representative of their playing position pitch orientation

Organisation

The white player is your Centre forward they are there to provide the reference point for the game line but they are selected points using the cones.

In groups of 4:

2 Half backs, 1 Full back and 1 opposition striker.

The 3 Outletting players (Defenders) transfer the ball from right to left. The aim of the exercise is based on the fullback/centre back positioning to beat the game line on the transfer using the opposition forward as a reference point.

Variations

Equipment: Different size hockey balls (Lighter makes transfer quicker for youth development) Heavier Ball would be harder for seniors to develop strength to increase technical execution for game days.

Harder: Add a second opposition forward in to press.

Coaching topics

Distribution techniques:

Slap - Full/ disguised / underarm

Ariel - Forhand /Back hand (LHB)

Push - Over distance off both feet

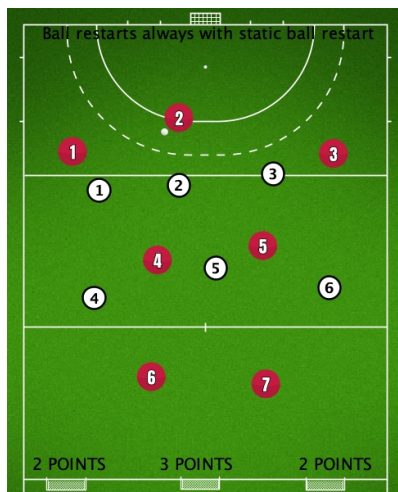
Reverse Hit - Full (FB) / Under the arm (LHB)

Game line horizontally Full back/centre back align your shoulder (Guideline):

Ball traveling from left to right - Left shoulder to left shoulder of opposition

Ball traveling from right to left - Right shoulder to right shoulder of opposition

Game line vertically depends on personnel and opponents abilities are they quick then vertical game line would be deeper.



Resources

Ball, 3x Mini Goal, 1 Main Goal

Duration

40 mins

Purpose

Do give the back 3 more organic variabilities and cues to work on their positioning at Full back/Centre Back and Half back during build up and transferring from static restarts and open play.

Organisation

7v6 in Favour of build up team.

Pressing group to choose the way they press with 6 for each set to create discussion points and new problems for the build up team to solve in game play.

For example the Pressing team could:

Wing Press
Man to Man
Zone
Hybrid

4x10 mins Sets

2.5 mins half for discussion point and walk throughs

The Build up team has 4 x freeze frames for when they are in ball possession only that be used in each set or multiple in one set. This is to allow a 2 minute discussion and reposition of their players. Any player must shout Freeze. The only people who can talk and move are the build up team.

The Build up team have to score in one of the 3 mini Goals. Dependant on your build up patterns and priorities reflects the points per goal. I used the middle as 3 point because it was direct route to goal. Others may have 3 points on the outside to play on the outside as their priority.

Rules:

Normal rules. When any goal is scored we restart with a build up from main goal end. If the a Penalty corner attack is won it is played unopposed v Gk from your weekend Corner group. This helps you practice Penalty corner attack with out needed a 20 min block at the end.

Variations

Scoring - Goals worth different points based on build up Priorities of team.

Numbers of players:

To make harder make equal numbers 7v7

Pitch size:

Make longer so easier for build up team to transfer with less pressure.

Make narrower for vertical position challenges.

Coaching topics

Encourage use of Disguise passing techniques practices earlier this means less ball and body reposition to play passing line which gives away less "tells" to opposition.

Game line works on horizontal and vertical lines.

Horizontal first priority then Vertical.

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