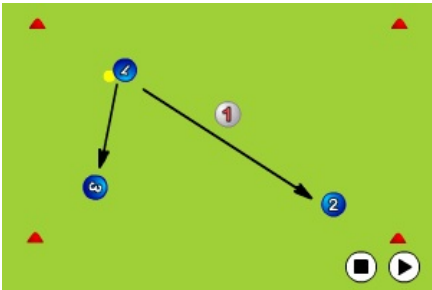



Title: **Positive Possession - Passing to keep the ball**

Date:	Venue: Playing Field	Duration: 1 Hour	No of Players:	Ability / Level: All Ages and Abilities	Equipment: Balls, Bibs and Cones
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Session Goals: To get players to see the value of passing to keep possession in this goal-less session.	Personal Coaching Goals: The aim of this session isn't to get the ball to your forward players so that your team can score a goal, instead the aim is to keep possession - the more your players pass, the more they'll be rewarded in this positive possession session.
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Time	Task / Activity / Session Content	Coaching Points
Warm up		

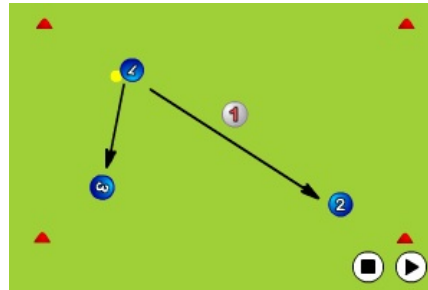
<p>Catch a Stick</p> <p>3 vs 1 - Groups work with one ball between them. The players in possession have to pass the ball to each other while one player (white 1) attempts to catch the player in possession of the ball. Once a player in possession has been caught they then become the catcher.</p>		<p> Progression</p> <p>Depending on the ability level of your players you can either get players to win the ball once before swapping over, or with more experienced players they must win the ball 3 times before swapping round (the last player to lose the ball goes into the middle).</p>
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<p>Pass and receive - Static wall</p> <p>Split your group in half. The white team each has a ball. The blue team position themselves evenly around the coned area and remain static. The white players make a pass to one of the static players but are not allowed to receive the ball from the same player so they must move around the grid to find a new ball. On receiving a different ball, they then carry the ball and look for a new player to make the next pass to.</p>		<p> Coaching Tips</p> <p>See how many passes you can make in a set period of time. Ensure players are looking up and aware of the other players in the area.</p>
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Fast Passing and Moving - Skills development

Catch a Stick

3 v 1 - players with one ball between them. The players in possession have to pass the ball to each other while one player (white 1) attempts to catch the player in possession of the ball. On doing so, the player caught becomes the catcher.



Progression

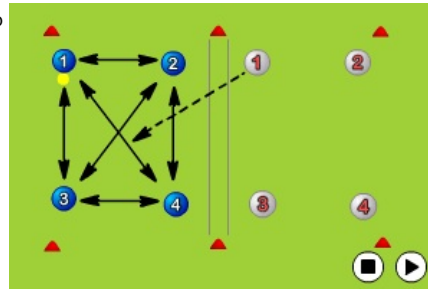
Depending on the ability level of your players you can either get players to win the ball once before swapping over, or with more experienced players they must win the ball 3 times before swapping round (the last player to lose the ball goes into the middle).

Kabadi

2 Teams, each team has their own area in which they keep possession by passing the ball around.

The other team can send one player across to try and win the ball for their side. If they manage to win possession the roles reverse and the other team passes the ball inside their own area.

The winning team is the first team to put 10 passes together without losing the ball.



Coaching Tips

With beginners it is better that the player trying to win the ball back has no stick and has to tag the player in possession of the ball. This gives the players in possession more time on the ball.



Progression

With more advanced players allow 2 players in to try and win the ball back.

Final Game

Conditioned game - 2 Jokers outside

In the grid play a 5 vs 5 or 4 vs 4 possession hockey game.

There are two jokers stood at either end of the area. These two players may receive the ball from either team and are stood in the scoring zone.

The aim is to play possession hockey and use the two Jokers. Everytime the team in possession passes the ball to a joker and receives a pass back they score a point. The first team to score 5 consecutive points is the winner.



Progression

Introduce 2-touch rule.

Introduce that a point is scored if a player from the team in possession receives the ball back from the Joker in the scoring zone.

Other Comments:

"If you train hard, you'll not only be hard, you'll be hard to beat." Herschel Walker

Evaluation: