

Title: **Exploiting the Overload - Play and Practice**

Date:	Venue: Playing Field	Duration: 1 Hour	No of Players:	Ability / Level: Beginners	Equipment: Balls, Bibs and Cones
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Session Goals:
 To improve players' ability to pass under pressure and look for space.
 A good run into space can be doubly troubling for your opposition - they have to now commit a player to marking the runner but at the same time cannot allow the player on the ball to run free! This conflict of interest is ideal for your players and they should look to exploit the overload in these situations.

Personal Coaching Goals:
 Players should be working hard for one another and be prepared to not always receive the pass - just because you've made a run doesn't immediately entitle you to receive the pass.

Time	Task / Activity / Session Content	Coaching Points
Warm Up		

Gate Passing

Working with 1 ball between 2 players have to pass the ball to each other through a gate and must use a different gate each time.
 The whole group should be working at the same time - so players not only have to navigate the cones on the floor but also the other working pairs.



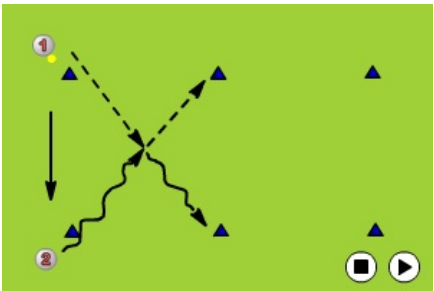
Coaching Tips

Players should be looking at the target each time whilst they are completing the pass, this will help the accuracy.
 Use the cross-over step when on the move.
 The *off the ball* player should be working extra hard, getting into space to receive the pass.

Pass and Move

Switch and Pass

Player 1 starts the drill by passing to player 2. On receiving the pass player 2 runs with the ball towards the next cone on the opposite side.
 Player 1 also starts to run at this moment. As player 1 and 2 cross paths player 2 offloads the ball to player 1 who dribbles it around the next cone.
 Player 2 continues their run (without the ball) around the cone.
 Both players repeat this pattern to the end of the grid.



Coaching Tips

Both players should be running at all times. Look for smooth passing and no stopping!

Discussion

Get players to think how using the switch might be useful in a game situation - particularly when running towards an opponent.

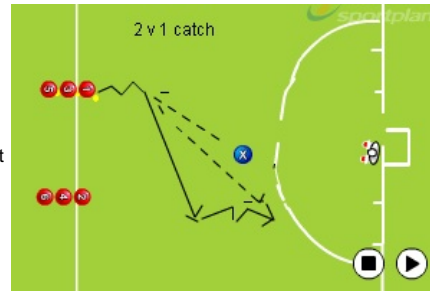
Progression

This will rely strongly on communication between players but if they are feeling confident players can work on blind passing - passing the ball behind, rather than in front, for them to run onto and carry in the opposite direction.

Overload Success

2 vs 1 - Tag defence

Players start in pairs on the 23 meter line.
The attackers are trying to score a goal against the defender.
To begin with the defender has no stick and to stop the players scoring they have to tag the player in possession of the ball.
As soon as a player has been tagged both attackers must stop and join the queue again.



Notes

With older players you can start in a normal 2 vs 1, with all players working with a stick - as soon as the defender touches the ball the drill is dead and players must go to the back of their queues.



3 vs 2 - Get to the Goal

The middle attacker starts with the ball.
The drill starts with one of the other attacking players making a diagonal run forward to try and get ahead of the ball carrier.
It is important that the ball carrier does not run forward. Instead they should run in-field to draw one of the defenders and leave space behind defender 1.
If defender 2 does not go with the player running diagonally through, the pass should be given to this player.
However if the defender 2 does go with the runner the player square should be on for a pass.



Rationale

This 3 vs 2 should be played with the principle that whenever a player passes the ball square they have to make a supporting run forward.

Final Game

Game On - 2 Seconds

Start a half pitch game with the rule that no player is allowed to have the ball at their stick for longer than 2 seconds.
This will encourage players to think fast, move for one another and play fast one touch hockey.
Weaker players could be allowed to touch the ball more times to give them confidence.
If players exceed the amount of touches allowed the game should be stopped and possession awarded to the other team in the position where the player had the extra touch.



Coaching Tips

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Progression

Players on the ball can not run with the ball - this will force other players on their team to move to create passing options for them.
After 5-10 minutes of playing with these rules you can open the game up to normal rules.

Other Comments:

"One man practising sportsmanship is far better than fifty preaching it."
Knute Rockne

Evaluation: