

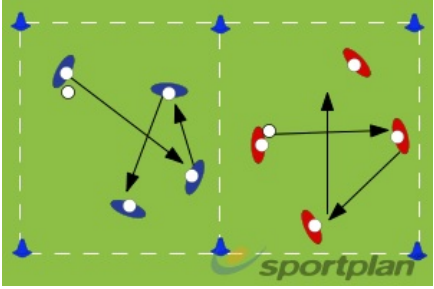
Title: **Improving Players Passing Speed**


Date:	Venue: <b>Playing Field</b>	Duration: <b>1 Hour</b>	No of Players:	Ability / Level: <b>All Ages and Abilities</b>	Equipment: <b>Balls (tennis and hockey), Bibs and Cones</b>
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<p><b>Session Goals:</b>                  Getting players to skillfully and accurately play one touch hockey is the holy grail for many coaches which is why in this session focuses on speedy passing. Starting in a low pressure situation you can gradually increase the intensity as players need to pass under increasingly difficult situations - culminating in a fast passing final game.</p>	<p><b>Personal Coaching Goals:</b>                  Getting players to think one step ahead, look up and always be weighing up their options so that when the ball comes to them they're ready to make the right decision.</p>
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Time	Task / Activity / Session Content	Coaching Points
<b>Warm Up</b>		

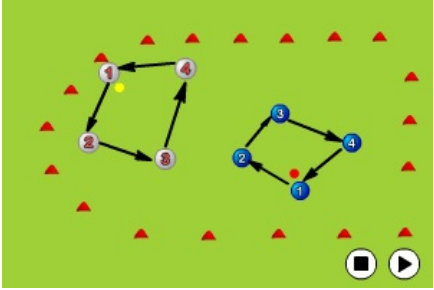
**One touch tennis passing**  
 In groups of 4 play 1 touch passing, using a tennis ball.




 **Coaching Tips**

Players should know who they are going to pass to even before they receive the ball.  
 Encourage players to 'put a name' on the pass. This is a good habit to get into and will help increase communication.  
 Work on increasing speed of thought and quality of fast passing.

**Numbers Game**  
 Teams of 3-4 players.  
 Each team numbers themselves 1-2-3-4 and has one ball.  
 The ball should be passed around the team in numerical order while as a group players are moving around the set area.



 **Progression**

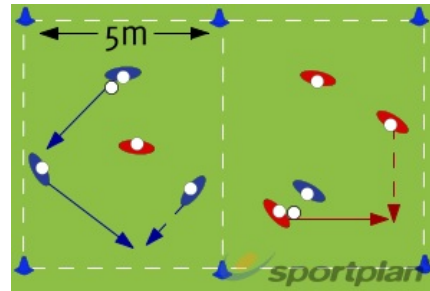
Reduce the size of the grid or add a third team into the area to force players to look up more often.

## Passing under Pressure

### 3v1 - Tight Area Possession

3v1 in a very small 5x5m area.

Players should pass very quickly to each other whilst the player in the middle should try and win the ball 3 times before they can swap.



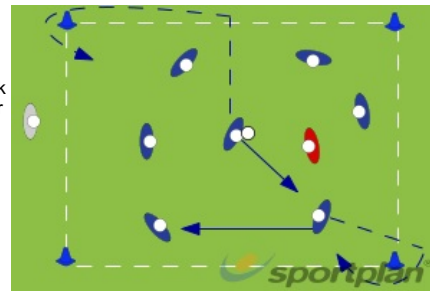
### Notes

The last player to lose the ball becomes the next defender.

### 6v1 (2 Second Passing)

In this practice the players in possession have only 2 seconds on the ball. During this time players must try to complete as many passes as possible.

After each pass players must run out of the area and back in (though not to the closest line) before they can re-enter the game and help their side to keep possession again.



### Notes

The player in the middle swaps after winning the ball with the player that lost the ball.

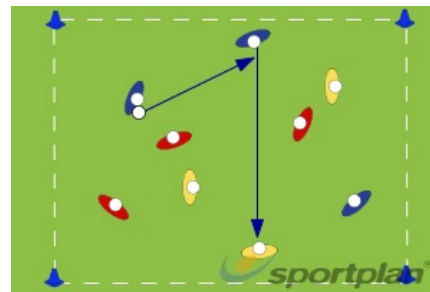
### Triple Team Game - 6v3

Split your players up into 3 equal teams of 3 or 2.

2 teams combine to keep possession, so two attacking teams of 3 (6 players) v one defending team (3 players). The diagram show blues and yellows attacking, with the red team in defence.

When a team loses possession that team becomes the new defending side.

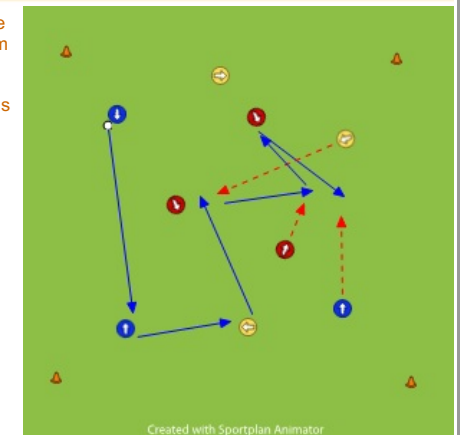
So if the yellow player is tackled by a red player the red and yellow team swap roles.



### Notes

When the defending side (reds in the animation) intercept the ball the team that lost the ball becomes the defending side (yellow in this case) and the other red team now combines with the other team to keep possession.

It is very important to keep the game real so any fouls should be taken as normal.

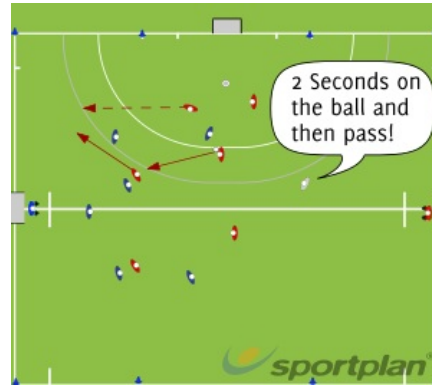


Created with Sportplan Animator

## 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.



### Coaching Tips

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.



### Progression

After 5-10 minutes of playing with these rules you can open the game up to normal rules.

### Other Comments:

"It's what you get from games you lose that is extremely important." Pat Riley

### Evaluation: