

Title: **Make sure you Score - Intelligent Passing!**

Date:	Venue: Playing Field	Duration: 1 Hour	No of Players:	Ability / Level: All ages & Abilities	Equipment: Balls, Bibs and Cones
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Session Goals:
To get your players making intelligent passes, not just passing the ball for the sake of it, to release the attacker at just the right time!

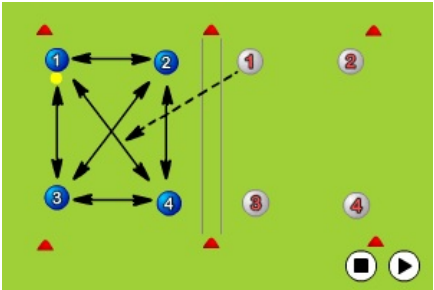
Personal Coaching Goals:
After a long time away from the playing field welcome back your players with this fun session, designed to get players' heads 'back in the game' - working on passing the ball with purpose to get the ball into the opposition's shooting circle!

Time	Task / Activity / Session Content	Coaching Points
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Warm Up

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.



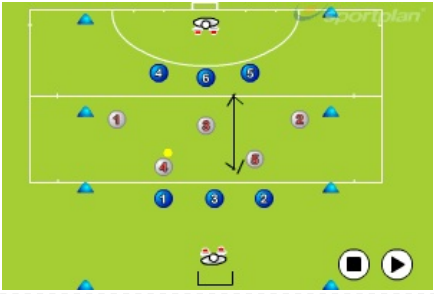
Coaching Tips

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

Attacking the Goal

Team escape

Set out a pitch 3/4 length, with two lines of cones to make the pitch slightly narrower.
The white team in the middle has to try and score a goal at either end against either set of defenders to get out.
Every time the defence gets the ball they must give it back to the attackers who then have to attack the other side.
Defenders are only allowed to defend inside the 23 m area, the defenders at the other end are not allowed to defend past the 1/2 way line.



Notes

When the attackers score they become defenders and the team who conceded the goal become the new attacking side.

Creating scoring chances

A good fun exercise for scoring goals, and for keepers to have a good work out.

Split the group into teams of four and put 2 or 3 keepers in the circle. The 4 attackers go into the circle with a ball and try to score, they can take as long as they like providing the ball remains in the circle.



Coaching Tips

The keepers have to try and stop 3 consecutive attacks and the attackers have to score 2 consecutive goals to be the winners.

When one of the teams wins, the losers have to do a forfeit (press-ups, sit-ups etc.).

It is important that when the attackers lose, all the groups do the forfeit, not just the four that missed the last goal to encourage for the notion of playing for each other as a team.

Hold position in the circle, attackers to be patient and play the keepers out of position.

Final Game

Inside out - Indoor hockey outdoors

Finish the session with a game of Inside out, playing in a smaller area to encourage clever, quick passing up the field.

Two 6 a-side teams, 2 goals, half a pitch. Put down 2 lines of cones from where the short corner is pushed out from on either side of the goal.

The rules for this game, as with indoor hockey, are no hitting and no lifted passes.



Important: put down spare balls all around the outside of the pitch to allow the teams to pick up the nearest ball to where the ball rolled off, and continue the game immediately.



Notes

If you have a lot of players you can create a mini tournament where the first team to score stays on and the losing team is replaced by a team waiting on the sidelines.



Coaching Tips

The biggest mistake that players make is to run with the ball in confined spaces. This invariably leads to a loss of possession.

The better teams are the teams with the players that run off the ball, not with the ball.

Other Comments:

"If you're not making mistakes, then you're not doing anything." John Wooden

Evaluation: