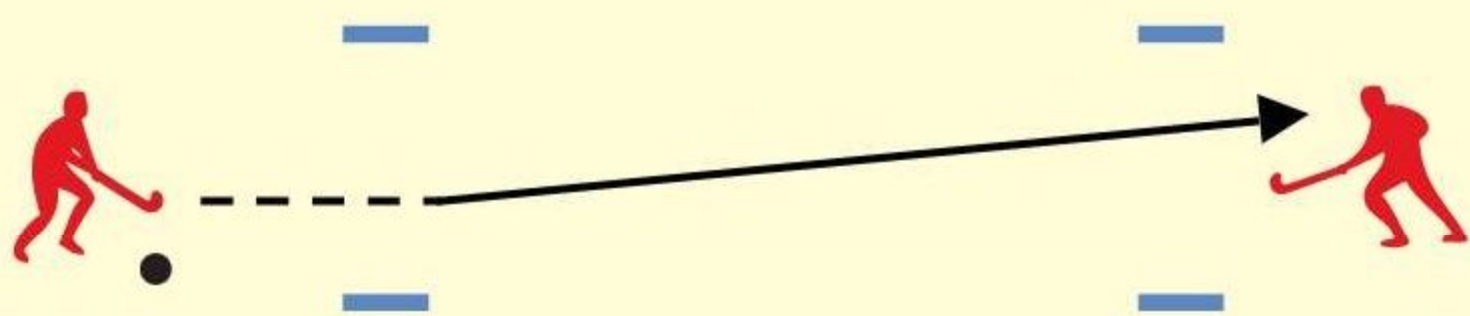


2. Practice (continued)

Extension Activities:

1) Roll through:

Players stand behind a gate (using throw down lines if possible or cones if not) which they have to carry the ball through before they hit through their partner's gate.



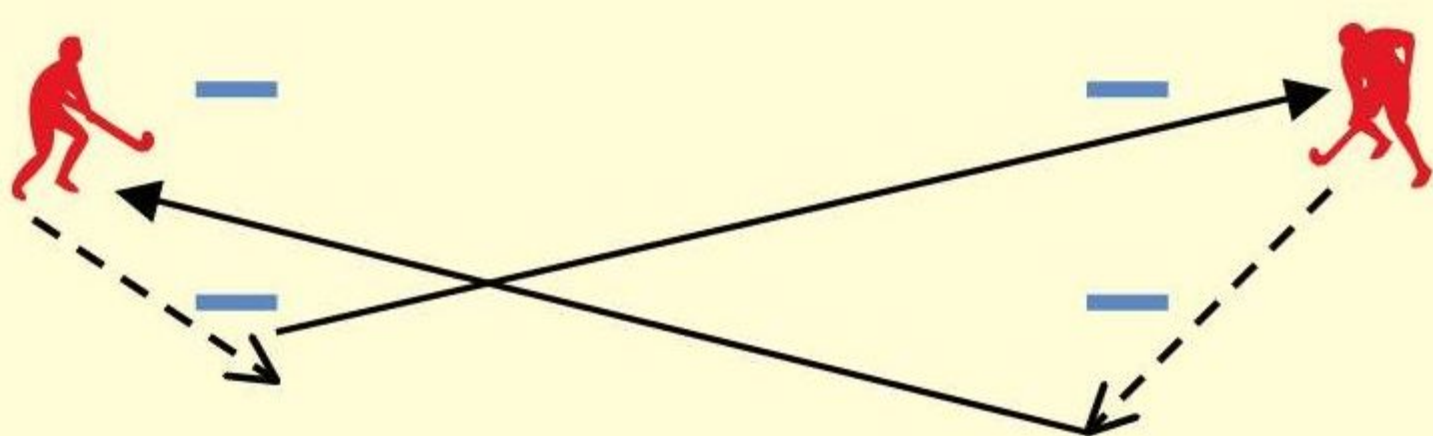
TECHNICAL EMPHASIS:

- ↳ Carry the ball with eyes up and with body in side on position
- ↳ This can easily be made into a competition with players competing to score the most goals
- ↳ The ball must be allowed to go through the gate

2) Roll on an angle:

Players need to develop the ability to move the ball on an angle before hitting it, especially with the introduction of the self-pass.

The game is now developed so that the player carries the ball outside and past the gate before hitting.



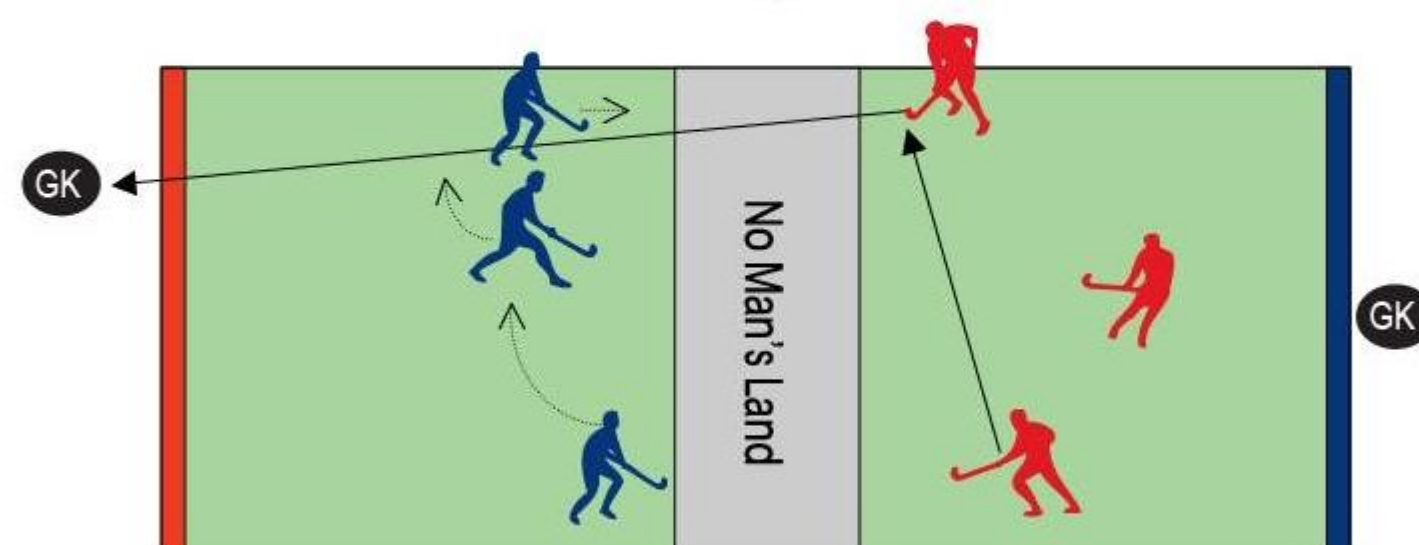
TECHNICAL EMPHASIS:

- ↳ Move the ball with minimal touches to position, stay low throughout and keep eyes up until the moment the ball is to be struck
- ↳ When moving to the left ensure the feet work hard to get the hips around the ball so the left shoulder is in line with the target when the ball is hit

3. Play

20-25 mins

Return to the No Man's Land Game, again in teams of three.



TECHNICAL COMPONENTS TO EMPHASISE

- u Carry the ball towards the No Man's Land area as the hit then becomes harder for the defender to intercept
- u Ensure eyes are up until ball is struck
- u Ensure head stays at an even (low) level throughout the movement of and striking of the ball (the head should not bob up and down)

SKILL COMPONENTS

- u Target the 'left foot' of the defenders
- u Move on angles to open up channels to hit through
- u Move on one angle and hit on another (as in the 'Roll on an angle' exercise)

TACTICAL COMPONENTS

- u Encourage aspects of disguise i.e. not looking at the area you intend to hit through
- u Move defence and then pass to other side for an easy score

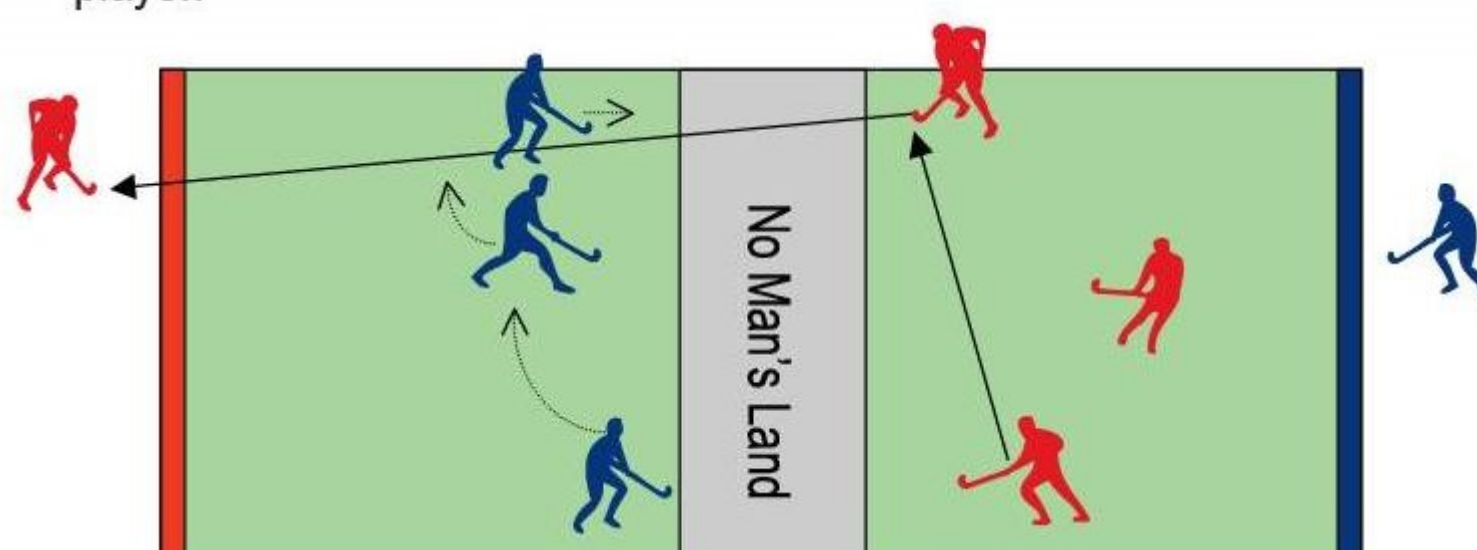
Aspects of defending:

- u Low body and hands apart – move the feet to intercept on forehand side of body
- u Have a triangular team shape (either as red team above or like an arrow head >)
- u Watch the opposition's eyes and shoulders to guess where they are going to hit the ball

DEVELOPMENT OF GAME

The game can be developed in a number of ways to further develop different aspects and make it more complex

- u A point/goal is given if the ball hits the defender's foot
- u If the attacker raises the ball they have to run around the playing area giving the opposition team an advantage
- u A 4th player of the team can be added behind the back-line. The team of 3 have to hit through to this player to score in the end zone as shown below. A goalkeeper can be added to mark this player.



- u Also as an extension, see Find the Corner in Session 3

Warm down and stretch

5 mins

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