



# Hooked on Games

15 Play-Practice-Play Session Plans



## Session 11 Receiving from Behind and Leading

Equipment needed:  
Balls (one per player), cones, throw down lines, bibs

### Warm up and Stretch

Given the amount of receiving completed in this session there should be an emphasis on the following:  
• *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some running and footwork drills before commencing the stick and ball section. These drills should include changing direction and moving from side to side with fast changes of direction. Encourage good turning technique.

10 mins

### 1. Play

10-15 mins

#### OBJECTIVE

The objective of this game is to pass the ball through 3 zones on the pitch and move into the opposition's Scoring Zone.

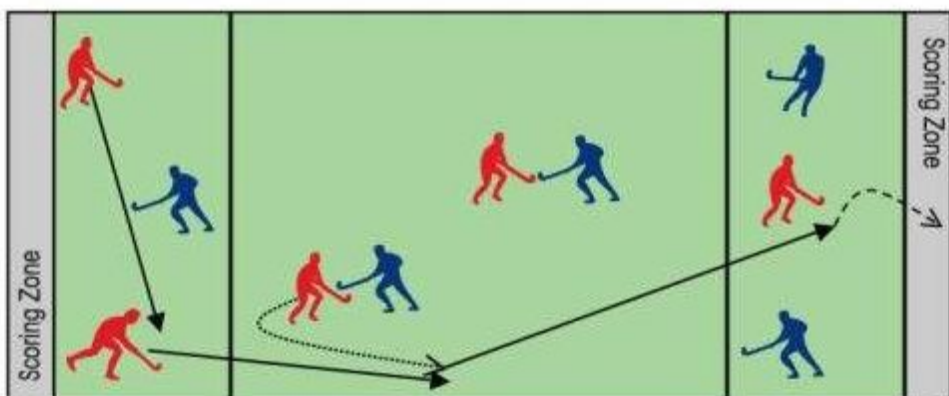
#### SET UP

The hockey pitch should be divided into playing areas of 23m x 18m (this can be longer for more advanced teams).

- This area should be then subdivided into three areas, the longest of which is the central area
- Add a Scoring Zone at each end
- Two teams of 5 players (reserves can be added on the side) are divided into a back zone (two players), midfield zone (two players) and forward zone (1 player) as shown below

#### RULES

1. Each team alternates who starts in possession of the ball. The



ball starts with the two players in the defence zone and they pass between them and look to play to one of the mid-fielders. A forward pass of this nature is a 'vertical' pass. The players in the midfield zone look to get it to the forward who tries to receive and move into the 'Scoring Zone' to score.

2. If the defensive team win the ball they can counterattack directly
3. If a side-line hit is won the ball should be undefended and played back to their defensive zone so the focus starts again of building play through the midfield

#### SAFETY POINTS

- Ensure the pitch is wide enough to start
- Be sure no loose balls are lying in and around the Scoring Zone – spare balls should be kept at the side



### 2. Practice

35 mins

#### OBJECTIVE

This section develops core receiving techniques working from a passive (static defender) to a more competitive situation.

The key focus of this section is to develop:

- An understanding of receiving a ball on the move facing the goal to which the player is attacking
- An understanding of some of the movement patterns that help create space
- The timing and communication which should exist between passer and receiver

Two lead types are highlighted depending on the way in which the attacker is being marked.

#### 1. "Hook" Shaped Leads:

This type of movement can be used when being back marked. An initial movement towards the ball moves the defender forward and then the attacker should make a sharp lead at the point the ball is delivered.

#### TECHNICAL FOCUS:

- ⚡ Work on timing and indication - move as late as possible so the ball is received on the move
- ⚡ Ensure the pass is made to space and the receiver holds their run until the passer is READY and ABOUT to pass the ball
- ⚡ Make the first touch on the ball as 'late' as possible so the ball is in front of the feet on receiving

Passes should be over 10-20 meters depending on player ability

