

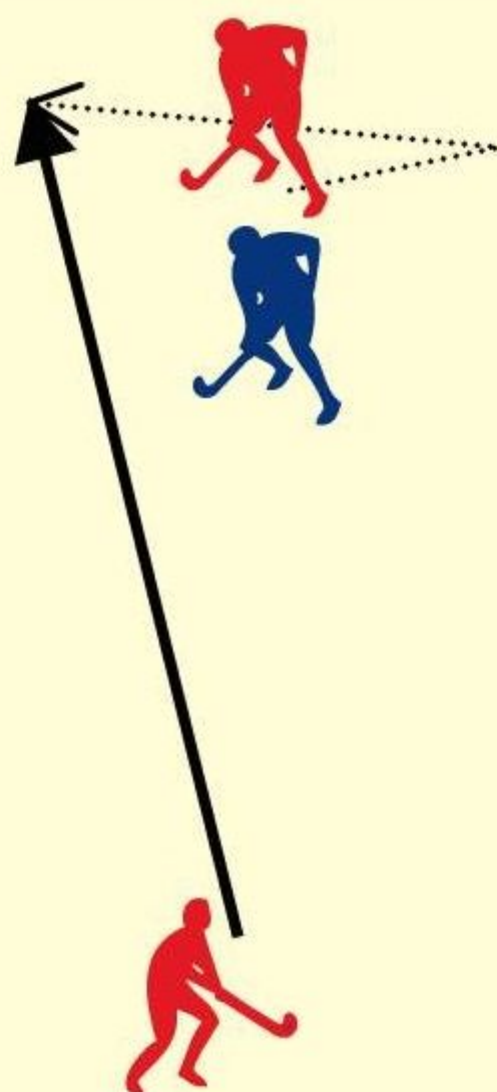
2. Practice (continued)

2. "Blindside" Leads

This type of movement should be utilised when being front marked.

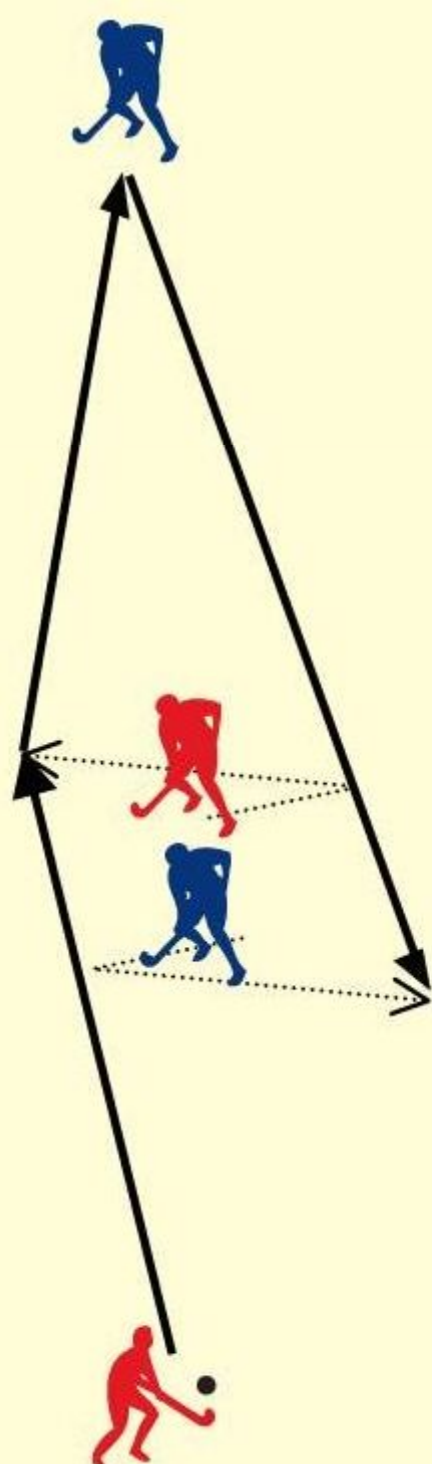
TECHNICAL FOCUS:

- ↓↑ The player should move one way to receive the ball on the second movement (re-lead)
- ↓↑ The player should re-lead when the defender can't see them i.e. when they are in the defender's blind spot
- ↓↑ Ensure to signal – encourage the use of the hand in this situation
- ↓↑ Again it is important to emphasise the pass should be to space
- ↓↑ Ensure the receiver receives with their feet forward.



EXTENSION ACTIVITIES (FOR BOTH LEAD TYPES)

1. Progress towards the players moving with the ball, eyes up before making pass
2. Add a fourth person so that there is an initial pass into the person who plays forward – this helps the receivers work on the timing of their movements
3. Play in 4s so the two players in the middle alternate between defending and receiving and the two players at the end do the passing. This is a nice warm up or revision exercise.

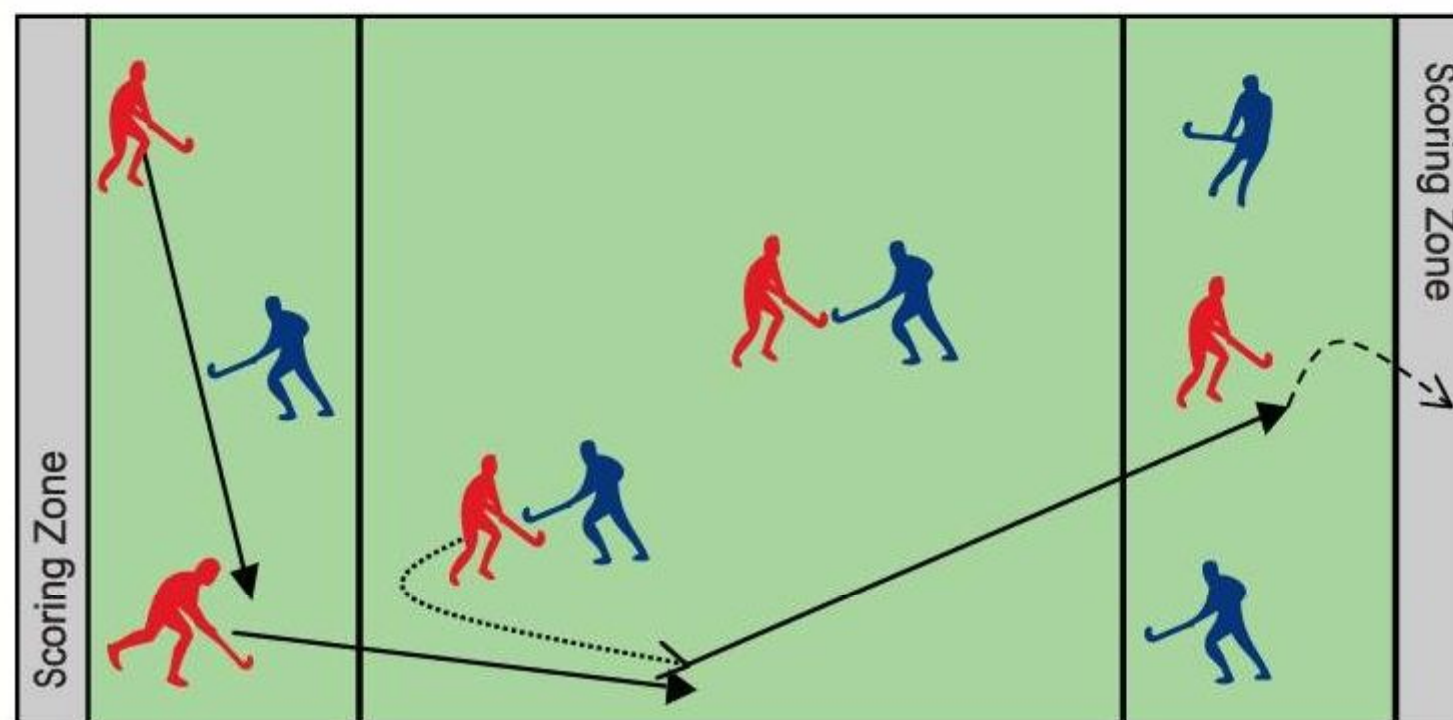


3. Play

20-25 mins

OBJECTIVE

Using the same area as in the introductory game the players now look to apply the technical areas developed.



TECHNICAL COMPONENTS TO EMPHASISE

- u Timing - delay the lead
- u Indication using the hand or stick
- u Lead late and re-lead if the player does not get the ball

SKILL COMPONENTS

- u Ensure the back two (in defensive zone) are also receiving face forwards and are scanning for space and leads. When they do not have the ball they should be looking for signals from the mid-fielders
- u Ensure the midfield players are not square of each other and offer different passing options for their defenders

DEVELOPMENT OF GAME

1. Allow any player making a forward pass to move forward into the zone they have passed to create an extra attacker (this also allows the coach to revise the 2 v 1 principles). The players then return to their zone for the next attack.
2. The defenders can also look 'long' and play directly into the player in the Scoring Zone
3. Take the sections away and play without the zones. Make a rule that any forward pass **must be received with the feet facing forwards** (no receiving with the back to goal).

Warm down and stretch

5 mins

KEY

- | | | | |
|--------|----------------------|---|----------|
| ---> | Moving without ball | | Defender |
| - - -> | Running with ball | ⊙ | Cones |
| → | Pass | ● | Ball |
| | Player in possession | C | Coach |

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