

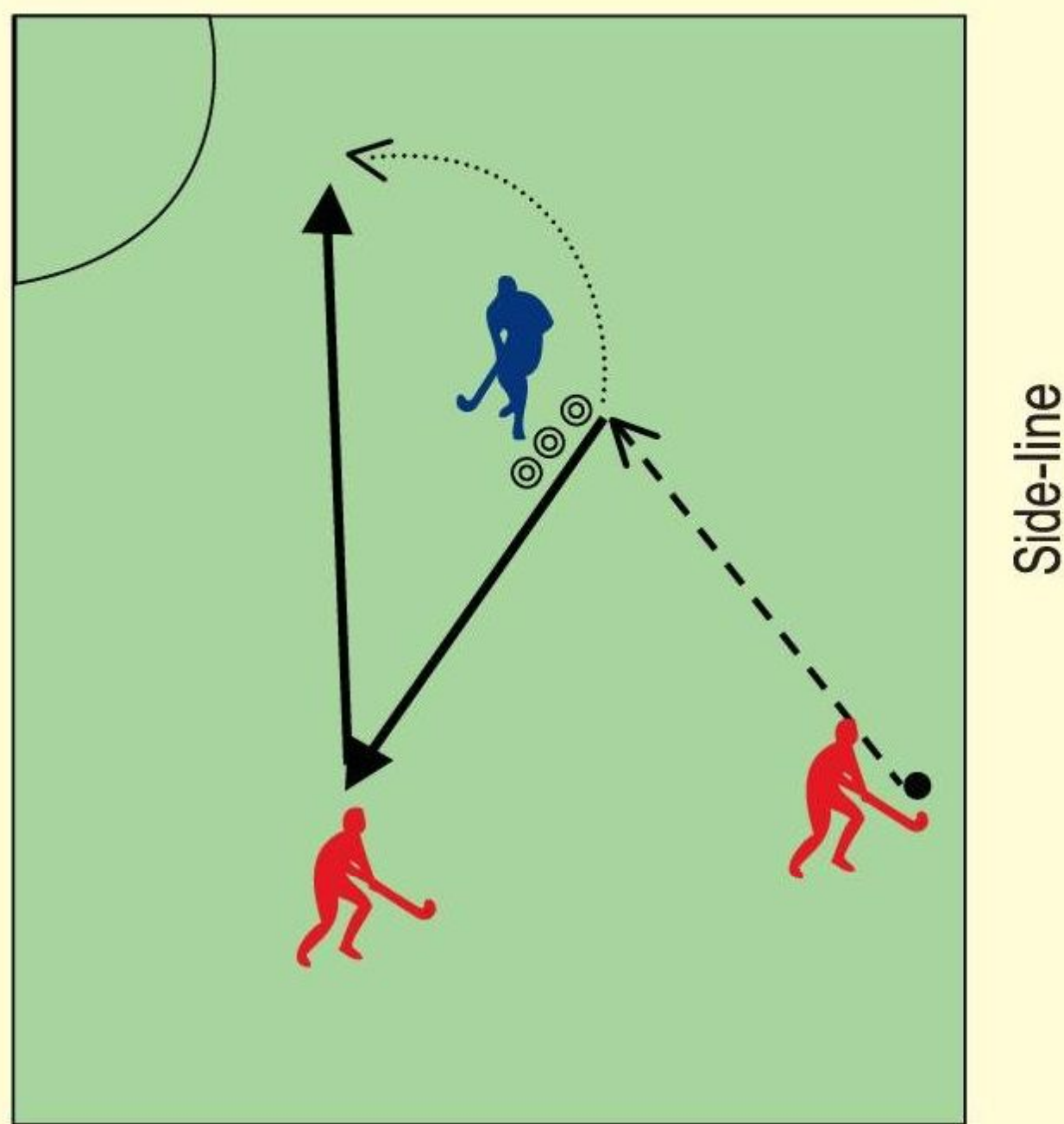
## 2. Practice (continued)

### 2. Give and Go

This exercise focuses on the attacker in possession making a pass in field with a view to attacking the space behind the defender.

- Player with ball on right starts ahead of support player and travels towards the defender moving the ball to the 11 o'clock ball position. As they approach the defender (use cones) they should pass and then accelerate behind the defender to receive a return-pass.
- The support player should receive and feed the ball early (the forward pass should be weighted)
- The receipt of the forward pass should allow the ball to stay in motion and move towards the goal

Circle



Side-line

### TECHNICAL FOCUS

Move the ball towards the left cone and allow the ball to drift across the body so the ball is over the left foot (11 o'clock ball carrying position)

- ⌚ The body can also start to turn towards the left as if a pass is to be made to the left
- ⌚ The drag should be done quickly moving the ball wide and outside the line of the body
- ⌚ Ensure the stick moves over the ball, facing it at all times
- ⌚ The player should accelerate away (with their eyes up)

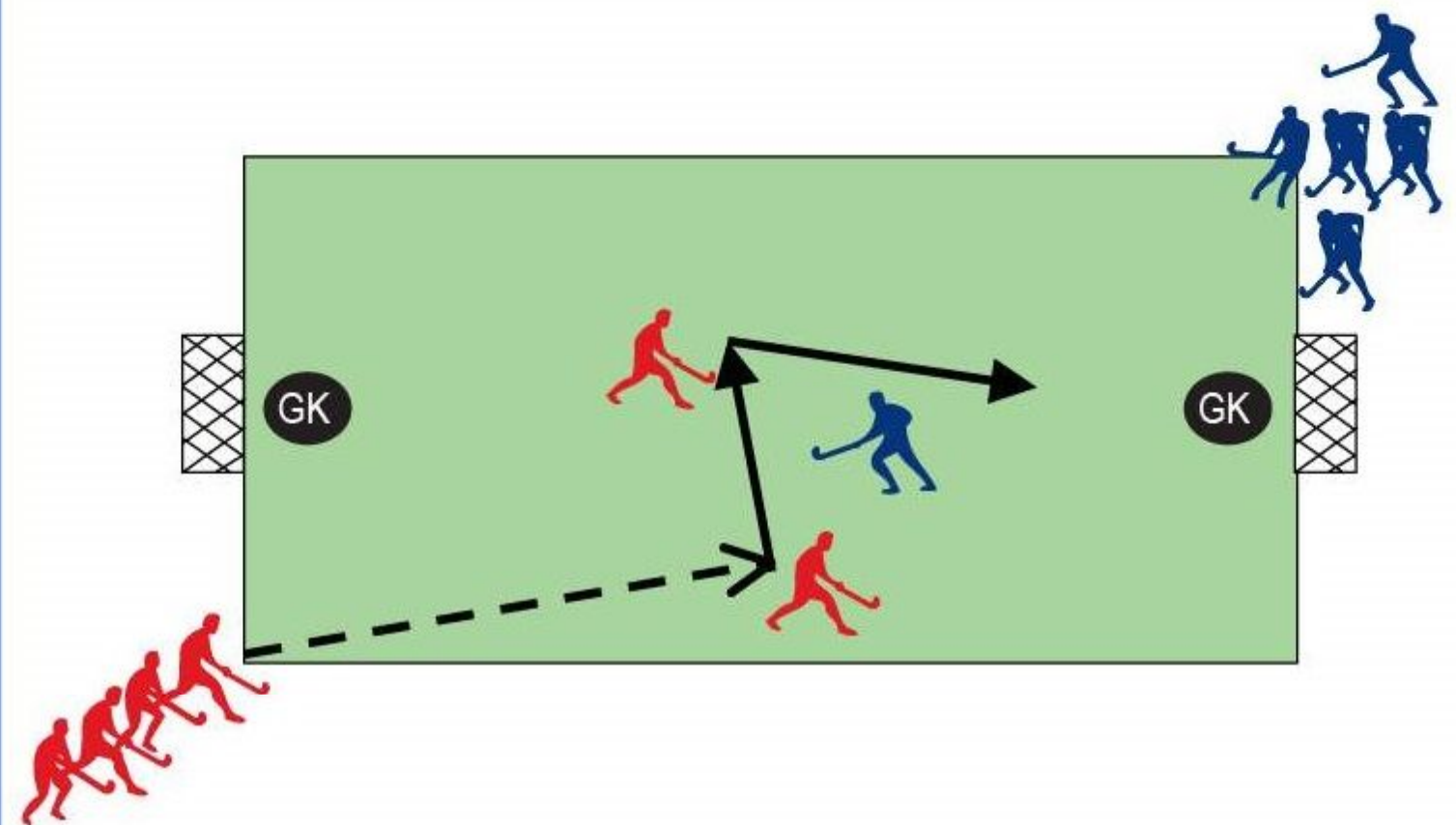
#### KEY

	Moving without ball		Cones
	Running with ball		Ball
	Pass		Throw Down Line
	Player in possession		Goalkeeper
	Defender		

## 3. Play

20-25 mins

Use the same area as in the introductory game. Focus now on the two possibilities outlined in the technique section.



### TECHNICAL COMPONENTS TO EMPHASISE

- ⌚ 11 o'clock ball position
- ⌚ Turn body to face infield - belly button should face defender

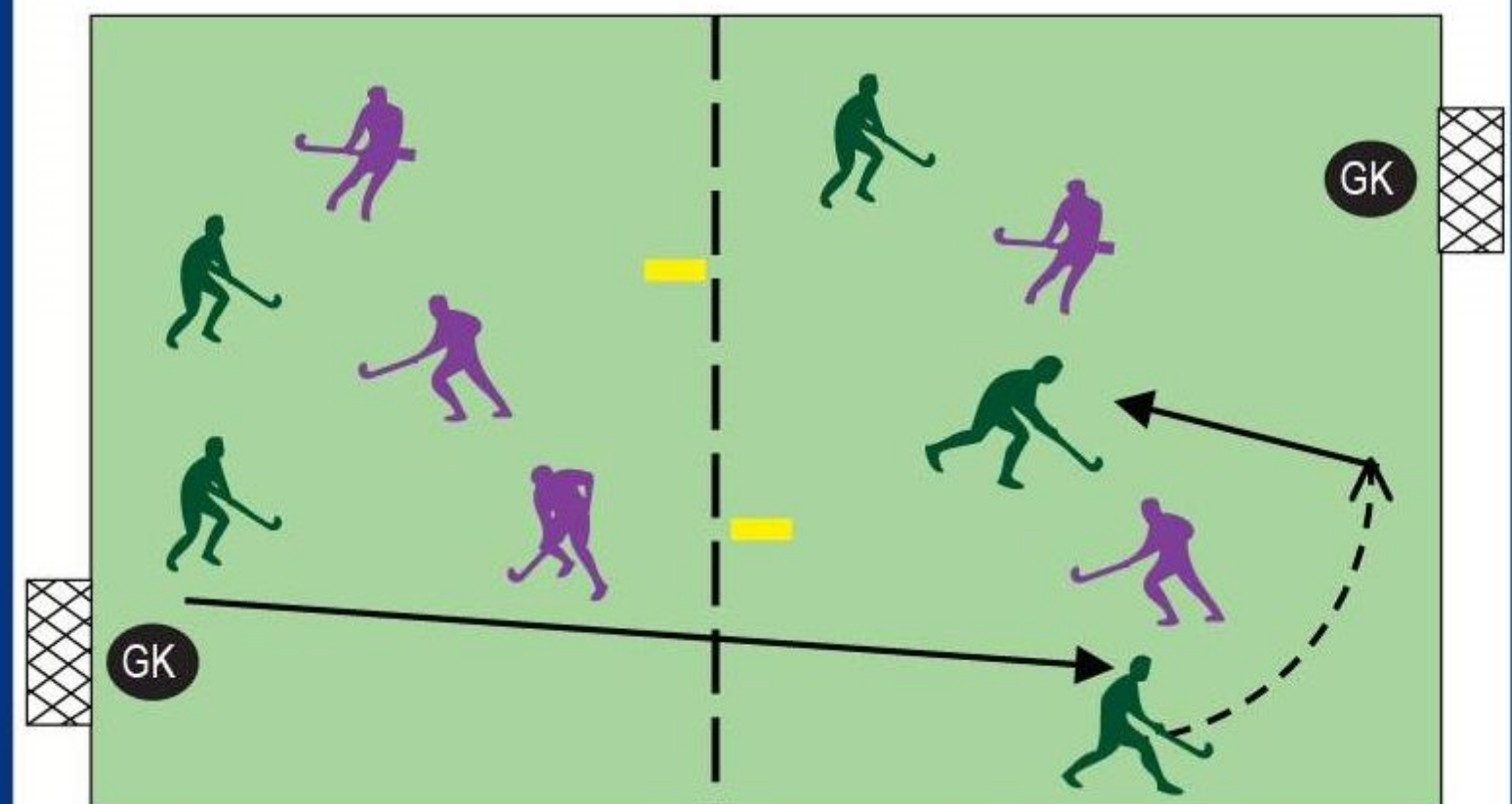
### SKILL COMPONENTS

- ⌚ Support player should position themselves backward of square so a pass is hard for the defender to intercept
- ⌚ Ensure the player chooses the right option as to whether to pass or eliminate based on the actions and positioning of the defender

### PROGRESSION (ALTERNATIVE GAME): 5 V 5 GAME

This game should be played on a 25 x 18m pitch with a halfway line clearly marked. A marker (preferably a throw down line) is placed 5m from the right hand side-line in each attacking half.

- ⌚ The game is played with five players on each team with three on the attacking side of the pitch and two on the defensive side. This makes it easy to create 2 v 1s.
- ⌚ Players cannot cross the halfway line
- ⌚ Before a team can score the ball must go through the right channel - this should ensure you get a right sided 2 v 1 as worked upon



### Warm down and stretch

5 mins

[www.hockey.ie](http://www.hockey.ie) IHA, Newstead, UCD, Belfield, Dublin 4  
Tel: +353 (1) 716 3261 Fax: +353 (1) 716 3260 Email: [info@hockey.ie](mailto:info@hockey.ie)