



## Hooked on Games

15 Play-Practice-Play Session Plans



## Session 12 Centering

Equipment needed:

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

### Warm up and Stretch

Given the amount of hitting completed in this session there should be an emphasis on the following:  
• *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some small run and footwork drills before commencing the stick and ball section.

10 mins

### 1. Play

10-15 mins

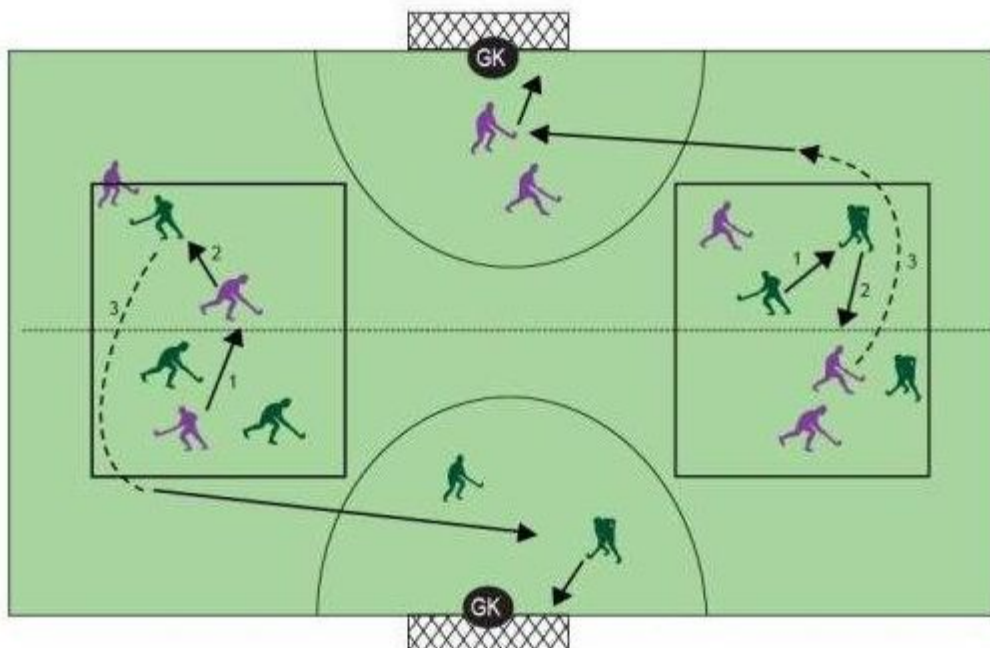
#### OBJECTIVE

The objective of this game is to win the ball, travel down the wing and cross to an attacker in the circle.

#### SET UP

Using half the pitch and a circle at each end the pitch is divided as below:

- Two teams are divided into 8-10 players (including GKs)
- 2-3 players from each team are placed in the circle which they are attacking. No defenders are allowed in the circle.
- The remaining players are divided equally in the wide areas i.e. 3 from each team
- The only players who can leave their area are those who win the ball and make a cross into the attacking area



#### RULES

1. Play starts in the wide areas with the team who is on the left (and not attacking the goal on that side) in possession of the ball. They must try to keep possession of it in that area.
2. When the team attacking the goal on that side wins the ball back they should look to break out of the end they are attacking. Once they have moved out of the area they should centre (cross) the ball to one of their attackers in the circle.
3. No defenders can leave the boxed area
4. The players rotate between the three areas i.e. the person who crosses goes into the circle, the attacker who shoots then goes to the defensive area and one player moves across to the attacking area.

#### SAFETY POINTS

- Be careful to ensure there is always one ball in each area and no balls are left loose in the circle



### 2. Practice

35 mins

#### OBJECTIVE

This section is to develop the players' ability to center (cross) the ball accurately working from a passive (no defender) to a competitive situation.

#### TECHNICAL FOCUS:

- ⌚ Work on travelling forward but scanning (looking) across the field. This can be achieved by gliding (see Session 1 & 2).
- ⌚ Start by moving the ball from a 1-2 o'clock position across the body to the left foot (11 o'clock) as this is easier to hit from
- ⌚ Players should also attempt to hit from the 1 o'clock ball position i.e. off the right foot
- ⌚ Divide the group into 4's – set up an elongated rectangle approximately 20m x 7m. Player X leaves with the ball and glides forward and then crosses (using a hit) to player Y, who does the same and passes to player Z. After each pass the player must join the queue they have passed to i.e. follow their pass.

