

INTRODUCTION

GB Hockey's game, train, game structure (whole-part-whole) was utilised to plan these sessions which provide players with an opportunity to acquire experience of playing the game while incorporating technical knowledge. The **sessions offer a more holistic approach** to player development by helping you to create something that looks like the game, that is fun, offers constant decision making, offers lots of touches of the ball (engagement) while stretching players. GB Hockey call this the **Golden Thread** for session design. This should allow children to **play the game safely while adhering to the rules and develop skills** within games.

The resource provides 6 weeks of session plans that can be used as described or adapted to meet the needs of the players, space, time and equipment available:

Space:

Those delivering in Primary School may have access to a tennis court size area or 1/4 pitch at a Secondary School. This has been used as a guideline for the session plans, however alternative options can be used (e.g. MUGA or pitch).

Equipment:

Adapting the equipment to meet the needs of the player's age and stage of development should be considered during each session.

Additional Skills:

Skills that could be developed include working in teams, communicating effectively, problem solving and making decisions for themselves while engaging in hockey practice.



Scottish Hockey has created these resources to support people who are delivering hockey. The main aim for these sessions is to assist players to develop mentally not just physically, technically or tactically.

THEME DENY SPACE



Equipment: Sticks, balls, cones

Game organisation:

5 players inside the playing area

Each team has an End-Zone player as their goalscorer and 2 bounce players on one side and outside the pitch

Teams use their bounce players to create height and width and try to score by moving the ball to their End-Zone player.

Defending team tries to deny space and passing options to/from the bounce players while ensuring the direct route ball to the End-Zone player is denied
Change outside players after every goal OR every 2-3 minutes

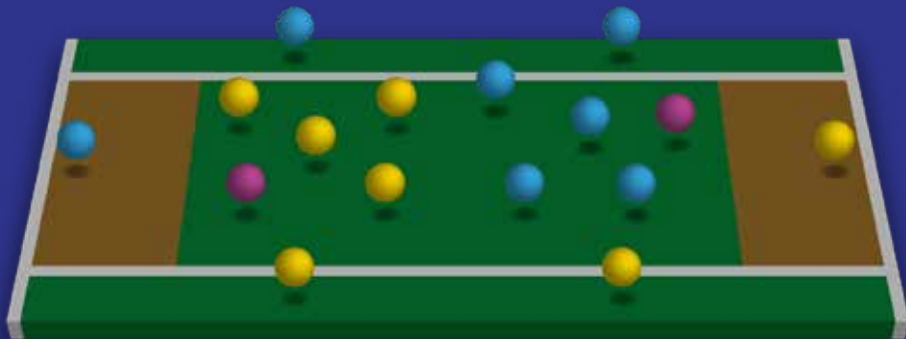
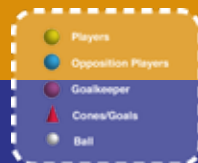
Players Discuss Changes:

Introduce constraints and challenges

- Time Limit on ball
- Minimum 1 pass to outside players/maximum number of passes to outside players
- 1 player with super-power for limited time (cannot be tackled until they enter shooting area/Golden Goalscorer whose goal is worth more points, etc

Top Tip:

Encourage communication from back players or direct higher players into defensive positions to block space



Questions:

Where are the dangerous spaces on our playing pitch?

Why do we think these spaces are dangerous?

What do we hope to achieve by denying the attacking team space?

How can we use our sticks and bodies to deny space

Train organisation:

3v3 in a square pitch (5m x 5m)

2 players from each team on the outside of the square, opposite each other

1 player from each team in the square

Players try to move the ball across the square to their opposite team-mate and may use the middle player as a connecting pass

Defending team middle player tries to position themselves to apply pressure on their opposite player as well as deny the direct pass across the square

Any miss-traps, loss of control outside the square results in turnover of possession

Top Tip:

Middle player tries to use body position to influence outside passers

Changes:

- Extend playing area
- Add in another player per team (4v4)



THEME DENY SPACE



Equipment:

Sticks, balls, cones

Game organisation:

Two teams of 6

Accommodate more players with Team 3 who take over from the team who don't score/after X minutes

Teams score if they move the ball into all 4 colour squares, in any order

Players may carry the ball into squares or pass to their team mates if defending team intercept/turnover the ball, the count is restarted only once the team begins their count

Allow time for teams to discuss changes to achieve defensive and attacking success

Players Discuss Changes:

- Each team may only have 4 players in each half at any time
- List order of colours they have to work through to score
- Teams lose a player for 20 seconds if they get a ball on the foot



Train Organisation:

Yellow and Red are a team

Blue is the Defender, assisted by Purple

Playing area approx 7m x 7m

Yellow, Red and Blue start at the same time (Purple shouts GO to start them)

Blue runs through the yellow gate and begins to deny space to stop Yellow and Red scoring most points

Yellow leads to top cone to collect a ball

Red races through yellow gates to support Yellow in 2v1 against Blue

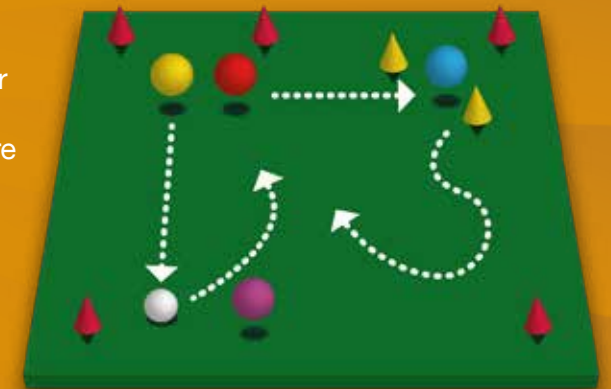
If Red/Yellow score through yellow gate = 2 points

If Red/Yellow score through red gate = 1 point

If Blue wins ball and passes it out to Purple = 5 points

Changes:

- Make space bigger/smaller
- Allow players to decide how big the gates/goals are



Top Tip:

- Blue angles body to channel towards red goals and stay on strong-stick side to intercept. Encourage early release to Pink (counter-attack)

THEME APPLYING PRESSURE



Equipment:

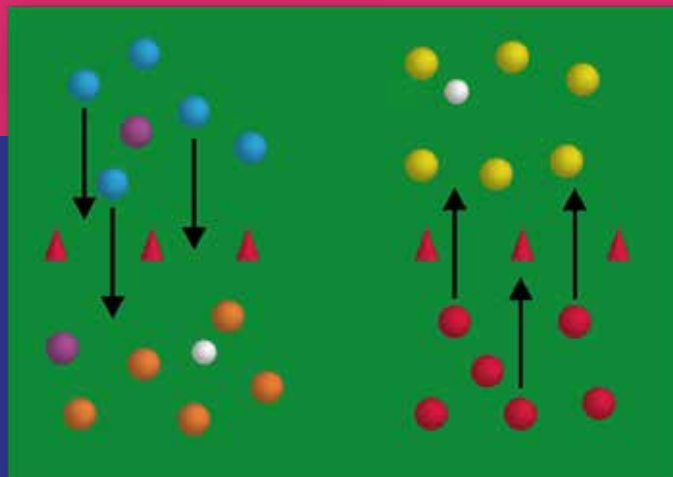
Sticks, balls, cones

Game organisation:

Two teams begin in either half of the pitch
Ball starts in one half, aim is for the team to keep possession, defensive team sends over 2 players with the intention to win the ball. More players can be sent each time the team in possession achieve 2 passes. Points are awarded for winning the ball quickly, ie limit the number of passes the attacking team makes and pass the ball back to your own team. The opposition now send over 2 players.

Players discuss changes:

- Use a different type of ball
- Make the pitch smaller
- Increase the number of defenders at the beginning

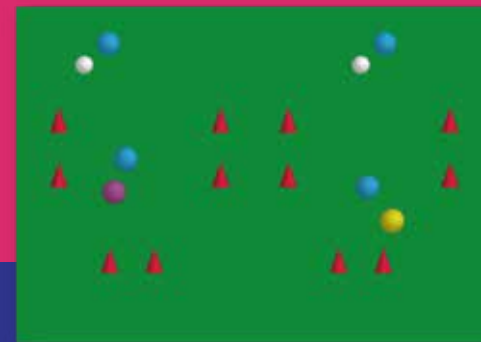


Questions:

- How can you effectively apply pressure to win the ball?
- How can you use the sideline to your advantage?
- How many hands on the stick to win the ball?
- How do you apply pressure on the ball carrier with more than 1 person?

Train organisation:

In groups of 3. One person passes the ball, one attacks and one defends.
Set out 3 gates (gold, silver, bronze), aim for attacker is to carry the ball through a gate, defender has to apply pressure to the ball carrier to stop them scoring.
The ball is passed to the attacker to play 1v1. If the defender wins the ball they transition into attack with the other player defending. Rotate roles when the ball is out of play or a goal is scored.



Changes:

- Stay balanced and on balls of feet
- Disrupt the ball carrier, this can be done by jabbing the ball
- Be a stick and a step length away from the ball

Top Tips:

- Increase the number of defenders up to 3,
- 2nd attacker joins in and points are awarded for defender winning the ball



THEME APPLYING PRESSURE



Equipment:

Sticks, balls, cones, flat markers

Game organisation:

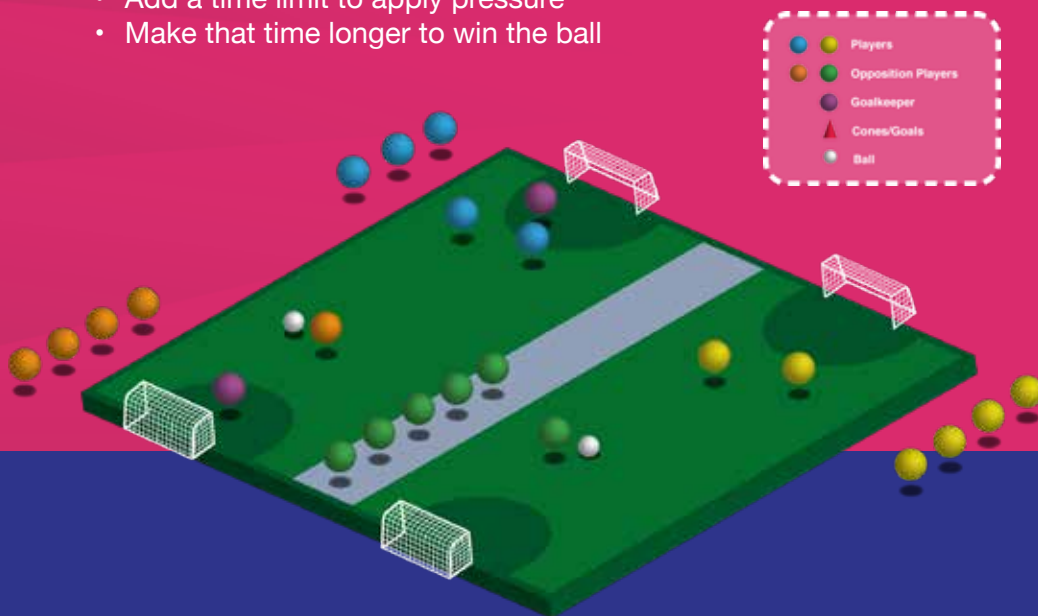
Two players defend with a GK whilst the opposition player collects a ball as they enter.

Defenders have to apply pressure, win the ball then try to score.

Points are awarded when players win the ball and pressure player(s) to sideline.

Players discuss changes:

- Add more players to create different overload/underload situations
- Add a time limit to apply pressure
- Make that time longer to win the ball



Questions:

How can I apply pressure to the ball without being eliminated easily?

What happens if I stand square on or diagonally to the player I am putting under pressure?

When we have an overload defensively how can we use the extra player to win the ball?

Train organisation:

Two thirds have a ball (attackers), the other third (defenders/GK)

Attackers aim is get from one side of the area to the other

Defenders aim is to provide pressure and win the ball then drive to the other side

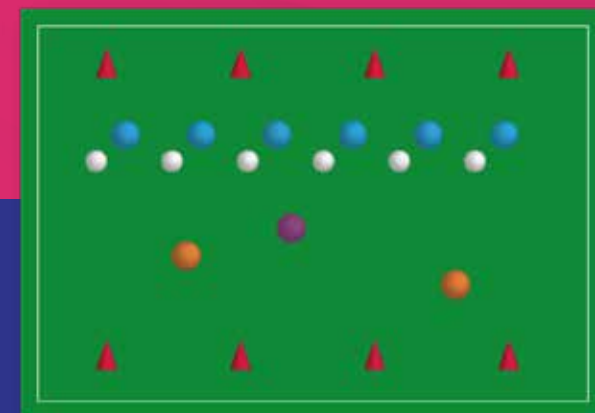
When all players arrive at the other side, turn round and go back to start on a GK's/defenders call

Top Tips:

- Identify a player and close them down
- Keep stick low when approaching player and tackling/blocking
- Work with other defenders to apply pressure to the ball

Changes:

- Increase the number of defenders
- Decrease the size of the area



GOAL SCORING AND GOALKEEPING

Equipment:

Sticks, balls, cones

Game organisation:

Four teams are created (1 half take part/other half observe, discuss tactics then change over) Teams rotate after a goal is scored or 2-3 minutes of play. The goalkeeper begins with the ball (football) and kicks to a team mate.

Points are awarded by counting the number of players in the shooting zone when a goal is scored. Goalkeepers win a point for every save they make.

Players discuss changes:

- Use a hockey ball
- Extend the playing time to 4 minutes
- Add points for using different techniques e.g. push 1/hit 3/deflection 5 and block 1/kick and clear 3/slide 5.

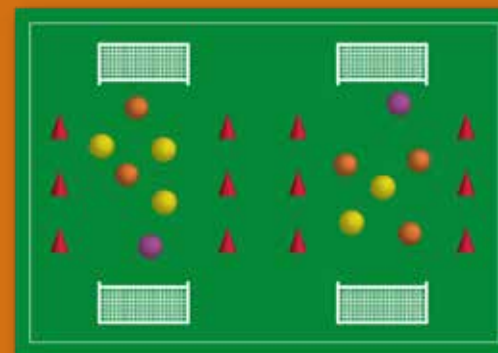


Questions:

- What techniques are you using to score goals?
- What does the Goalkeeper need to think about when moving around the area?
- What is the benefit of having more attacking players in the scoring zone?
- What is the Goalkeeper doing well to stop you scoring goals?
- What could the attack do to make it easier to score goals?

Train organisation:

In teams of 3, small pitches are laid out. Goalkeepers can move anywhere in area and score goals.
To start play a Goalkeeper kicks the ball to other Goalkeeper.



Top Tips:

- Stay balanced and on balls of feet with hands up
- Body weight should transfer through when kicking clear
- Quick shot
- Utilise the space around the goal
- Move the defenders and Goalkeeper

Changes:

- Increase the number of teams in each small pitch to rotate on/off
- Increase the size of the pitch
- Increase the number of players in each team

GOAL SCORING AND GOALKEEPING

Equipment:

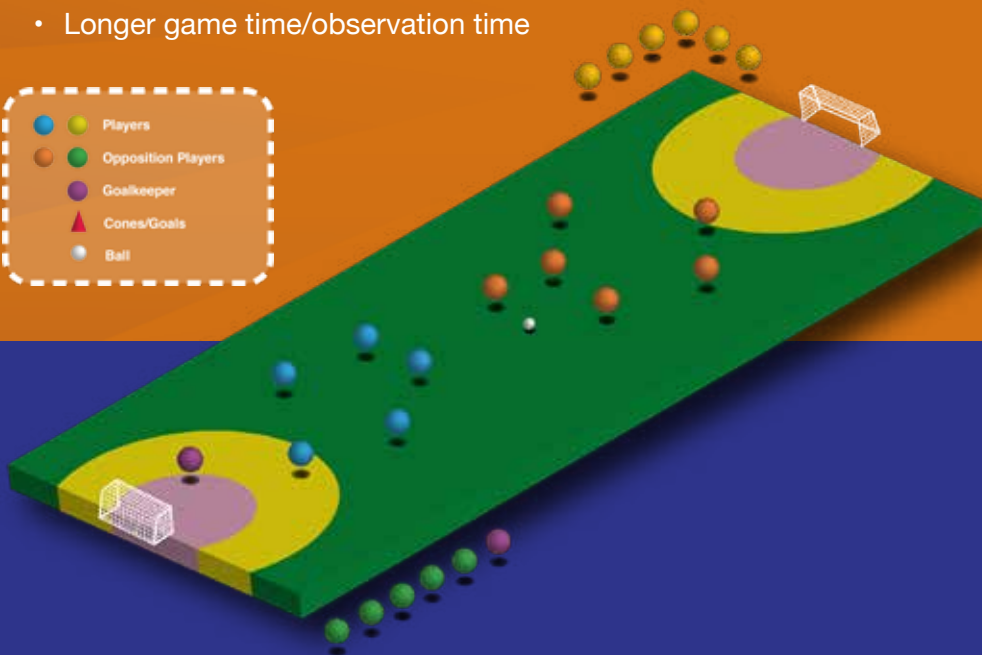
Sticks, balls, cones, flat markers

Game organisation:

Four teams are created. 1 half take part/other half observe, discuss tactics then change over) Teams rotate after 2-3 minutes of play. The goalkeeper begins with the ball (mini football or tennis ball) and throws to a team mate. Use a hockey ball when all teams have played once. Points are awarded by scoring in different areas of the D (pink – 3 points, yellow – 1 point) and Goalkeepers are awarded points for every save they make from different areas of the D.

Players discuss changes:

- Create a different points system based on performance in previous rounds
- Longer game time/observation time



Questions:

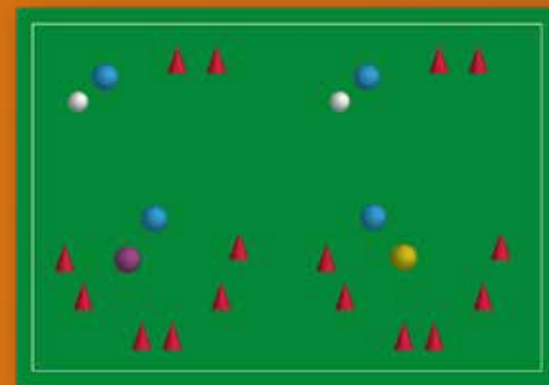
What areas are we choosing to shoot and why?
How can we score more goals in the pink area/gold gate?
What decisions are we making in the D?
What decisions are GK's making and how do outfielders support?
How are GK's moving to cover the goal?

Train organisation:

In groups of 3. Play 2 attackers v 1 defender/GK.
Set out 3 gates of different widths (gold – 5 points, silver – 3 points, bronze – 1 point), aim for attackers is to score through a gate, defender has to apply pressure to stop them scoring.
If the defender/GK wins the ball they transition to attack and score in opposite goal.

Top Tips:

- Stay balanced and on balls of feet with hands up
- Think about positioning around the goal and angles of shot.
- Utilise the space around the goal
- Move the defenders and Goalkeeper



Changes:

- Add 3 more players to observe others, feedback and rotate
- Only use 5 balls and ask how many points attackers will score

— ADDITIONAL RESOURCES

Scottish Hockey Player Pathway

Rules of each game and how to organise festivals:

- Fun Fours infographics
- Super Sixes infographics
- Eights infographics

Scottish Hockey's Hockey Hub

Information about child development and hockey practices or games:

<https://hockeyhub.scottish-hockey.org.uk/>

Brave Performance Blueprint

Supporting the development of successful Scotland hockey teams and GB athletes with medal winning potential.

<https://www.scottish-hockey.org.uk/scottish-hockey-launches-brave-performance-blueprint/>

Acknowledgements

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