

1. BALL RETENTION AND VALUE OF POSSESSION

- More possession games 3v3/4v4 to show how you need to identify where space
- Increase and decrease the tempo of the game based on 'phases'
- Value possession and make the opposition work for it, don't just throw it back

2. 'DUMPING' / CHANGING THE POINT OF ATTACK / TRANSFERS / REPOSITIONING

- During or whilst setting up play and/or during a transition reposition to form structures lines and roles to enable ball retention and ball movement
- When marked or under pressure receive the ball from a player and simply pass the ball back and re-lead (post-up)
- We need to know where our next pass is before we receive the ball (pre-scan)

3. PRESSING

- Learn and identify when to $\frac{1}{2}$ court, $\frac{3}{4}$ court and full court press and use all of these presses in games

4. SIMPLICITY IN HOCKEY

- Hockey is a simple game; receive, pass lead, receive pass re-lead etc
- Over use of overheads / hitting through channels relying on mistraps or opposition errors -> Expect more of yourselves and the opponents
- Over use of ball carry and turning into contests when other options are on

SKILL DEVELOPMENT

1. FOOTWORK, BALL SPEED AND BALL RECEIPT BASICS

- Move your feet so that you can receive the ball with your body pointing to the inside of the pitch – bum to the sideline

2. PROTECTING THE BALL – Get our body between the ball when under pressure and the player and play the way you are facing -> Do not turn into the player or into a contest