

2v2 Strips

Objective – small unit practice

Game**Focus****Reset****Progression**

1. 2-4 strips of sets (to keep pace up)
2. 2 v 2
3. Std hockey rules
4. Attackers get “fed” the ball via specified hit/slap hit/push
5. Winners move up and losers down

Defending:

1. Defend by channelling
2. Stop the go forward
3. PALM22 defending
4. Channelling
5. Stop the “go forward”

Attacking:

1. Leading runs
2. Forward first fast
3. Square/left foot passing
4. Finding space
5. Drawing defenders

1. Longer than 30 secs reset and next pair come on
2. If defender gets ball then loses it reset

1. Turn and burn
2. Overloads (add a joker)
3. Reduce pitch size

