

3v2 plus GK + 4 Goals

Objective – How can players combine to score

GameFocusResetProgression

1. Reds start with the ball
2. They get 5 balls each time they lose one they get another from the mini goals
3. If the blues win the ball score in any of the three mini goals.
4. Normal hockey rules

2 Goals

As with the previous practice but with two tweaks.

1. Balls are on the side
2. Only 2 goals

1 Goal

1. Only 1 goal
2. Blues score in end zone

2 Large Goals

1. 2 large goals both with keeper
2. Blues score in end zone

1. Quick combinations
2. Deception
3. Shooting opportunities
4. Movements (crossover, cut in, run in behind, overlap, underlap)

2 Goals

1. How does moving the start position of the balls change things?
2. How does using one large goal instead of the mini goals change things?

1 Goal

1. How does starting with a red in the blue zone change things
2. How does defending or attacking and end zone change things

2 Large Goals

1. How does having two large goals and two goalkeepers change the practice?
2. What constraints could be placed on the reds to challenge them?
3. What would happen if the blue started in the red half rather than marking the red?

Back to get a new ball

1. Use the half way line, players can only score inside opposition half
2. Players get one point for scoring in opposition half, two for scoring from own half



