## 4 goal width

**Objective** – Develop transfers & width

<strong>Game</strong>Focus</strong><strong>Reset</stro ng><strong>Progression</strong>

- 1. 4v4,5v5,6v6 etc
- 2. 1/4 pitch in either direction
- 3. 4 goals each team is allocated 2 opposing goals to either defend or score in
- 4. Normal hockey

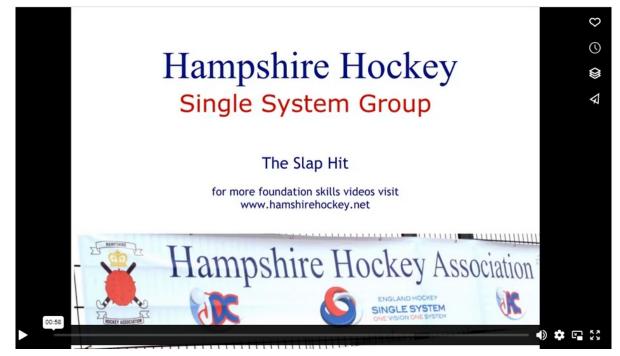
Low pivot

Often in younger players the pivot stands too high — if that happens then:

- place a arbitrary line on the pitch and force that player to stay "south" of that line
- 2. in addition you can set a rule that "receive from right pass left and vice versa"
- 1. Moving the ball to maintain possession
- 2. Draw defenders to open passing choices
- 3. Explode and implode attacking/Defending
- 4. Fast hard accurate passing over distance



5. Easy passes to open space



- 1. Normal Hockey
- 1. 5 balls each to see who gets the most goals
- 2. Limit time on ball
- 3. Zone the pitch to start?
- 4. Limit types of passes

