

# 4 goal width

**Objective** – Develop transfers & width

<strong>Game</strong><strong>Focus</strong><strong>Reset</strong>  
<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:

1. 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”
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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

