

# 5V5 Right Hand Side Circle Entry

**Objective** – develop familiarity with right side attacks

GameFocusResetProgression

1. 5v5 or more (adjust pitch size)  
(fewer numbers = more attacking and space. Less space = opportunities for tackling/interceptions.)
2. Goals are worth 3 points
3. Taking ball into D from right side of centre line + 1 point
4. If you score having taken it in on right the 6 points
5. 16 yard hits from baseline

Keepers feed the balls in from infractions and over the line

1. Substitutes in hockey are important
2. One bonus point for every great substitution (sprinting off and sprinting on).
3. Eventually you have a team of self-rolling substitutes who run on, charge around and play with intensity, before substituting off when they begin to slow down.
4. It also starts them thinking about how to be effective as a squad and what makes people play well.

1. Keepers feed the balls in from infractions and over the line
2. If using half pitch then coach can feed as well

1. Make every free hit a compulsory self pass.
2. Give each team an extra attacker for one minute at a

time. Challenge them to plan how that will change their game.

