

5v5 Zonal play

Game Objectives
Focus on Transition/Reset
Progression

Game makeup

1. 3 zones – defending, midfield, attacking
2. Defined number of players in each zone – 1 in attacking, 1 defending, 1 upper mid and 1 in lower mid
3. People are confined to zones unless attacking when can add overload (2v1)

Rules

1. Std hockey rules
2. Defender and attacker fixed in their zone
3. Attacking team allowed to add extra person into zone to encourage 2v1

Scoring

1. Normal
2. Triple goals IF goal is as a result of a pivot/direction change

Explicit Objectives

1. Leading runs
 2. Forward first fast
 3. Movement off the ball
 4. Stretch the defence
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1. Positional play so there is always left foot or square pass
 2. Attackers to offer “back pass”

3. Drawing defender BEFORE passing

Attackers

1. Move to instigate 2 v 1
2. Hunt in pairs
3. Fast Transition
4. Fast attack

Defenders

1. Channel
2. Jab tackles
3. DELAY
4. Encourage mistakes

Transition/Reset

1. 16yd when goal scored

Progression

1. Turn & Burn to encourage faster transitions
2. 1 touch
3. 3 touch
4. Reduce player nos keep game fast
5. Add 3rd team to transition on an event.

