

D Overload attacks

GameFocusResetProgression

Game makeup

1. 23 to baseline including D
2. 4v2 or 5v3 attacking overload
3. Defender passes to attacker
4. Try and score

Rules

1. Std hockey rules
2. Attackers = 1 goal
3. Defenders = 2 goals if they clear into goal
4. Goal Keeper = 3 goals if clears over 23

Attackers

1. Score fast
2. Keep possession
3. Look for short corner
4. Pass and look for channel
5. Draw defenders
6. Movement off the ball
7. Pivot

Defenders

1. Zonal marking
2. Man to man if defender in ugly zone
3. Aggression
4. Disrupt and delay
5. Keep feet clean
6. Comms (especially if 3)
7. Diamond layout

Transition/Reset

1. Restart when goal scored – defense or attack
2. Sub ball loser in attack or defense

Progression

1. 1 touch strike
2. 3 touch
3. Reduce player nos keep game fast
4. Add 3rd team to transition on an event
5. Change scoring levels

