

Honey Potting

Objective – force players to get into space to receive and pass

Game Focus Reset Progression

1. 4v4 or 5v5 depending on space
2. Goals on each side of box
3. Std hockey rules
4. HAVE to pass to every team member before score
OR
5. Allocate a scorer that has to score
6. Score in any goal

Focus points – “Prescan/draw/eliminate”

1. Change the game – if it is not working then go somewhere else
2. Stop honeypotting
3. Encourage movement off the ball
4. Attackers move into space
5. Draw a defender (look at his stick)
6. Marking THE “unpassed” defender
7. SPEED on transition

New ball from coach

1. Lose the ball leave the game until reset
2. Reduce pitch size
3. Add players
4. Add types of passing
5. Lose the ball new team comes on

