

Pass And Get Ahead

Objective – encourage players to lead ahead of the person to whom they have passed the ball – *“what is my next job?”*

GameFocusResetProgression

1. 4 or 5 a side
2. score in goals in mini Ds
3. 3 points a goal
4. 1 point for leading ahead of the recipient of a pass

Use subs if needed

1. Goal – feed from keeper
2. 16 – feed from back line
3. Sideline – coach feed

Definition:

Leading ahead – provide an outlet ahead of the player that you pass to.

This does several things:

1. creates space for the ball receiver to use (because the passer has moved away)
 2. challenges the defenders who have to make a decision:
 1. run with the person who is leading ahead and risk them finding space high up the pitch to receive the ball.
 2. Tackle the ball carrier
 3. Try and “do both”
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1. Keep a game flowing and emphasise the importance of transition by getting rid of centre hits for goals.

2. Or...make a big deal of goals and award points for celebrations to make the session fun.

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1. Begin without the extra points for leading ahead, and start with only one point per goal.
2. To emphasise attacking
 1. get each team to set a target of how many goals or leads they can score in a half of hockey.
 2. If they achieve the target their score is doubled for that half

