

Score in the boxes

Objective – First touch, next action, “On the move”

Game**Focus****Reset****Progression**

1. 4v4,5v5,6v6 etc
2. Setup internal boxes – as many as you wish but not too many
3. Aim is to pass to a player in a box – and score
4. Also score but “first touch-next action into box
5. Rules are normal hockey

1. Body shape to receive and move
2. Stick position and action to move the ball
3. Supporting positions and angles to play forwards
4. Draw defenders to open passing choices

1. Normal Hockey

1. 5 balls each to see who gets the most goals
2. Limit time on ball
3. Limit types of passes and receipts
4. Add/remove players for infringements

