

# Surrey GU14 12th Feb – Reeds school

Our focus on sunday is going to be:

1. Defending without diving – short and sweet
2. Scoring in constrained environments
3. Pressing – 3 games in priority order – we will not use all
  1. <https://www.hockeytraining.co.uk/zonal-press/>
  2. <https://www.hockeytraining.co.uk/possession-transition/>
  3. <https://www.hockeytraining.co.uk/transfer-on-loss-press-to-recover/>

Following the training games we are going to play a ***full pitch game against the GU16s*** –

Our focus is to get structure organised – to that end I have attached a couple of files.

**I would really like everyone to**

1. Read the files and understand or prep questions
2. Watch this video – Managing the D  
Password ***surrey***



3. Arrive 20 mins early so we can use a white board and talk (bring warm clothes)
4. Then we will train
5. Finally we will test what we train on pitch

**Download files below**

1. In possession/out of possession job roles and pitch positioning – 1-3-2-3-2
2. job roles and pitch positioning – 3-2-3-2