

Uggle Zone Scoring 3v3

Game**Objectives****Focus on****Transition/Reset****Progression**

Game makeup

1. small pitch
2. 2 goals
3. 3 v 3 or can add depending on requirements
4. Ball rolled in from one or other corner
5. Try and score fast on the run

Rules

1. Std hockey rules
2. Attacking team gains a player on each goal
3. Normal scoring – if keeper scores then 3 goals

Explicit Objectives

1. Speed
2. Forward first fast
3. Movement off the ball

1. Fast reactions and transitions
2. Keeper working

Attackers

1. Move to instigate 2 v 1
2. Leading runs
3. Fast attack

Defenders

1. Channel
2. Disrupt and delay
3. Encourage mistakes

Transition/Reset

1. Restart when goal scored with rotating subs

Progression

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

