

09:30 - 09:40	<b>Checkin and mill around</b>	
	<b>Warmups Day 1</b>	
09:40 - 10:00	Bulldog wi and wiout ball 2 pax Ball grab - (see cone grab) Hula hoops - 2 hoops per 2 people have to get 25yds Ball thief	Donkeys tail - 5 person line last person with bib - first person to get bib rock paper scissors Video2
10:00 - 10:45	<b>Defending the D</b> <b>Objective</b> - Keep the ball out of the D	<b>Defending zones</b> <b>Objective</b> - Keep the ball out of the D Change the attacking channel Channelling by defender - Delay disrupt dispossess
	<b>Exercises</b> <a href="https://www.hockeytraining.co.uk/2-piggy-boxes/">https://www.hockeytraining.co.uk/2-piggy-boxes/</a> <a href="https://www.hockeytraining.co.uk/defence-the-circle/">https://www.hockeytraining.co.uk/defence-the-circle/</a> <a href="https://www.hockeytraining.co.uk/final-pass-teach-patience/">https://www.hockeytraining.co.uk/final-pass-teach-patience/</a>	<b>Exercises</b> <a href="https://www.hockeytraining.co.uk/defending-the-circle/">https://www.hockeytraining.co.uk/defending-the-circle/</a> <a href="https://www.hockeytraining.co.uk/1-v-1-channelling/">https://www.hockeytraining.co.uk/1-v-1-channelling/</a> <a href="https://www.hockeytraining.co.uk/defend-the-d/">https://www.hockeytraining.co.uk/defend-the-d/</a> <a href="https://www.hockeytraining.co.uk/channelling-onto-the-forehand/">https://www.hockeytraining.co.uk/channelling-onto-the-forehand/</a>
	<b>Game</b> 6v4 (7v5) around the D Points for penetrate, shot, score <b>Defenders score in corner goals</b>	<b>Game</b> 6v4 (7v5) around the D (No go area at top d) Points for penetrate, shot, score <b>Defenders score in corner goals</b>
10:45 - 11:00	<b>Break, water etc</b>	
11:00 - 11:45	<b>Penetrating defence/attacking fast</b> <b>Objective</b> - Forward first fast	<b>Transition</b> Speed & Defenders 2 up
	<b>Exercises</b> <a href="https://www.hockeytraining.co.uk/king-ball/">https://www.hockeytraining.co.uk/king-ball/</a> <a href="https://www.hockeytraining.co.uk/jump-back-fast-forward/">https://www.hockeytraining.co.uk/jump-back-fast-forward/</a> <a href="https://www.hockeytraining.co.uk/1v1-different-angle-into-">https://www.hockeytraining.co.uk/1v1-different-angle-into-</a>	<b>Exercises</b> <a href="https://www.hockeytraining.co.uk/4-corner-burst/">https://www.hockeytraining.co.uk/4-corner-burst/</a>
	<b>Look for</b> - Moving the defender, Dummies, move the defender, passing high quickly	<b>Look for</b> - Speed on defense closing attackers early (2up) Speed on attack spreading and high balls quickly
	<b>Game</b> Half pitch 6v6 etc Speed of scoring Successful dummy Move the ball 1/2 zones 25 to D in one shot	<b>Game</b> <a href="https://www.hockeytraining.co.uk/round-the-world/">https://www.hockeytraining.co.uk/round-the-world/</a> <a href="https://www.hockeytraining.co.uk/squeeze/">https://www.hockeytraining.co.uk/squeeze/</a>
11:45 - 12:15	<b>Lunch</b>	
12:15 to 12:50	<b>FUN GAMES</b> <b>Depends how many games and how many people and weather</b>	
	Gauntlet, Rounders, cricket 1v1 to goal Keeper - P stroke Keeper - Hits	Gauntlet, Rounders, cricket 1v1 to goal Keeper - Shuttles Keeper - P stroke
12:50 - 13:00	<b>Break and sort teams equally</b>	
13:00 to 13:30	3 x 10 min 7 a side games	
	<b>Prizegiving</b>	

#### Useful links

<https://www.hockeytraining.co.uk/warm-up-games/>  
<https://www.hockeytraining.co.uk/2-v-2-strips/>  
<https://www.hockeytraining.co.uk/warmup-activities/>

<b>Spare Games</b>	
<b>Ugly Zone</b> <b>Objective</b> - Fight and score - pass back to open the game	<b>Possession</b> <b>Objective</b> - Keep the ball POOP & SOOC <i>Pass Out Of Pressure/Stay Out Of Contact</i>
<b>Exercises</b> <a href="https://www.hockeytraining.co.uk/ugly-zone-gk-pressure/">https://www.hockeytraining.co.uk/ugly-zone-gk-pressure/</a>	<b>Exercises</b> 2v2v2 <a href="https://www.hockeytraining.co.uk/deny-space/">https://www.hockeytraining.co.uk/deny-space/</a>
<b>Insta score</b> Teams on either post - ball thrown in and they have to score	<b>Look for</b> - 2up defenders closing attack
<b>Look for</b> - Aggression, stick skills rolling out	<b>Game</b> <a href="https://www.hockeytraining.co.uk/win-the-ball-back/">https://www.hockeytraining.co.uk/win-the-ball-back/</a>
	<b>Game</b> <a href="https://www.hockeytraining.co.uk/round-the-world/">https://www.hockeytraining.co.uk/round-the-world/</a> <a href="https://www.hockeytraining.co.uk/squeeze/">https://www.hockeytraining.co.uk/squeeze/</a>