

## HNSW Skills Development Camp 2009

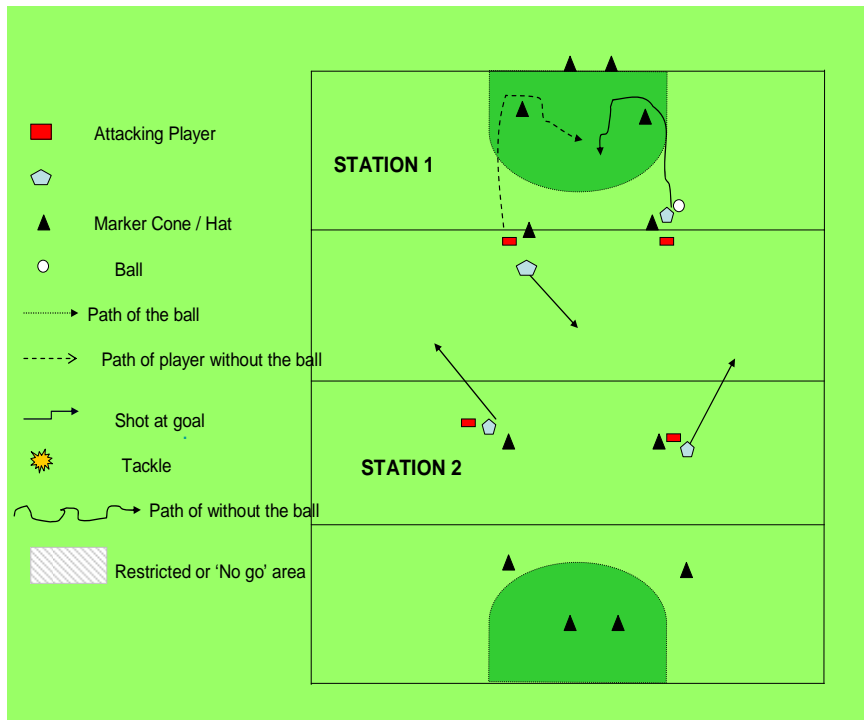
### Drill Bank – Pressure Passing and Attacking through the midfield

**Purpose:** To coach a player making a forward pass under pressure (CH, Inner, FB)

**Structure: of practice – See diagram below – it is NOT to scale.**

- ✓ There are TWO tackle boxes with small goal
- ✓ Start with “Blue” player in station one who carries the ball around the cone. His opposite player “Red” runs around his cone and tries to tackle “Blue” before he passes to his teammate.
- ✓ At the other box (station 2) we have a 2 v 2 situation where the “Blue” team is attacking.
- ✓ If the “Red” team wins the ball they play counter attack hockey – but only one play – if “Blue” win ball back – game over.
- ✓ Then start exercise again from station 2 where the “Red” make the play and the “Blue” team defends

### THEN PLAY INTENSE – CONTINUOUS HOCKEY GAME



### Coaching Points

- ✓ Body position of ball carrier
- ✓ Movement off the ball of other players
- ✓ Defensive positioning of defending players
- ✓ First touch of players receiving the ball
- ✓ Vision of ALL players
- ✓ Speed of Counter attack

THIS IS AN EXCELLENT EXCERSICE TO TRAIN THE BASICS OF PASSING UNDER PRESSURE AND PLAYERS LOOKING BOTH SHORT AND LONG TO PASS – PLUS FOR THE OTHER TEAM, TURNING DEFENSE INTO COUNTER ATTACK HOCKEY

NOTE THAT THE DRILL ABOVE IS NOT TO SCALE AND CAN BE PLAYED WITHIN 22M AREA & 25m LONG