

London Royals Training Season 2011-12

Please note that the timing and content of all sessions is only indicative and subject to change. This is based on experience from last season, where the number of participants and their skill level largely varied. It is furthermore the case that we were rather slow on drills (in comparison to a league team), but at the same time people seemed to get bored of doing a certain drill for too long (or what they thought was too long). It is therefore suggested that we use a number of progression within practise blocks (15 - 30 minutes), but at the same time try to keep the drill itself simple so we don't spend too much time on explanations. It is expected that players will get used to an increased training pace, this will be positively reflected in our match results and our training will hopefully be perceived as more professional. However, this may also mean that we have to skip some drills or progressions in this plan to stay within our timeframe - make sure there is always a (conditioned) game of at least 20 minutes in the end, players really seem to value this high.

Session Overview

#	Date	Overall Theme	Warm-Up	Practise - Block 1	Practise - Block 2	Practise - Block 3	Practise - Block 4	Game	Cool-Down	Notes/Remarks
1	25 Sep 2011	Basic Skills & Techniques (get back into hockey after long summer break, incl. hitting, pushing etc.)	Running (incl. backwards, side-steps, jumps) and Dynamic Stretches (ideally we can establish a routine, so people can remember it for before our matches) plus a non-hockey related game, e.g. ball game with name calling (to learn/remember new and old names) (max. 10-15 mins)	Round course of basic skills & techniques - 1) Dribbling (cones) 2) Hitting and 3) Pushing 4) Slapping and lastly 5) V-Drags (both sides) (max. 5 mins each, approx. 30 hour, but may need to be shortened according to numbers or needs of participants)	Drill including all these basic techniques - dribble through cones, slap hit over longer distance, push pass, v-drag and hit on goal (2-3 turns each, depending on number of people) (max. 15 mins)			20 - 30 mins match (possibly with short drinks break, depending on numbers and people's fitness), emphasis on passing and correct usage of push, slap and hit	Quick run around the pitch and stretch (again, would be good if we get that into people's head as a routine for matches), remember to take new people to pub	
2	2 Oct 2011	Passing (also playing around the back, to the wings and where we shouldn't pass) plus penalty corners and goalie training (make sure we know who is going to be in goal next week)	Running and Dynamic Stretches routine plus some basic fitness, agility and speed exercises (max.15 mins)	based on last week's session, start with push passes between two and then move on to passing while running (diagonal and square) plus goal shot (passing while running, correct footwork, watch surroundings), then integrate a player on the wing who comes from behind to pick up the ball (accurate, moderated passing while running at pace) (20 mins)	based on last week's session and the prior drill, set up game-related situation (e.g. 4v3 or 5v4) for passing around the back (with the aim to transfer the game to the other side of the pitch) (20 mins), have game directly afterwards, encouraging players to continue using what they just learned		Penalty Corners triangle drill for everyone to learn/practise injecting and stopping establish 3 basic routines the whole club knows select 3 people for each post, make sure others know where they are going (15 mins, but if there are a lot of people, continue with the people likely to be in the short corners next week and have the others playing)	(20 mins before PCs) game on half pitch, but using the wide sides as the goal line to have a wider field (change if PC practice continues) - defenders should try to transfer the ball when possible (communication)	Quick run around the pitch and stretch (routine)	if we have a goalie, it would be good to have an extra person to coach them
M 9 Oct 2011 AWAY MATCH (EAST LONDON)										
3	16 Oct 2011	Basic Defending & Tackling (to build on the passing session, defenders are added in this one)	Running and Dynamic Stretches routine (max. 10-15 mins)	passing between two with one defender and then goal shot to relate to last week - explain tackling on current behaviour of players and question their understanding - possibly move to 1v1 to demonstrate the technique involved (approx 20 mins)	2v1, 2v2, 2v3, 3v3 situations - defenders plays ball to attacker to start off (use one side of the pitch) with either goal shot or defenders have to carry the ball to a specified area (approx 20 mins) - maybe two groups depending on numbers and coaches		PCs if required (end of the session), possibly round of penalty flicks	20-30 mins game - try to split regular defenders and attackers into two teams - to have as many attack-defender encounters as possible	Quick run around the pitch and stretch (routine)	
M 23 Oct 2011 HOME MATCH (Redbrige)										
4	30 Oct 2011	Building up the Game from Defense (using basic defending skills and playing around the back from the last sessions)	Running and Dynamic Stretches routine plus some basic fitness, agility and speed exercises (max.15-25 mins)	quick reminder on slap hits (incl. technique for beginners who haven't been there before or need a refresher) , between 2, with varying distances and marking the target area with cones for accuracy (10 mins)	start with a 2v2 situation on one side of the pitch, move to 2v3 or 3v3 up to 5v5 (6v6 dependent on numbers) and then introduce another player on the other side of the pitch as a target for the defenders (playing around the back is point for them, goals for attackers) (20 mins) (break to question tactics used/general understanding)	letting the ball out of the left defensive position drill (3v3) set up (15-20 mins)		approx 20-30 mins game, possibly drinks/tactics break (depending on time and numbers)	Quick run around the pitch and stretch (routine)	Notes - the timing of the session depends on numbers - warm-up/fitness needs to be shorter if there are way more than 10 to 12 people, but since there are no matches for a while, we can work a bit on fitness
5	6 Nov 2011	Entering the D and Goal Shots (as a continuation from last time)	Running and Dynamic Stretches routine plus some basic fitness, agility and speed exercises (max.15-25 mins)	working on elimination techniques (V-drags/ lifting the ball/roll round on both sides), depending on the participants, start slowly and progress to a faster pace (final drill set up in front of the D incl. goal shot) (15 mins)	based on the prior drill, add a passive and then active defender (10 mins)	based on the prior drill, add a second player around the goal line (and defender if there is no goalie) (10 mins)	if we have a goalie, have 1v1 (player on goalie) round, then 2v2 (maybe skip earlier drill, 10 mins)	20 mins game - use a real hockey goal (swop sides halfway through) to practise shooting	Quick run around the pitch and stretch (routine)	because of the goal shots theme, this would be an ideal session to have a goalie
6	13 Nov 2011	More on Goal Scoring (including build up from 25 and deflections)	Running and Dynamic Stretches routine (max. 15 min)	as a progression from last week, play 3v2 as an attack over one diagonal side of the pitch (change) and make sure attackers run effectively (20 mins)	from the last drill, pick up on deflections and scoring from positions close to the goal, start with coach throwing/ passing ball for direct take (mention goal post position), then have others players playing the pass from the goal line (15-20 mins) (if there are a lot of players, make two groups and have the others practising lifting the ball or v-drags in 1v1s) (+10 mins)		PCs if required (end of the session), possibly round of penalty flicks	20-30 mins game - play half pitch on hockey goal with two small goals on the halfway line to get some space for the moves practised earlier (therefore include break if needed)	Quick run around the pitch and stretch (routine)	same here, because of the goal shots theme, this would be an ideal session to have a goalie
M 20 Nov 2011 HOME MATCH (Wapping)										
7	27 Nov 2011	Basic Tactics I (everything from last session that still needs to be covered, plus attacking principles, where to run as an attacker, how to support other players (help side), how to react to the opposition's 16s or free hits) - IMPORTANT: there should be a quick reminder session on this in January	Running and Dynamic Stretches routine (max. 15 min)	Use a 2v2 situation to introduce tackling as a pair (let players run through it first, then question their tactics and introduce adaption) (15 - 20 mins)	Based on the prior drill, set up a 3v2 with a single attacker running at high speed (also include a goalie/defender in the goal) to work on positioning and decision-making in this situation (a Royals classic in the last season) (15 mins - 20 mins)	Set up a 5v4 or 6v5 in the D and have an attacker playing the ball into the D to explain the principles of marking (15 - 20 mins) - from that move directly to a small-sized game on the same principles (15 mins - 20 mins, plsu 20 mins game)	For everyone likely to be defending PCs - Defending PCs (walk through) to avoid injuries, only if you feel really comfortable have a game-like practise	20 mins conditioned game on marking (see drill)	Quick run around the pitch and stretch (routine)	it would be great to have a goalie here, so people could learn how to play with the goalie in defense
M 4 Dec 2011 AWAY MATCH (Waltham Forest)										
8	11 Dec 2011	Basic Tactics II (everything from last session that still needs to be covered, plus attacking principles, where to run as an attacker, how to support other players (help side), how to react to the opposition's 16s or free hits) - IMPORTANT: there should be a quick reminder session on this in January	Running and Dynamic Stretches routine (max. 15 min)	Set up a defending side taking 16s/free hits and have 5 attackers against them - run through this set up a few times, make some adaptations and repeat (15 - 20 mins)	Using a defined side channel, have a 3v2 into the direction of the goal, then introduce another defender plus another attacker coming to support from behind (15 -20 mins)	Add another attacking player to the prior set up, which serves as a defensive midfield that has moved up, so he can now be used for a back pass and/or transferring to the other side (+10 mins)		20 mins - From the drills, move into a game onto one goal, with the defenders (possibly a player or two down) winning a point when bringing the ball over the halfway line	Quick run around the pitch and stretch (routine)	