

26th March 2012

Tuesday, 27 March 2012
7:09 AM

Hi coaches, tonight we again had a full group with the exception of Celeste who continues to have state training. Tonight we also introduced new safety equipment (face masks and gloves) to allow us to start doing DPC/APC work. Finally, we had the full pitch so we were able to use both sets of goals and had a goal keeper at each end.

This week's session

Time	Activity	Comment
6PM	Warm-up	Tonight Harrison led the group in 4 full laps jog/dynamic run and then we did some sprint work for about 5 minutes.
6:15PM	Start supervised sticks warm-up	The stick warm-up tonight was done as a follow your pass exercise. We initially set the pass distance at about 5 meters and then grew it to about 12-15 meters.
Drill 1	Al: Elimination skills	Al explained the importance of getting good drag length when using a drag to eliminate a player. Players were encouraged to drag the ball from outside of one foot and past the outside of the other foot. It was explained that the shape of the drags needed to move the ball back and away from the tacklers stick.
Drill 2	Darren: Penalty corner skills	We split into 2 groups - APC and DPC. Al worked with the APC group and the focus was on the corner push and the corner trap. At the other end of the pitch, Darren explained the DPC roles: GK, Sweeper, Post, 1st Runner, 2nd Runner. We ran through some corners with players taking it in turn to try out different roles. Face masks and gloves were used by the players who were in the role of sweeper or post.
7:20PM	Warm-down, collect balls	Kelsey led the group in a half pitch jog and stretch session.



Upcoming Coaching Commitments Mon 2nd April

- Game 1: Black versus Gold

Link to full coaching schedule here:
[Google Docs Document](#)

Next Week

We have the first game next week and we will use that to finalize the 2 groups for the remainder of the year. The goals of the games should be:

1. View and assess skills execution in an integrated environment
2. Develop good habits around approach to games
3. Transfer knowledge to players about structural elements of hockey
4. Assess development coaches

The schedule for the game will be:

Time	Activity
5:45PM	Players and coaches arrive at ground
6:00PM	Teams separate into change rooms for pre-match brief
6:10PM	Teams on pitch for warm-up
6:30PM	Game starts
6:50PM	End first period
6:55PM	Start second period
7:15PM	End second period
7:20PM	Start third period
7:40PM	End game
7:45PM	Warm-down
7:50PM	Teams back into change rooms for post-match debrief
8:00PM	Close

Photo's from tonight's session

