

HP Program

Session 1 (2 hours)

Start with dynamic warm up with ladders. Get the guys knocking up in pairs emphasising midfielders and forwards turning and arcing, defenders receiving and moving

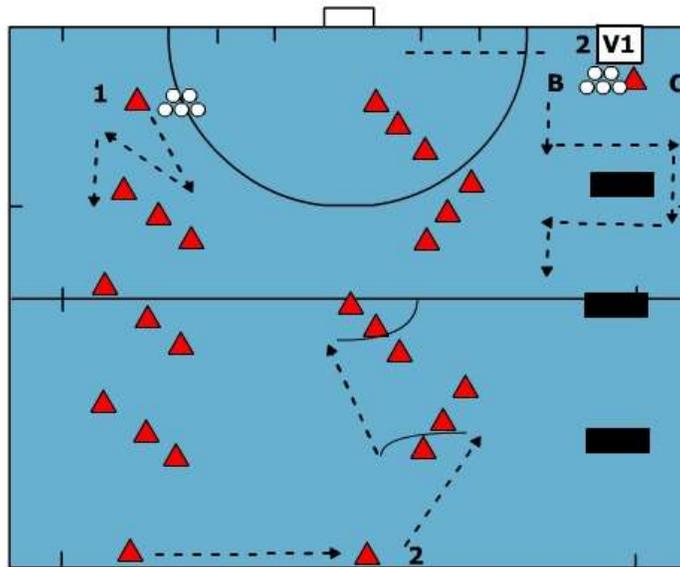
NOT STATIC RECEIVING. Back 4 guys can just move the ball without arcing before distributing.

BACK 4 PASSING SKILLS: Hitting normally (low hitting technique), Hitting off right leg front stick, passing off both feet reverse, slap, push and areal on move

MIDFIELD/FORWARD RECEIVING SKILLS: Strong turning and arcing with right leg facing forward to make arc easier. Strong tuck, hook shape leads both sides.

15 mins

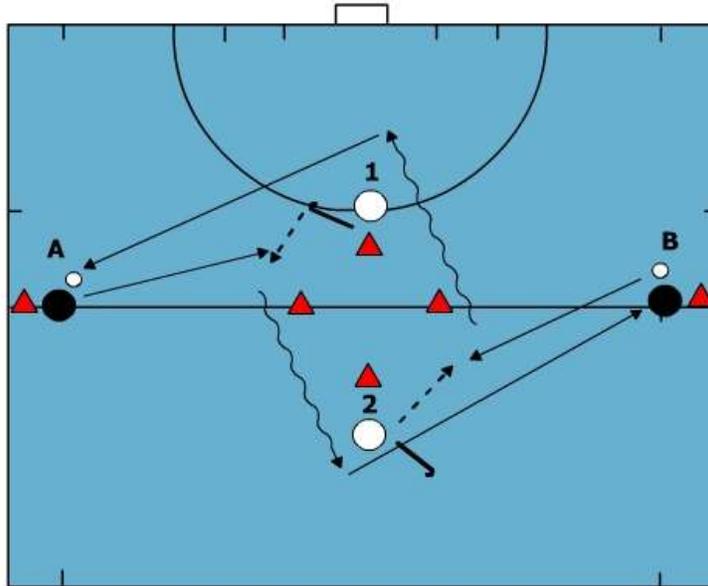
Skills Circuit 1 (20 mins Continuous)



Players start at 1 with balls. Strong pulls at 45 degree angle or areal options over. Move from 1 to 2. Run at an angle towards right. Squeeze skill inside. Run at angle to left. Areal flip to right hand side using shovel or reverse flip. Continue to end. Move to last station 2V1.

Players wait for partner. They must make a square 2v1 pass before the cones and then immediately after. 2 passes per line of cones. Once at the end players walk back as recovery.

Receiving Skills 2 (5x1 minute timed, each pair, 15 mins)



Working in groups of 4.

Two players receiving in the inside. They must both do the same receiving skill then arc and pass to opposite side.

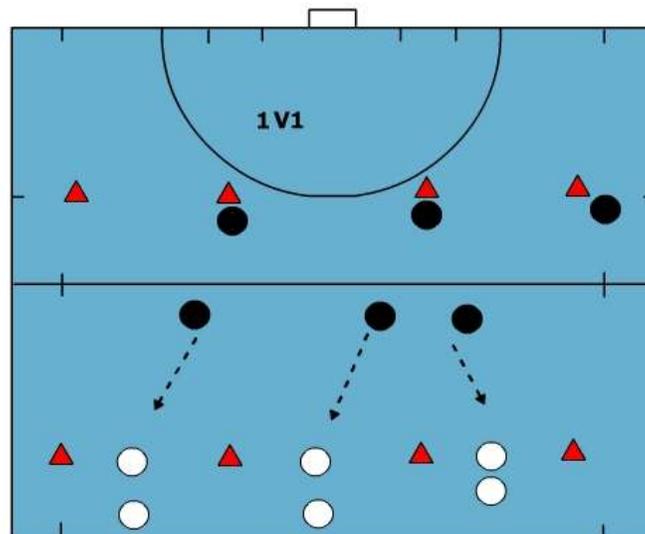
A passes to 1 who turns and does a strong arc and passes to B. B does exactly the same, at the same time to 2. Once 2 players are ready same is repeated. Although seems repetitive. We need to create habit forming receiving skills.

Timed 1 min pairs x 5 each (Alternate)

Add in strong tuck across body after 1st set.

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Exercise 3 1v1 (Emphasis of Defensive work) 20 mins



3 defensive zones. Left, centre right.

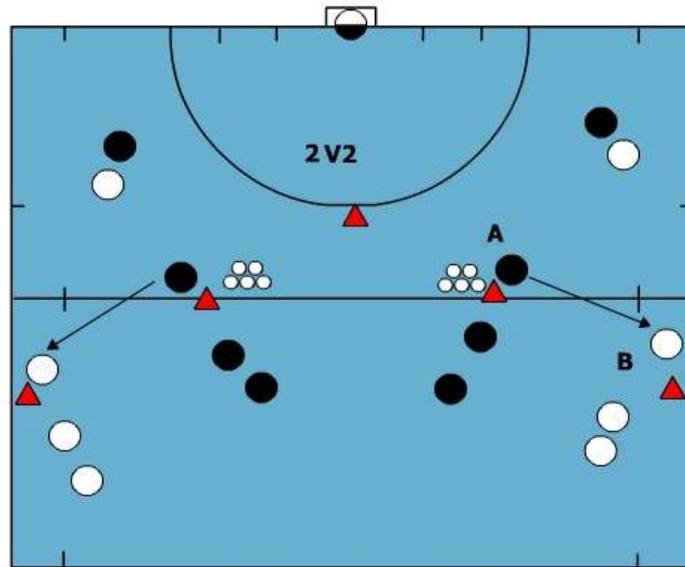
Outside zones force outside, centre zone force to front stick.

Defensive skills. Side on engagement, dictating space attacker has, blocking infield running line, moving in the same direction as the attacker before trying to delay or win possession to prevent complete elimination, if tackle is missed. Make first fake jab to make attacker make first movement.

All players must practice in all 3 zones

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Exercise 4 (2V2) 20 mins



Left and right 2v2.

Divide your squad in half to left and right. A (defender) passes to B (attacker). 2 players decide before hand that is defending and attacking. Play 2v2.

As soon as right is done, left goes. While other side is going, opposite side prepares. Once a player has defended he must attack on the next go. Just fill positions, no specific order, make sure high intensity. Little or no rest

10 mins each side swop

TOTAL 1.5 HOURS

WARMDOWN