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| Name: Heber Ackland, Angus Ross |  EH Coach Course Session Plan  |
| Date: 14 Jun 16 | Time: 6.20pm | Venue/facility: Ralph Allen School | Risk assessment complete: Yes |
| Session no.: 2 |
| Group and age: 10 – 14 years, boys and girls | Coaches/personnel: 2 Lead Coach, Asst and Junior Coaches | Equipment/resources: Balls, bibs, throw downs |
| Ability: Mixed | Others: N/A | Participants’ needs: Varied, enthusiastic Junior Academy group |
| Objective: Run a coaching session for Juniors on the theme of ‘**Receiving’** using a constraints led/games based approach, the GoldenThread, Questioning and the Change It analogy. |
| Time | Activity/Session Content (including Progression) |  | Coaching Points |
| 6.25 – 6.30pm | Introduction and attendance checkSession Introduction & safety | Fun☐Lots of touches of the ball☐ | 1. Principles: Fun, Learn, Questions
2. Protective kit.
3. Link from last session to this one.
4. Theme – Receiving – one of the most important skills in hockey!
5. Breakdown of session
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| 6.30 – 6.45 pm | **(1) Warm Up** – in pairs, pass back and forward to each other | Constant decision making☐Looks like the game☐Stretch☐ | Post up receive, open receive and reverse receive. Generate discussion about these 3 ways of receiving, each of them very different technically. This session will focus on post up receive and open receive.Introduce following principles:* (1) Eyes – maintain vision (2) Feet and shoulder position – to be ready for next play (3) Stick position – to achieve ball control
* Pre-scan for space and options
* Feet and shoulder position – GO FORWARD
* Drop right hand down stick a bit
* Be ready and show INTENT - upright stick not flat stick (and not waving in air)
* End up in the right carrying position and maintain Stick on Ball (SOB)!
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| 6.45 – 7.05 pm | **(2) Posting Up Games**Groups of 4, one receiver facing 3 passersReceiver to receive on left foot and pass back and forward, keeping mobile and increasing the speed. Each individual gets 3 – 4 minutes each in total. |  | Key coaching points:* Open shoulders, split feet, left foot forward (not square)
* Receive in front of left foot – keeps passomg options open.
* Drop right hand on stick
* Upright stick
* Keep feet moving
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| 7.05 – 7.25 pm | **(3) Open Receive Games**In 3s with a barrier – 1 receiver, 1 passer, 1 in queue. Receive the ball across body the length of the barrier and drive past the barrier in 1’clock carry position.Rotate through exercise. |  | Key coaching points:* Feet and shoulder position – face forward
* Stick upright with left hand pushed to right
* Receive well inside left foot and cushion across to outside right foot ie 1 o’clock position
* Drop backwards to receive if required to disengage from defender
* Then keep SOB and carry the ball forward.
* Consider use of the ‘pull back’ in combination with the above (pull the ball back towards you by a few inches.
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| 7.25 – 7.55 pm | **(4) Small Sided Game**Rectangular pitch divided into 3 zones with cones inside 2 opposite corners.Defensive team must have 1 defender in each end zone (3 in total). Possession team has 5 players and must have at least one player in each zone. Aim is to keep possession while moving ball around the 2 cones at the diagonal. Encouraging passing, receiving and possession. Then swap over. |  | Progressions:* Keep possession as long as possible
* Every 2 rotations of the pitch in one go is 1 point.
* Every player who beats an opponent with a receive and drive gets 1 bonus point.
* Reduce the number of attackers or increase defenders.
* If possession team struggling don’t allow block tackles - only allow jabs & interceptions.
* Add time limit to achieve 2 rotations.

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| 7.55pm | Cool-down and recap. Link to next week’s session – **Move the Ball Forward**. |
| Contingency plan: If sessions 2 and 3 don’t need as much time, then move on sooner to the next session, or to the small sided game. You can then come back to the technical shaping later or implement a me and my ball time session in pairs to practice the open receive in particular.  |

**Coaching Session Evaluation**

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| Describe how you feel you met the objectives of the session and if there is anything that you would change: |  |
| Describe how you feel you managed to incorporate the elements of the Golden Thread into your session. Describe how you would adapt future sessions to include or enhance any of the elements. |
| Fun: | Lots of touches of the ball: | Constant decision making: | Looks like the game: | Stretch: |
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| Feedback from Others |
| Did you receive feedback from others?What was the method of feedback and who from? |  |
| Self-evaluation  |
| What were your areas of strength? |  |
| Priorities for own personal development/action plan: | Development: | Action plan: |