

## Day 14

### Playing Style - Advanced Programme

At this point in time, we need to concentrate on ensuring that the players are competent at an Under 15 level.

**NOTE: Today is the first day of Match Play - the focus today will be to discuss the two basic playing patterns, namely:**

- ❖ **Offensive Pattern - GK-2-3-3-2;**
- ❖ **Defensive Pattern - GK-1-3-4-2.**

### Skills Progression - Under 15

#### Emphasis

1. **Fitness** - Depending on other activities enjoyed by the players outside their hockey, fitness work may need to be introduced at this level.
2. **Decisions** - Players should be involved in any decision making and be given responsibility to make their own decisions during games.
3. **Tactics** - Players should be able to cope with the concept of playing to a team tactic or set play.
4. **Skills** - Emphasis should be placed on the correct performance of skills with remedial skill sessions as and when required.
5. **Mental Skills** - Players should be able to prepare themselves mentally for the game.

#### Game Plan

##### Players should:

1. Be able to change the way they are playing depending on how the opposition is playing;
2. Communicate collectively to enhance decision making;
3. Vary the tempo of the game;
4. Exploit width and depth;
5. Be encouraged to create three on two's in a game;
6. Change the play and / or retain possession by back passing;
7. Understand and execute set plays;
8. Understand the concept of taking risks to score goals;
9. Be encouraged to interchange positions;
10. Understand the concept of man-to-man and zone Defence (**NOTE: Also known as "Ball Side / Help Side"**);

#### Skills Standard

1. **Dribbling** - Players should be able to get eye contact while dribbling under pressure;

2. **Deception** - Players should be able to deceive opponents with both stick & body movements;
3. **Trapping** - Players should be able to trap and control a raised ball;
4. **Goal Scoring** - Stance & Positioning - Players should be able to get into position and stance to be able to receive the ball in a good position for an immediate shot at goal;
5. **Corner Defense** - Players should be able to vary Defence to cope with attacking variations;
6. **Slap Pass** - Players should be able to execute a slap pass;
7. **Flick, Scoop & Jink** - Players should be able to flick, scoop & jink;
8. **Goalkeepers** - Goalkeepers should be able to read the play and direct defenders.

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### 03.01.15 Discussion on Playing Format - as per 02.14 Playing Style

**NOTE:** It is important for the players to gain a thorough understanding of the patterns and what the expectation is of each position - it is also important for the substitutes to understand what positions they will be expected to cover:

1. **Forward Substitute** - Outside Left Midfield, Left Wing Forward, Right Wing Forward, Outside Right Midfield & Center Midfield / Center Back.
2. **Defense Substitute** - Sweeper, Left Back, Right Back, Inside Left Midfield & Inside Right Midfield.