

Day 16

## Playing Style - Advanced Programme

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

**NOTE: Today's focus is on Match Play based on our basic playing patterns, namely:**

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

## Skills Progression - Senior

### Emphasis

1. **Fitness** - Players should maintain a high level of fitness and be subject to routine testing;
2. **Decisions** - Players should be able to analyze opposition tactics and devise methods to combat these;
3. **Tactics** - Players should be able to play advanced team tactics or set plays;
4. **Personal Development** - Players should be able to balance their sporting, academic and career commitments. Emphasis should be placed on organization of time and setting priorities;
5. **Diet** - Players should be aware of the role diet plays in attaining peak performance;
6. **Mental Skills** - Players should be able to prepare themselves mentally before, during and after the game;

## Game Plan

### Players should:

1. Play to a team strategy;
2. Control the tempo of the game;
3. Alter game plans in response to opposition strengths and weaknesses;
4. Execute set plays.

## Skills Standards

1. **Execution** - By this stage in their development the players should be proficient in most skill aspects of the game. These skills may need to be honed in order to properly execute team strategies and set plays.
2. **Ball Protection** - Players should be able to protect the ball using the stick;
3. **Steal Tackle** - Players should be able to perform a steal tackle.

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**03.01.19 Play Transition from Offensive Pattern - GK-2-3-3-2 to Defensive Pattern - GK-1-3-4-2 and from Defensive Pattern - GK-1-3-4-2 to Offensive Pattern - GK-2-3-3-2**

**Objective:**

1. To develop play transition from Offensive Pattern - GK-2-3-3-2 to Defensive Pattern - GK-1-3-4-2 and from Defensive Pattern - GK-1-3-4-2 to Offensive Pattern - GK-2-3-3-2.

**NOTE: AT this point in time, although we have already asked the players to present a skills practice over Day 10, Day 11 & Day 12, today is when the final decision needs to be made on who is the starting line-up and substitutes for the 1st sides - the rest of the practice sessions are aimed at developing this team to be a winning team based on the objectives for the season:**

Goal Keeper : \_\_\_\_\_;  
Sweeper : \_\_\_\_\_;  
Left Back : \_\_\_\_\_;  
Right Back : \_\_\_\_\_;  
Outside Left Midfield : \_\_\_\_\_;  
Inside Left Midfield : \_\_\_\_\_;  
Center Midfield / : \_\_\_\_\_;  
Center Back Inside Right Midfield : \_\_\_\_\_;  
Outside Right Midfield : \_\_\_\_\_;  
Left Wing Forward : \_\_\_\_\_;  
Right Wing Forward : \_\_\_\_\_;

**Substitutes:**

Forward / Midfield : \_\_\_\_\_;  
Defense / Midfield : \_\_\_\_\_;

**Execution of Skill:**

1. **Unopposed Hockey** - Animated Skill Drills - Small Team Games - Exercise 13;
2. **Width in attack** - Animated Skill Drills - Small Team Games - Exercise 14;
3. **Diamond** - Animated Skill Drills - Small Team Games - Exercise 10;
4. **Passes into Space** - Animated Skill Drills - Small Team Games - Exercise 24.