

ROLLER HOCKEY



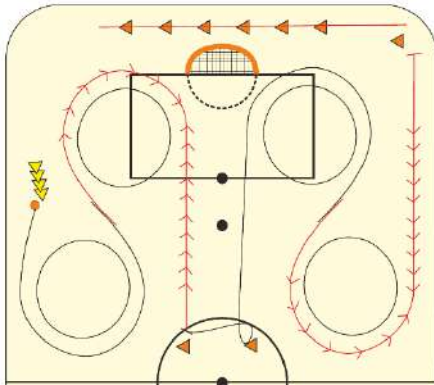
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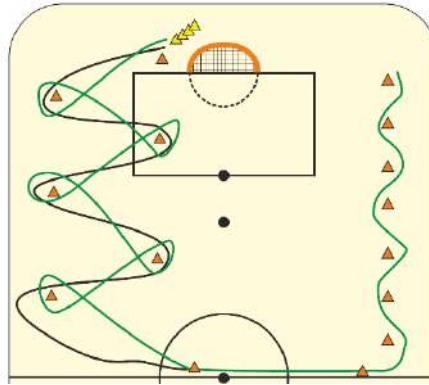
GROUPS 1 / 2 - SESSION 1

BASIC SKATING – GROUP 1

Without Ball

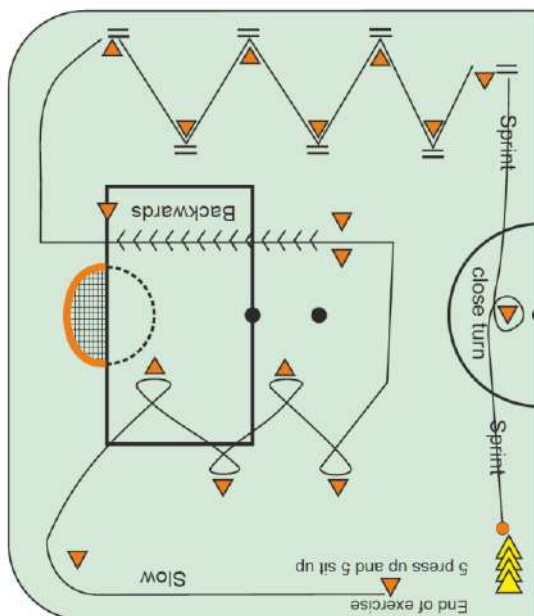


With Ball

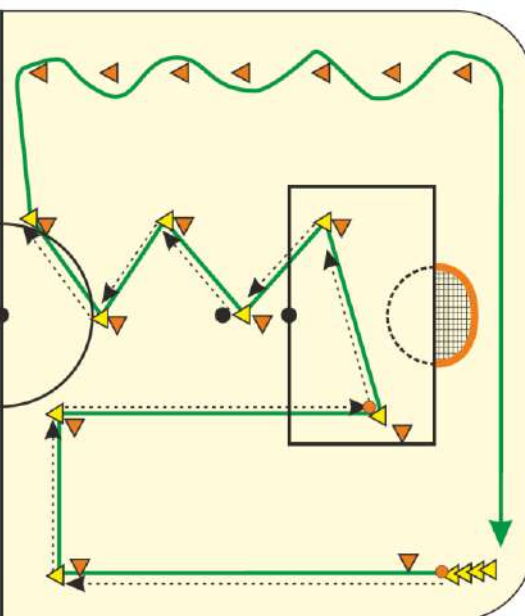


INDIVIDUAL TECHNIQUE – Group 2

Without Ball



With Ball



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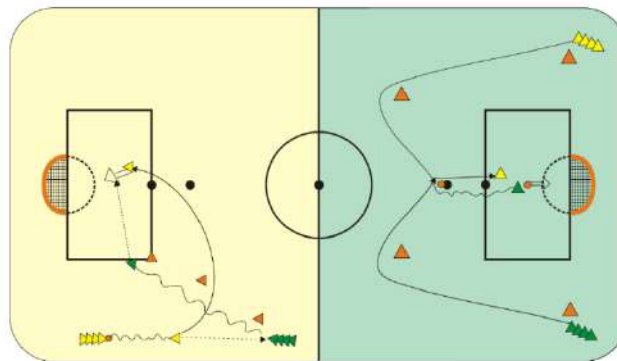
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GROUPS 1 / 2 - SESSION 1

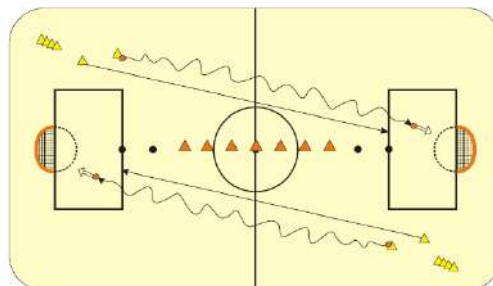
PASS EXERCISES – Groups 1 & 2



FAR POST FINISH & 1X1 UNDER PRESSURE – Groups 1 & 2



1X0 UNDER PRESSURE – Groups 1 & 2



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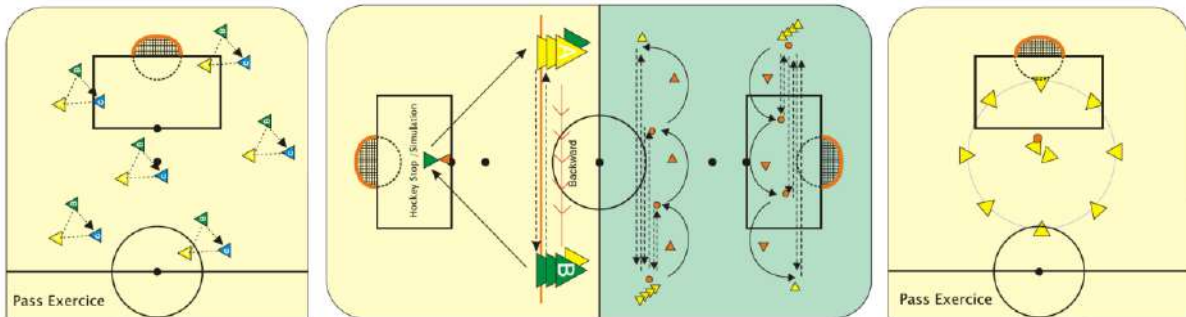


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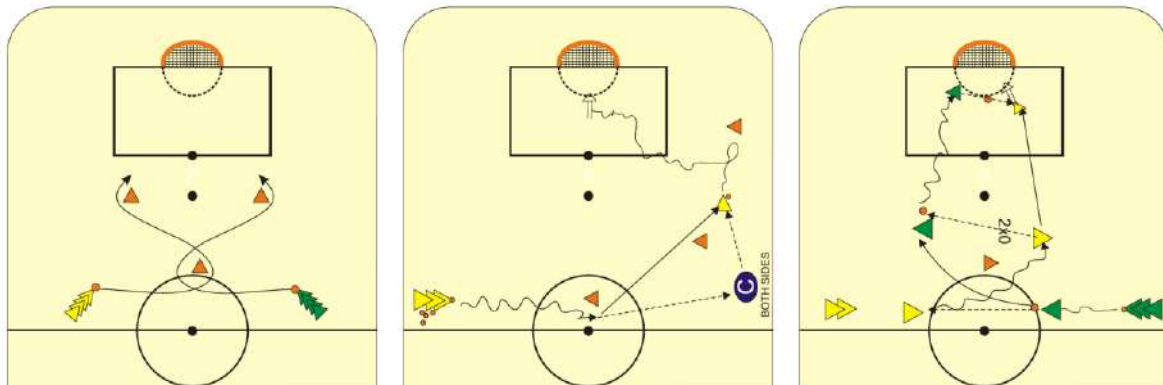
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GROUPS 1 / 2 - SESSION 2

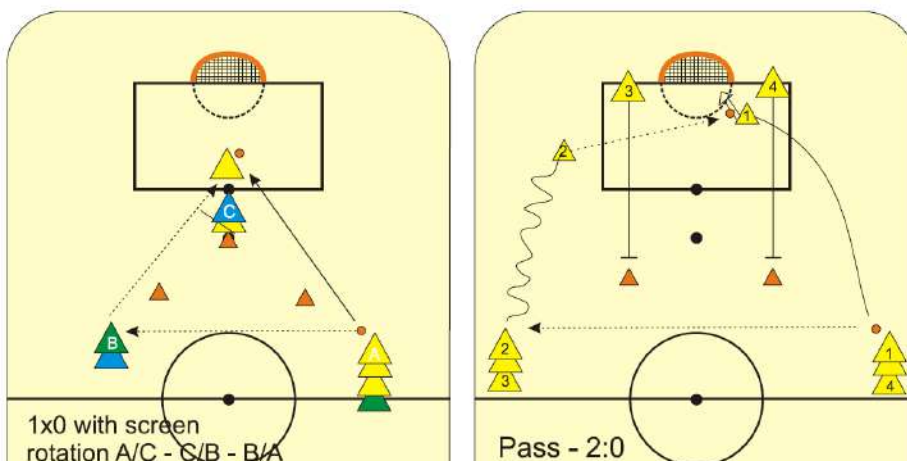
PASS EXERCISES – Groups 1 & 2



PASS WITH 1X0 & 2X0 EXERCISES & SHOTS – Group 1



Reaction Exercises – 1x0 & 2x0 using screens – Group 2



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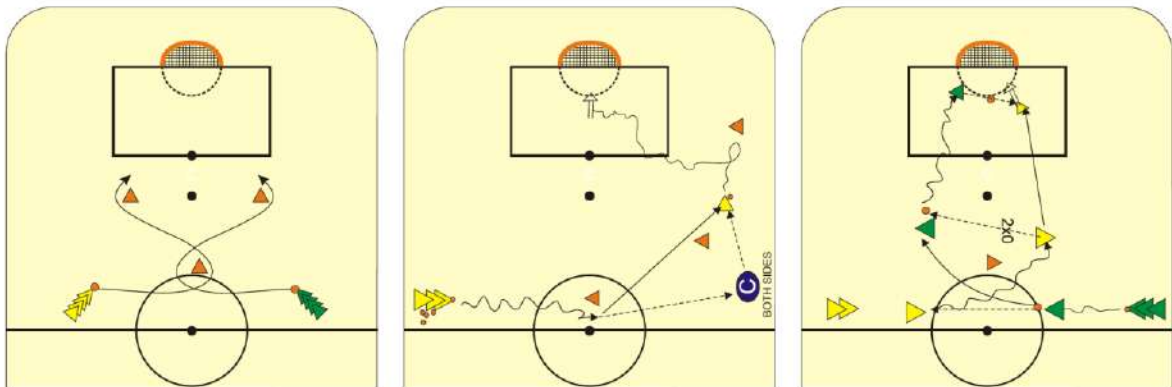


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GROUPS 1 / 2 - SESSION 2

Shots – 1x0 (Coach helps with the pass) - 2x0 (Players cross over) – Group 1



SHOOTING EXERCISES – Group 2



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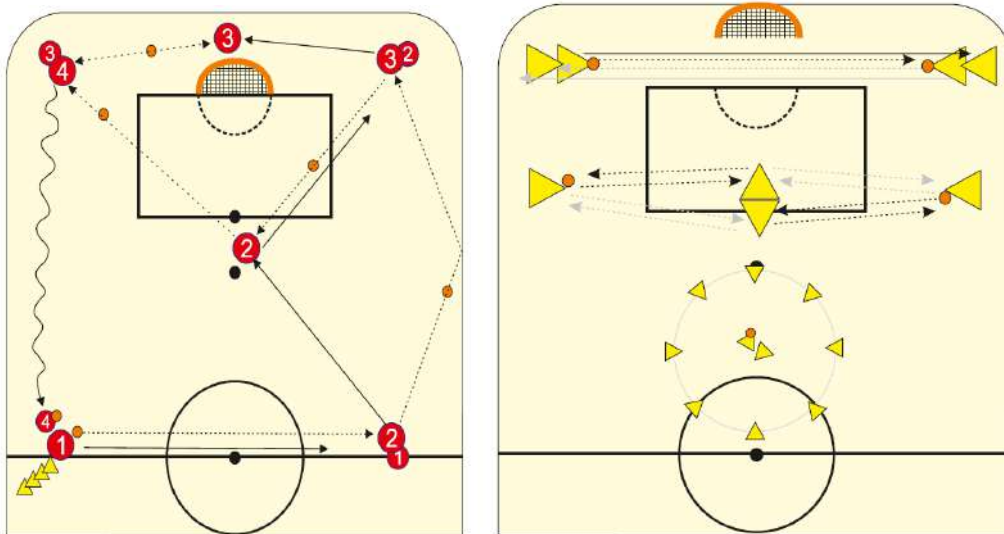
GROUPS 3 / 4 - SESSION 1

WARM UP

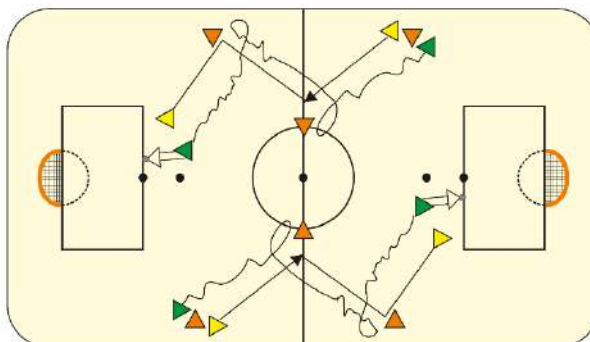
INDIVIDUAL TECHNIQUE

One ball to each players for ball control using turns and speeding up.

PASS EXERCISES – Groups 3 & 4



Transition under pressure with turn – Groups 3 & 4



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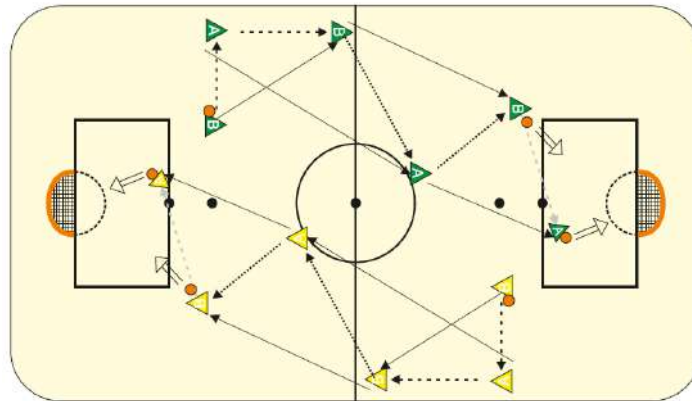


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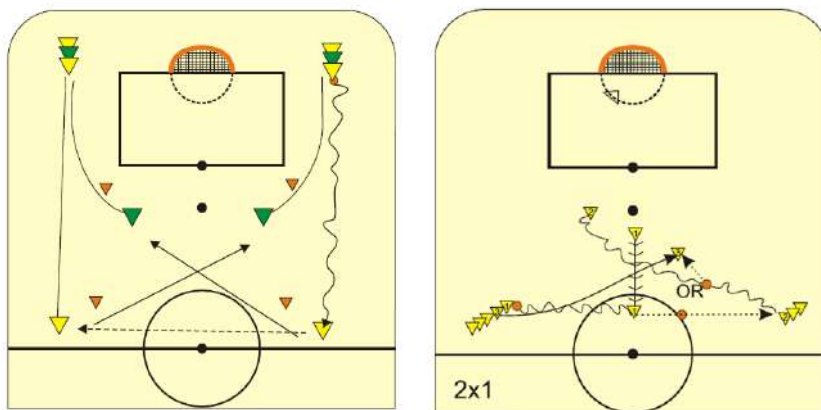
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GROUPS 3 / 4 - SESSION 1

2X0 Lateral transition – Groups 3 & 4



2X2 Pass & Cross & 2x1 Pass & Cross – Groups 3 & 4



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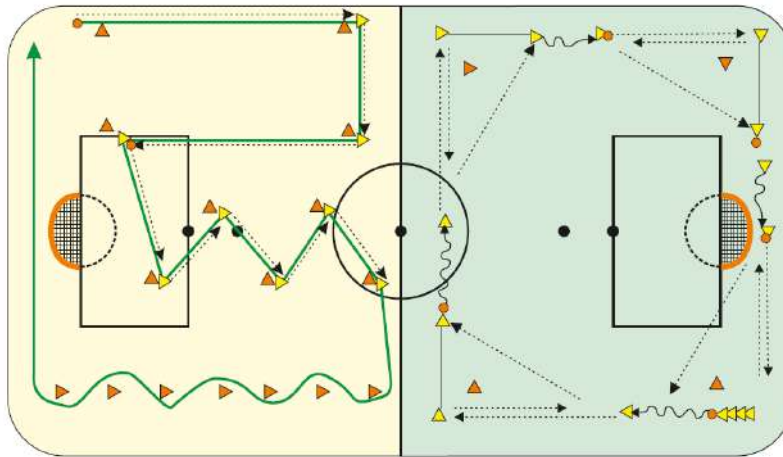


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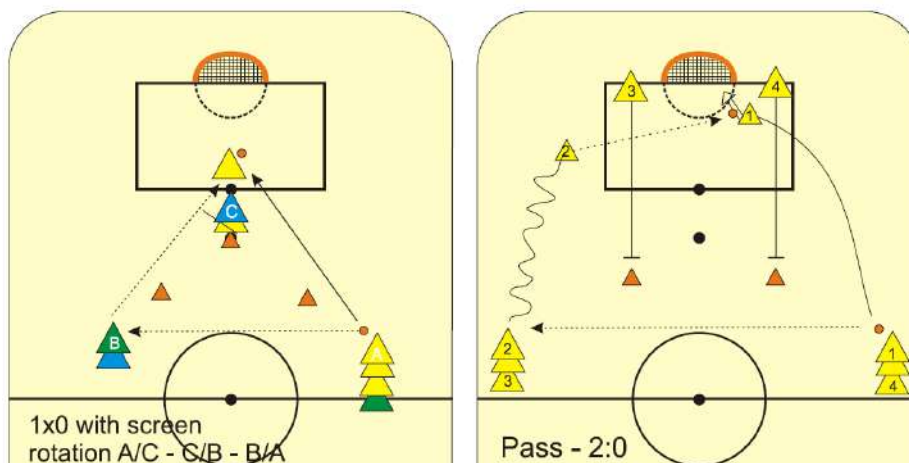
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GROUPS 3 / 4 - SESSION 2

Individual Technique & Pass Exercises – Groups 3 & 4



Reaction Exercises – 1x0 & 2x0 using screens – Groups 3 & 4



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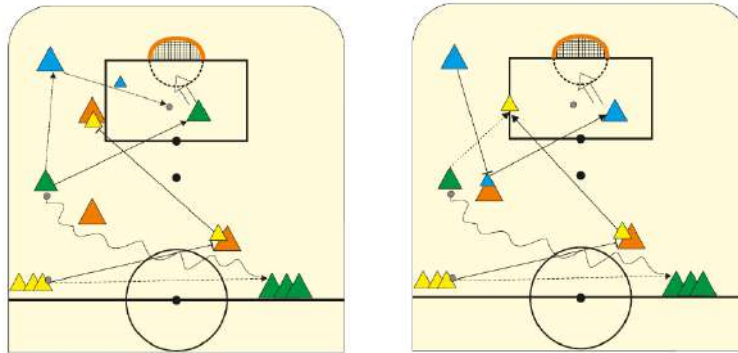


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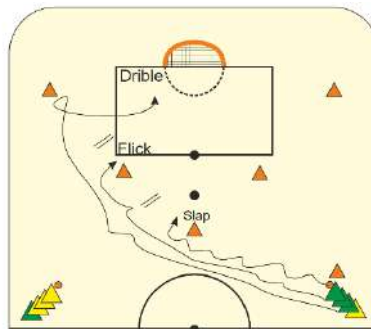
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GROUPS 3 / 4 - SESSION 2

Far Post Finish with Screens – Groups 3 & 4



Slap/Flick Shots & Dribble Exercise – Groups 3 & 4



Slap Shot with Player in front of the goal – Groups 3 & 4

