

ROLLER HOCKEY

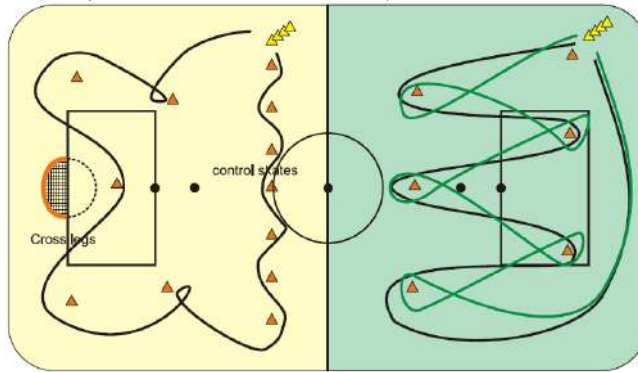


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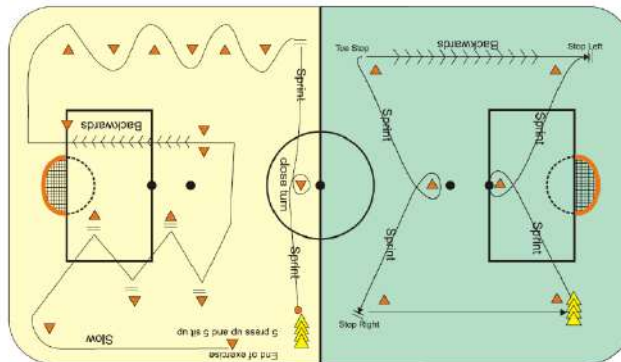
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GROUPS 1 / 2 - SESSION 1

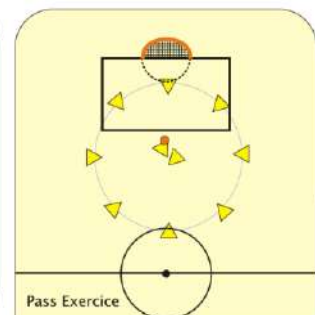
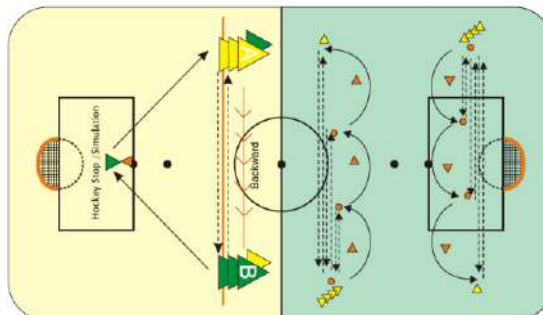
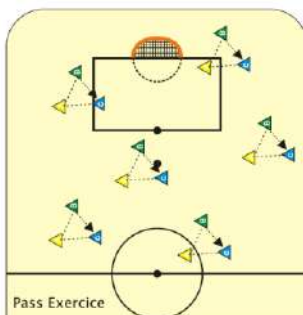
BASIC SKATING WITHOUT AND WITH BALL – Group 1



INDIVIDUAL TECHNIQUE – Group 2



PASS EXERCISES – Groups 1 & Group 2



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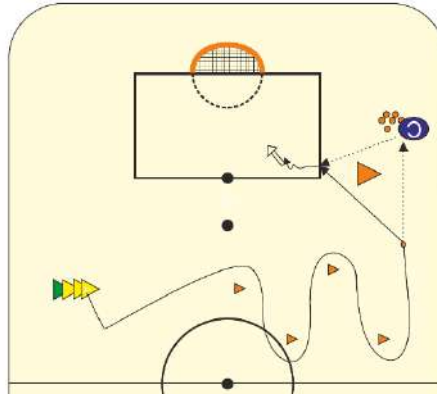


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GROUPS 1 / 2 - SESSION 1

Ball Control, Pass and Move and 1x0 exercise – Group 1



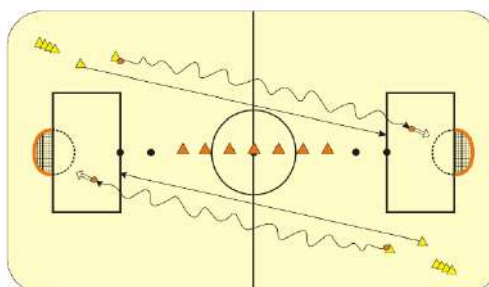
1x0 & FAR POST FINISH EXERCISES – Group 2

This draw combine two exercises:

- 1 – Put all players in one corner to skate with the ball in Zig Zag then turn on the cone on half way line and create 1x0
- 2 – Execute the exercise as show in the draw



1X0 UNDER PRESSURE – Groups 1 & 2



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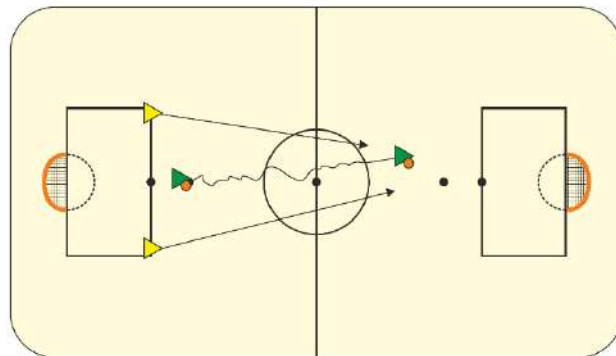
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GROUPS 1 / 2 - SESSION 2

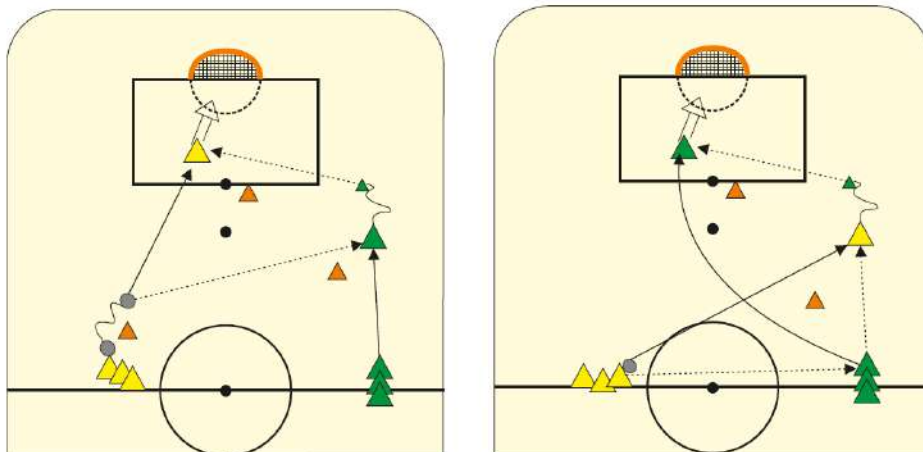
WARM UP

BALL CONTROL

Transition 1x0 Under Pressure – Groups 1 & 2



Diagonal Pass and Diagonal Move off the Ball creating 1x0 - Groups 1 & 2



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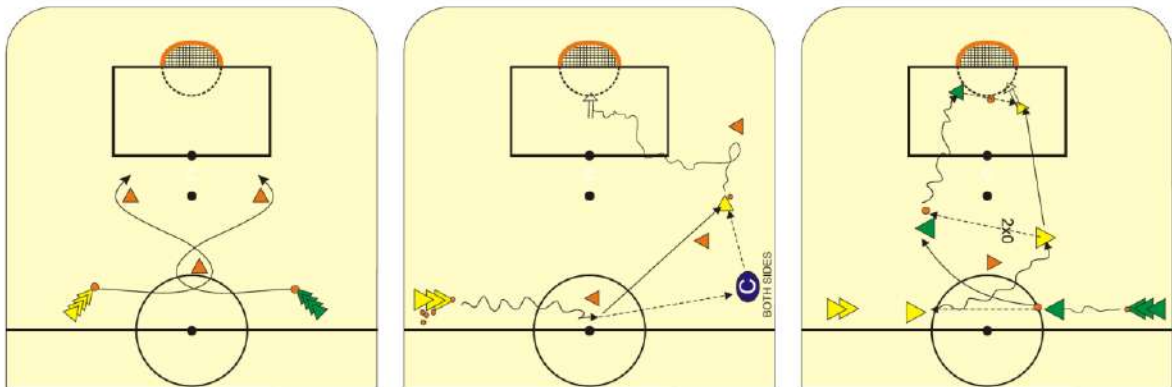


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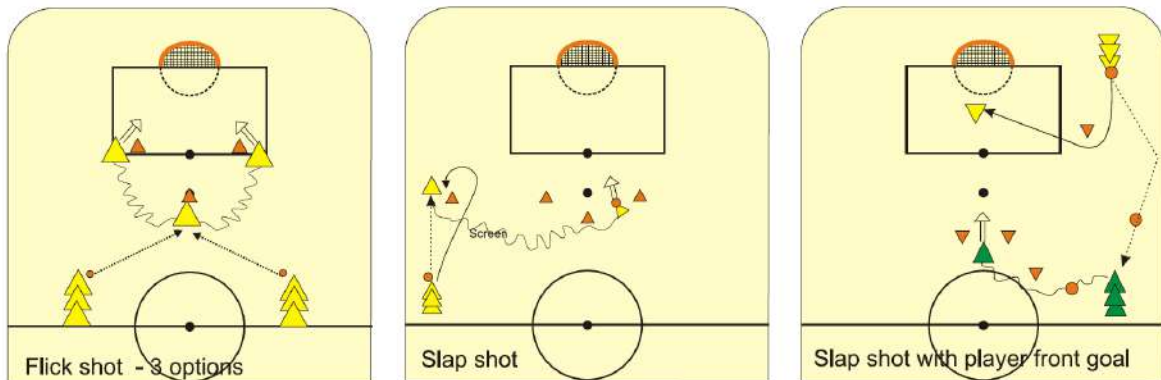
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GROUPS 1 / 2 - SESSION 2

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



SHOOTING EXERCISES – Group 2



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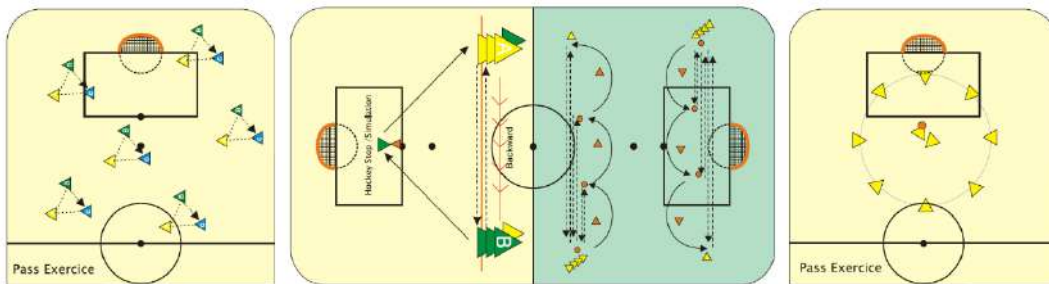
GROUPS 3 / 4 - SESSION 1

WARM UP

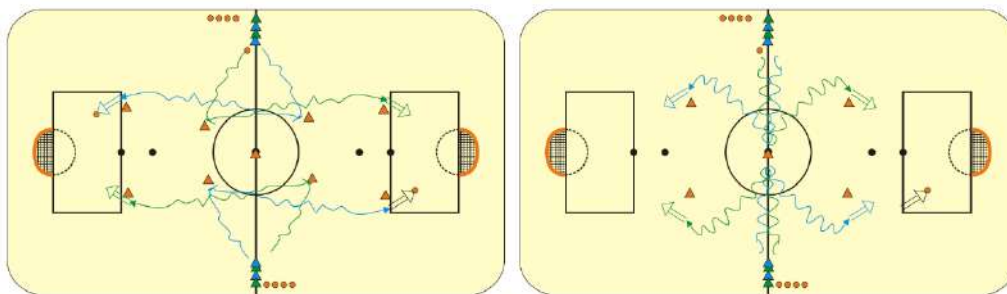
INDIVIDUAL TECHNIQUE

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

PASS EXERCISES - Groups 3 & 4



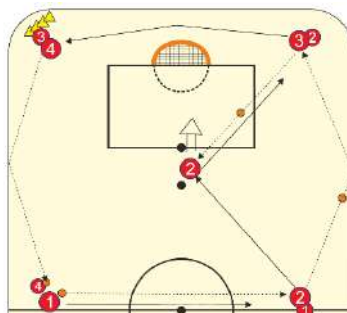
SHOOTING EXERCISES - Groups 3 & 4



Flick shots

Slap shots

1x0 using pass and move - Groups 3 & 4



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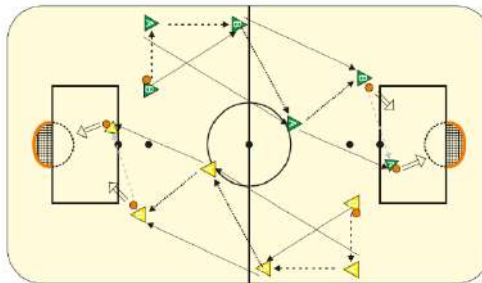


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GROUPS 3 / 4 - SESSION 1

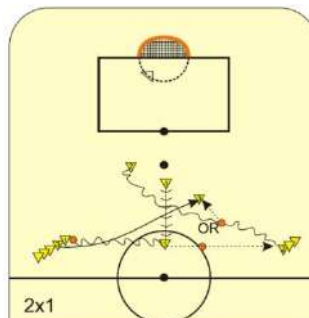
2X0 Lateral transition – Groups 3 & 4 (Using a coach as a defence)



2X2 Pass & Cross - Group 3



2x1 Pass & Cross - Group 4



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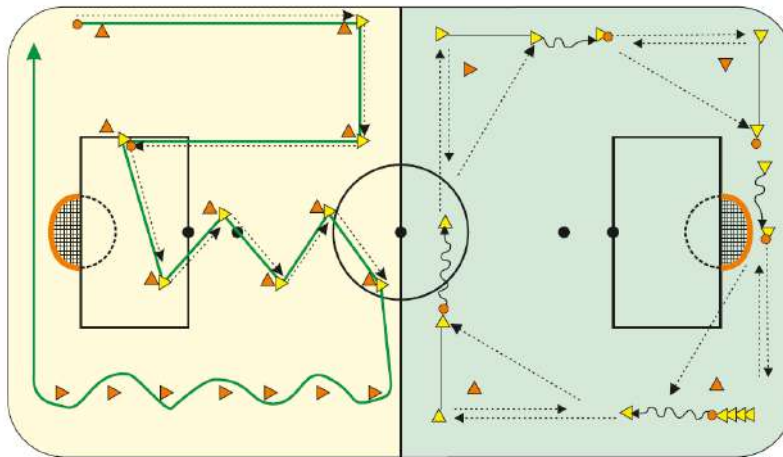
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GROUPS 3 / 4 - SESSION 2

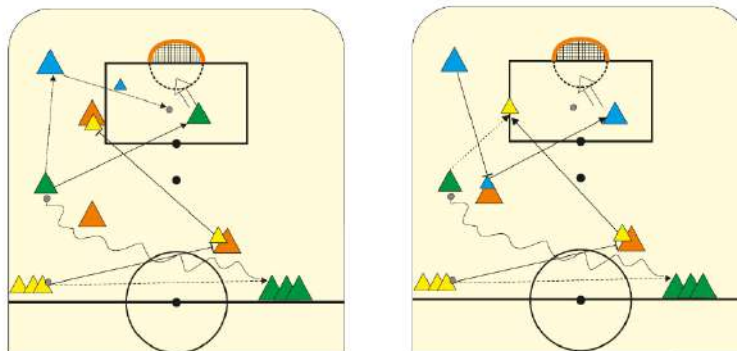
Individual Technique & Pass Exercises

Group 4

Group 3



Far Post Finish with Screens – **Groups 3 & 4**



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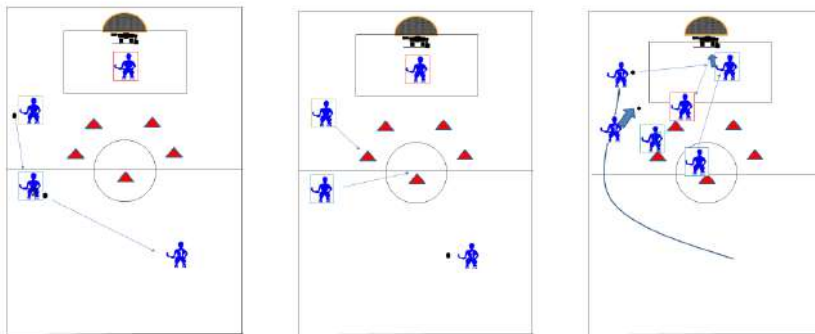
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GROUPS 3 / 4 - SESSION 2

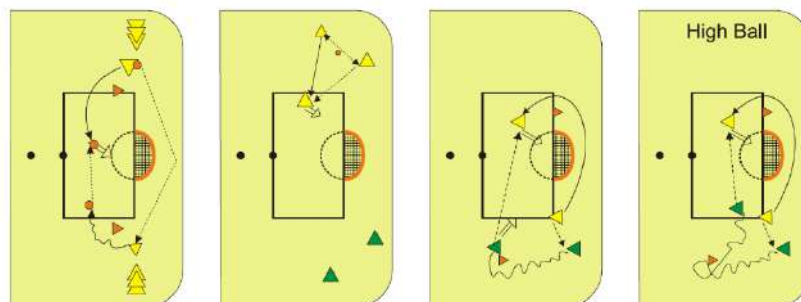
SET UP MOVE - Groups 3 & 4

Using 4 Players in defensive action



Groups 3 & 4

PASS EXERCISES USING SCREENS FOR FLICK SHOTS AND FAR POST FINISH



PASS EXERCISES to create 1x0 and Far Post Finish

