

ROLLER HOCKEY

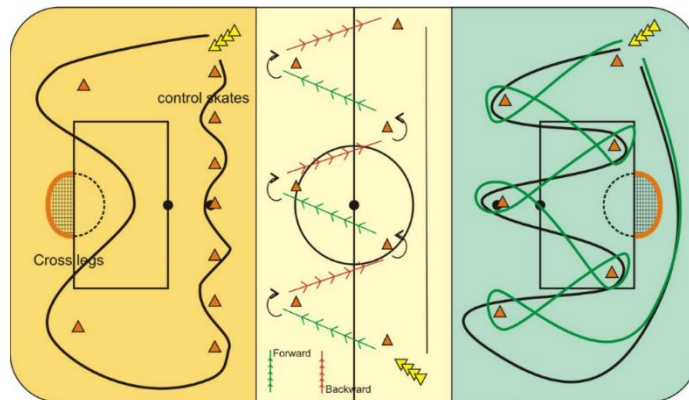


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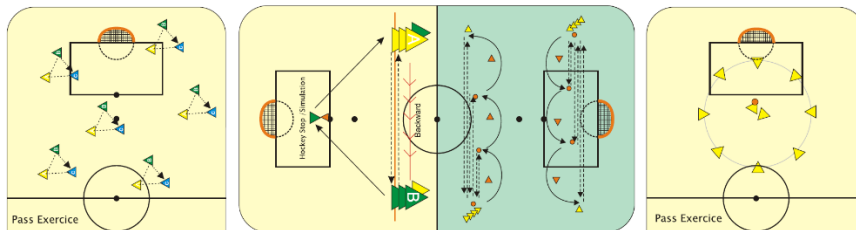
SATURDAY, 30th DECEMBER 2017

GROUPS 1 / 2

BASIC SKATING WITHOUT AND WITH BALL – Groups 1 & 2



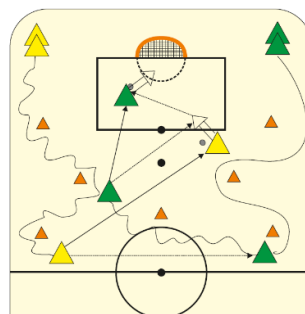
PASS EXERCISES – Groups 1 & 2



1x0 & FAR POST FINISH EXERCISES – Groups 1 & 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



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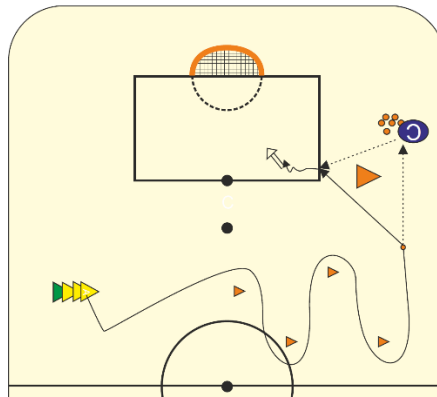


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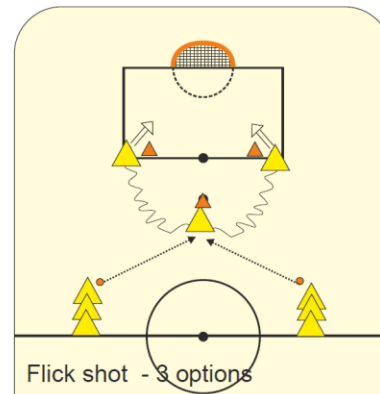
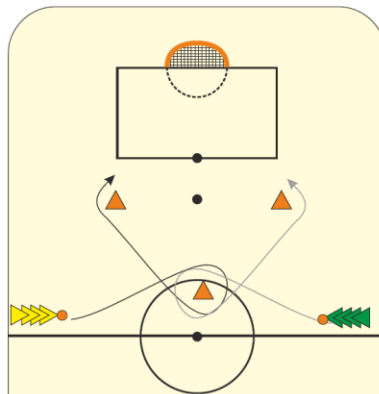
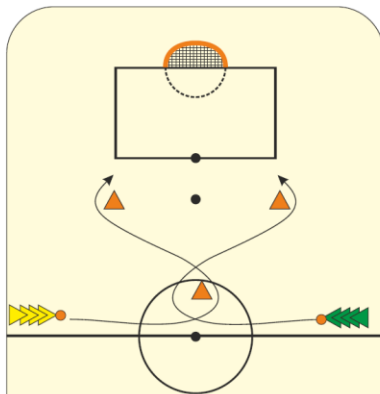
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GROUPS 1 / 2

Ball Control, Pass and Move and 1x0 exercise – Groups 1 & 2

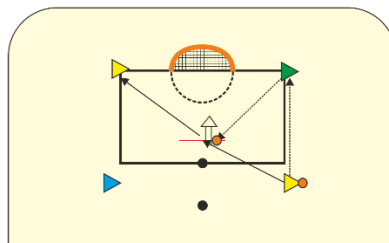


Shooting Exercises – Groups 1 & 2



PASS EXERCISES to create 1x0 and Far Post Finish - Groups 1 & 2

(Using coaches on bottom corner of the area to pass the ball to the players)



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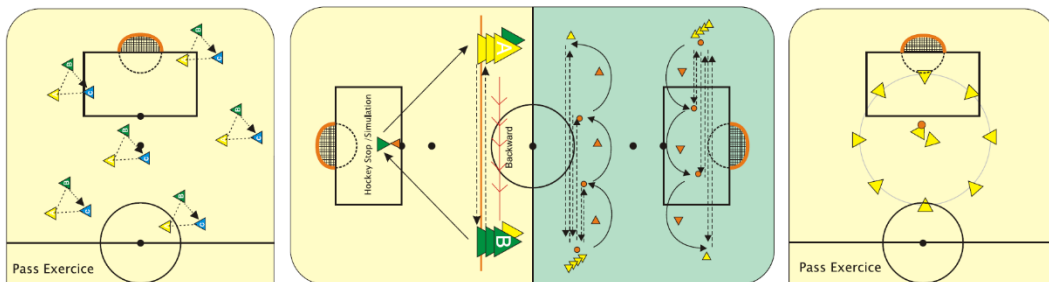
GROUPS 3 / 4

WARM UP

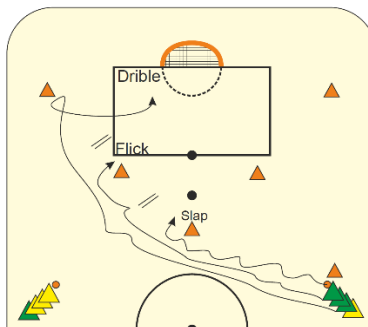
INDIVIDUAL TECHNIQUE

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

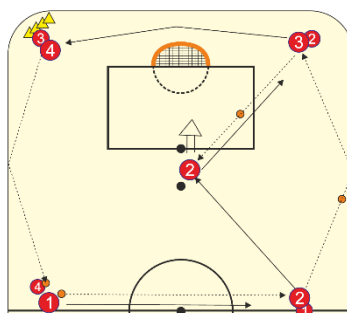
PASS EXERCISES - Groups 3 & 4



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



1x0 using pass and move – Groups 3 & 4



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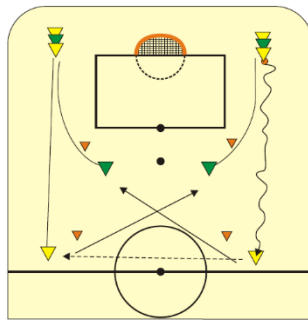


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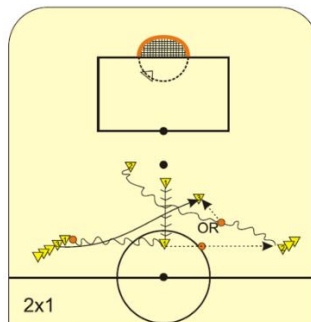
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GROUPS 3 / 4

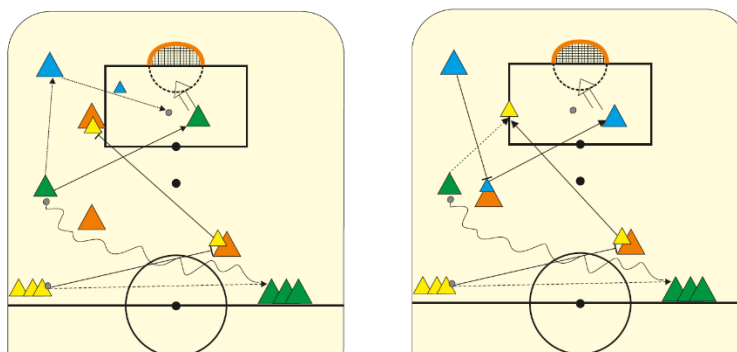
2X2 Pass & Cross - Group 3



2x1 Pass & Cross - Group 4



Far Post Finish with Screens - Groups 3 & 4



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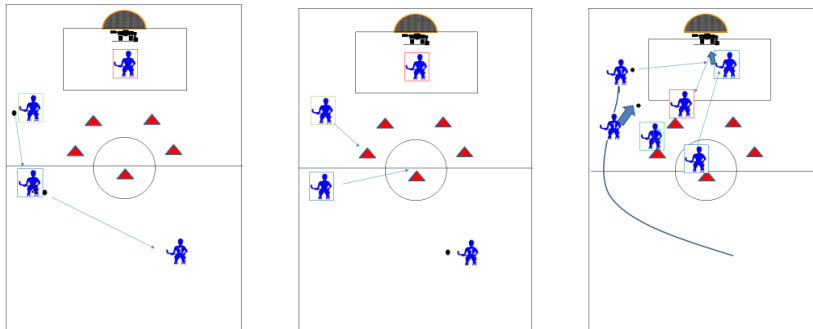


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GROUPS 3 / 4

SET UP MOVE - Groups 3 & 4



Groups 3 & 4

PASS EXERCISES USING SCREENS FOR FLICK SHOTS AND FAR POST FINISH

