

## Summary of Parents session for leading a team at TVMs

### **Warm-up**

The emphasis is on starting slowly, building up to peak at the whistle to start the match.

Stretching, strength work and increasing the heart rate should be combined into a progressive warm-up, rather than treated as separate 'stop-start' elements. I treat the warm-up as 2 linked stages:

1. SAQ (Speed, agility, quickness)
  - a. Movement distance is age group dependant (approx 10yds for 16yr+)
  - b. Get the body ready, and heart rate up
2. Stick and ball
  - a. Engage the brain, and focus on core hockey skills
  - b. Concentration/focus, vision and communication should be highlighted

Dynamic Flex Warm-up (SAQ)	
Skill	Notes
Bounding Walk	Full heel to toe action, keep arms swinging
Small Skips	Standard skipping action
Ankle flicks	Skipping action, flicking the ankles out in front of the body
Knee crosses	Skipping action, legs cross at knee level
Hip crosses	Skipping action, legs cross at hip level
Single low knee lift (straight)	Skipping action, lift leg from knee (45°-90°) – up to hip level, use hands as guides
Single high knee lift (straight)	Skipping action, lift leg from knee (90°+) – above hip level, use hands as guides
Sideways running	Quick feet, arms pumping, moving sideways
Karaoke/Grapevine	Sideways action, with lead foot crossing in front and behind
Quick feet	Quick feet, arms pumping, moving forward. Either forwards or sideways
Knee out to the side	Knee is raised at 90° to one side, then back - no step through as per hurdle walk
Hurdle walk	As above, but step through (knee leading)
Russian march	extend leg out in front of body, hold for a few seconds then step through
Lunge walk (same principle as the Sumo's)	Step forward, front knee bent to 90°, back leg lowers to the ground

### General Notes

[www.saqinternational.com](http://www.saqinternational.com)

Always keep on the balls of the feet

Keep arm action going (running action)

### **Stick & Ball warm up activities**

Players should have got all the 'chat' out the way during the SAQ element, and communication should now focus on the team.

This involves use of names –who am I passing to – and/or where the player with the ball is asked to pass – “I’m ahead of you on the right side/look right wing/square left”.

Comment and advise if “over here” or “oi” is used.

Key:  Player  Pass  Run  Dribble

Pass and follow



Dribble right, then pass  
Diamond shape



Dribble left, then pass  
Diamond shape



Double pass

Pass full width, run half way, receive and give pass, join other queue



Depending on the age group, number of players and pitch space, I would then run some shooting drills and/or penalty corners.  
The last item in a warm up can be a small sided game – reinforce focus on vision, accuracy and communication.  
(Note: These additional stages can be covered in greater detail in a future session)

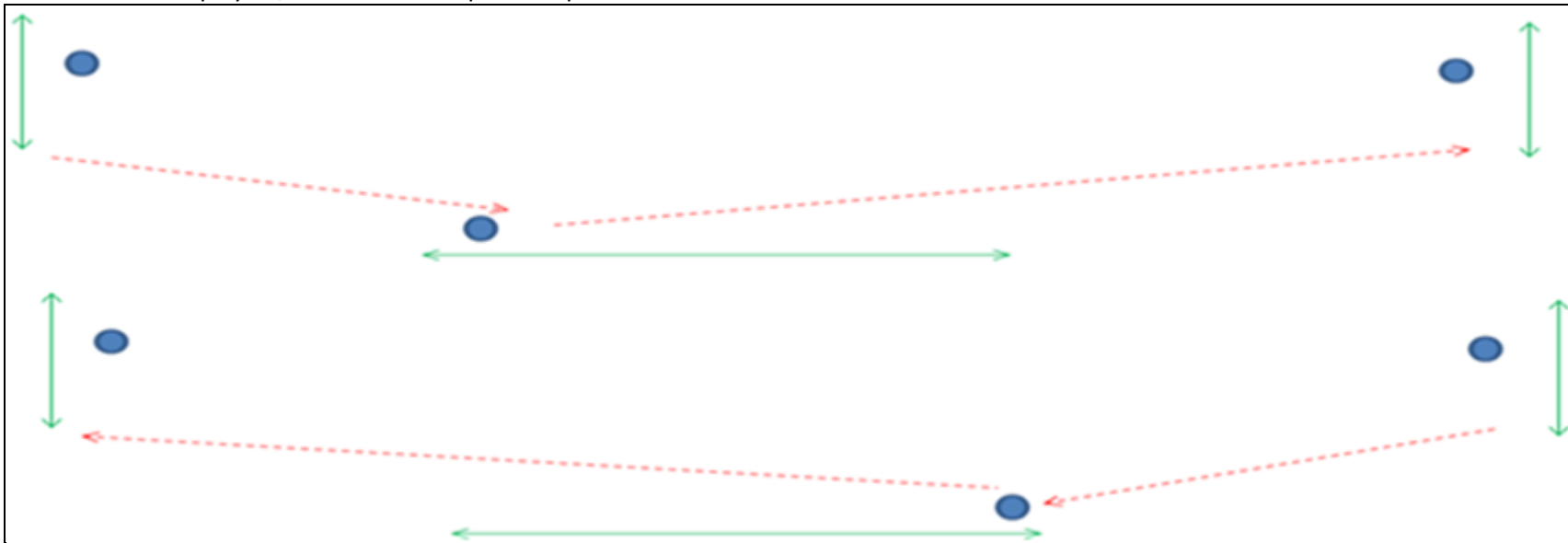
## **Game Skills**

The 'Reading Way' is to compress the space when defending (the D being the most vulnerable area), and expand wide and high when attacking.

The optimal place to counter-attack the opponents is on the opposite side to their main group of players.  
If they attack down our right side, then we look to counter down our left.

(This isn't an exact science, so needs dynamic interpretation by the players on the pitch!)

To work this with players, have them set up a V shape:



Left and right sided players move up the pitch, then turn and pass back to the middle.

The middle player gives depth to the V, and supports the side with the ball (mustn't get too close to each side)

The middle player is looking to transfer the ball quickly to the opposite side, rather than dribble with it.

Note: Passing the ball is quicker than running. Pass early, then follow up with the supporting run.

Passing from left to right, the middle player lets the ball run across their body, taking in by/outside their right foot.

Passing from right to left, the middle player takes the ball by the right heel, angling the stick to make the ball run across their body.

End