**Hockey Session Plans – Seniors**

**⭐ Session 1: Advanced Passing & Receiving**

**Objective:** Improve passing accuracy, receiving under pressure, and creating space  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Dynamic Stretching & Passing Drills* – Perform dynamic stretches followed by simple passing and receiving drills, progressing to faster speeds.
* **Skill Activity (20 mins):** *Passing Under Pressure* – In pairs, players pass the ball to each other under increasing pressure. Add defenders or force passes to be made under time constraints.
* **Game-Based Activity (30 mins):** *3v3 Passing Drill* – Small-sided games where players must pass to each other while maintaining possession and creating space for open passes.
* **Mini-Game (20 mins):** *Half-Field Possession Game* – Play a small-sided possession game with one team trying to keep the ball and the other trying to intercept. Focus on quick, accurate passing.
* **Cool Down (5 mins):** Stretching and feedback on passing techniques.  
  🗨 “How do you position yourself to make receiving easier?”

**⭐ Session 2: Defensive Positioning & Tackling**

**Objective:** Develop defensive skills, positioning, and tackling under pressure  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Defensive Agility Drills* – Perform shuttle sprints, lateral movement, and agility ladder exercises to improve quickness and mobility.
* **Skill Activity (20 mins):** *Tackling Technique* – Work on tackle technique, focusing on low tackles, stick positioning, and timing. Use cones or markers to guide the players in their approach.
* **Game-Based Activity (30 mins):** *1v1 Defensive Drill* – Pair players to practice defensive positioning and tackling in 1v1 situations. The defender works on maintaining position and timing tackles.
* **Mini-Game (20 mins):** *Defensive Game* – Set up a small-sided game where defenders focus on intercepting passes and tackling the attacker to regain possession.
* **Cool Down (5 mins):** Stretching and reflection on defensive tactics.  
  🗨 “How do you anticipate the attacker’s next move to improve your positioning?”

**⭐ Session 3: Attack & Counter-Attack**

**Objective:** Develop attacking play, quick transitions, and counter-attacking  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Sprints & Ball Control* – Perform sprinting drills with a ball, focusing on ball control and speed.
* **Skill Activity (20 mins):** *Fast Break Drill* – Set up drills where players receive a pass and transition quickly into attack, focusing on maintaining possession and making quick decisions.
* **Game-Based Activity (30 mins):** *Attack vs. Defence Drill* – Divide players into attacking and defensive teams. The attackers must focus on quick counter-attacks, while defenders try to block or intercept the ball.
* **Mini-Game (20 mins):** *Counter-Attack Game* – Play a small-sided game where teams must counter-attack quickly after winning the ball, with emphasis on speed and creating space.
* **Cool Down (5 mins):** Stretching and discussion on counter-attacking strategies.  
  🗨 “How do you maintain composure when attacking after a quick turnover?”

**⭐ Session 4: Circle Play & Finishing**

**Objective:** Improve attacking circle play, shooting accuracy, and finishing  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Ball Mastery & Shooting Drills* – Perform quick feet and ball manipulation drills to enhance control and accuracy.
* **Skill Activity (20 mins):** *Shooting on Goal* – Players take turns shooting at goal from various angles and distances, focusing on accuracy and shot placement.
* **Game-Based Activity (30 mins):** *Attacking Circle Drill* – In a half-circle around the goal, attackers pass the ball while moving to create space and receive the ball for a shot. Defenders work on positioning and blocking shots.
* **Mini-Game (20 mins):** *Finishing in the Circle* – Small-sided game where attacking players focus on creating opportunities to score within the attacking circle, while defenders prevent shots.
* **Cool Down (5 mins):** Stretching and feedback on shooting techniques.  
  🗨 “What’s the most effective way to create space for a shot in the attacking circle?”

**⭐ Session 5: Drag Flicking & Set Pieces**

**Objective:** Develop drag flicking skills and improve set-piece execution  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Ball Drills & Flicking Technique* – Warm up with ball handling and short passing drills before moving into drag flicking practice.
* **Skill Activity (20 mins):** *Drag Flick Technique* – Practice the fundamentals of drag flicking, focusing on stick positioning, speed, and accuracy.
* **Game-Based Activity (30 mins):** *Penalty Corner Simulation* – Set up a penalty corner situation where players practice flicking or passing for a direct shot on goal, with defenders working to stop the attack.
* **Mini-Game (20 mins):** *Set-Piece Play Game* – Play a small-sided game incorporating penalty corners, free hits, and drag flicks. Teams focus on executing set plays.
* **Cool Down (5 mins):** Stretching and reflection on drag flick technique.  
  🗨 “How do you ensure your drag flicks are accurate under pressure?”

**⭐ Session 6: Midfield Play & Vision**

**Objective:** Enhance midfield play, vision, and decision-making under pressure  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Midfield Movement & Passing Drills* – Focus on lateral movement and passing accuracy, with an emphasis on creating passing lanes.
* **Skill Activity (20 mins):** *Passing & Vision Drill* – Players work in pairs to pass the ball and read each other’s movements. Emphasize vision and awareness to make split-second decisions.
* **Game-Based Activity (30 mins):** *Midfield Control Drill* – Small-sided game where midfielders focus on distributing the ball, creating space, and maintaining possession under pressure.
* **Mini-Game (20 mins):** *Midfield Battle* – A 6v6 game focusing on midfield play, with the goal of maintaining possession and controlling the game through the center of the field.
* **Cool Down (5 mins):** Stretching and discussion on decision-making.  
  🗨 “What strategies do you use to create space when you’re under pressure in the midfield?”

**⭐ Session 7: Pressing & Defensive Shape**

**Objective:** Develop team pressing strategies, defensive organization, and compact shape  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Agility & Positioning Drills* – Agility drills focused on maintaining defensive shape and reacting quickly to changes in direction.
* **Skill Activity (20 mins):** *Pressing the Ball* – Work on coordinated team pressing, focusing on closing down space and forcing turnovers in the defensive half.
* **Game-Based Activity (30 mins):** *Defensive Shape Drill* – Small-sided game where the defending team must maintain a compact defensive shape and work together to intercept passes or block shots.
* **Mini-Game (20 mins):** *Pressing Game* – Play a game with an emphasis on pressing high up the field and quickly recovering the ball. The attacking team tries to break the press.
* **Cool Down (5 mins):** Stretching and team reflection on defensive organization.  
  🗨 “How do you stay disciplined when pressing the ball to avoid leaving gaps?”

**⭐ Session 8: Game Simulation & Match Tactics**

**Objective:** Apply all skills in a realistic match situation, with a focus on tactical awareness  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Full-Field Warm-Up* – Perform light jogging, dynamic stretches, and basic passing drills to get players moving.
* **Skill Activity (20 mins):** *Tactical Game Review* – Review tactical aspects of the game, such as positional play, pressuring the ball, and supporting the ball carrier.
* **Game-Based Activity (30 mins):** *Match Simulation* – Simulate a full game situation, with emphasis on executing team tactics and applying skills learned in previous sessions. Focus on communication, positioning, and decision-making.
* **Mini-Game (20 mins):** *Match Play with Tactical Focus* – Play a 7v7 or 11v11 game where specific tactical goals are set (e.g., press high, maintain possession, use width).
* **Cool Down (5 mins):** Stretching and team debrief on the match performance.  
  🗨 “What was the most challenging part of applying our tactics during the game simulation?”