**Hockey Training Sessions – High Performance**

**🏑 Session 1: High Press & Counter Press**

**Focus:** Defensive pressure, regaining possession, transition play  
**Duration:** 120 minutes

**1. Warm-Up (15 mins)**

* Dynamic mobility + ball handling
* 5v2 rondos (2-touch max, rotate quickly)

**2. Pressing Triggers Drill (25 mins)**

* *Half-field 6v4 + keeper*
* Attacking team builds from back; defenders press on triggers (bad pass, trapped player)

**3. Transition & Repress Drill (25 mins)**

* 5v5 with one team starting in possession
* Once ball is lost, immediate counter press

**4. Conditioned Game (30 mins)**

* 9v9 with zones – points awarded for winning the ball in attacking half
* Limit defensive team to 3 passes to simulate pressure

**5. Fitness Set (15 mins)**

* Repeated shuttle sprints (5 x 30s with 90s rest)
* Emphasize recovery running

**6. Cool Down (10 mins)**

* Breathing reset, stretch, team debrief

**🏑 Session 2: Playing Out Under Pressure**

**Focus:** Building from the back, decision-making, positioning  
**Duration:** 105 minutes

**1. Warm-Up (10 mins)**

* Passing relays with movement
* Quick stickwork in small squares

**2. Pattern Play Drill (20 mins)**

* *Backline + midfield shape drill*
* Build through the spine of the team with rotating outlets

**3. Overload Possession Game (30 mins)**

* 6v4 in defensive third
* Attacking team high presses; defenders work structured outlets under pressure

**4. Tactical Game Phase (30 mins)**

* Full-pitch scenarios restarting with 16-yard hits or keeper distributions
* Coaching focus on composure, support angles

**5. Cool Down (15 mins)**

* Static stretch and position-group reflections

**🏑 Session 3: Attacking Circle Entries**

**Focus:** Creating and converting opportunities in the D  
**Duration:** 120 minutes

**1. Warm-Up (15 mins)**

* Stick and ball warm-up
* Dribbling through cones + 1v1 mini duels

**2. Build & Entry Drill (25 mins)**

* *Midfield to D entry with overlap*
* Emphasize timing, angled leads, quick pass execution

**3. Shooting Under Pressure (30 mins)**

* Attackers receive under pressure and must shoot within 5 seconds
* Rotate pressure levels and entry points

**4. Small-Sided Game (25 mins)**

* 7v7 half-field
* Points only count from goals scored inside the D

**5. Fitness Intervals (15 mins)**

* High-intensity change-of-direction sprints (4 x 6 sets)

**6. Cool Down (10 mins)**

* Recovery walk, hydration, mental cooldown

**🏑 Session 4: Midfield Domination**

**Focus:** Control tempo, link play, spatial awareness  
**Duration:** 110 minutes

**1. Warm-Up (10 mins)**

* Quick hand passing + movement drill
* 3-player triangle movements

**2. Positional Rondo (20 mins)**

* *4v2v2 box midfield drill*
* Encourages switching play, short-to-long transitions

**3. Transition Drill (30 mins)**

* 6v4 quick change game
* Defenders win and initiate attack in 5 seconds or less

**4. Tactical Game (30 mins)**

* 10v10 with restricted touches in middle third
* Encourages one-touch play and fast switching

**5. Cool Down (10 mins)**

* Core-focused stretch and tactical review

**🏑 Session 5: Defending as a Unit**

**Focus:** Compact structure, communication, intercepting lanes  
**Duration:** 100 minutes

**1. Warm-Up (10 mins)**

* Defensive footwork ladders + mirrored movements
* Partner interception races

**2. Defensive Grid Drill (25 mins)**

* 5v3 in wide area
* Defenders hold shape and channel attackers into sideline traps

**3. Outnumbered Game (25 mins)**

* 7 attackers vs 5 defenders
* Defenders must recover to regain numbers and shape

**4. 11v11 Scrimmage with Defensive Focus (30 mins)**

* Coach pauses to address pressing triggers and recovery runs

**5. Cool Down (10 mins)**

* Ice baths/stretch combo + defensive unit debrief

**🏑 Session 6: High-Intensity Conditioning & Ball Skills**

**Focus:** Fitness under fatigue, technical consistency  
**Duration:** 120 minutes

**1. Warm-Up (15 mins)**

* Jog + stickwork
* 10 x 20m shuttle dribbles

**2. Skill + Fitness Circuit (30 mins)**  
Stations include:

* Quick touch dribbling
* Reverse hit under fatigue
* 1v1 duels at 75% speed
* Sled pushes or resistance bands

**3. Timed 3v3 Battles (30 mins)**

* 2-minute matches on 30x30m pitch
* Rotation every 3 mins; maintain high tempo

**4. Sprint Recovery Drill (20 mins)**

* 4 sets of: 5 sprints (20m/40m/20m), jog back

**5. Cool Down (15 mins)**

* Mobility + foam rolling
* Breath work and goal journaling

**🏑 Session 7: Tactical Flexibility**

**Focus:** Adaptive structures, role understanding  
**Duration:** 110 minutes

**1. Warm-Up (10 mins)**

* Team passing ladder
* Team movement patterns without ball

**2. Tactical Pattern Play (20 mins)**

* Walk-through shape changes (e.g., 4-3-3 to 3-4-3)
* Define roles in each scenario

**3. Tactical Game Phase (40 mins)**

* Game conditions change every 10 minutes
* Players must switch formations and apply new tactics mid-play

**4. Game-Like Pressure Scenario (30 mins)**

* Situational play: 1-goal up, player down, time pressure
* Encourage leadership, composure, smart fouls

**5. Cool Down (10 mins)**

* Group feedback & tactical quiz

**🏑 Session 8: Game Simulation + Set Pieces**

**Focus:** Match readiness, polish routines, simulate in-game intensity  
**Duration:** 100 minutes

**1. Warm-Up (10 mins)**

* Team jog, group stretches, stickwork relays

**2. Set Piece Drills (25 mins)**

* 5-6 penalty corner routines (attacking & defending)
* Practice drag flicks, deflections, traps

**3. Match Conditions Game (40 mins)**

* Full 11v11, live refereed with coaching pauses
* Introduce key scenarios: man down, goal chase, etc.

**4. Fitness Finisher (15 mins)**

* Tempo-focused shuttle sprints or hills

**5. Recovery & Debrief (10 mins)**

* Mental reset, team bonding chat