



Indoor training

Category: Mental: Individual
Difficulty: Under 16s

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Individual-Adult Member

Description

Warming up + training plan

Time-schedule : 1.5 hour practice

Putting down boards & getting ready (10 min)

Warm-up + Warm-up Drill (20 min)

Drill 1 (15 min)

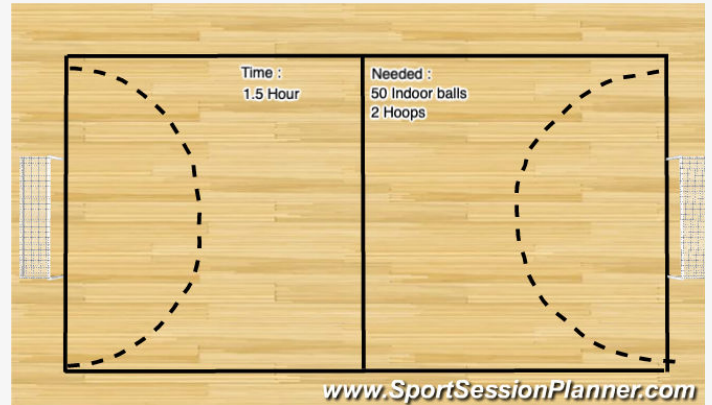
Drill 2 (15 min)

Games (20 min)

Needed :

50 Indoor Balls

2 Hoops (to collect the balls)



Warm-up + Warm up Drill

Warming up + Warming up drill

A:

1. players pass in to each others FH and BH at a short distance
2. players pass in to each others FH and BH at a short distance while one player is standing on the boards. (*switch every 30 sec. to prevent injuries*)

B:

Relays (See Video)

C:

P1 passes to P2 who receives it outside the circle

P2 passes it back to P1

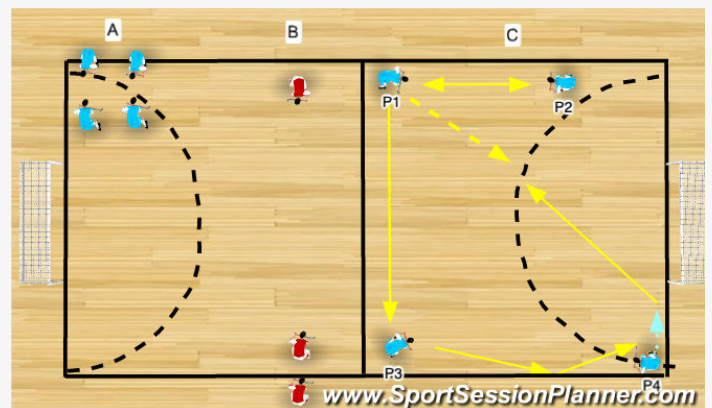
P1 passes it to P3 (make sure P3 receives the ball off the boards)

P3 makes a board pass to P4 who is inside the circle

P4 receives and makes a move on the baseline. When P1 is in position the ball is passes to P1

P1 takes position on the top of the circle and shoots on net

Important : In this part of the training it is important the players touch a lot off balls. Dont be tempted to correct to much. Give short instructions and let the ball do the work



Drill 1 : Goal Scoring

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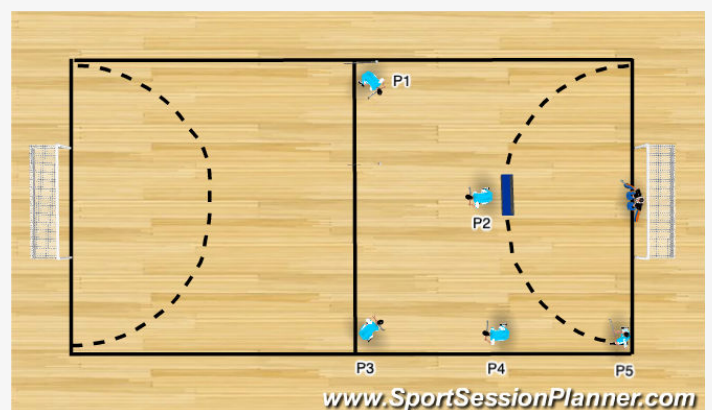
P1 passes ball 1 to P2; P2 turns strong and shoots on net

P1 passes ball 2 to P3; P3 receives and passes the ball in to P4;

P4 FH Deflects in to the circle; P2 shoots on net

P1 passes ball 3 to P3; P3 board passes to P5; P2, P3 and P5 play against P4 and the goalie (3 on 1+G)

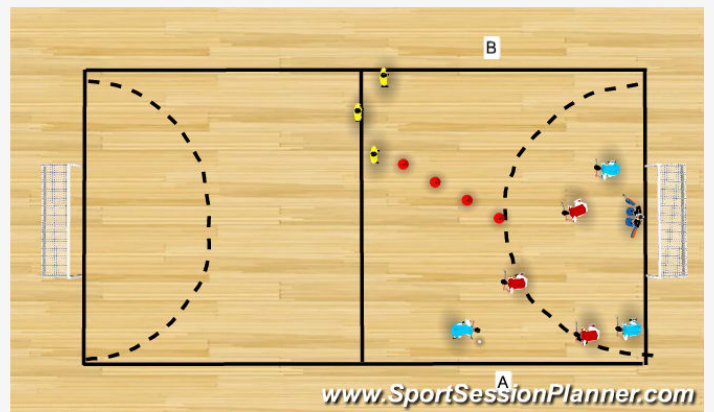
(See video in dropbox for example)



Drill 2 : Attacking right side vs outletting right side

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- Blue is attacking the net, Red is defending the net.
- If Blue scores they can get a new ball at the half way line and attack again.
- If red steals the ball they need to outlet to their right side (B) and pass the ball to yellow.
- Once Yellow receives the ball they move to their right side of the field (A) and attack the net while blue is defending.
- Red takes over the position that Yellow had before they received the ball.



Endgame

Endgame

