

Central Reverse Goals

Objective – Use the width/height to generate overloads/change the channel

GameFocus/PrinciplesResetProgression

1. 1/4 or 18th pitch
2. 4v4 (or more depends on pitch size)
3. Grey shaded area is around 10 yards in depth. (see video)
4. 2x Large Goals back to back around the main playing area.
5. Normal hockey rules
6. Add high players later if wanted
7. Aim is to use the width and NOT lose possession – continually challenging the oppo

In possession

Play away from pressure to the opponents weak side and try to score.

1. Look for support in space
2. Play wide
3. No contact
4. Change the channel
5. Look for high player
6. Look to “one time score”

Out of possession

1. Close down channels
2. Force a mistake
3. Transition instantly

1. **Infraction** – Start again from other goal by the team that did not transgress
2. **Over the back line** – then long corner or start again as above
3. **Over the side** – coach ball

1. Make seriously competitive
2. Time to score
3. Add high player



