

How we play (Game model)

Here are the traditional issues in the early games

1. **Composure** – we are too rushed and became desperate so force the ball

Here is a short video clip (Holland) showing composure and 2 touch passing into space

2. **Intensity/Warm Up** – we need to ensure it is good to start and also BRILLIANT between the games
3. **Height & Width** – again we lose this when we are not composed we keep forcing the ball down the middle> WIDTH and a HEIGHT – Also see comments below



WIDTH and a HEIGHT

With this video I would like you to especially notice:

1. **HEIGHT** – as soon as the ball goes left and right to the outside – a striker follows but on the base line
2. **WIDTH** – getting out to the sidelines to give thinking time AND to allow passes straight down to the base line
3. **Defense** – as soon as the striker goes wide they pull defenders out and create central space
4. **Guard (attacking)** – the passer nearly always creates a guard for the high player



Hockey Training