

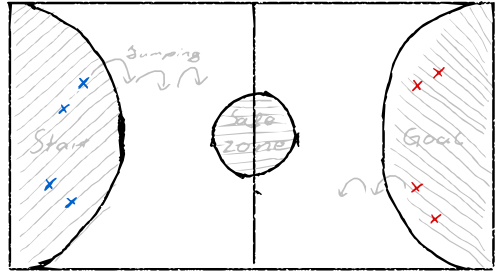
Date: 10.01.24 Time: 21:00

- Team A
- Team B
- Ball / Pass

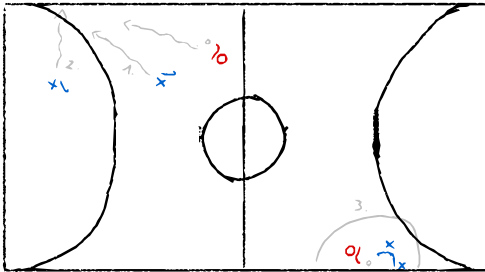
Topic: Defense Basics Indoor

Froghunt

- activate legs
- get used to be down



Duration: 5-10 min



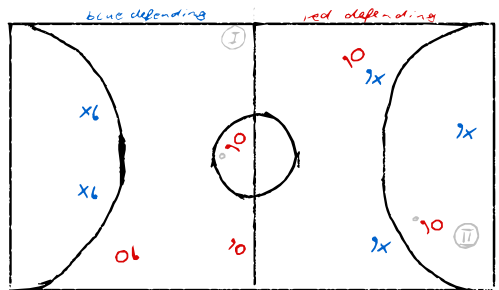
L-Defense @ Sideboard

- Teamwork, Communication
- Outlet
- Low sticks
- forcing the ball/foul

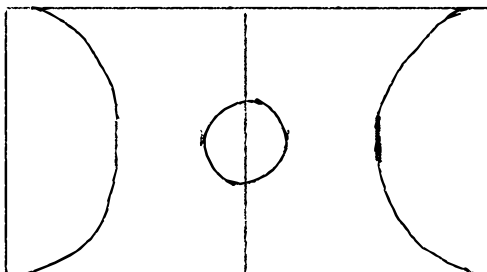
Duration: 15 min

Defense inside the D

- Quick discussions
- Positioning
- Discussion driven



Duration: 5+10 min



Playing Hockey match

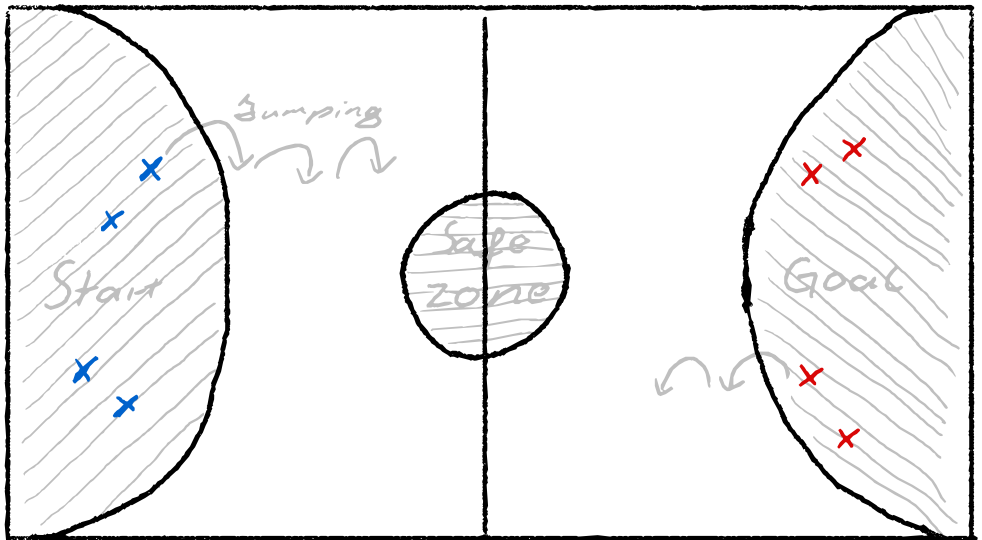
5 on 5, instead of corners

a dribble to get out of D

Duration: 20 min

1 Froghunt

- Team A
- Team B
- Ball / Pass



Category: Warmup

Duration: 5-10 min

Both teams try to cross
the field without being caught
by the other team.

Equipment:

Bibs for everyone as
'flags'

Only allowed form of move-

ment are "frog-jumps". You can not be caught

in the middle circle. To catch you have to remove the
flag.

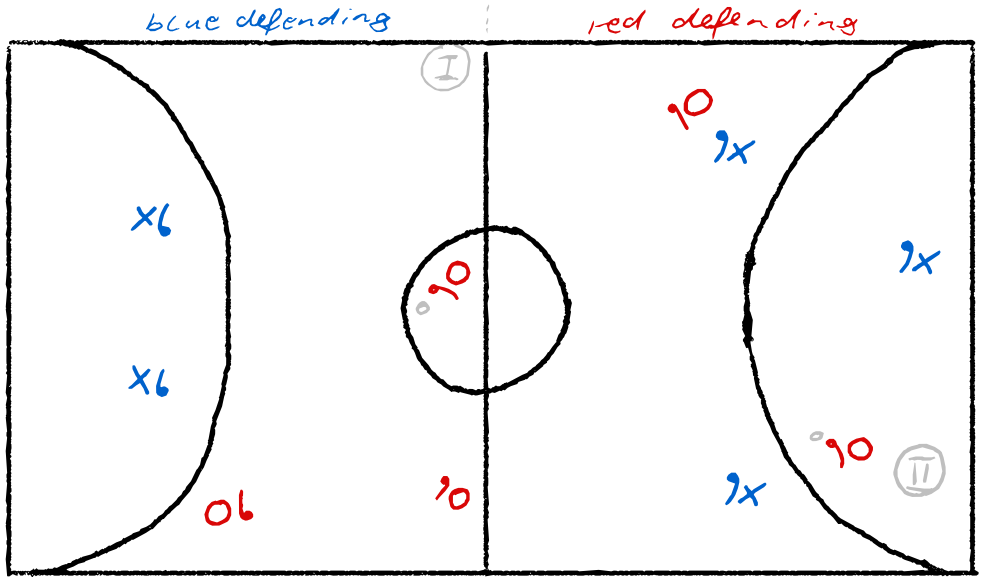
Goal: getting low, keeping an overview

- Team A
- Team B
- Ball / Pass



Defense inside the D

- Team A
- Team B
- Ball / Pass



Game Situation

Category: Numerical disadvantage in def Duration: 5 + 10



Red in possession on the centre

Line; **3** against **2** inside **blue**

half. How do we want to

defend?

Equipment:



Red in possession at own circle, but with overload in

centre; **5** on **5**. Winning the ball in defense should

allow counter attack under similar conditions.

Why play fast? What are the risks? When do we take this risks?