



Plymouth Hockey Club

Weekly Coaching Programme 2012

08th January 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM Warm up Exercises			MT & SM Core Skills 1 Carrying the ball Heavy balls QS: Card 1, 20, 43			MT & SM Conditional Game Heavy balls QS: Card 19, 4			Biscuit Break		MT & SM Core Skills 2 Carrying the ball Heavy balls QS: Card 29, 42, 30			MT & SM Conditional Game / Matches Heavy balls			Summary & look forward	Depart				
Resources																											
Staff																											
U12 Team	Registration			Divide session by age / ability	(SL), EDK & MS Warm up Exercises			SL Core Skills 1 Carrying the ball Heavy balls, cones QS: Card 1, 20, 43			SL Conditional Game Heavy balls, cones QS: Card 19, 4			Biscuit Break		SL Core Skills 2 Carrying the ball Heavy balls, cones QS: Card 29, 42, 30			SL Conditional Game / Matches Heavy balls			Summary & look forward	Depart				
Resources																											
Staff																											
U10 Team	Registration			Divide session by age / ability	(EH), KP & NW Warm up Exercises			EH, KP & NW Core Skills 1 Carrying the ball Light balls, cones QS: Card 1, 20, 43			EH, KP & NW Conditional Game Light balls, cones QS: Card 19, 4			Biscuit Break		EH, KP & NW Core Skills 2 Carrying the ball Light balls, cones QS: Card 29, 42, 30			EH, KP & NW Conditional Game / Matches Light balls			Summary & look forward	Depart				
Resources																											
Staff																											
U9 Team	Registration			Divide session by age / ability	(CV), RC, KW, FB & JL Warm up Exercises			CV, RC & KW Core Skills 1 Carrying the ball Light balls QS: Card 1, 20, 43			CV, RC & KW Conditional Game Light balls QS: Card 19, 4			Biscuit Break		CV, RC & KW Core Skills 2 Carrying the ball Light balls QS: Card 29, 42, 30			CV, RC & KW Conditional Game / Matches Light balls			Summary & look forward	Depart				
Resources																											
	Registration																										
Staff																											
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

15th January 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Passing	Heavy balls QS: 13, 25, 14		MT & SM	Conditional Game	Heavy balls QS:11, 40, 26		Biscuit Break		MT & SM	Core Skills 2 Passing	Heavy balls QS: 12, 21, 24		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Passing	Heavy balls, cones QS: 13, 25, 14		SL	Conditional Game	Heavy balls QS:11, 40, 26		Biscuit Break		SL	Core Skills 2 Passing	Heavy balls, cones QS: 12, 21, 24		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Passing	Light balls cones QS: 13, 25, 14		EH, KP & NW	Conditional Game	Light balls QS:11, 40, 26		Biscuit Break		EH, KP & NW	Core Skills 2 Passing	Light balls, cones QS: 12, 21, 24		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Passing	Light balls cones QS: 13, 25, 14		CV, RC & KW	Conditional Game	Light balls QS:11, 40, 26		Biscuit Break		CV, RC & KW	Core Skills 2 Passing	Light balls QS: 12, 21, 24		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
Resources																											
	Registration																Biscuit Break										
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

22nd January 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Tackling & Defending	Heavy balls QS: 33, 45, 34		MT & SM	Conditional Game	Heavy balls QS: 38, 5, 31, 9, 4		Biscuit Break		MT & SM	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to intro shadowing / PAP		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Tackling & Defending	Heavy balls QS: 33, 45, 34		SL	Conditional Game	Heavy balls QS: 38, 5, 31, 9, 4		Biscuit Break		SL	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to intro shadowing / PAP		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Tackling & Defending	Light balls QS: 33, 45, 34		EH, KP & NW	Conditional Game	Light balls QS: 38, 5, 31, 9, 4		Biscuit Break		EH, KP & NW	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to intro shadowing / PAP		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Tackling & Defending	Light balls QS: 33, 45, 34		CV, RC & KW	Conditional Game	Light balls QS: 38, 5, 31, 9, 4		Biscuit Break		CV, RC & KW	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to introduce shadowing / PAP		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability																							
Resources																											
	Registration																Biscuit Break										
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

29th January 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00
Staff																										
Badgers	Registration			Divide session by age / ability	MT & SM Warm up Exercises			MT & SM Core Skills 1 Attacking & Shooting Heavy balls QS: 22, 23			MT & SM Conditional Game Heavy balls QS: 15, 9, 26, 47			Biscuit Break	MT & SM Core Skills 2 Attacking & Shooting Heavy balls QS: 41, 10, 48			MT & SM Conditional Game / Matches Heavy balls			Summary & look forward	Depart				
Resources																										
Staff					(SL), EDK & MS			SL				SL						SL				SL				
U12 Team	Registration			Divide session by age / ability	Warm up Exercises			Core Skills 1 Attacking & Shooting Heavy balls QS: 22, 23			Conditional Game Heavy balls QS: 15, 9, 26, 47			Biscuit Break	Core Skills 2 Attacking & Shooting Heavy balls QS: 41, 10, 48			Conditional Game / Matches Heavy balls			Summary & look forward	Depart				
Resources																										
Staff					(EH), KP & NW			EH, KP & NW				EH, KP & NW						EH, KP & NW				EH, KP & NW				
U10 Team	Registration			Divide session by age / ability	Warm up Exercises			Core Skills 1 Attacking & Shooting Light balls QS: 22, 23			Conditional Game Light balls QS: 15, 9, 26, 47			Biscuit Break	Core Skills 2 Attacking & Shooting Light balls QS: 41, 10, 48			Conditional Game / Matches Light balls			Summary & look forward	Depart				
Resources																										
Staff					(CV), RC, KW, FB & JL			CV, RC & KW				CV, RC & KW						CV, RC & KW				CV, RC & KW				
U9 Team	Registration			Divide session by age / ability	Warm up Exercises			Core Skills 1 Attacking & Shooting Light balls QS: 22, 23			Conditional Game Light balls QS: 15, 9, 26, 47			Biscuit Break	Core Skills 2 Attacking & Shooting Light balls QS: 41, 10, 48			Conditional Game / Matches Light balls			Summary & look forward	Depart				
Resources																										
	Registration																	Biscuit Break								
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00



Plymouth Hockey Club

Weekly Coaching Programme 2012

05th February 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Carrying the ball	Heavy balls QS: Card 1, 20, 43		MT & SM	Conditional Game	Heavy balls QS: Card 19, 4		Biscuit Break		MT & SM	Core Skills 2 Carrying the ball	Heavy balls QS: Card 29, 42, 30		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Carrying the ball	Heavy balls, cones QS: Card 1, 20, 43		SL	Conditional Game	Heavy balls, cones QS: Card 19, 4		Biscuit Break		SL	Core Skills 2 Carrying the ball	Heavy balls, cones QS: Card 29, 42, 30		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Carrying the ball	Light balls, cones QS: Card 1, 20, 43		EH, KP & NW	Conditional Game	Light balls, cones QS: Card 19, 4		Biscuit Break		EH, KP & NW	Core Skills 2 Carrying the ball	Light balls, cones QS: Card 29, 42, 30		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Carrying the ball	Light balls QS: Card 1, 20, 43		CV, RC & KW	Conditional Game	Light balls QS: Card 19, 4		Biscuit Break		CV, RC & KW	Core Skills 2 Carrying the ball	Light balls QS: Card 29, 42, 30		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability																							
Resources																											
	Registration																Biscuit Break										
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

12th February 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00
Staff																										
Badgers	Registration			Divide session by age / ability	MT & SM Warm up Exercises			MT & SM Core Skills 1 Passing Heavy balls QS: 13, 25, 14			MT & SM Conditional Game Heavy balls QS:11, 40, 26			Biscuit Break		MT & SM Core Skills 2 Passing Heavy balls QS: 12, 21, 24			MT & SM Conditional Game / Matches Heavy balls			Summary & look forward	Depart			
Resources																										
Staff																										
U12 Team	Registration			Divide session by age / ability	(SL), EDK & MS Warm up Exercises			SL Core Skills 1 Passing Heavy balls QS: 13, 25, 14			SL Conditional Game Heavy balls QS:11, 40, 26			Biscuit Break		SL Core Skills 2 Passing Heavy balls QS: 12, 21, 24			SL Conditional Game / Matches Heavy balls			Summary & look forward	Depart			
Resources																										
Staff																										
U10 Team	Registration			Divide session by age / ability	(EH), KP & NW Warm up Exercises			EH, KP & NW Core Skills 1 Passing Light balls QS: 13, 25, 14			EH, KP & NW Conditional Game Light balls QS:11, 40, 26			Biscuit Break		EH, KP & NW Core Skills 2 Passing Light balls QS: 12, 21, 24			EH, KP & NW Conditional Game / Matches Light balls			Summary & look forward	Depart			
Resources																										
Staff																										
U9 Team	Registration			Divide session by age / ability	(CV), RC, KW, FB & JL Warm up Exercises			CV, RC & KW Core Skills 1 Passing Light balls QS: 13, 25, 14			CV, RC & KW Conditional Game Light balls QS:11, 40, 26			Biscuit Break		CV, RC & KW Core Skills 2 Passing Light balls QS: 12, 21, 24			CV, RC & KW Conditional Game / Matches Light balls			Summary & look forward	Depart			
Resources																										
	Registration																									
Staff																										
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00



Plymouth Hockey Club

Weekly Coaching Programme 2012

19th February 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Tackling & Defending	Heavy balls QS: 33, 45, 34		MT & SM	Conditional Game	Heavy balls QS: 38, 5, 31, 9, 4		Biscuit Break		MT & SM	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to intro shadowing / PAP		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Tackling & Defending	Heavy balls QS: 33, 45, 34		SL	Conditional Game	Heavy balls QS: 38, 5, 31, 9, 4		Biscuit Break		SL	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to intro shadowing / PAP		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Tackling & Defending	Light balls QS: 33, 45, 34		EH, KP & NW	Conditional Game	Light balls QS: 38, 5, 31, 9, 4		Biscuit Break		EH, KP & NW	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to intro shadowing / PAP		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Tackling & Defending	Light balls QS: 33, 45, 34		CV, RC & KW	Conditional Game	Light balls QS: 38, 5, 31, 9, 4		Biscuit Break		CV, RC & KW	Core Skills 2 Tackling & Defending	QS: 44, 46, 2, 6 - adjust to introduce shadowing / PAP		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability																							
Resources																											
	Registration																Biscuit Break										
Staff																											
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

26th February 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Attacking & Shooting	Heavy balls QS: 22, 23		MT & SM	Conditional Game	Heavy balls QS: 15, 9, 26, 47		Biscuit Break		MT & SM	Core Skills 2 Attacking & Shooting	Heavy balls QS: 41, 10, 48		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Attacking & Shooting	Heavy balls QS: 22, 23		SL	Conditional Game	Heavy balls QS: 15, 9, 26, 47		Biscuit Break		SL	Core Skills 2 Attacking & Shooting	Heavy balls QS: 41, 10, 48		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Attacking & Shooting	Light balls QS: 22, 23		EH, KP & NW	Conditional Game	Light balls QS: 15, 9, 26, 47		Biscuit Break		EH, KP & NW	Core Skills 2 Attacking & Shooting	Light balls QS: 41, 10, 48		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Attacking & Shooting	Light balls QS: 22, 23		CV, RC & KW	Conditional Game	Light balls QS: 15, 9, 26, 47		Biscuit Break		CV, RC & KW	Core Skills 2 Attacking & Shooting	Light balls QS: 41, 10, 48		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability																							
Resources																											
	Registration																Biscuit Break										
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

04th March 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Carrying the ball	Heavy balls QS: 1, 20, 43		MT & SM	Conditional Game	Heavy balls QS: 19, 4		Biscuit Break		MT & SM	Core Skills 2 Carrying the ball	Heavy balls QS: 29, 42, 30		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Carrying the ball	Heavy balls, cones QS: 1, 20, 43		SL	Conditional Game	Heavy balls, cones QS: 19, 4		Biscuit Break		SL	Core Skills 2 Carrying the ball	Heavy balls, cones QS: 29, 42, 30		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Carrying the ball	Light balls, cones QS: 1, 20, 43		EH, KP & NW	Conditional Game	Light balls, cones QS: 19, 4		Biscuit Break		EH, KP & NW	Core Skills 2 Carrying the ball	Light balls, cones QS: 29, 42, 30		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Carrying the ball	Light balls QS: 1, 20, 43		CV, RC & KW	Conditional Game	Light balls QS: 19, 4		Biscuit Break		CV, RC & KW	Core Skills 2 Carrying the ball	Light balls QS: 29, 42, 30		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability																							
Resources																											
	Registration																Biscuit Break										
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

11th March 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Passing	Heavy balls QS: 13, 25, 14		MT & SM	Conditional Game	Heavy balls QS:11, 40, 26		Biscuit Break		MT & SM	Core Skills 2 Passing	Heavy balls QS: 12, 21, 24		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Passing	Heavy balls QS: 13, 25, 14		SL	Conditional Game	Heavy balls QS:11, 40, 26		Biscuit Break		SL	Core Skills 2 Passing	Heavy balls QS: 12, 21, 24		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Passing	Light balls QS: 13, 25, 14		EH, KP & NW	Conditional Game	Light balls QS:11, 40, 26		Biscuit Break		EH, KP & NW	Core Skills 2 Passing	Light balls QS: 12, 21, 24		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Passing	Light balls QS: 13, 25, 14		CV, RC & KW	Conditional Game	Light balls QS:11, 40, 26		Biscuit Break		CV, RC & KW	Core Skills 2 Passing	Light balls QS: 12, 21, 24		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability																							
Resources																											
	Registration																Biscuit Break										
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

18th March 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM			MT & SM				MT & SM						MT & SM				MT & SM			Summary & look forward	Depart	
Resources					Warm up Exercises			Core Skills 1 Tackling & Defending				Conditional Game						Biscuit Break				Core Skills 2 Tackling & Defending			Conditional Game / Matches		
								Heavy balls QS: 33, 45, 34				Heavy balls QS: 38, 5, 31, 9, 4						QS: 44, 46, 2, 6 – adjust to intro shadowing / PAP				Heavy balls					
Staff					(SL), EDK & MS			SL				SL						SL				SL			Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability	Warm up Exercises			Core Skills 1 Tackling & Defending				Conditional Game						Biscuit Break				Core Skills 2 Tackling & Defending			Conditional Game / Matches		
Resources								Heavy balls QS: 33, 45, 34				Heavy balls QS: 38, 5, 31, 9, 4						QS: 44, 46, 2, 6 – adjust to intro shadowing / PAP				Heavy balls					
Staff					(EH), KP & NW			EH, KP & NW				EH, KP & NW						EH, KP & NW				EH, KP & NW			Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability	Warm up Exercises			Core Skills 1 Tackling & Defending				Conditional Game						Biscuit Break				Core Skills 2 Tackling & Defending			Conditional Game / Matches		
Resources								Light balls QS: 33, 45, 34				Light balls QS: 38, 5, 31, 9, 4						QS: 44, 46, 2, 6 – adjust to intro shadowing / PAP				Light balls					
Staff					(CV), RC, KW, FB & JL			CV, RC & KW				CV, RC & KW						CV, RC & KW				CV, RC & KW			Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability	Warm up Exercises			Core Skills 1 Tackling & Defending				Conditional Game						Biscuit Break				Core Skills 2 Tackling & Defending			Conditional Game / Matches		
Resources								Light balls QS: 33, 45, 34				Light balls QS: 38, 5, 31, 9, 4									QS: 44, 46, 2, 6 - adjust to introduce shadowing / PAP			Light balls			
	Registration																	Biscuit Break									
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	



Plymouth Hockey Club

Weekly Coaching Programme 2012

25th March 2012

Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	
Staff																											
Badgers	Registration			Divide session by age / ability	MT & SM	Warm up Exercises		MT & SM	Core Skills 1 Attacking & Shooting	Heavy balls QS: 22, 23		MT & SM	Conditional Game	Heavy balls QS: 15, 9, 26, 47		Biscuit Break		MT & SM	Core Skills 2 Attacking & Shooting	Heavy balls QS: 41, 10, 48		MT & SM	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
Resources																											
Staff					(SL), EDK & MS	Warm up Exercises		SL	Core Skills 1 Attacking & Shooting	Heavy balls QS: 22, 23		SL	Conditional Game	Heavy balls QS: 15, 9, 26, 47		Biscuit Break		SL	Core Skills 2 Attacking & Shooting	Heavy balls QS: 41, 10, 48		SL	Conditional Game / Matches	Heavy balls	Summary & look forward	Depart	
U12 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(EH), KP & NW	Warm up Exercises		EH, KP & NW	Core Skills 1 Attacking & Shooting	Light balls QS: 22, 23		EH, KP & NW	Conditional Game	Light balls QS: 15, 9, 26, 47		Biscuit Break		EH, KP & NW	Core Skills 2 Attacking & Shooting	Light balls QS: 41, 10, 48		EH, KP & NW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U10 Team	Registration			Divide session by age / ability																							
Resources																											
Staff					(CV), RC, KW, FB & JL	Warm up Exercises		CV, RC & KW	Core Skills 1 Attacking & Shooting	Light balls QS: 22, 23		CV, RC & KW	Conditional Game	Light balls QS: 15, 9, 26, 47		Biscuit Break		CV, RC & KW	Core Skills 2 Attacking & Shooting	Light balls QS: 41, 10, 48		CV, RC & KW	Conditional Game / Matches	Light balls	Summary & look forward	Depart	
U9 Team	Registration			Divide session by age / ability																							
Resources																											
	Registration															Biscuit Break											
Team	Time	10.00	10.05	10.10	10.15	10.20	10.25	10.30	10.35	10.40	10.45	10.50	10.55	11.00	11.05	11.10	11.15	11.20	11.25	11.30	11.35	11.40	11.45	11.50	11.55	12.00	