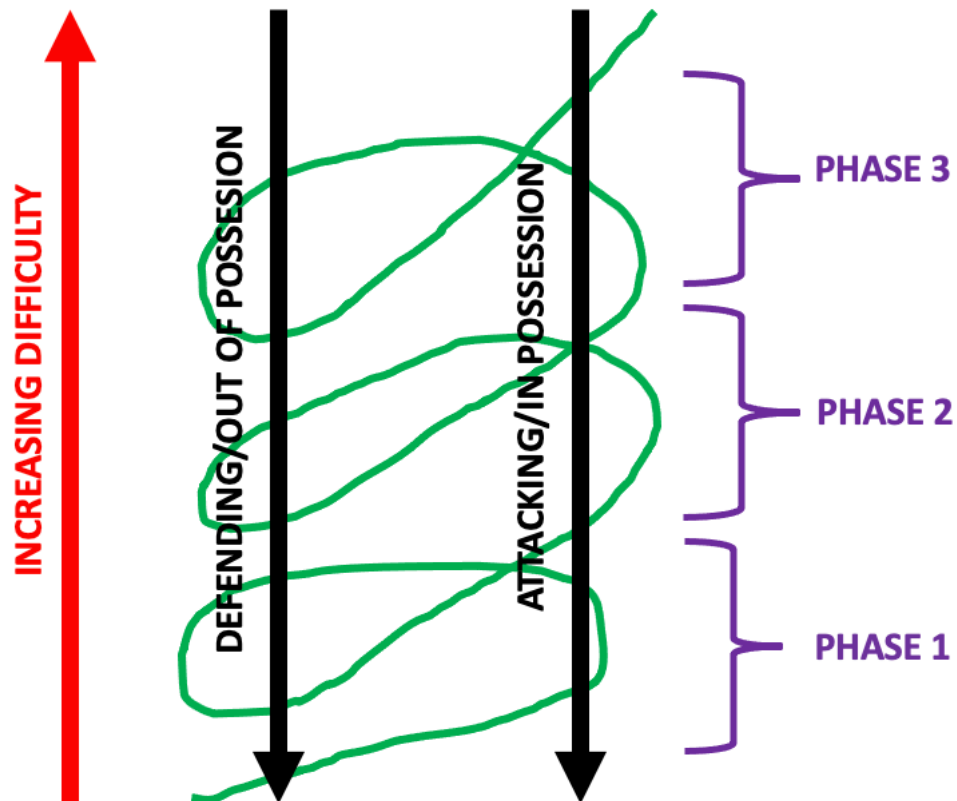


Spiral Curriculum/Season Overview



This spiral curriculum allows for you to view the season as a whole, enabling for you to understand how to structure your practices for the season.



This table is an example on how you can structure your weekly training split. It follows the phases of progression from the spiral curriculum and allows you to cover all fundamental moments of a hockey game; defensive, out of possession, attacking and in-possession.

D	DEFENDING
OP	OUT OF POSESSION
A	ATTACKING
IP	IN POSESSION

SEASONAL TRAINING SPLIT													
TERM 1	PHASE 1	SEPTEMBER				OCTOBER				NOVEMBER			
		W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
		D	OP	A	IP	D	OP	A	IP	D	OP	A	IP
TERM 2	PHASE 2	DECEMBER				FEBRUARY				MARCH			
		W13	W14	W15	W16	W17	W18	W19	W20	W21	W22	W23	W24
		D	OP	A	IP	D	OP	A	IP	D	OP	A	IP
TERM 3	PHASE 3	APRIL				MAY				JUNE			
		W25	W26	W27	W28	W29	W30	W31	W32	W33	W34	W35	W36
		D	OP	A	IP	D	OP	A	IP	D	OP	A	IP

This can be extended by including the specific objectives of the session you wish to cover, by using the performance problems.

SEASON TRAINING PLAN FOR LEEDS BECKETT WOMENS SECOND TEAM													
		SEPTEMBER				OCTOBER				NOVEMBER			
		W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
		D	OP	A	IP	D	OP	A	IP	D	OP	A	IP
TERM 1	PHASE 1	1v1	Introducing box press	D entries	Introducing switching play (TC)	1v1 on the move	Collapsing box press to increase pressure	Upgrading in the D	Introducing triangle play	jockeying players on the move	Closing down and applying pressure	Leading for the ball	Switching to attacking formation
		DECEMBER				FEBRUARY				MARCH			
		W13	W14	W15	W16	W17	W18	W19	W20	W21	W22	W23	W24
		D	OP	A	IP	D	OP	A	IP	D	OP	A	IP
TERM 1/2	PHASE 2	Moving feet around the ball to be on strong side	Introducing 'W' press	Passing in the D opening up space to shoot	Introducing switch play on different commands 'right' 'left' (TC)	Defending in crowded areas (n the D)	Change to defensive organisation	Shooting at the top of the D under pressure	Counter attacking (hard and fast)	Line to goal on all parts of the pitch	recovering oppositions counter attacks	Angles in the 'D' TC- 90 degrees, P-spot	Triangle play quickly and attacking hard
		APRIL				MAY				JUNE			
		W25	W26	W27	W28	W29	W30	W31	W32	W33	W34	W35	W36
		D	OP	A	IP	D	OP	A	IP	D	OP	A	IP
TERM 3	PHASE 3	Defending oppositions zig zag runs	Introducing 1/2 court, 3/4 court and full court press	Innovating runs to 'throw off' opposition	Introducing help side and ball side (TC)	Defendi ng from the top limiting fast attack from opposition	Small block pressing and judging speeds of play	Attacking runs at the top of the pitch	Building on help side and ball side in game play	Slowing down play	defensive positional work- moving out and and filling gaps	Fluid movement throughout TC- washing machine	maximum two touch play - limiting touches and time on ball

This table is an example of a seasonal plan you can use when coaching your team throughout the season. It draws upon performance problems to work on which you may experience throughout the season. It allows for you to cover all the fundamental hockey moments of a game. It increases the challenge points difficulty throughout the season allowing for constant development.

How to Use This Template

The empty boxes allow for you to put your own performance problems specific to your team and their goals.

The month is evenly split into defending, out of possession, attacking and in possession. This allows for you to balance your structure evenly throughout the season giving you formality in your structure

SEASON TRAINING PLAN FOR LEEDS BECKETT WOMENS SECOND TEAM													
		SEPTEMBER				OCTOBER				NOVEMBER			
		W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
TERM 1	PHASE 1	D	OP	A	IP	D	OP	A	IP	D	OP	A	IP
		DECEMBER				FEBRUARY				MARCH			
		W13	W14	W15	W16	W17	W18	W19	W20	W21	W22	W23	W24
TERM 1/2	PHASE 2	D	OP	A	IP	D	OP	A	IP	D	OP	A	IP
		APRIL				MAY				JUNE			
		W25	W26	W27	W28	W29	W30	W31	W32	W33	W34	W35	W36
TERM 3	PHASE 3	D	OP	A	IP	D	OP	A	IP	D	OP	A	IP

The season is split into three phases allowing for you progress difficulty and challenge points. Follow the spiral curriculum and the example curriculum to see how to progress the performance problems.