



Sample Language Plus Hockey Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Breakfast & Morning Meeting						
Lesson 1		Warm-up Hockey assessment	Warm-up Fundamental skills for attacking 1 v 1	Warm-up Fundamental skills for attacking overloads	Warm-up Fundamental skills for midfield play	Warm-up Team preparations & training		
Lesson 2		Assessment through small sided games Group placement	Fundamental skills For defending 1 v 1	Fundamental skills for defensive play	Possession	Team preparations & training (set pieces, e.g. short corners)		
Lesson 3	 Arrival	Core skills linked to ability of players	Topic related games	Goal scoring (shooting)	Fundamental skills for midfield play Switching play	Tournament	Departure 	
Lesson 4		Core skills linked to ability of players Warm-down	Topic related games Warm-down	Topic related games Warm-down	Topic related games Warm-down	Tournament Warm -down Awards		
Lunch, Afternoon Meeting & Free Time								
Lesson 5		English assessment & tour of centre	Grammar study skills	Grammar study skills	Grammar study skills	Grammar study skills		Grammar study skills
Lesson 6	English assessment Grammar study skills	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking		
Lesson 7	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review		
Lesson 8	Project	Project	Project	Project	Project	Progress test		
Dinner, Free Time, Evening Entertainment & Bed Time								

Please note:
English lessons
can take place
in the mornings
or the afternoons