



Club Coaching/Training Activity

Term 1

Introduction to Roller Hockey Scheme
Focus on improving skating skills
Further work on basic ball & stick skills

Term 2

Introduction to the 'game' (rink layout, rules)
Warm up routines with pre-training stretches
Skating exercise
Ball & stick routines
Shooting practice
Practice games

Term 3

Warm up routines with pre-training stretches
Skating exercise-changing direction & sprinting
Ball & stick routines
Shooting practice
Defence Systems-individual
How to attack an individual defence system

Senior Players

Warm up with stretches
Advanced skating exercises
Advanced ball & stick still routines
Advanced individual /team defence tactics
Advanced individual/team attack tactics
Cool down routine

Goalkeepers

Warm up routine
Specific stretches
Shooting practice
Goal keeping tactics
Match Practice