



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
Mornings	Breakfast & Morning Meeting						
Lesson 1	 Arrival	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	Departure 
Lesson 2		Assessment through small sided games Group placement	Fundamental skills For defending 1 v 1	Fundamental skills for defensive play Goal scoring (shooting)	Possession Switching play	Team preparations & training (set pieces, e.g. short corners)	
Lesson 3		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	
Afternoons	Lunch, Afternoon Meeting & Free Time						
Lesson 1	English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Please note: English lessons can take place in the mornings or the afternoons
Lesson 2	Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
Lesson 3	Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
	Dinner, Free Time, Evening Entertainment & Bed Time						