

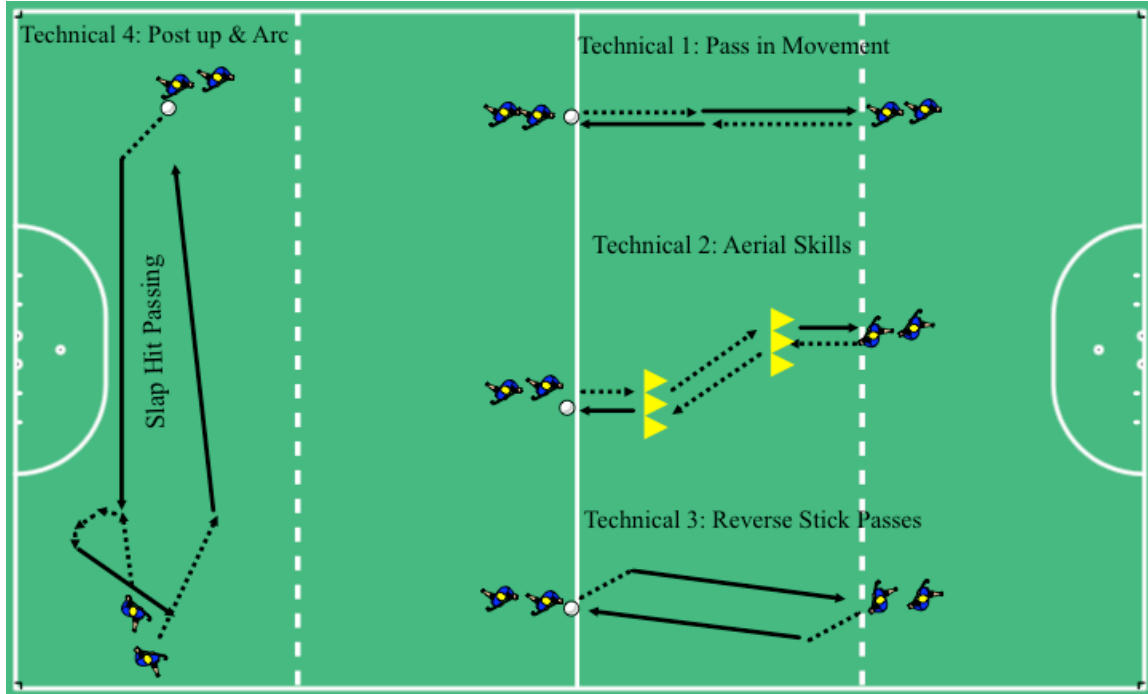


## **HNZ REGIONAL DEVELOPMENT CLINICS – 2010**

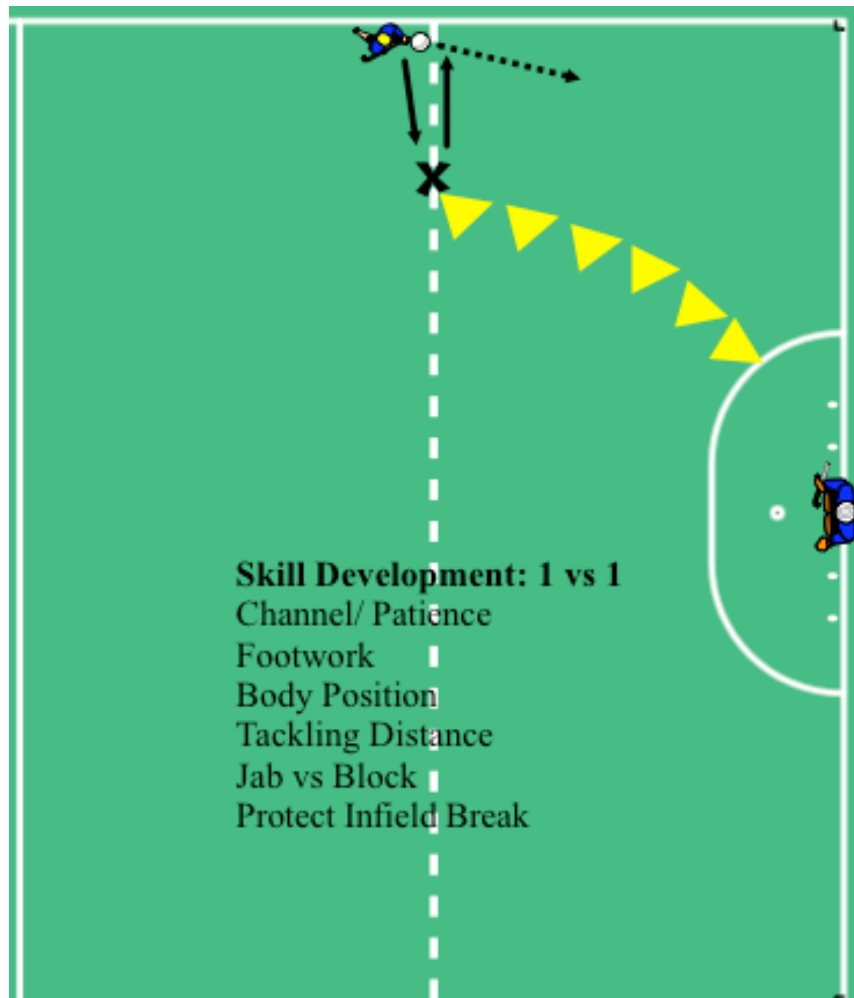
## Programme

HNZ Regional Development Clinics 2010 Programme		
Day 1	Field Players	Goalkeepers
09.30	Arrivals/ Registration	
10.00 - 10.30	Warm Up & Technical	Warm Up & Technical
10.30 - 11.00	1 vs 1 Defending	Feet Techniques
11.00 - 11.30	Double Defence	Aerial Techniques
11.30 - 12.00	3 vs 3 Defending	Sliding Techniques
12.00 - 12.30	6 vs 6 Mini Games	6 vs 6 Mini Games
12.30 - 13.00	Warm Down	Warm Down
REST/LUNCH		
15.00 - 15.30	Warm Up & Technical	Warm Up & Technical
15.30 - 16.00	RHS Attacking Combinations	RHS Attacking Combinations
16.00 - 16.30	LHS Attacking Combinations	LHS Attacking Combinations
16.30 - 17.00	6 vs 6 Mini Games	6 vs 6 Mini Games
17.00 - 17.30	Warm Down	Warm Down
Day 2	Field Players	Goalkeepers
09.00 - 09.30	Warm Up & Technical	Warm Up & Technical
09.30 - 10.00	Goal Scoring 1	Closing Space Technical
10.00 - 10.30	Goal Scoring 2	Goal Scoring 2
10.30 - 11.00	6 vs 6 Mini Games	6 vs 6 Mini Games
11.00 - 11.30	Warm Down	Warm Down
REST/LUNCH		
13.30 - 14.00	Warm Up & Technical	Warm Up & Technical
14.00 -15.30	Match	Match
15.30 - 16.00	Warm Down	Warm Down
16.00	Depart	Depart

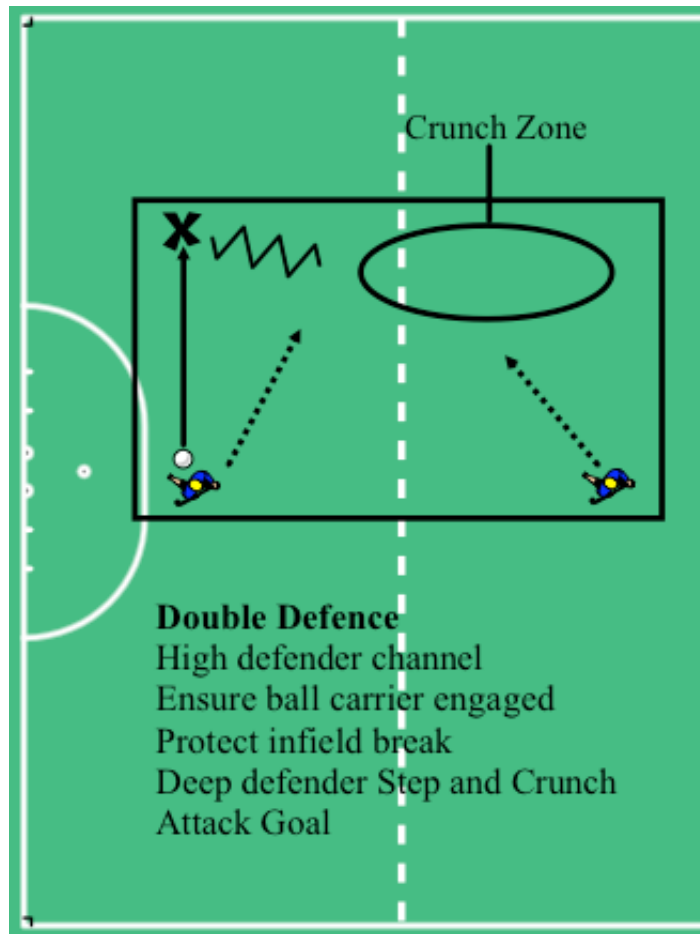
## Technical Warm Up



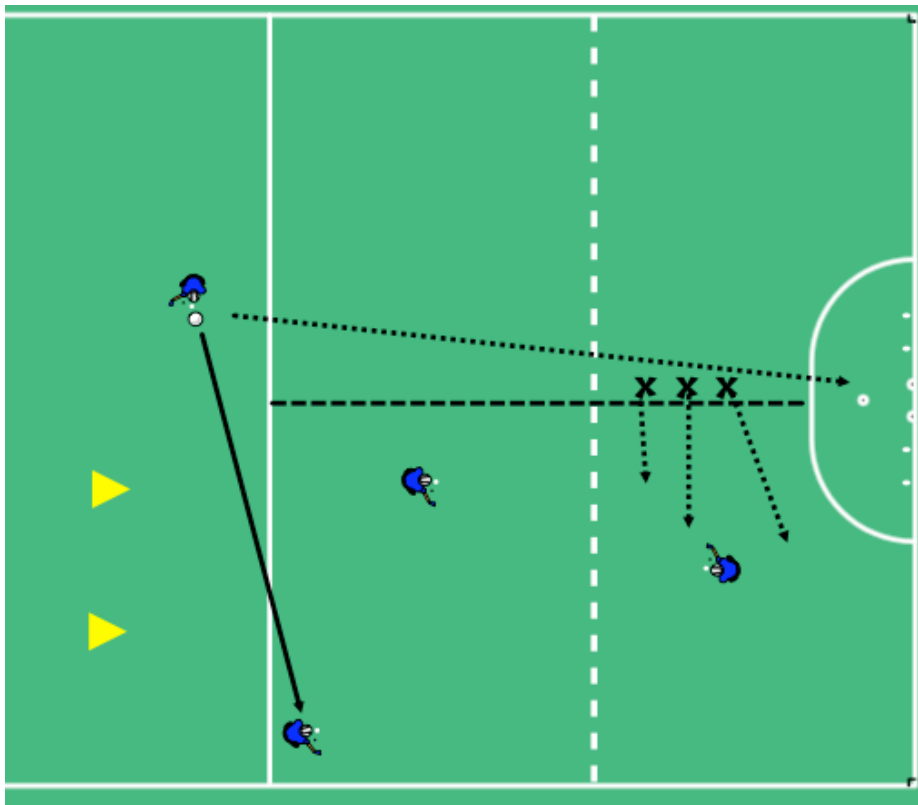
## 1 vs 1 Defending



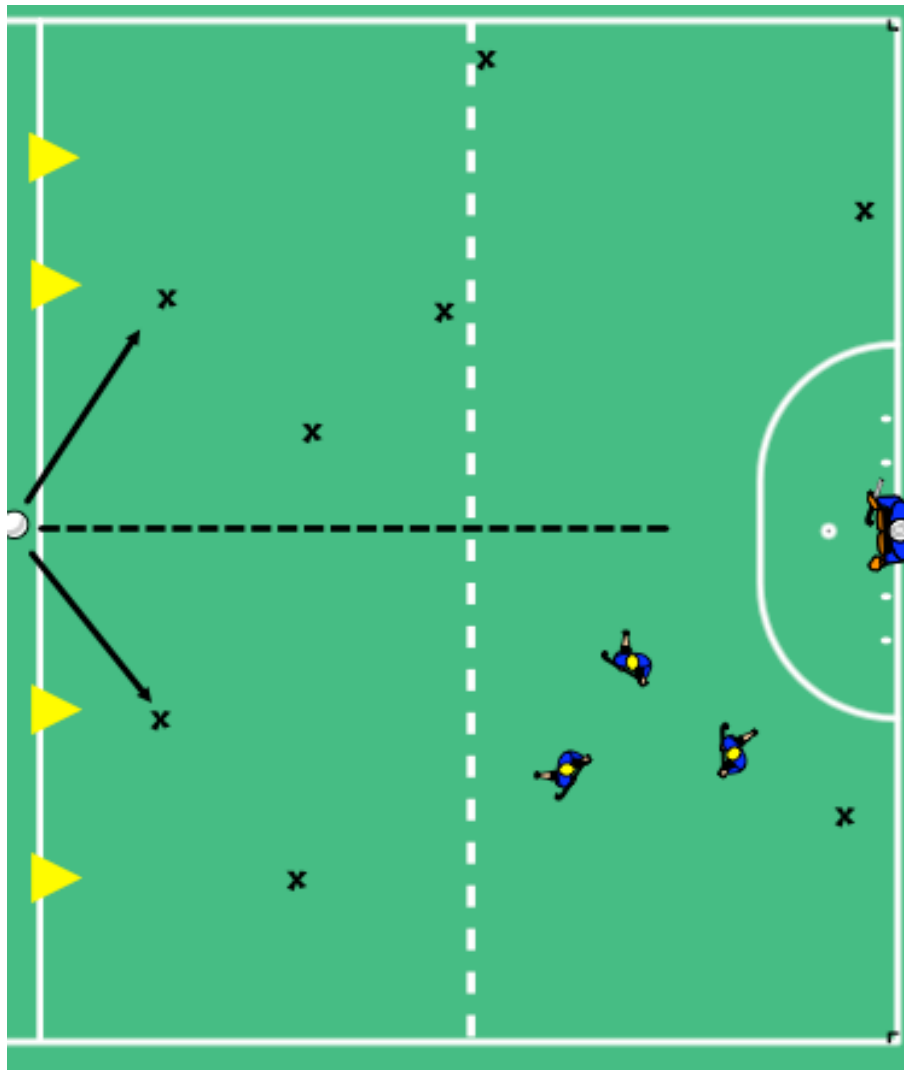
### Double Defence



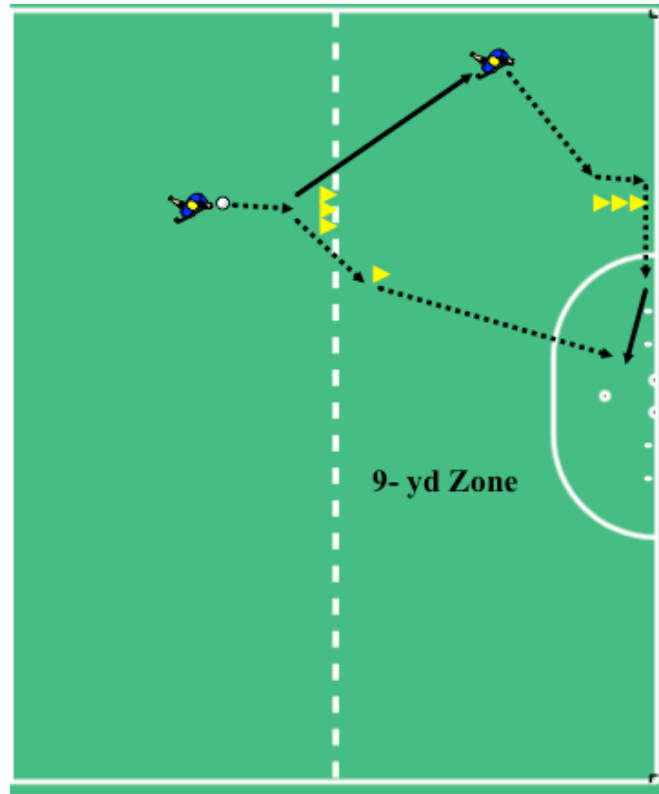
### 3 v 3 Defending



# RHS/ LHS Attacking Combinations



### Goal Scoring 1



### Goal Scoring 2

