

HOCKEY MAHARSHTRA PCIHTC 3 MONTHS PLAN

PHASE -1 - 2024

Apr-24			May-24			Jun-24					
Meso cycle/Weeks			Meso cycle/Weeks			Meso cycle/Weeks					
Dates			Dates			Dates					
Micro cycle -1	11	Ball Possession Basic skills (Receiving) Fundamentals	Micro cycle -1	1	SUMMER COACHING CAMP 28 Apr - 26 May 2024 Basic skills Fundamentals	Micro cycle -1	1	Grassroot hockey tournament under -12 and under -15 mix teams 1-8 June 2024			
	12			2			2				
	13			3			3				
	14			4			4				
	15			5			5				
Micro cycle -2	16	UNDER-21 WOMEN LEAGUE CAMP 15-27 APR 2024	Micro cycle -2	6	Ball Possession Basic skills (Elimination- skills) Rolling/dribble GK Workshop 11-12 May	Micro cycle -2	6	Combination of Ball & Non- Ball possession skills (small Trun-overs) 2v3,3v4,5v4.			
	17			7			7				
	18			8			8				
	19			9			9				
	20			10			10				
Micro cycle -3	21		Micro cycle -3	11	Ball Possession Basic skills Small area games & only Focus on passing/ receiving. Non-Ball Possession/ Defending, Basic skills (Jab & Block Tackling) Coaches Workshop 18-19 May	Micro cycle -3	11				
	22			12			12				
	23			13			13				
	24			14			14				
	25			15			15				
	26		Micro cycle -4	16	Ball Possession and Non ball Possession small sided Games Drag flick workshop 25-26 May Closing of Summer Camp	Micro cycle -4	16				
	27			17			17				
	28			18			18				
	29			19			19				
	30			20			20				
		21		21							
Micro cycle -3									Talent scouting in PCMC Schools in coordination with PCMC Sports Department		
										22	22
										23	23
										24	24
								25		25	
								26		26	
								27		27	
								28		28	
								29		29	
								30		30	