

| Time                 | Activity  | Watch Out For  | Video  |
|----------------------|---|--|--|
| 7 minutes            | <p><b>Open Faced Dribble</b></p>                      | <ol style="list-style-type: none"> <li>1. Left hand at top of stick</li> <li>2. Right hand down stick</li> <li>3. Next player starts after 2 'legs' away</li> <li>4. Only use face of stick (NO back of the stick)</li> <li>5. Head up - bend knees slightly</li> </ol>  | <p>Open Faced Dribbling</p> <p>Dribbling on Turf</p> |
| 7 minutes            | <p><b>Passing and Receiving over 7 - 10 yards</b></p> | <p>Pass a <b>moving</b> ball - ONLY pushing</p> <p>Move your feet</p> <p>Transfer your weight onto the left foot as you push</p>   | <p>Pass and Receive</p> <p>Individual Skills</p>     |
| 7 minutes            | <p><b>Change of Speed</b></p>                         | <p>Dribble with the ball between 1 and 2 o'clock position</p> <p>Emphasis on CHANGE OF SPEED from fast to slow and slow to fast. Use fingers on both hands to turn the toe of the stick for control.</p> <p>Make sure you keep the ball near your blade - slow the ball as you slow down</p>   | <p>Change of Speed</p>                               |
| 3 minute break       | 3 minute break  | DRINKS BREAK   |  |
| 2 x 15 minute halves | <p><b>GAME</b> 4 v 4 (or as appropriate)</p>          | <p><b>Simple Rules</b></p> <ol style="list-style-type: none"> <li>1. Only push ( no hitting)</li> <li>2. No deliberate use of feet</li> <li>3. Only flat side of stick to play ball</li> <li>4. Start and restart after goals from center</li> <li>5. If ball goes out over sidelines - other team's ball</li> <li>6. Ball over backline - restart to defense 3 yd off baseline</li> <li>7. GOAL scored when ball goes between 4yd markers on end line - must be on ground</li> <li>8. No dangerous play - keep sticks below waist and ball on ground</li> </ol> | <p>Small games Grass</p> <p>Small games Turf</p>     |