

| Time                 | Activity   | Watch Out For  | Video  |
|----------------------|--|--|--|
| 7 minutes            | <p>Dribble</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> <li>6. Dribble ball at <b>1 o'clock</b> position (in direction of movement)</li> </ol>   | <p>4 yard Dribble</p> <p>2 yard Dribble</p>              |
| 7 minutes            | <p>Dribble and Pass</p>  | <ol style="list-style-type: none"> <li>1. Dribble through the markers, then pass</li> <li>2. Pass a moving Ball</li> <li>3. Left hand at top of stick</li> <li>4. Use fingers to turn the 'toe' of the stick.</li> <li>5. Remember<br/>- you can <b>ONLY</b> use the <b>FLAT</b> side of the stick</li> </ol>  | <p>Dribble &amp; Pass</p> <p>Individual Skills</p>       |
| 7 minutes            | <p>1 yd dribble test</p>   | <ol style="list-style-type: none"> <li>1. Move the ball over 1 yard</li> <li>2. Use fingers to turn stick 'over' to change ball direction</li> <li>3. Move the ball from side to side over 1 yard</li> <li>4. How many can you do in 15 secs.? in 30 secs?</li> </ol>  | <p>1 Yard Drag</p>                                       |
| 3 minute break       | 3 minute break   | DRINKS BREAK   |  |
| 2 x 15 minute halves | <p><b>GAME</b>      <b>2 Goal Game 4 v 4</b><br/>(or as appropriate)</p> | <p>Simple Rules - Score Through Either <b>GOAL</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. Use <b>ONLY</b> flat side of stick to play ball</li> <li>4. Start and restart (after goals) from center of ground</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. <b>GOAL</b> scored when ball goes between 4yd markers on end line - must be along the ground</li> <li>8. No dangerous play - keep sticks down and ball on ground</li> </ol> | <p>Small games<br/>Grass</p> <p>Small games<br/>Turf</p> |