


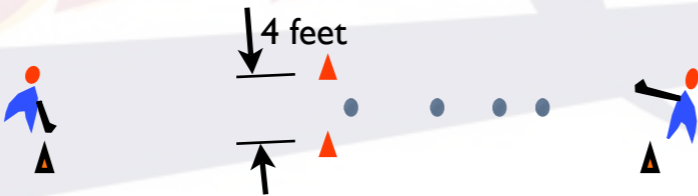
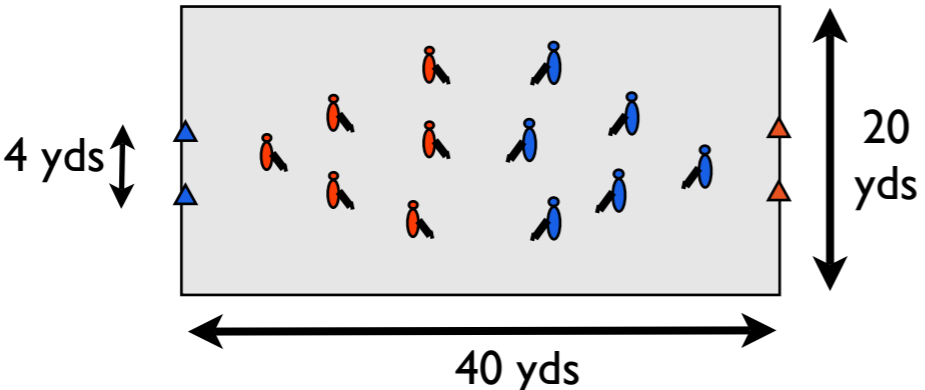


Time	Activity	Watch Out For	Video
7 minutes	<p>1 yd dribble test</p>  <p>Figure 8</p> <p>Try Both Directions</p> 	<ol style="list-style-type: none"> 1. Move the ball over 1 yard 2. Use fingers to turn stick 'over' to change ball direction 3. Move the ball from side to side over 1 yard 4. How many can you do in 15 secs.? in 30 secs? 	<p>1 Yard Drag</p> <p>Extended Drag</p> <p>Figure 8</p>
7 minutes	<p>Slalom Dribble</p> <p>a) 8 yds b) 4 yds</p> 	<ol style="list-style-type: none"> 1. Left hand at top of stick 2. Right hand down stick 3. Next player starts after 2 'legs' away 4. Only use face of stick (NO back of the stick) 5. Head up - bend knees slightly 6. Dribble ball at 1 o'clock position (in direction of movement) 	<p>4 yard Dribble</p> <p>2 yard Dribble</p> <p>8 yard Dribble</p>
7 minutes	<p>Passing and Receiving over 7 - 10 yards</p> 	<ol style="list-style-type: none"> 1. Pass a moving ball - ONLY pushing 2. Move body weight from right leg to left leg 3. Be as MOBILE as possible 4. Increase passing distance with improvement. 	<p>Pass and Receive</p> <p>Individual Skills</p>
3 minute break	3 minute break	DRINKS BREAK	
2 x 15 minute halves	<p>GAME</p> <p>6 v 6 (or as appropriate)</p> 	<ol style="list-style-type: none"> 1. Team must score through goals by <ol style="list-style-type: none"> a) passing through their goal from < 3 yards b) dribbling through their goal 2. Only pushing 3. Use "Simple Rules" 4. Coach should occasionally throw ball into open space to open the play if play is crowded. 	<p>Small games Grass</p> <p>Small games Turf</p>