
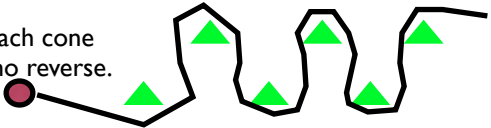
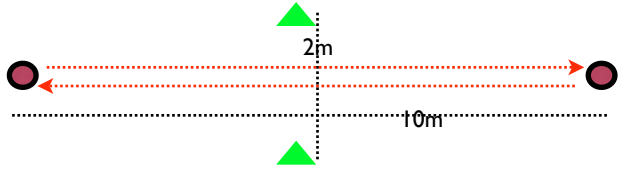
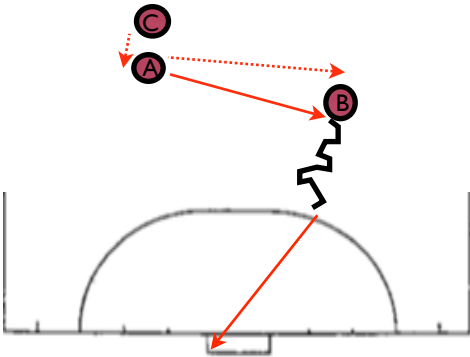


Time	The Drill	Coaching Points
5 min	Warm Up	Dynamic movement
15 min	<p style="text-align: center;"><b>Dribbling Skills</b></p> <p><b>Forehand Dribble Model</b></p> <ul style="list-style-type: none"> <li>• Go through coaching points with athletes.</li> <li>• Have each athlete show their dribble position with ball.</li> <li>• Correct athletes ball position - should be able to read your watch on your left wrist when the ball is in front of, or slightly outside of your right foot.</li> </ul> <p><b>Forehand Dribble Shuttle</b></p> <ul style="list-style-type: none"> <li>• Go through coaching points with athletes.</li> <li>• Set athletes up in a shuttle groups - no more than 6 per group.</li> <li>• Encourage creativity, speed and unpredictability.</li> </ul>  <p><b>Forehand Dribble Slalom</b></p> <ul style="list-style-type: none"> <li>• Add cones to shuttle</li> <li>• Emphasize footwork around each cone</li> <li>• Keep ball on the front stick - no reverse.</li> </ul> 	<p><b>Hand Position</b></p> <ul style="list-style-type: none"> <li>• Left hand at top of stick - “V” between thumb and index finger facing down to hook of stick.</li> <li>• Right hand down the stick..</li> <li>• Right index finger at back of stick.</li> <li>• Flexible hands on grip.</li> <li>• Dexterity of wrists.</li> </ul> <p><b>Ball Position</b></p> <ul style="list-style-type: none"> <li>• Strong position at 2 o’clock - stress vision at this position.</li> <li>• Keep ball close to blade.</li> </ul> <p><b>Body Position</b></p> <ul style="list-style-type: none"> <li>• Bend knees not back.</li> <li>• Elbows away from body.</li> <li>• Arms extended - left hand away from stomach.</li> <li>• Head up for vision.</li> </ul>
12 min	<p style="text-align: center;"><b>Push Passing</b></p> <p><b>Stationary Push Passing</b></p> <ul style="list-style-type: none"> <li>• Go through coaching point with athletes.</li> <li>• Set each athlete up with a partner.</li> <li>• Partners should be 10 meters apart.</li> <li>• Place two cones 2 meters apart in the middle - this will help with accuracy.</li> <li>• Last minute. Time each group to see how many passes they can make in a minute through the cones. Keep Score and Determine a Winner!</li> </ul> 	<p><b>Hand Position</b></p> <ul style="list-style-type: none"> <li>• Left hand at top of stick - “V” between thumb and index finger facing down to hook of stick.</li> <li>• Right hand down the stick (dribbling grip)</li> <li>• Right index finger at back of stick</li> </ul> <p><b>Ball Position as Push is Executed</b></p> <ul style="list-style-type: none"> <li>• Midway between feet and stick length out from body</li> </ul> <p><b>Skill Execution</b></p> <ul style="list-style-type: none"> <li>• Step forwards and place stick head on ground, touching ‘back’ of ball - stick angled forwards(head of stick in front of hands)</li> <li>• Change body weight from back foot (R) onto front foot (L)</li> <li>• As you transfer body weight hands move forward of stick head and then ‘slingshot’ the ball forward along the ground. Follow through with your R shoulder towards the target.</li> </ul>

Time	The Drill	Coaching Points
13 min	<p style="text-align: center;"><b>Goal Scoring</b></p> <ul style="list-style-type: none"> <li>• Player A passes to Player B</li> <li>• Player B weaves through a slalom of cones, tires or stick bags etc.</li> <li>• Player B takes a shot on goal using a push pass on the move</li> <li>• Player A then moves to receive the pass from Player C</li> <li>• Player C passes to Player A.....</li> </ul> 	<p><b>The Initial Pass</b></p> <ul style="list-style-type: none"> <li>• Emphasize accuracy and the coaching points on the previous drill.</li> </ul> <p><b>The Slalom on the Forehand Stick Side</b></p> <ul style="list-style-type: none"> <li>• Emphasize footwork around the cones with speed and dexterity of wrists.</li> </ul> <p><b>The Push Pass/Shot on Goal</b></p> <ul style="list-style-type: none"> <li>• Aim for the goal, or more specifically just inside the far post.</li> <li>• Keep your feet moving through the pass AND have your weight moving at the target.</li> <li>• Stay in control of your body weight to develop controlled balance.</li> <li>• Let the athletes be creative.</li> <li>• Have fun and celebrate each goal!</li> <li>• Look for and play any rebounds.</li> </ul>
40 min	<p style="text-align: center;"><b>Game Play</b></p> <p><b>Game Play</b></p> <ul style="list-style-type: none"> <li>• 7v7 (Depending on numbers at your site, but no more than 7v7)</li> <li>• Go over basic rules.</li> <li>• Set players up in positions but don't worry about position terminology.</li> <li>• Try not to blow the whistle too often.</li> <li>• No Penalty Corners - free hit outside attacking zone</li> <li>• Let the athletes play and have fun!!!!</li> </ul> <p>7 Minute Game Preparation 15 Minute Half 3 Minute Half-Time 15 Minute Half</p> <p>Keep Score and positively reinforce good play.</p>	<p><b>Field Set-up</b></p> <ul style="list-style-type: none"> <li>• Set up 2 fields across pitch roughly 60x45 yards. ( Can be smaller)</li> <li>• Places cones as field lines.</li> <li>• Move goals accordingly.</li> </ul> <p><b>Introduction of Some Basic Rules</b></p> <ul style="list-style-type: none"> <li>• Whistle blow indicates an infraction and a free hit is awarded.</li> <li>• Athletes should stop playing the ball but not the game, similar to Soccer. Regain an attacking or defending position.</li> <li>• All defensive Players must be 5 meters away on a free hit.</li> <li>• Long Corners or 16 Yard Hit after ball travels over the end line.</li> <li>• If the ball travels over the side line, the team that did NOT put the ball out of play takes it where it went out.</li> <li>• You can only score by an attacker touching the ball inside the attacking circle.</li> </ul>
5 min	Cool Down	