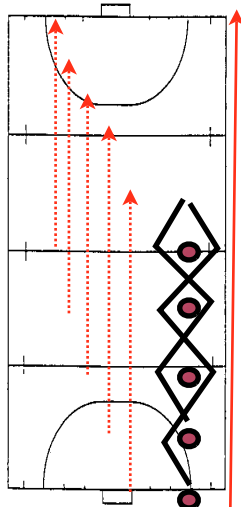

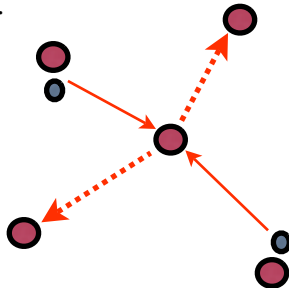
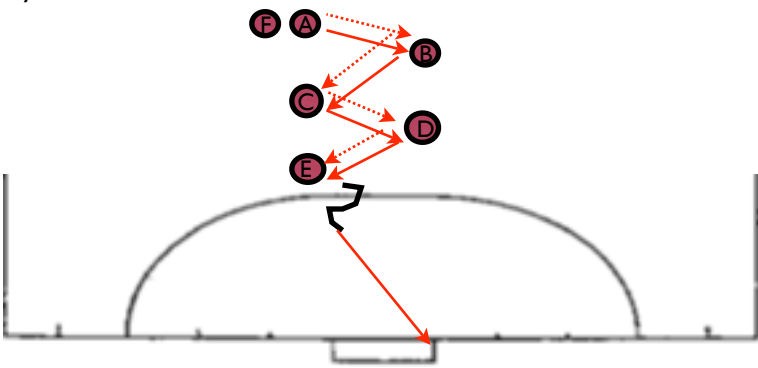


Time	The Drill	Coaching Points
5 min	Warm Up	Dynamic Movement
15 min	<p style="text-align: center;"><b>Dribbling</b></p> <p><b>Figure 8</b></p> <ul style="list-style-type: none"> <li>• Introduce the use of the reverse dribble.</li> <li>• Feet placed in the stride position.</li> <li>• Athlete weaves ball around feet in a figure 8 pattern.</li> <li>• Practice both directions and switching directions mid-flt</li> </ul> <p><b>Dribbling Weave</b></p> <ul style="list-style-type: none"> <li>• 5 Players in each group with one ball per Player.</li> <li>• Each player starts 5 meters apart in a straight line with the last Player positioned starting on the end line.</li> <li>• Player A weaves through the other players and stops after passing player E keeping the 5 meter distance.</li> <li>• Player B then begins to weave through stopping after passing player A.</li> <li>• Players should continue weave until they reach the othe end of the field.</li> <li>• If the players are successful - make it a race against another group!</li> </ul> 	<p><b>To Use the Reverse</b></p> <ul style="list-style-type: none"> <li>• Hold left hand tightly.</li> <li>• Hold right hand loosely.</li> <li>• Use left hand to turn the stick. Right hand is used as a guide.</li> </ul> <p><b>Ball Position</b></p> <ul style="list-style-type: none"> <li>• Strong position at 10 o'clock - or on the left side of the body</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.</li> <li>• Head up for vision.</li> </ul> <p>Practice <b>unpredictable movement patterns</b> between the flat and reverse sides!</p> 
15 min	<p style="text-align: center;"><b>Receiving</b></p> <p><b>Passing and Receiving in Pairs</b></p> <ul style="list-style-type: none"> <li>• Set players 5 meters apart.</li> <li>• Emphasize correct receiving skills with sharp footwork.</li> <li>• Distribute quickly but with accuracy and good body position.</li> <li>• Receive using forehand and reverse.</li> </ul> <p><b>5 Player Receiving</b></p> <ul style="list-style-type: none"> <li>• Set athletes up in groups of 5</li> <li>• Only 2 balls with the 'Outside' players B &amp; D</li> <li>• B to A who must pass to a player without a ball</li> <li>• Then A receives from D and passes to player without a ball</li> <li>• ..... and so on</li> <li>• Rotate center player after about 10 passes</li> <li>• Quickly chase any missed traps (poorly received balls).</li> <li>• <b>Develop players ability to "look off the ball" and create better vision.</b></li> </ul> 	<p><b>Receiving Hand Position</b></p> <ul style="list-style-type: none"> <li>• Dribbling grip with a vertical stick and left hand away from body.</li> </ul> <p><b>Ball Position</b></p> <ul style="list-style-type: none"> <li>• The ball should be received (collected) in the channel between the feet and the line of the ball.</li> </ul> <p><b>Skill Execution</b></p> <ul style="list-style-type: none"> <li>• Form a triangle between feet and stick head, flex the knees and create a 'pocket' into which the ball will be collected.</li> <li>• Your L foot slightly forward of your R. Angle your stick forward (the L hand should be further away from your body than the stick head).</li> <li>• Try to 'kill' the ball on impact with stick - no rebounds</li> </ul> <p><b>Mobility and Footwork</b></p> <ul style="list-style-type: none"> <li>• As the ball is received there needs to be immediate movement to shift the ball away from the original passing line</li> <li>• Create a strong base with legs - feet should be at least shoulder width apart with flexed knees.</li> </ul>

Time	The Drill	Coaching Points
10 min	<p style="text-align: center;"><b>Goal Scoring</b></p> <p><b>Zig-Zag Shooting Drill (“Miss It &amp; Kiss It”)</b></p> <ul style="list-style-type: none"> <li>• Balls start at the top cone. around the 25-30 yard line.</li> <li>• Players are at all 5 cones to start</li> <li>• Player A passes to Player B, Player B to Player C, C to D, and D to Player E.</li> <li>• Player E dribbles the ball into the circle and take a shot.</li> <li>• Each player, after passing, immediately follows their pass to the next position.</li> <li>• Player F starts the next ball after a shot and/or rebound is executed.</li> </ul> 	<p><b>Passers</b></p> <ul style="list-style-type: none"> <li>• Accurate passes to each Player’s forehand.</li> <li>• Looking at your target prior to receiving the ball.</li> <li>• Looking at your target after receiving the ball.</li> <li>• Quick and fluid transition to the next receiving position and looking back for the next ball.</li> </ul> <p><b>Receivers</b></p> <ul style="list-style-type: none"> <li>• Asking for the ball with bent knees and stick on the ground.</li> <li>• “Kill ball” on reception</li> <li>• Good footwork from reception to pass to step to your target.</li> </ul> <p><b>Shooters</b></p> <ul style="list-style-type: none"> <li>• Make sure ball is in circle when shooting</li> <li>• Shoot quickly for goal and aim for the far post.</li> <li>• Move your feet to balance your weight and step to your target.</li> <li>• Move the ball to your target prior to contact.</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>• Maximum of 7v7 (Depending on numbers at your site)</li> <li>• Continue Introduction to Basic Rules</li> <li>• Set players up in different positions to Training Session I Game. Again, don’t worry about terminology of position names.</li> <li>• Try not to blow the whistle too often.</li> <li>• No Penalty Corners</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. ( or 25 yd x 15 yd - 4v4)</li> <li>• Places cones as field lines.</li> <li>• Move goals accordingly.</li> </ul> <p><b>Review Session I Rules</b></p> <ul style="list-style-type: none"> <li>• Free Hits, Sidelines, Long Corners, 16 Yard Hits and Goal Scoring Line.</li> </ul> <p><b>Introduce New Rules</b></p> <ul style="list-style-type: none"> <li>• They can only use the flat side of the stick - not the rounded side.</li> <li>• No advancing or kicking of the ball.</li> <li>• Ball must travel 1 yard on an attacking restart.</li> </ul>
5 min	Cool Down	

