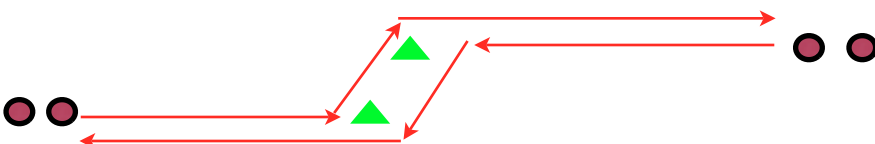




Time	The Drill	Coaching Points
5 min	Warm Up	Dynamic movement
15 min	<p style="text-align: center;">Ball Control</p> <p>Drag</p> <ul style="list-style-type: none"> • Each athlete has a ball. • Line each athlete up on the end line • Moving down the field, shift ball from side to side (each drag should be approximately 1-1.5 yards) • Stop at 20 meters. rest for a minute, then repeat back to the end line • Start at a brisk walking pace to ensure correct form. • Pick up pace as skill develops. • Unpredictability in shifting motion of body and ball is ideal. <p>Drag Shuttle</p> <ul style="list-style-type: none"> • Set 6-8 athletes up into shuttles • Player A starts with the ball and drags around some cones. • Player A completes execution and passes to Player B. • Player A follows the pass and the shuttle continues. 	<p>Drag</p> <ul style="list-style-type: none"> • Drag is 1-1.5 yards across the body. • Use quick wrists for a dynamic move. • Change speed - approach, speed, drag speed, acceleration. • Remind athletes that left is gripped tightly and right hand is gripped loosely. <p>Drag Shuttle</p> <ul style="list-style-type: none"> • Drag L - R • Drag R - L • Drag L - R + L - R again • Drag R - L + R - L again • Drag L - R + R - L • Drag R - L + L - R <p>Creativity, Unpredictability and extreme ball movement are preferred.</p> 
15 min	<p style="text-align: center;">Passing and Pre-Scanning (Off Ball Vision)</p> <p>Passing</p> <ul style="list-style-type: none"> • Set players up in groups of three across the field • Player A starts with the ball on a sideline and passes it to Player B in the middle. • Player B receives the ball (forehand or reverse) and passes it to Player C. • Player C is on the opposite sideline (width can vary with passing style). • Rotate middle player after about 10 transfer passes. • Start out with push pass and then move to hitting the ball. (remember FOOTWORK) • Increase the width as the power of the skill increases.  <p>Passing and Scanning</p> <ul style="list-style-type: none"> • Continue with same drill but add scanning variation. • Player A starts out with the ball and passes it to player B. • Prior to the pass, Player B must look at player C on the opposite sideline. • Player C will be holding their stick up or down and Player B must call "up" or "down" as Player A is in the passing process to Player B. • Player B then passes it to player C. • Repeat the process for each transfer pass. 	<p>Passing</p> <ul style="list-style-type: none"> • Accurate passes. • Reinforce quality basic skills. <p>Receiving</p> <ul style="list-style-type: none"> • Use stick to indicate where you require the ball. • "Kill ball" on reception with bent legs. • Good footwork from reception to pass. • Quickly chase down any missed traps. <p>Scanning</p> <ul style="list-style-type: none"> • Make athletes aware of the need to be scanning on the field. • Pre-scanning and post-scanning. • Open shoulders to the largest area of the field to scan options. • Head up for vision - turn your head to the ball and not your entire body. <p>Common Error</p> <p>Players pointing feet at the ball all the time rather than at the open field.</p>

