

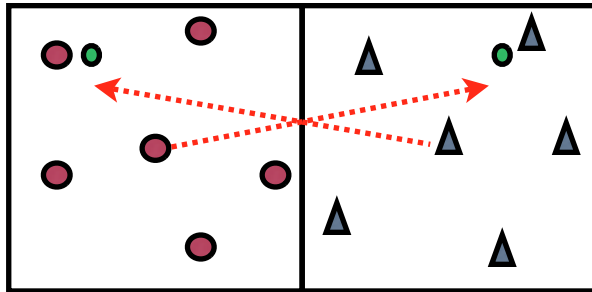


Time	The Drill	Coaching Points
5 min	Warm Up	Dynamic movement
15 min	<p align="center"><b>Ball Control</b></p> <p><b>Air Dribbling - (Session 8 Tricks Competition!)</b></p> <ul style="list-style-type: none"> <li>• Each player has a ball</li> <li>• Start off with Player placing ball on stick.</li> </ul> <p>Try these following Tricks:</p> <ol style="list-style-type: none"> <li>1. Bounce Ball on Stick.</li> <li>2. Balance Ball on Stick.</li> <li>3. Bounce ball on stick - all four sides!</li> <li>4. Roll ball up and down on flat side of stick.</li> </ol>  <p><b>Jink</b></p> <ul style="list-style-type: none"> <li>• Randomly set up obstacles in 10 x 10 space</li> <li>• 4-5 players at each area.</li> <li>• Mark a starting point and finishing but let the athletes choose their own course.</li> <li>• One player goes through at a time jinking over obstacles.</li> <li>• After all of them have gone, turn and go the opposite direction.</li> <li>• Let them be creative!</li> <li>• For a challenge, add two players going through the space at one time!</li> </ul>	<p><b>Air Dribbling</b></p> <ul style="list-style-type: none"> <li>• Stick grip should be similar to dribbling position but in the air.</li> <li>• Discourage athletes from rearranging grip for comfortability.</li> <li>• Reinforce touch on the</li> </ul>  <p><b>Jink (little lift)</b></p> <ul style="list-style-type: none"> <li>• Angle blade behind the ball.</li> <li>• Right wrist snaps ball up into the air.</li> <li>• Left hand dips to create the pop of the ball.</li> <li>• Wrist dexterity is extremely important!</li> <li>• Each player will develop their own style.</li> <li>• Encourage both forehand and reverse execution of jink.</li> <li>• Allow each player to be creative!</li> </ul>
15 min	<p align="center"><b>Possession: "Space Invaders"</b></p> <p><b>5 v 1 Numbers Possession Game</b></p> <ul style="list-style-type: none"> <li>• Set up 2 20x20 grids next to each other.</li> <li>• 2 teams with 6 players on each team.</li> <li>• Number each player 1-6. Make sure you have even numbers.</li> <li>• Each team starts with a ball in their grid and passes around.</li> <li>• The coach then calls out a number and that player runs to the other grid to intercept the other teams ball.</li> <li>• If ball goes out of bounds or is intercepted, restart a new ball.</li> <li>• Time each segment for 1.5 minutes.</li> <li>• Encourage passing rather than dribbling.</li> <li>• After time is up restart game by calling a new number.</li> <li>• For a challenge - call 2 numbers to make a 4 v 2 !</li> </ul> <p><b>Scoring</b></p> <ul style="list-style-type: none"> <li>• Team earns 1 point per 3 completed passes in a row.</li> <li>• If ball goes out of bounds or is intercepted, the team starts recounting but never loses points already earned.</li> </ul>	<ul style="list-style-type: none"> <li>• Emphasize finding the open player in space.</li> <li>• Use the entire playing area.</li> <li>• Quick passing will eliminate the defender.</li> <li>• Pre-Scanning to avoid confrontation.</li> <li>• Possession is critical.</li> </ul> 

Time	The Drill	Coaching Points
10 min	<p style="text-align: center;"><b>Goal Scoring</b> <b>Trap and Shoot (two touch) or "Grip It &amp; Rip It"</b></p> <ul style="list-style-type: none"> <li>Put balls at 2 of the stations A, B, C &amp; D (her they are at C &amp; D)</li> <li>Alternate between the options , sometimes start with balls on the end line and sometimes with the balls in the inside forward channel.</li> <li>Alternate Players into the circle - 4 balls each Player before changing.</li> <li>Hit balls alternatively to presenting Player in circle.</li> <li>Trap the ball, move feet quickly into position and shoot for the far post.</li> </ul>	<p><b>Receiving</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> <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 - flex the knees and have feet at least at shoulder width.</li> </ul> <p><b>Goal Shooting</b></p> <ul style="list-style-type: none"> <li>Quick shot at goal.</li> <li>Turn the ball towards the target prior to shooting.</li> <li>Shorten grip for a quicker and more compact goal shot.</li> <li>Quick movement of feet.</li> <li>"Guts to Goal"</li> <li>Foot placement is critical to accuracy of shooting.</li> </ul>
40 min	<p><b>Game Play</b></p> <ul style="list-style-type: none"> <li>Maximum of 7v7</li> <li>Review basic rules</li> <li>Review positional terminology.</li> <li>No Penalty Corners.</li> <li>Have fun and be positive!</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 ; play 20 min single goal; 20 minutes 2 goal game</li> <li>Places cones as field lines.</li> <li>Move goals accordingly.</li> </ul> <p>Review Basic Rules</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>Emphasize using space and width when playing.</li> <li>Introduce 2 new rules:             <ol style="list-style-type: none"> <li>Stick obstruction</li> <li>Basic Obstruction Rules</li> </ol> </li> </ul>
5 min	Cool Down	