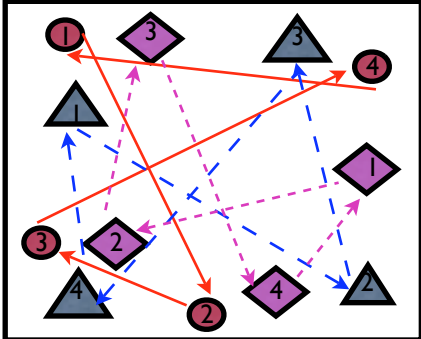

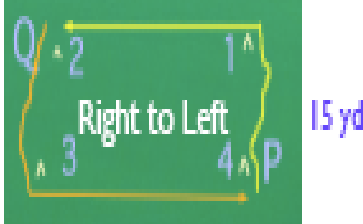
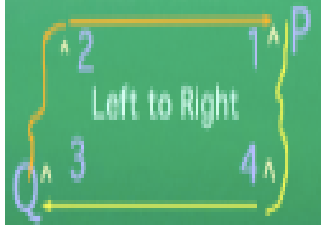

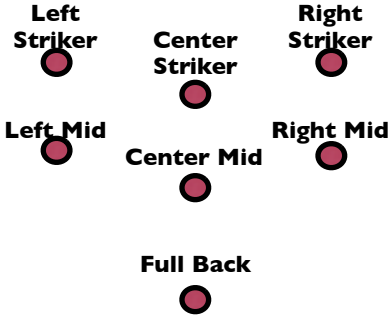
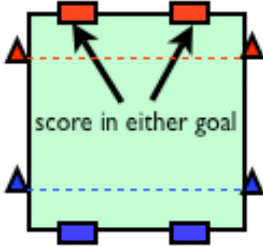


Time	The Drill	Coaching Points
5 min	Warm Up	Dynamic movement
15 min	<p style="text-align: center;">Vision and Scanning</p> <ul style="list-style-type: none"> • Create groups of 4 Players • Number each Player within a group 1, 2, 3 or 4. • Number 1 can only receive from number 4 and pass to number 2 in the group. • Number 2 can only receive from number 1 and pass to number 3 in the group. • Number 3 can only receive from number 2 and pass to number 4 in the group. • Number 4 can only receive from number 3 and pass to number 1 in the group. • All groups must play within the same area. Vary size of area depending on ability. • Two Rules: Players must be moving and the ball must be moving at all times. • Dribble to create open passing lines. <p style="text-align: center;">Elimination Circuit</p> <ul style="list-style-type: none"> • 6-8 players • Create a start and finishing point. • Allow athletes to be creative. • Incorporate drags and jinks. • Use rebound board for short pass. • Encourage high tempo and acceleration. 	<p style="text-align: center;">Vision and Scanning</p> <ul style="list-style-type: none"> • Encourage total movement of head. • Flexible hands on grip. • Dexterity of wrists. • Keep ball close to blade. • Bend knees not back. • Elbows away from body. • Pre-Scan prior to receiving the pass.  <p style="text-align: center;">Elimination Circuit</p> <ol style="list-style-type: none"> 1. Reward creative and innovative play. 2. Drag from the outside leg and with sharp changes in direction. 3. Aerial skills need to be encouraged. 4. Have fun and celebrate new creative moves!
12 min	<p style="text-align: center;">Passing</p> <p>Mobility in Passing</p> <ul style="list-style-type: none"> • 6-8 players in each group • Set up 15 x 25 yard grids <p>From R - L while running</p> <ul style="list-style-type: none"> • P runs from 4 to 1, passes to Q • Q runs from 2 to 3, passes to Q and so on. <p>From L-R whilst running</p> <ul style="list-style-type: none"> • P runs from 1 to 4, passes to Q • Q runs from 3 to 2, passes to P and so on. <p>Advanced:</p> <ul style="list-style-type: none"> • Sweeping over distance: 25 x 25 yards. • Hitting over 35 x 35 yards.  	<p style="text-align: center;">Passing From Right To Left</p> <ol style="list-style-type: none"> 1. Ball position between 11 and 12 o'clock. 2. play the ball in a fluid motion. <p style="text-align: center;">Passing From Left to Right (much harder)</p> <ol style="list-style-type: none"> 1. Ball position at 3 o'clock 2. Quick footwork to get around ball. 3. Catch body weight on right leg and generate weight onto left. 4. Right shoulder to point toward target.

Time	The Drill	Coaching Points
13 min	<p style="text-align: center;">Goal Scoring</p> <p>Groups of 6-8 players with 2 GK's</p> <p>1. Individual</p> <ul style="list-style-type: none"> • Attacker around penalty stroke spot. • Coach drops ball within 5 yards of attacker. • Attack MUST rebound the shot if possible. • Coach drops next ball within 5 yards of attacker. • 6-8 repetitions per attacker. • Repeat 2 cycles for the group.  <p>2. Pairs</p> <ul style="list-style-type: none"> • Same as above but at least one firm pass between attackers prior to goal shot. <p>Resting attackers to gather balls quickly for next series, other than the balls in any danger area. 20 balls per group is optimum. Use players to feed balls.</p>	<p>Goal Scoring</p> <ol style="list-style-type: none"> 1. Organize balls so no unnecessary delay between players. 2. Goal Keeper must rest after 2 sequences. 3. Fast footwork and NO delay in shooting. 4. Player to shoot and focus on rebound. 5. Encourage IMPROVISATION (be unpredictable) 6. Short Grip - bring L hand down to R. 7. Shoot from both sides of the the body.
40 min	<p>Game Play</p> <ul style="list-style-type: none"> • Maximum of 7v7 (Depending on numbers at your site) • Review basic rules • Set players up in positions using positional terminology. • No Penalty Corners. • Have fun and be positive! <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>Field Set-up</p> <ul style="list-style-type: none"> • Set up 2 fields ; play 20 min single goal; 20 minutes 2 goal game • Places cones as field lines. • Move goals accordingly. <p>Review Basic Rules</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Emphasize using space and width when playing. • Emphasize the importance of passing and possession 
5 min	Cool Down	