


Time	The Drill	Coaching Points
5 min	Warm Up	Dynamic movement
15 min	<p style="text-align: center;">Ball Control</p> <p>Air Dribbling - Session 8 Tricks Competition!</p> <ul style="list-style-type: none"> • Each player has a ball • Start off with player placing ball on stick. <p>Try these following Tricks:</p> <ol style="list-style-type: none"> 1. Bounce Ball on Stick. 2. Balance Ball on Stick. 3. Bounce ball on stick - all four sides! 4. Roll ball up and down on flat side of stick. 5. Make up your own - be creative! <p>Flicking and Receiving Bouncy Balls</p> <ul style="list-style-type: none"> • Each player has a partner and one ball. • Passing in pairs receiving bouncy balls • Quickly chase missed traps. • Use line on field as a visual to lift the ball over. 	<p>Flicking</p> <ul style="list-style-type: none"> • Same body and hand position as the push. • Place ball closer to front left foot. • As stick contacts ball, use wristy movement to lift the ball. <p>Receiving Bouncy Balls</p> <ul style="list-style-type: none"> • Eye, stick, and ball should all be in one plane. • Flex knees. • A strong triangular base between feet and point of contact. • Handle of stick should be a little in front of the blade - this will angle the the ball back to the playing surface. • Quickly move the feet to have the ball under strong control.
12 min	<p style="text-align: center;">Tackling</p> <p>Introduction to Tackling</p> <p>Tackle Distance</p> <ul style="list-style-type: none"> • Two Players One Ball • Player One Executes a Stationary and Unpredictable Dribble • Player Two establishes and learns the correct tackle distance through trial and error. <p>Maintain Tackle Distance - Mirroring</p> <ul style="list-style-type: none"> • Two Players One Ball • Player One introduces unpredictable motion on the ball with increased speed • Player Two MUST maintain the correct tackle distance over a period of time or distance (25 Yards recommended) <p>Remember:</p> <ul style="list-style-type: none"> • Right Shoulder to Right Shoulder ! • The attacking player must make the defender work by providing speed! 	<p style="text-align: center;"></p> <p>Tackle Distance</p> <ul style="list-style-type: none"> • Tackle Distance: In freeze frame the athlete should just be able to stretch forward and touch the ball with an outstretched “jab” tackle. • The players should jab and retreat at the ball with a snake bite action. <p>Mirroring</p> <ul style="list-style-type: none"> • Pick Up the Correct Line: Attackers Right Shoulder - Defenders Right Shoulder - Goal • Always with one foot forward in a balanced and strong position - usually left foot forward. NEVER cross legs. • Create correct tackle distance and match opponents speed to maintain this tackle distance. • Snake bite tackle, jab on and out, to reduce vision and speed. • Once speed and vision are reduced, close down the space with quick and short footwork patterns to reduce control and space. • Once vision, space and/or control have been lost - TACKLE • ONLY FLAT TACKLE when the opponent HAS NO SPEED

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Tackling and Ball Control

“Steal the Bacon”

- Field 20 x 25
- 6 Players on each team numbered 1 - 6. Make sure you have even numbers.
- Line players on outside of grid.
- Call out number as throwing out a ball into the middle.
- The 2 players have to tackle the ball and control ball over their own line.
- Award 1 point to team who carries ball over their line.

13 min

- Control body and footwork as approaching the ball.
- Never rush tackle - Attempt a “Poke Tackle”
- Emphasize patience on defense.
- “Silent” tackling - hit ground before you tackle. This will help eliminate stick fouls.
- Short strides to prevent elimination - in and out.
- Celebrate good tackles!

Tackling & Elimination

Game Play

- 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!

40 min

7 Minute Game Preparation
15 Minute Half
3 Minute Half-Time
15 Minute Half

Keep Score and positively reinforce good play.

Field Set-up

- Set up 2 fields ; play 20 min single goal; 20 minutes 2 goal game
- Places cones as field lines.
- Move goals accordingly.

Review Basic Rules

Coaching Points

- Go over positional terminology.
- Emphasize using space and width when playing.
- Good tackling and defensive footwork.

5 min	Cool Down	
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