

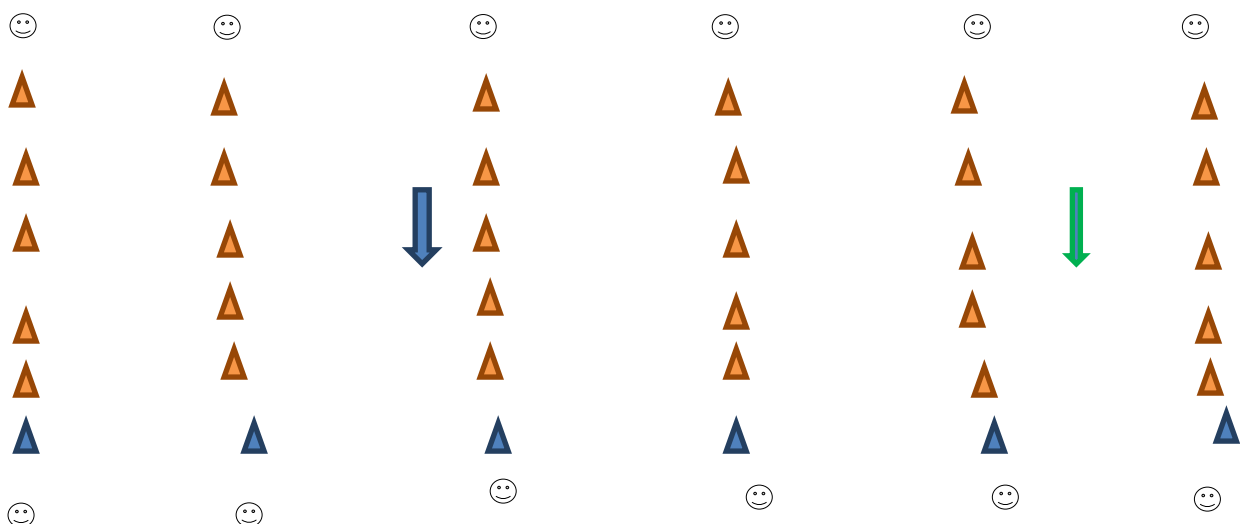
Explain: Grip and basic movement pattern

- ★ Stick on the ground flat side down
- ★ Pick up stick with left hand at the top with the V made between thumb and forefinger) of the left hand going down the stick.
- ★ Ball out in front to maintain good peripheral vision- stick handle should point at thigh not at waist.
- ★ Left hand grips and turns the stick over, right hand is loose allowing stick to turn inside it.
- ★ Players will need to move their feet to change direction (no reverse stick)

Drill: Cone Weave Dribble.

1. Set up 6 lines.
2. Dribble around cones looking up. Coach position in middle to see if they look up.
3. Alternate left hand turns and right hand turns around cones
4. Keep head/eyes up to see where you are going and to react to potential tackle
5. Finish with **relay**

Diagram



Focus on:

- ❖ Ball staying in contact with stick
- ❖ Vision of cones
- ❖ Body position down low with knees bent
- ❖ Smooth dribbling with ball out in front away from feet.

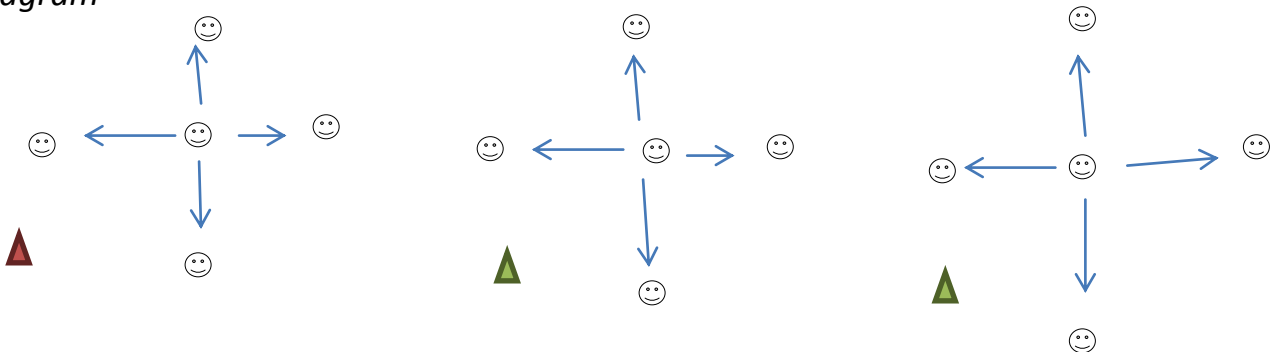
Explain: Passing the ball (GET the ball, GIVE the ball!)

- ★ Explain the importance of a safe and controlled follow through
- ★ The ball needs to be pushed and NOT hit, so stick must stay in contact with ball
- ★ Ball out in front to maintain good peripheral vision- stick handle should point at thigh not at waist.
- ★ Left hand grip is secure at top of stick with and right hand is halfway down stick and gripping the stick to allowing stick to apply pressure to ball.
- ★ Stand side on, ball in front of left foot.
- ★ Step forward onto front foot
- ★ Pass the ball to your partners right side, to their stick, aim at their right foot.
- ★ To trap ball move feet to keep body in line and behind approaching ball.
- ★ To trap ball lean stick forward and away from body to prevent ball from deflecting

Drill: Passing and receiving

1. Set up 3 circles
2. 5 players per group/ 1 player in the middle
3. Players are 10m apart.
4. Players try to pass to the people in their group with “nice “ passes.
5. You can set up a game to see which group can do it the fastest

Diagram



Focus on:

- ❖ Forehand passing technique- pass from beside the body and not in front of the body, low stance, weight transfer, follow through to target (in this case the other player)
- ❖ Closing- receiving technique- low stance receive ball at right foot, right hand low for more stability, elbow up with stick upright.

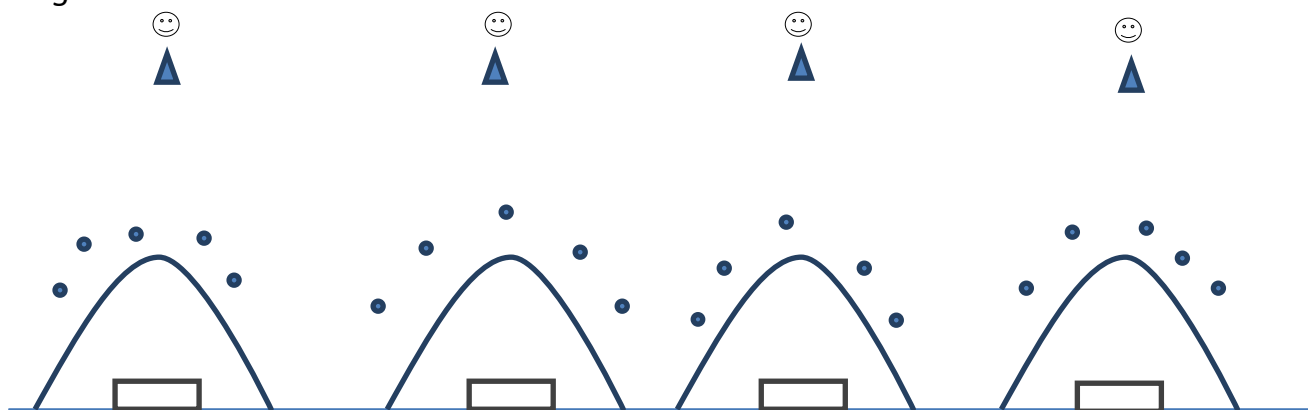
Explain:

- ★ Explain the importance of good footwork to get body into position for shot.
- ★ The ball needs to be pushed and NOT hit, so stick must stay in contact with ball
- ★ Ball out in front to maintain good peripheral vision- stick handle should point at thigh not at waist.
- ★ Left hand grip is secure with and right hand is gripping the stick to allowing stick to apply pressure to ball.

Drill: Passing and receiving

1. Set up 4 goals
2. Place 5 balls around circle.
3. Player runs from top cone to 1st ball and pushes at goal
4. Player the proceeds to push the remaining 4 balls at the goal.
5. Players collects balls and puts them back where they started around the circle

Diagram



Focus on:

- ❖ Shooting at GOAL
- ❖ Get down low so the ball moves flat towards goal
- ❖ Quick succession, feet move for each ball
- ❖ Shoulder pointing at goal
- ❖ Follow through with stick finishing pointing at goal