



## 1. WARM UP GAME / AGILITIES / FOOTWORK

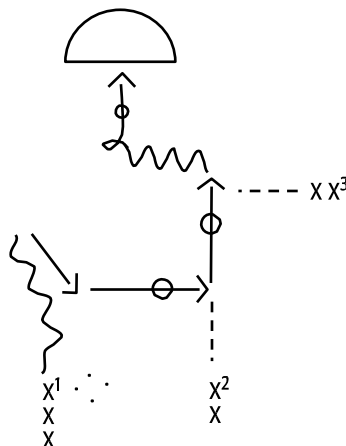
## 2. DRIBBLING: ALL SKILLS

- (i) Push dribble (ball at 1 o'clock) x 2 minutes
- (ii) Dribble and check (2 minutes)
- (iii) Indian dribble (2 minutes)
- (iv) Lateral draws (from last week) 2 minutes
- (v) Encourage players to start dribbling with their heads up instead of always looking at the ball

## 3. PASSING & RECEIVING

Pass and follow your pass

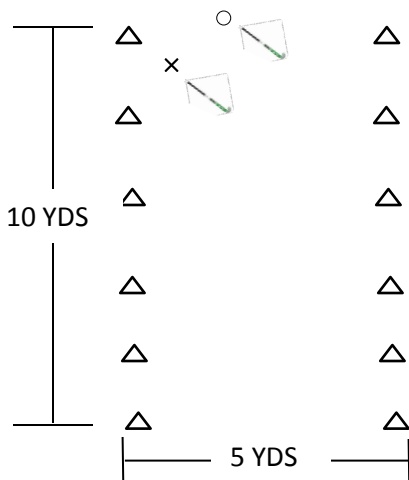
X2 dribble diagonal pull back to strong stick and then sends a square pass to X2. X2 runs on the ball, gets their feet around shielding the ball and the ball then gets sent through to X3. X3 holds and picks the ball up over their LEFT shoulder – dribble – curls LEFT and sweeps at goal



## 4. DEFENSE

Revisit the Channel. Players keeping their sticks on the ground while defending

- (i) Each player will dribble twice and channel twice
- (ii) Repeat having "X" face in the opposite direction
- (iii) Encourage "O" to change directions while dribbling. This way "X" needs to focus on quick feet while keeping "O" in front of them.



Progressions:

- increase speed of the dribbling
- progress to a 1 vs. 1 situation

## 2. COACH TIPS

Dribbling skills should be done over 15-25 yards in a straight line.

## 3. COACH TIPS

On the drawback, remember to drop step with the right foot to be able to open up the stance and see the space the pass is going to go into. X2 should be in motion on reception and pass. X3 needs to time their lead and get their shot off in as few touches as possible.

## 5. SKILLS GAME

MINI GAME: make a field about 25 X 30 yards using two cones (1 yard apart) per goal. Have multiple goals spread randomly throughout the grid. Teams can score in any goal just not the same goal twice in a row.

Variations: (1) goal = "shoot" through the cones (2) goal = pass to teammate through cones (3) goal = dribble with control through cones.