



COACHING NOTES: Review the following coaching notes prior to the day of practice. Use these tips throughout the drills to help kids progress.

## DRIBBLING SKILLS

Refer to the last sessions notes on how to teach the draw right. From observation, please make sure the players change the ball position as they approach the board. This will help with the execution of the skill.

## PASSING AND RECEIVING: RECEPTIONS OVER LEFT & RIGHT SHOULDER

Put players in pairs (one ball between two). The drill will take place over 25 yards.

- i. X1 starts with their back to X2. X2 sends a push pass to the right side of X1. X1 will receive with a reverse stick over the right shoulder. X1 will trap the ball and then move forward, leaving the ball for X2 to send another pass. This should happen 3-5 times over a 25 yard distance
- ii. Same as above; except after reception, step forward with left foot, drop step with right foot (turning to your right), draw the ball across your body (draw right) and pass back to X2.
- iii. Same as i; except X1 will receive strong stick over their left shoulder
- iv. Same as above; except increase speed of the ball

## PASSING AND RECEIVING: RECEPTIONS OVER THE RIGHT SHOULDER

This is a continuous drill, allowing the players to get maximum touches in a short period of time.

X1 and X3 will start at the same time. They will make their lead around the cone. As soon as they get to the cone, the next person in line will send a paced through the pass so X1 and X3 are able to make an upright reverse stick reception over their right shoulder. X1 and X3 will then dribble and send a through pass to X2 and X4. X2 and X4 will send a square pass to the next person in line. Players will follow their pass and repeat the drill.

OPEN PIVOT → Plant RIGHT foot at the cone, open up towards passer (turn to your left) and continue your lead. You should always see the passer.

CLOSED PIVOT → Plant LEFT foot at the cone. The body is closed to passer. Look over RIGHT shoulder for eye contact.

## DEFENSIVE SKILLS: BLOCK TACKLE

(i) Stationary – 20 seconds on and 20 seconds off (repeat 3 times). Keep body behind the stick and repeatedly lunge to 12 o'clock, 2 o'clock and 3 o'clock – always bringing the stick back to the middle of your body between lunges. Keep weight on toes.