



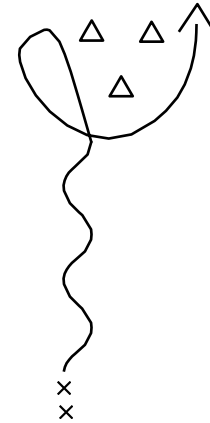
COACHING NOTES: Review the following coaching notes prior to the day of practice. Use these tips throughout the drills to help kids progress.

DRIBBLING SKILLS

Focus: Curl LEFT or strong stick curl

Player will dribble to the LEFT of the cones. The ball position will move from 2 o'clock to 12 o'clock – in front of the left foot. RIGHT foot will step past the ball to protect the ball from the defender. Don't step with the LEFT foot – body is now between the ball and the defender. Make an arcing shape with the ball, keeping it on the strong stick and turn 180 degrees

The curl allows you to maintain possession as well as eliminate a defender.



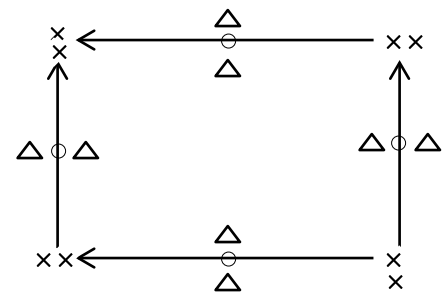
PASSING AND RECEIVING: RECEPTIONS OVER LEFT & RIGHT SHOULDER

Focus: Reception from LEFT to RIGHT

After receiving the ball, step towards your target and make the next pass. After making your pass, follow your pass to the next corner of the square.

Challenge: To encourage accuracy of passing, add cones as gates for players to pass through.

- Encourage players to minimize their footwork on the push pass
- Minimize touches on the ball
- Drop right hand to help with the reception



DEFENSIVE SKILLS

Focus: Staying in Contention

"X" have LEFT hand only on the stick – keeping your stick on the turf. Make sure the stick angle is facing towards the turf.

"X" can start a step and stick length away from "O"

"X" wants to dictate the direction that "O" dribbles – use body to angle the ball carrier

"O" focus on change of pace and a quick change of direction when dribbling

**Coaches this is very similar to shadowing!