



# Suburban Lions

## Cubs & Minkey Program Week 1

Warm-Up- 5 minutes

Drill 1: How to hold a stick correctly- 5 minutes

- Left hand at the top of the stick with the 'v' at the top blade of the stick
- Right hand low down the stick at the bottom of the grip with the 'v' at the top blade of the stick



Drill 2: How to run with a ball correctly in a straight line- 10 minutes

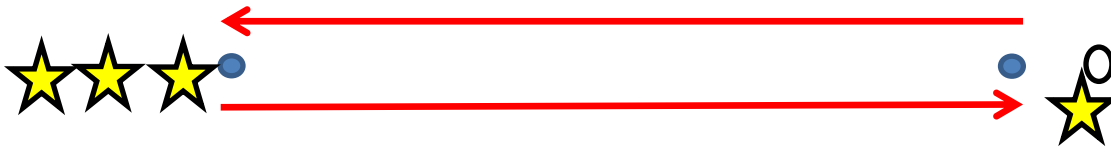
- Ball outside right foot at 1 / 2 o clock
- Knees bent, back in a neutral position and head up at all times
- Stick stays stuck to the stick like glue



- In queues of 3-4 players simply dribble the ball in a straight line and then wait at the cone
- Once everyone has got to the top cone you then repeat and go back down.
- Focus on the above coaching points.
- To progress, when you shout 'STOP' the players carrying the ball stop until you say 'GO'

Drill 3: Running the ball around a cone and back race- 10 minutes (skills is focused on in week 2)

- Teams of 4/5 (dependent upon numbers)
- 2 cones 20 yards apart per team all in line
- One player runs with the ball around the opposite cone and then passes to the next person



Drill 4: Pushing the ball and receiving the ball- 15 minutes

Pushing

- Side on, knees bent, low right hand, left hip pointing in the direction you want the ball to go.
- Ball starts on the back foot and explain the basic transfer of weight from the back foot to the front foot

Receiving

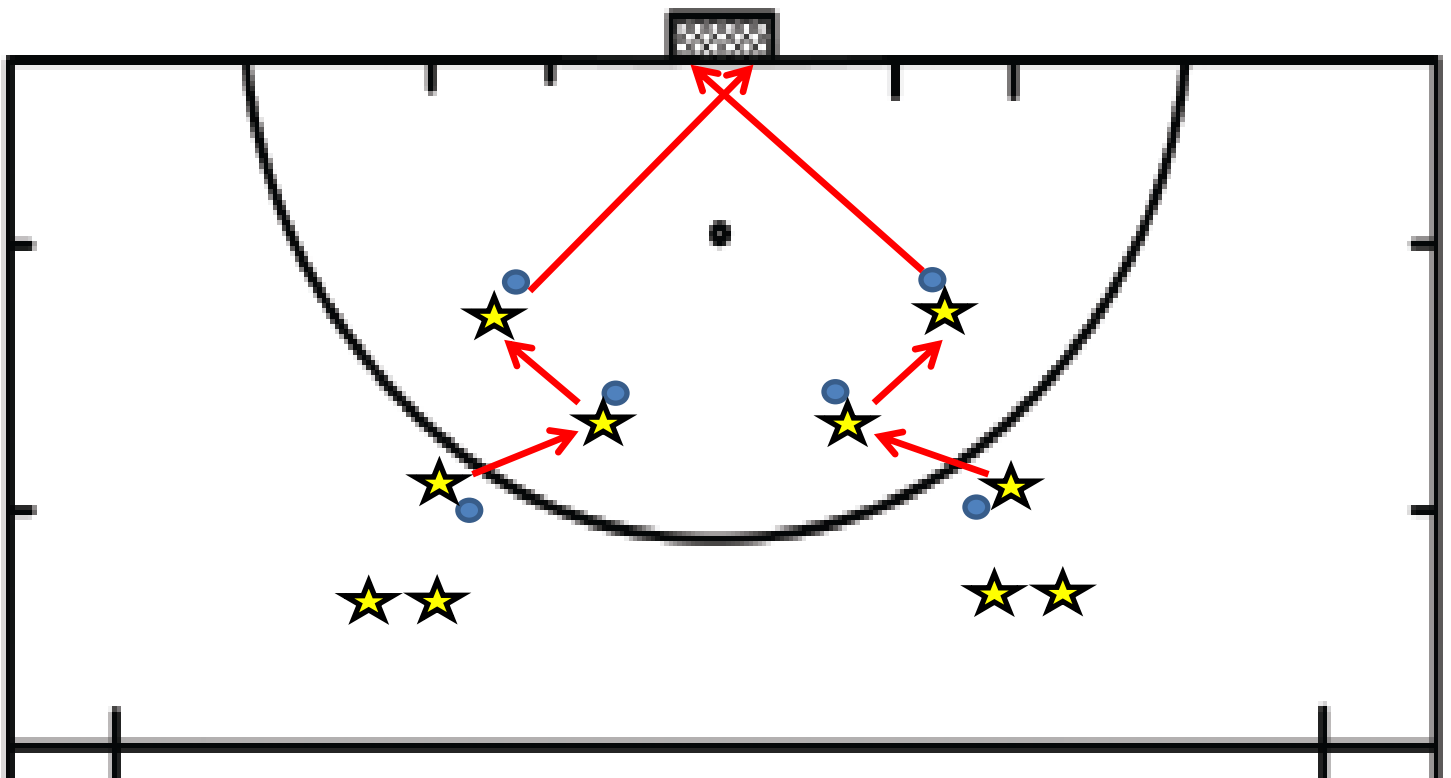
- Side on, knees bent, low right hand. Stick almost flat to the floor (to begin with)
- Encourage players to stay low and 'sit on a toilet' when they receive the ball

Start off about 5 yards apart with clear demonstration of the skill reinforcing the key skills points.

For the last 5 minutes add competition to it and see how many passes they can get in a minute then repeat.

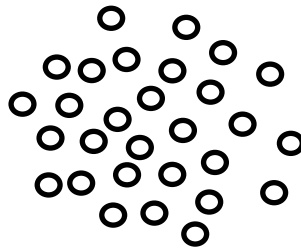
Drill 5: Pass & Follow Zig Zags with push on goal- 10 minutes

- 2 Adjacent 3 cone zig zags each side of the goal
- Players pass and follow finishing with a push on goal
- Both queues can go at the same time if there is no gk as cones are a safe distance apart.
- Emphasise a shot across the goal and after the shot run to the back of the queue



Drill 6: Dribbling game- 10 minutes

- All the balls start in the middle of a 20x20 yard square and the group are divided into 4 teams all queuing on a cone of the square.
- One at a time a player races to the middle and collects a ball and brings it back and then the next one goes.
- Once all the balls have been collected the next player is allowed to run to another teams balls and take one and bring it back
- Run this drill twice and highlight awareness of looking which team has the most balls whilst reinforcing the importance of the ball carry position



SUMMARY OF KEY POINTS AT THE END OF THE SESSION (Basic skills above)