

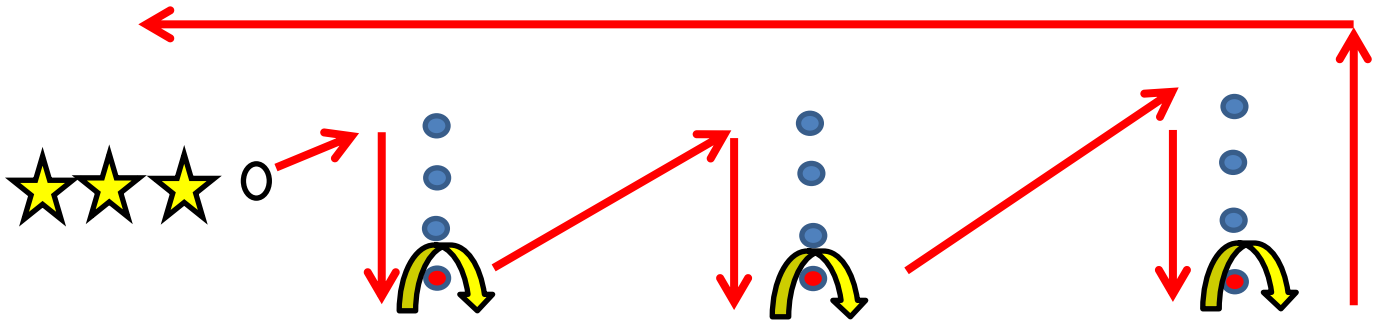


Suburban Lions

Cubs & Minkey Program Week 10

Warm Up- Pushing and hitting quickly for 2 minutes in groups of 2's and 3's (lots to do!)

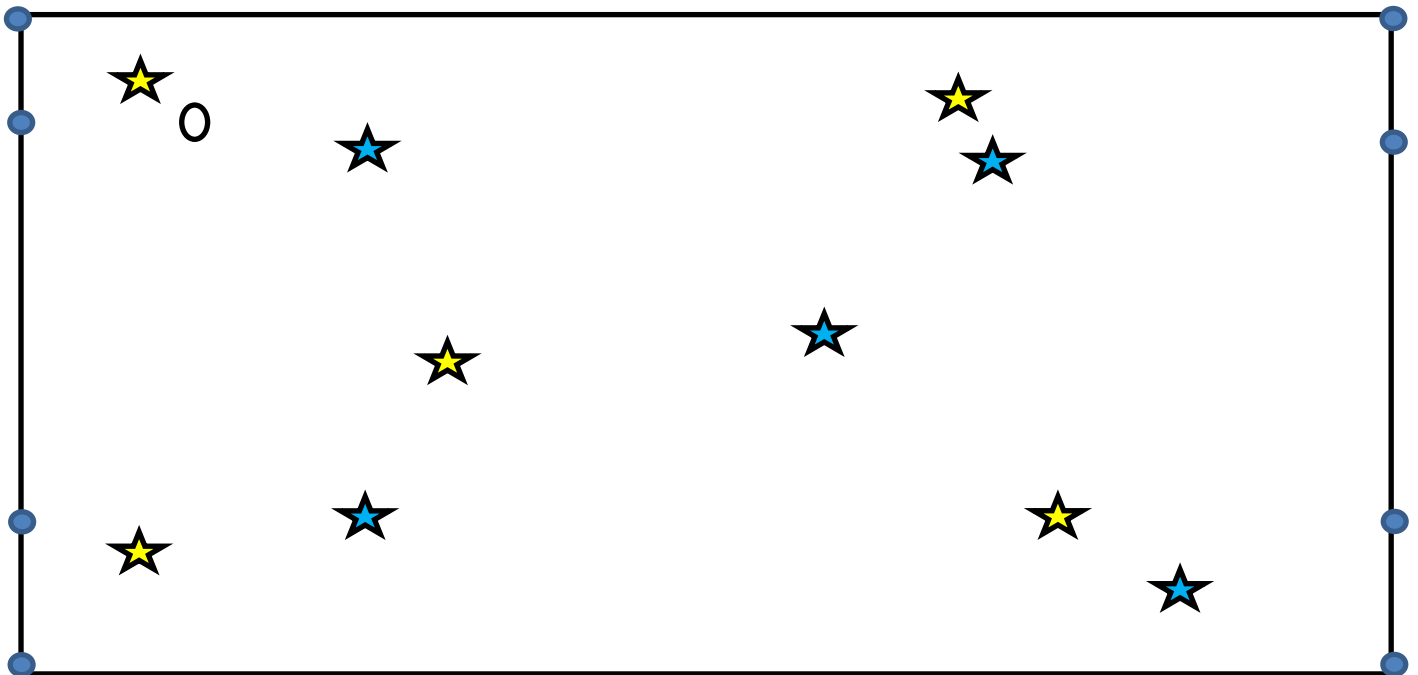
Drill 1: Reverse Drag and jink – 10 minutes



- The players drive at the left hand cone (in a game situation a defenders strong stick).
- Using the reverse stick the ball is dragged (not tapped) across to the right hand side (in a game situation down the defenders reverse stick)
- At the red cone the ball is 'jinked' / lifted over the cone, then controlled and repeated
- If successful add a goal and encourage a shot across goal

Drill 2- Wide Goal Game 20 minutes

- In a coned area separate players into 2 even teams. Each team has 2 goals
- A goal is scored through dribbling / stopping the ball on either goal lines
- When a goal is scored you shoot the other way and the opposition have to let get a couple of yards back so that it can be taken. This is known as 'electric goals'.



This game encourages transferring the ball and not forcing the ball straight. It also encourages players to offer width.

It is important to continue passing and also low tackling

Drill 3. 5 vs 5- 'Scratchy' – 20 minutes

- Using the shape of the number 5 on a dice, teams must look use the same principles of playing wide as in the first game
- Goals and game played as normal
- Only added rule is, if the ball hits your foot you have to do a forfeit e.g jog around the small pitch you are playing on / 5 sit ups etc. This encourages protecting our feet and concentrating on first touch.

