

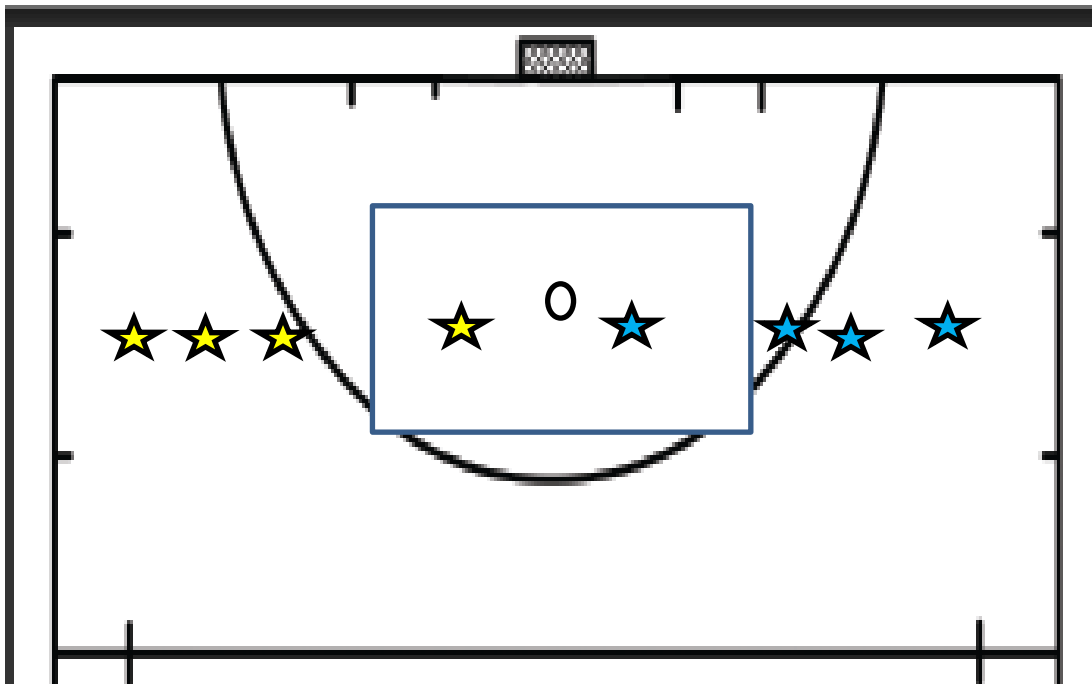


Suburban Lions

Cubs & Minkey Program Week 11

Drill 1: 1 vs 1 in tackle boxes- 15 minutes

- Make up a 3 sided box with no cones on the goalside
- The ball is thrown into the middle and 2 players have to fight for the ball then put it into the goal
- As soon as a goal is scored the next 2 go immediately to add flow
- As the drills progresses use 2 vs 2 and 3 vs 3 and then 2 vs 1 and 3 vs 2



Drill 2: 5 vs 3- 30 minutes

4 attackers start altogether at the top and will look to lead into the areas shown below. The defenders start next to each other approximately 5 yards away from the attackers.

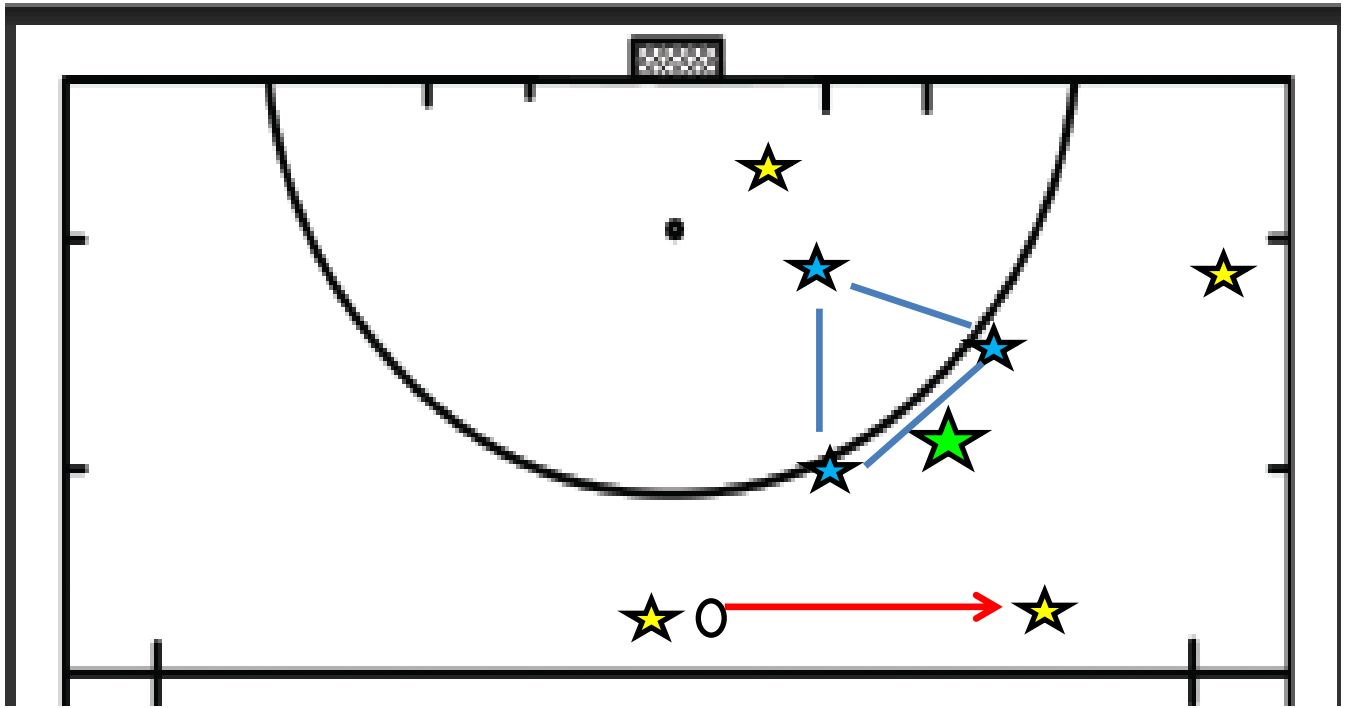
An attacker on the opposite side of the pitch 'transfers' (key hockey word) from left to the right side once passed the 5 v 3 starts

Attacking Principles of 5 vs 3

- Pass the ball early
- Get high and wide up the pitch (one in the 'd' one the back post, one really wide)
- Do not pass onto a flat stick
- Encourage players to lead into the middle to break up the 3 defenders (Green Star)

Defensive Principles of 5 vs 3

- Defend the middle of the pitch
- Stay together in a 3
- Defend in a triangle (not a flat line)
- Stay low and talk to each other through out



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, getting low and concentrating on first touch.

