



Suburban Lions

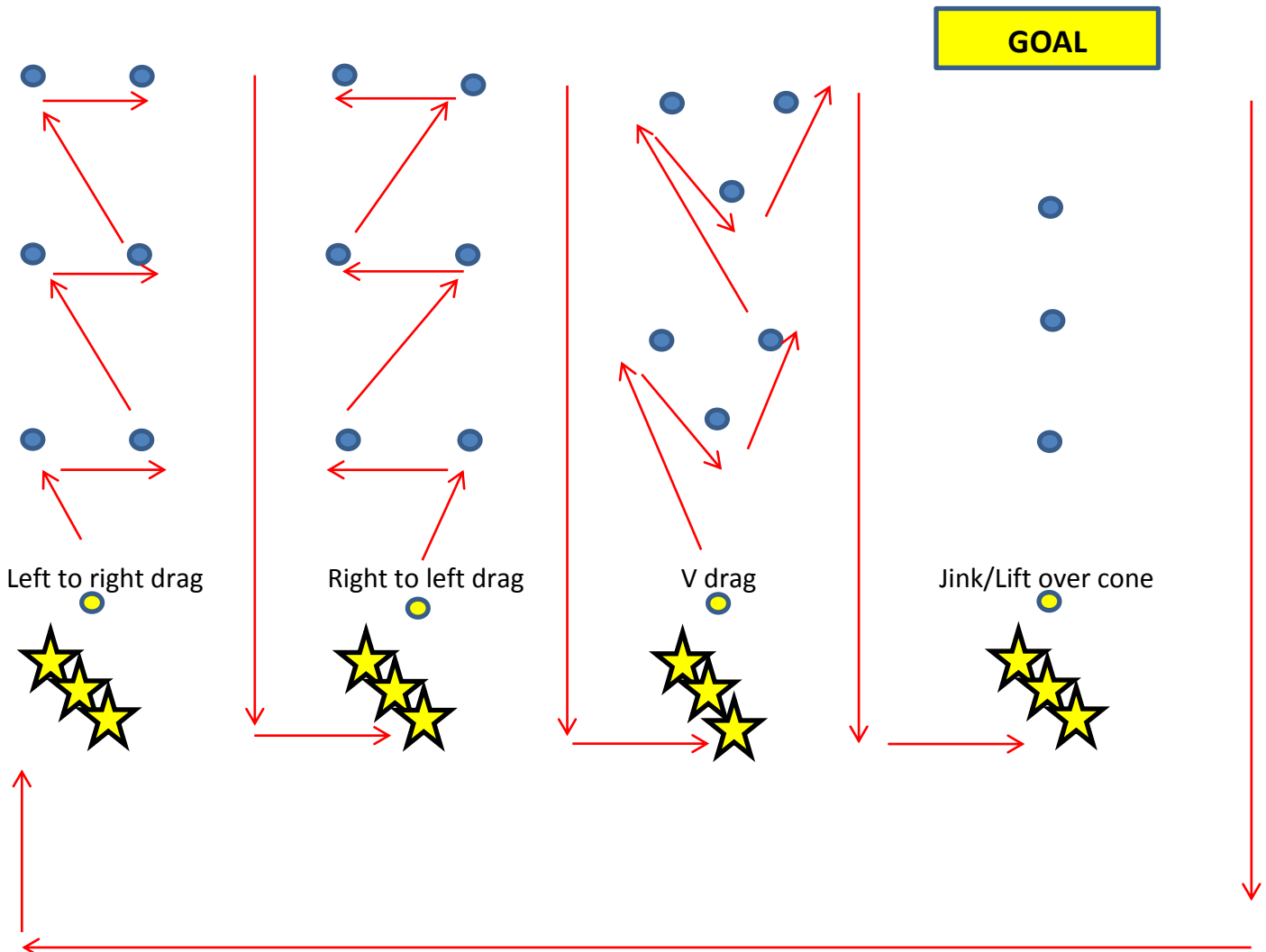
Cubs & Minkey Program Week 12

For the whole of this week we would like you to join with another school or team so that there are 2 coaches, twice as many balls, cones and players!

Drill 1: Skills Circuit (15-20 minutes repeat)

- Every player has a ball each and simply goes through the skills circuit and keeps their ball.
- Ensure you leave space between each drill so there is a channel for them to run down to get to the next queue.
- When they get to the goal, have a shot and then return to the front of the queue and repeat. Have one of the coaches/parents close to the goal to give the ball back for safety reasons.

After they have a break (after 10 minutes) repeat the drill but tell them they have to go faster and try to catch the person in front of them. To make it more fun join in and do the skills with them!



Drill 2: Small sided games – Remainder of the session

- Split the players equally into 4 or 6 teams of even ability and numbers (approximately) with a maximum of 4 per team with different coloured bibs (in the shed)
- Make 2 (for 4 teams) or 3 (for 6 teams) coned pitches with goals
- Teams play each other for 5 minutes each then rotate
- It does not matter if teams play each other more than once
- Ask a coach/parent to umpire each game and help out to ensure safety at all times

