



Suburban Lions

Cubs & Minkey Program Week 2

Warm-Up- 5 Minutes

Drill 1: How to run with a ball correctly in a straight line- 10 minutes (reinforce last week)

- 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
- Races like last week to finish

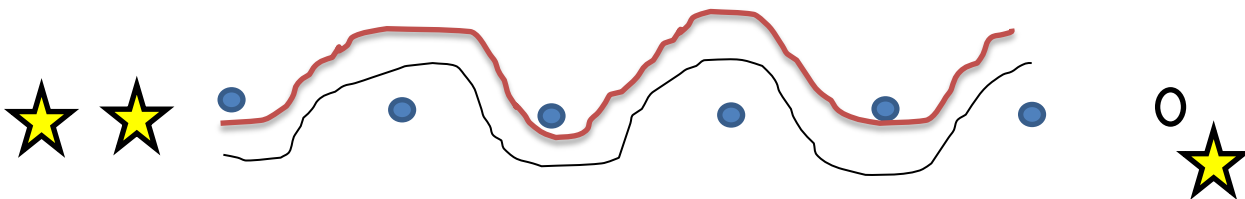
Drill 2: Running the ball around a cone - 15 minutes

- Teams of 3/4
- 2 cones 15 yards apart per team all in line
- Each player runs with the ball around the opposite cone runs back to the queue - repeat
 - a- Run in a anti clockwise direction first carrying the ball strong round the cones (5mins)
 - b- Run in a clockwise direction with an emphasis on the players having to move their feet around the ball (5mins)
 - c- Add races at the end, one for each direction



Drill 3: How to run with the ball in and out of cones (strong only)- 5 minutes

- Preparation: A row of 5/6 cones 3 yards apart
- Ball stays outside the right foot at 1 / 2 o clock at all times and weave through the cones then dribble down the side on the way back so the next player can start
- Emphasis on moving the feet around the ball on the left cone
- Players wait at one end of the queue and then everyone goes back the other way



Players Feet are in Red, Ball is in Blue. Feet must stay on left side so that the ball carry is strong

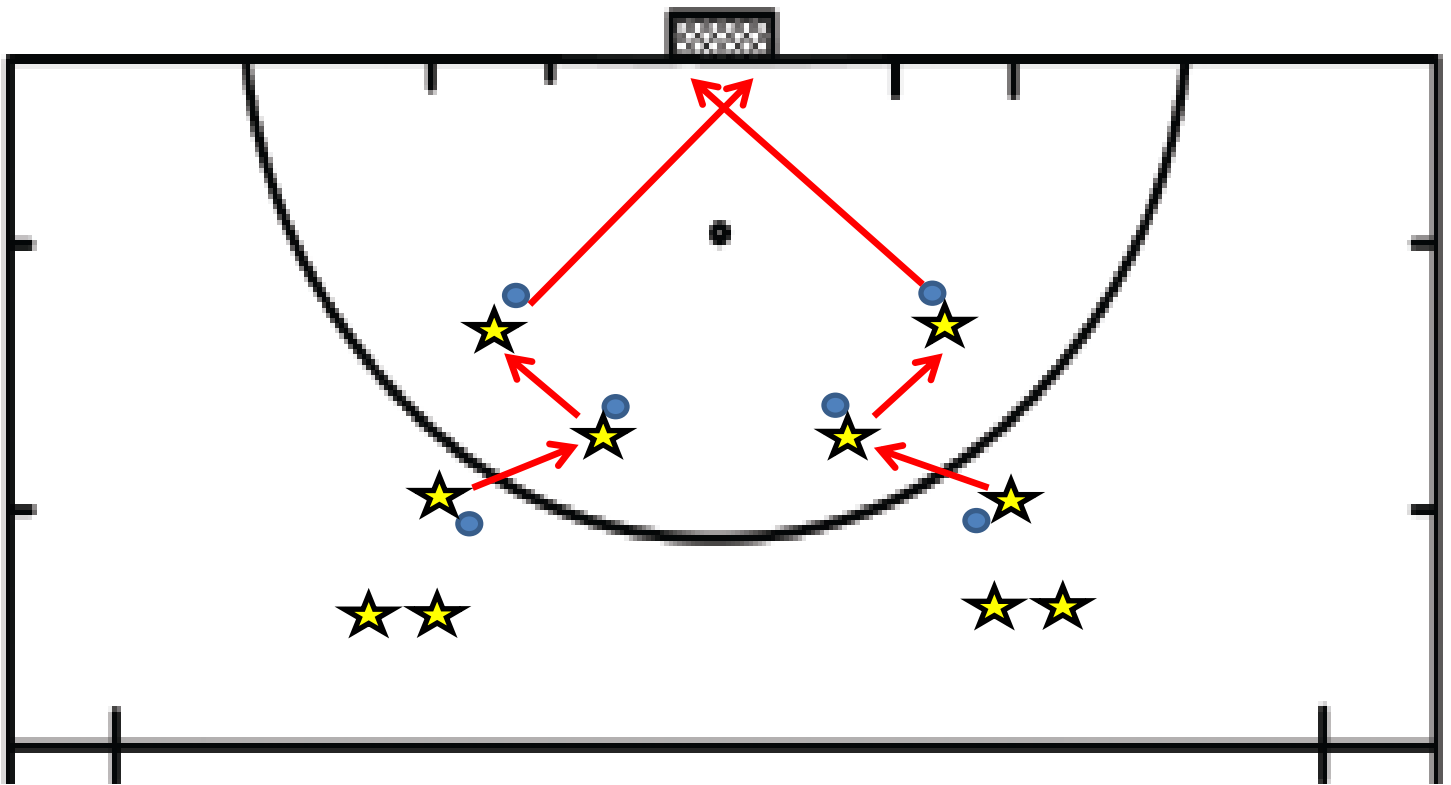
Drill 4: Running the ball in and out of cones and back race (strong only- 5 minutes)

- 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 comes back



Drill 6: Pass and follow zig-zag followed by hitting the ball 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 (reinforce key points throughout the drill, particularly staying low pushing across goal)
- Both queues can go at the same time if there is no gk as cones are a safe distance apart (feel free to put a parent/coach in goal to make it more fun!)
- If the drill is unsuccessful due to errors remove one cone so that only 1 pass is required.



SUMMARY OF KEY POINTS