



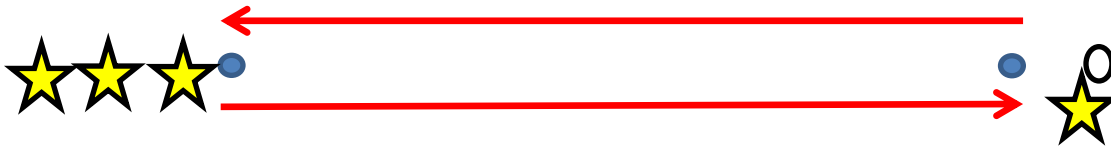
Suburban Lions

Cubs & Minkey Program Week 3

Warm-Up- 5 minutes

Drill 1: Running the ball around a cone and back race- 10 minutes (Quick Reinforcement and Refresh)

- 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



Reinforce the following:

- 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

Drill 2: Pushing the ball and receiving the ball- 10 minutes

Highlight having an open body stance with their chest pointing to the direction they want the ball to go (the next pass) so that they do not have to turn their body after they have received the ball.

Reinforce the following:

Pushing

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

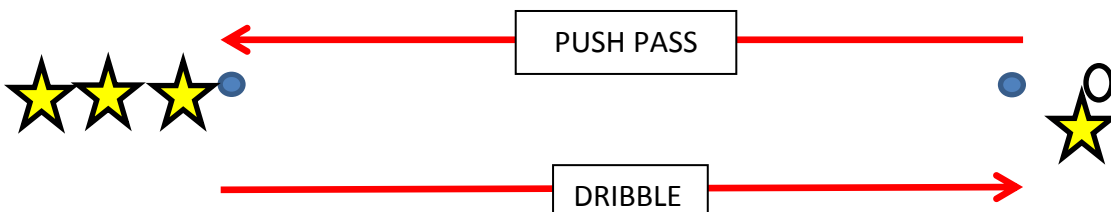
Receiving

- Side on, knees bent, low right hand. Stick almost flat to the floor (to begin with)
- Where possible encourage more able individuals to receive the ball more upright

Add a competitive edge by counting how many passes they can fit into 1 minute then repeat once or twice. Encourage players to call for the ball and communicate throughout.

Drill 3: Running the ball around a cone and PASSBACK race- 10 minutes (Progression and merging of 2 skills)

- Teams of 4/5 maximum
- 2 cones 10 yards apart per team all in line
- One player runs with the ball around the opposite cone and then passes to the next person
- Do 4 races, 2 running around the final cone anti-clockwise, 2 clockwise.



Drill 4: Tackling- 10 minutes

Key Points of the low side on tackle

- Bent knees, low right hand, side on and strong
- On the left hand side of the player (from the side of the player about to tackle) so the player with the ball runs onto the 'tackler's' forehand
- We must emphasise that the tackler keeps their stick low and it is not a forward movement, they wait for the player and then guide it onto their stick

This is a pass and follow drill where 2 lines face each other 15 yards apart

- One player dribbles the ball in a STRAIGHT LINE
- The player opposite runs to the player and intercepts the ball, upon contact the player with the ball initially lets the 'tackler' have the ball
- A second player from the first queue then comes to the next player with the ball and intercepts the ball from them.
- This is a constant cycle and gets repeated.

Drill/Game 5: 15 minutes

Get a normal match going and try to add structure:

- Have 1-2 forwards high up the pitch offering height and width
- Have 2 defenders holding back
- Have 1-2 players in the middle
- Rotate all 3 positions evenly

Try to create a fairly good sized pitch and emphasise the following rules:

- If the whistle blows they must all stop immediately (nominate a quieter less dominant player to take the push to ensure mass participation)
- Use the low tackling they just practiced- NO SWIPES
- Players are only allowed to push the ball- NO HITTING (safer and more effective short term)
- If all the players get congested into an area, blow the whistle and state you will give the ball to the player in the most space. They must all leave the ball where it is and you give the ball to a player who is either in a big space or alternately hasn't been able to get involved in the game (inclusion). Repeat every single time the game gets scrappy and everyone crowds round the ball.
- If the ball is kicked blow the whistle and give a free hit. If the ball gently glances a foot in a safe space play on.