



Suburban Lions

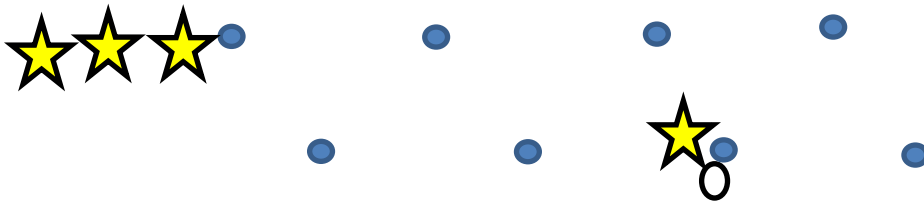
Cubs & Minkey Program Week 4

Warm-Up- 10 minutes

Now they are getting into hockey again give them the opportunity to warm-up with the balls as well. Get them into 2s in a line and pass the ball between them 5-10 yards apart. Dependent on the group you may consider not letting them hit the ball in the warm up and pushing only.

Drill 1: Running the ball around zig-zag cones STRONG STICK ONLY- 15 minutes

- Teams of 4/5 (dependent upon numbers). Cones 5 yards apart at 45 degree angles approx
- One player runs with the ball around the outside of the cones and then dribbles down the left hand side channel after/ When the first player has got to the 4th cone the next may start

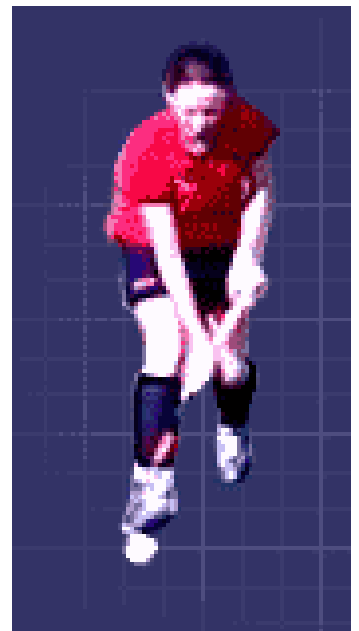
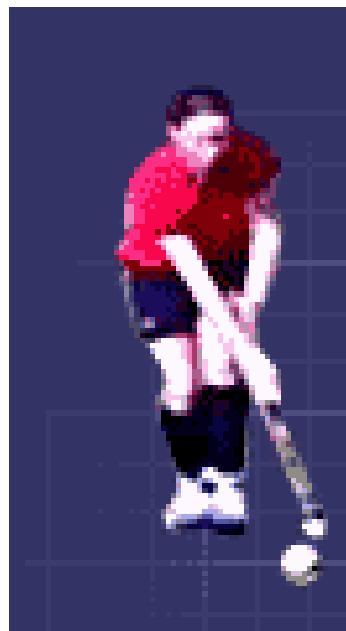
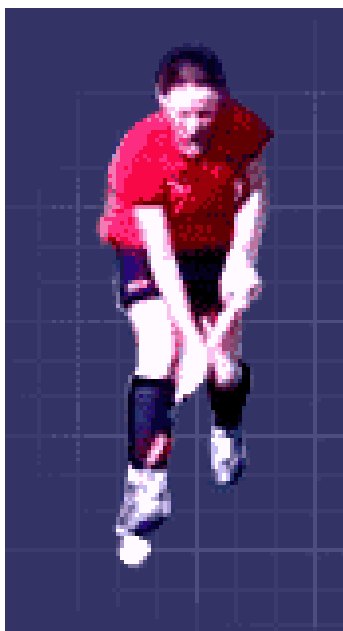


Reinforce the following:

- 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
- Players must move their feet around the ball and the cone in order to change direction (**NO REVERSE**)

For the last 5 minutes of this drill have a race around the cones forwards and backwards to add competition.

Drill 2: The explanation and demonstration of the indian dribble (use of the reverse stick upright)- 15 minutes



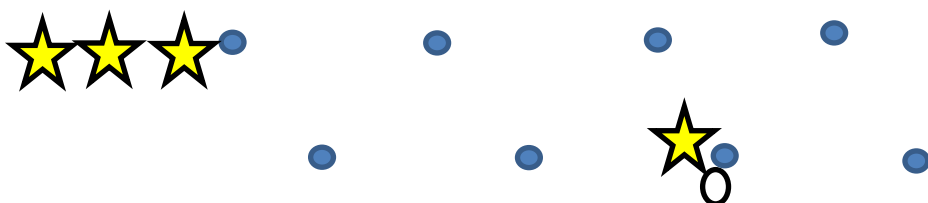
The Technique:

- The aim is to move the ball from the forehand to the backhand and back again.
- Keep your knees bent and grip your stick in the dribbling position with the right hand where the grip meets the shaft. Put the V of your left hand down the back of the stick to make it easier to rotate.
- Use your left hand to rotate the stick fully over the ball and use your right hand to guide the stick.
- Holding your right hand a little looser around the stick should help.
- Turn the stick over the ball from the right hand side of your body to the left hand side and back again.
- The ball should be out in front of the body and moved in a zig-zag pattern across the ground.
- Transfer your body weight from left foot to right foot and vice versa.
- Keep your stick close to the ball and look up while you're dribbling.

With a ball each attempt the 'purser' in their own space stationery and look to adjust technique for individuals where possible. Go to <http://suburbanlions.weebly.com/ball-carry-and-dribbling.html> for video demonstrations.

Drill 3: Running the ball around zig-zag cones REVERSE STICK ON LEFT CONE- 10 minutes

- Teams of 4/5 (dependent upon numbers). Cones 5 yards apart at 45 degree angles approx
- One player runs with the ball around the outside of the cones and then dribbles down the left hand side channel. When the player has got to the 4th cone the next player may start



Minkeys:

- Ensure the skill is executed correctly. The speed of the drill at this stage is not important it is simply about learning something new
- Try to make sure their knees are bent and they are not leaning over the ball looking at the ground which could encourage bad habits for the future
- Encourage the players after 5 minutes to attempt to do it quicker and dependent on the success of the drill add a race.

Drill 4: Dribbling game- 10 minutes

- All the balls start in the middle of a 20x20 yard square and the group are divided into 4 teams all queuing on a cone of the square.
- One at a time a player races to the middle and collects a ball and brings it back and then the next one goes.
- Once all the balls have been collected the next player is allowed to run to another teams balls and take one and bring it back
- Run this drill twice and highlight awareness of looking which team has the most balls whilst reinforcing the importance of the ball carry position
- **To add variation, the players for the 2nd/3rd game must use indian dribbling only to progress the learnt skill.**

