



Suburban Lions

Cubs & Minkey Program Week 5

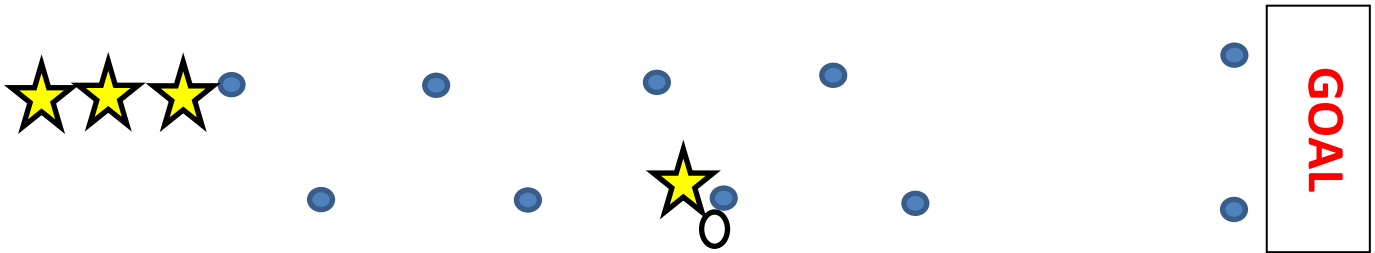
Warm-Up- 5 minutes

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-10 minutes (Refresh & Reinforce)**

- 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
- To progress the drill a goal is added to shoot into. Pushing only and encourage to shoot across goal
- Add cones and offer a points system 1pt- in the middle 2pts in the corners.

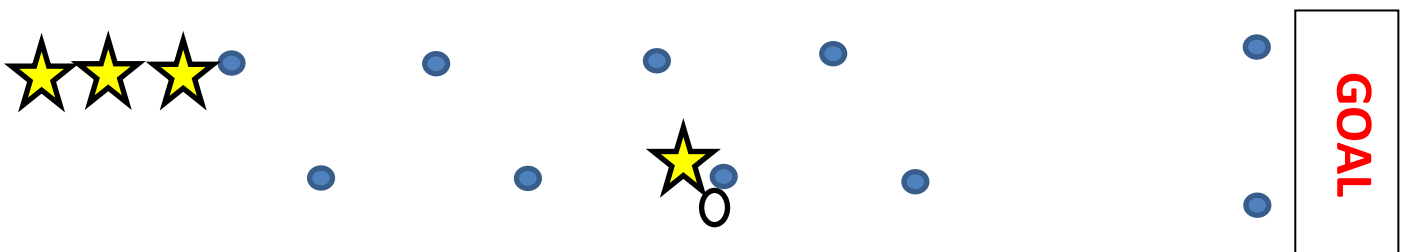


Reinforce the following:

- 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

Drill 2: Running the ball around zig-zag cones **REVERSE STICK ON LEFT CONE- 10 minute (refresh from last week)**

- 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
- To progress the drill a goal is added to shoot into. Pushing only and encourage to shoot across goal
- Add cones and offer a points system 1pt- in the middle 2pts in the corners.



NEW SKILL Tackling- Forehand Block Tackle

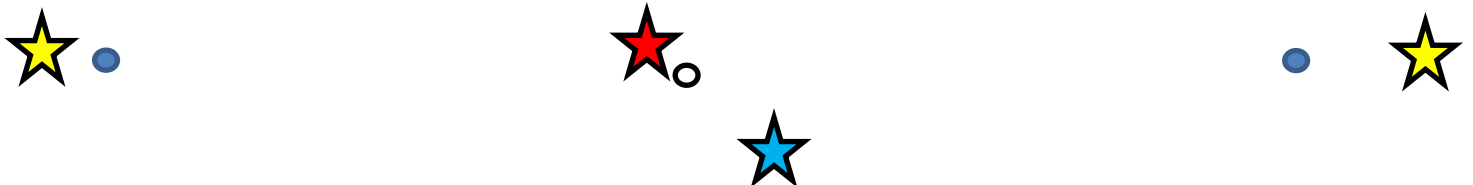
The technique:

- The aim is to 'channel' (very important hockey word) the player onto their forehand stick. In order to do this the defender must look to prepare themselves by being **SIDE ON** and on the **attacking players right hand side** (left hand side from the defenders perspective). This shows the attacker onto the defenders strong stick and prevents the attacker running down their reverse.
- The tackle is also **LOW** with a low right hand. The lower the hand the more strength you have to win the ball.
- The stick is angled completely straight at a 180 degree angle from where the attacker is ensuring that the ball cannot get push through the stick.
- **THE TACKLE IS NOT A FORWARD MOTION, THE TACKLER WAITS FOR THE PLAYERS AND THE ATTACKER RUNS INTO THE BALL. THE TACKLE IS ABOUT HOLDING A STRONG POSITION WHILST THE ATTACKER RUNS OVER THE BALL.**



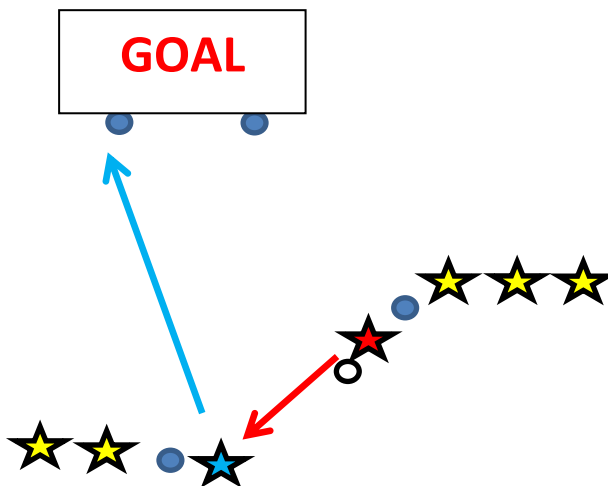
Drill 3: Tackling Relay: (Attacker Red, Defender Blue) – 10 minutes

- In groups of 4/5, one ball is needed with 2 cones 15 yards apart.
- An attacker from one side runs with the ball **IN A STRAIGHT LINE AT ALL TIMES**, a defender from the opposite side approaches the attacker (side on, left hand side and low) and intercepts the ball (the attacker is told to give little/no resistance against the tackler). The defender uses the forehand block tackle and wins the ball and then runs in a straight line. The attacker then runs to the back of the opposite queue.
- The next player in the opposite queue then is the defender who approaches the new attacker who just won the ball and carries the ball in a straight line.
- This is therefore a continuous circuit that can run over and over.



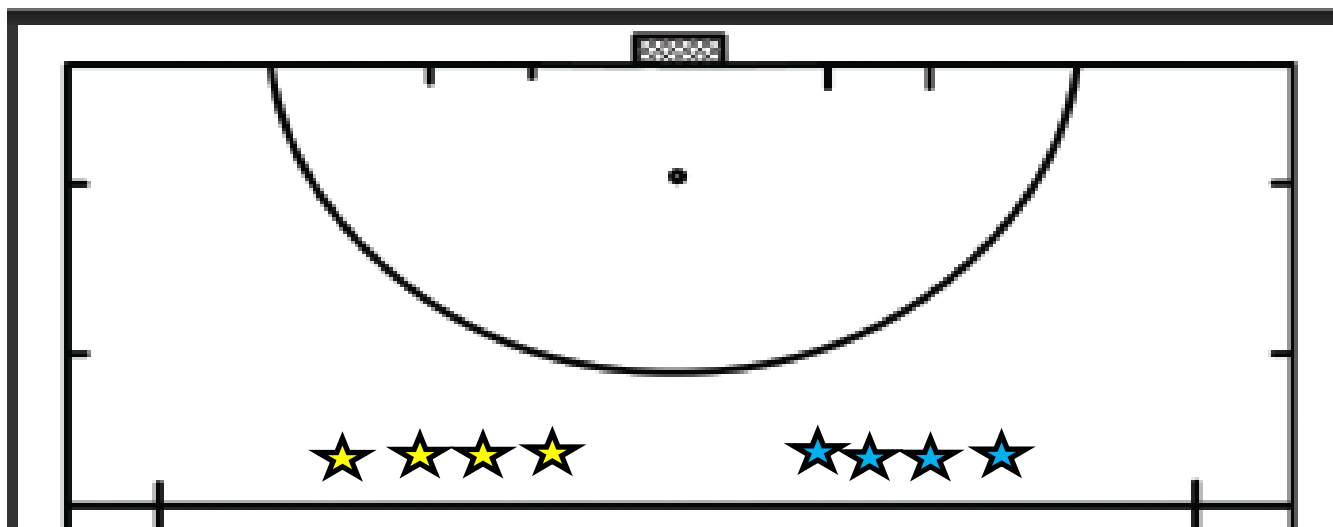
Drill 4: Tackling with shot on goal- 15 minutes

- All balls start on the right hand cone with half the players on each cone.
- The attacker (red) runs in a straight line with the ball, the defender (blue) then gets **side on, on attacking players right hand side (left hand side from the defenders perspective), and low**
- The defender then intercepts the ball and takes a shot on goal (encourage push)
- After the shot both players go to the opposite queue



Numbers game (Use cones for goals if not available) – 15 minutes/ until the end of the session.

- Split the group into 2 teams
- In each team give every player a number from 1 and go upwards as much as possible
- If there is an even number get a coach/dad/mum to join in!
- Roll a ball out onto the pitch, call out a number and they must then try and score against each other
- You can make it fun by making them lay on their stomachs before they have to go etc
- Once they get the hang of it you can call out multiple numbers and get them to work as a team.



POINTS TO REMEMBER

- **REINFORCE USING THE STRONG AND REVERSE STICK AROUND PLAYERS**
- **REINFORCE PASSING THE BALL THROUGH A PUSH – NO HITTING**