



# Suburban Lions

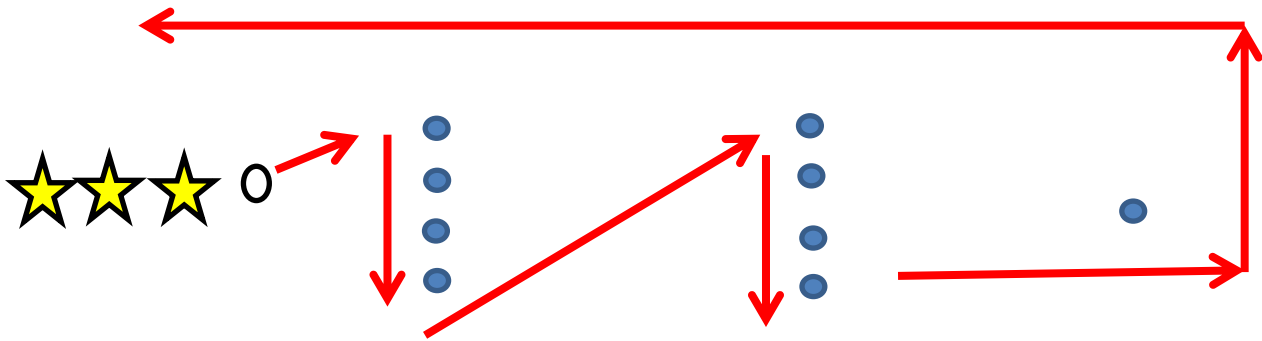
## Cubs & Minkey Program Week 6

### Warm-Up- Piggy in the middle: 5-10 minutes

This session will focus on a number of dribbling skills therefore the aim is to start the session at a high intensity. In 4's/5's form a triangle/square with one player in the middle. Use cones approximately 7/8 yards apart. The player in the middle must try to win possession of the ball from the 3 or 4 players around the edge. When the player in the middle wins the ball, the player on the edge who made the error/was tackled replaces them in the middle.

Reinforce that the player in the centre stays low with a flat stick. The players round the edge must pass to the strong stick with a push, have a low right hand and communicate with each other.

### Drill 1: Reverse Drag – 10 minutes

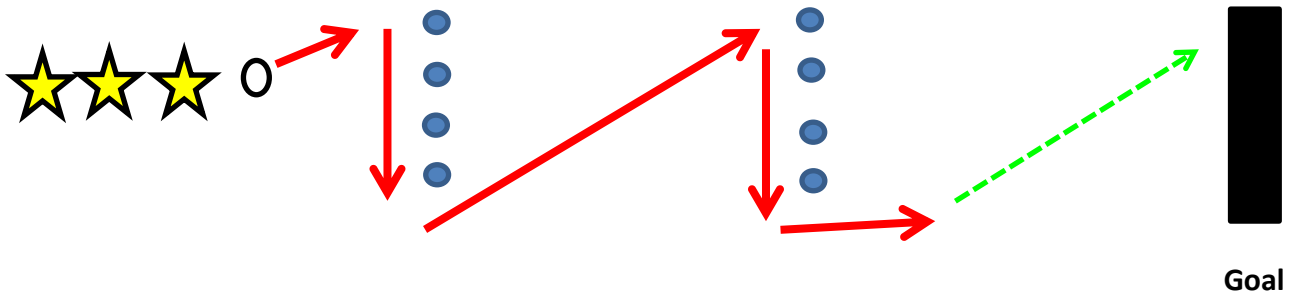


- The players drive at the left hand cone (in a game situation a defenders strong stick).
- Using the reverse stick the ball is dragged (not tapped) across to the right hand side (in a game situation down the defenders reverse stick)
- Encourage the players to 'drag' the ball all the way across their body. We do not want them to 'tap' the ball small distances as it is a bad habit.
- At the top blue cone, arc strong round it and return to the back of the queue

### Reinforce the following:

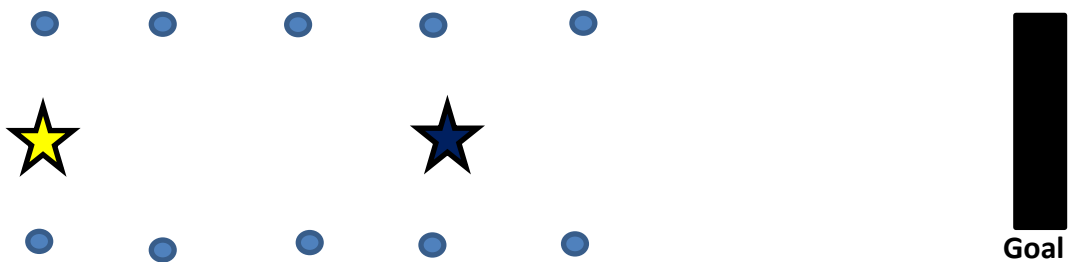
- **Knees bent, back in a neutral position and head up at all times**
- **Stick stays stuck to the stick like glue**
- **Head up at all times**

## Drill 2: Reverse Drag with shot on goal – 10 minutes



- Reinforce the reverse drag technique and ball stuck to the stick
- Players are allowed a shot on goal afterwards, encourage shooting across goal
- Have a challenge, 15 shots as a team and they must get 10 shots on target

## Drill 3: 1 vs 1 with shot on goal 10-15 minutes



### Attackers duties:

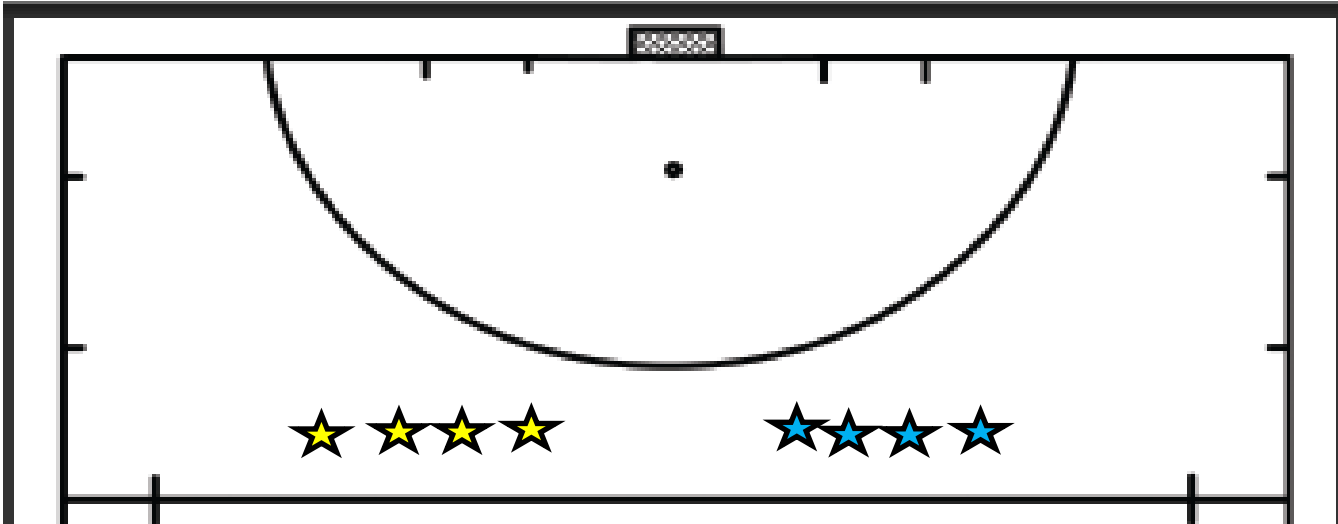
- Run on angles
- Use the reverse drag
- Do not run onto a strong stick

### Defender's duties:

- **SIDE ON** and on the **attacking players right hand side**. 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.

**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 REVERSE DRAG AROUND PLAYERS, IF THEY USE THE REVERSE DRAG THEY GET A POINT**
- **IF A PLAYER DOES NOT TACKLE SIDE ON, ON THE LEFT HAND SIDE AND LOW GIVE THEM A MINOR PUNISHMENT E.G TOUCH THE SIDE LINE AND COME BACK**