



Suburban Lions

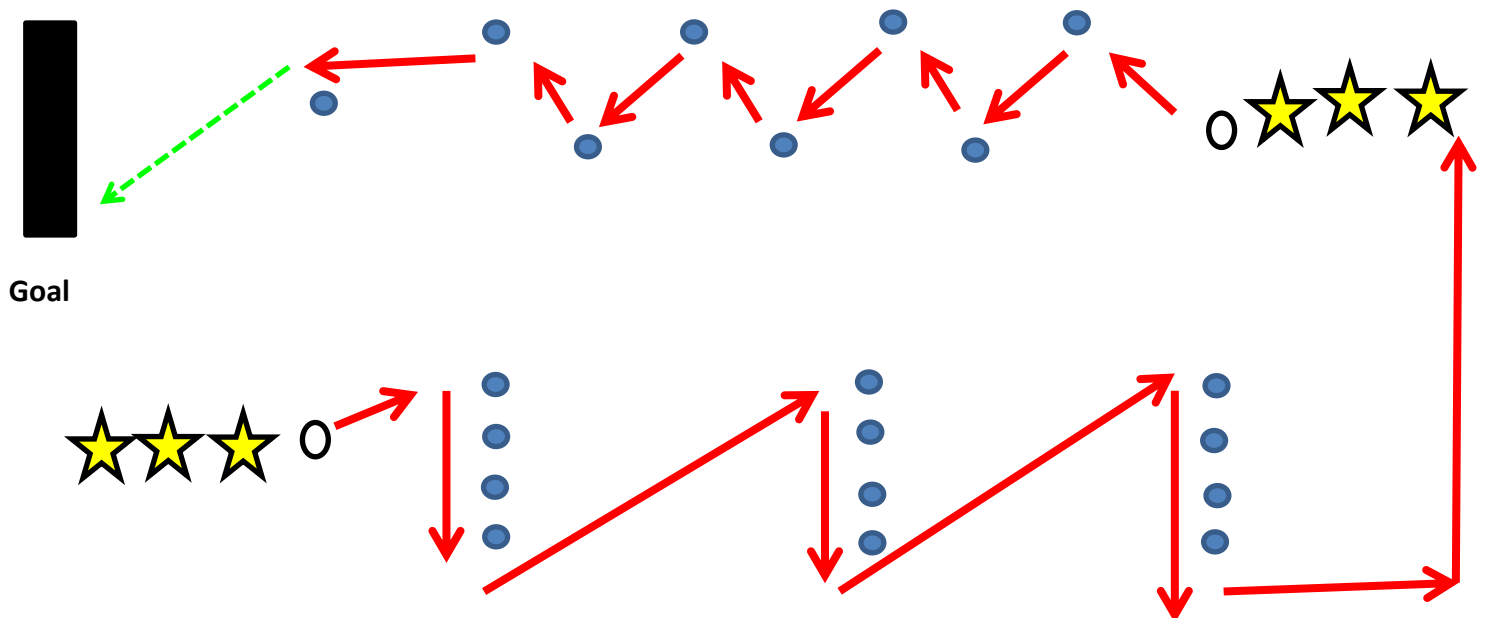
Cubs & Minkey Program Week 7

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

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 then replaces them.

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 encourage communication and calling with each other.

Drill 1: Dribbling Assault Course! – 15 minutes (BEFORE AND AFTER, INVOLVES A LOT OF RUNNING)



Reverse drag:

- 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)

Zig-Zag Dribble

- Encourage using both strong and reverse change of direction on the left hand side cone
- Get the players to get 'their bum round the ball' and move their feet early so that they can change direction

Reinforce the following:

- **Ball at 2 'o' clock position**
- **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 3: 1-2's through cones with shot on goal- 10 minutes

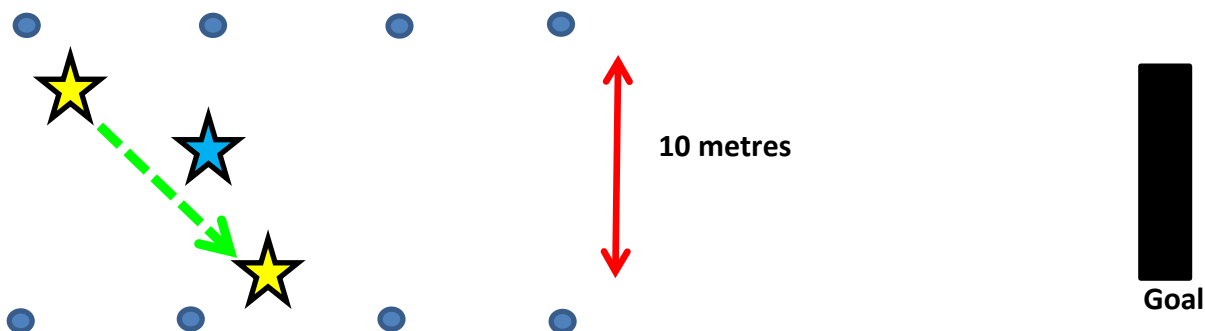


- In 2's pass the ball through the spaces to encourage getting their heads up
- If they do not hit any cones they are allowed a shot, if they hit cones they are not allowed a shot. This will encourage them to concentrate on the pass. Change the size of the passing channel according on their success
- To add variation, you can move the cones into different spaces and sizes making small and large gaps

Technique

- Feet facing forwards ball at 2 'o' clock
- Player on the left hand side has the stick behind his feet ready for a strong stick feet with an open body to return the pass
- Communication at all times
- Encourage shot across goal (maybe get a parent/coach in goal and cover near post shots)

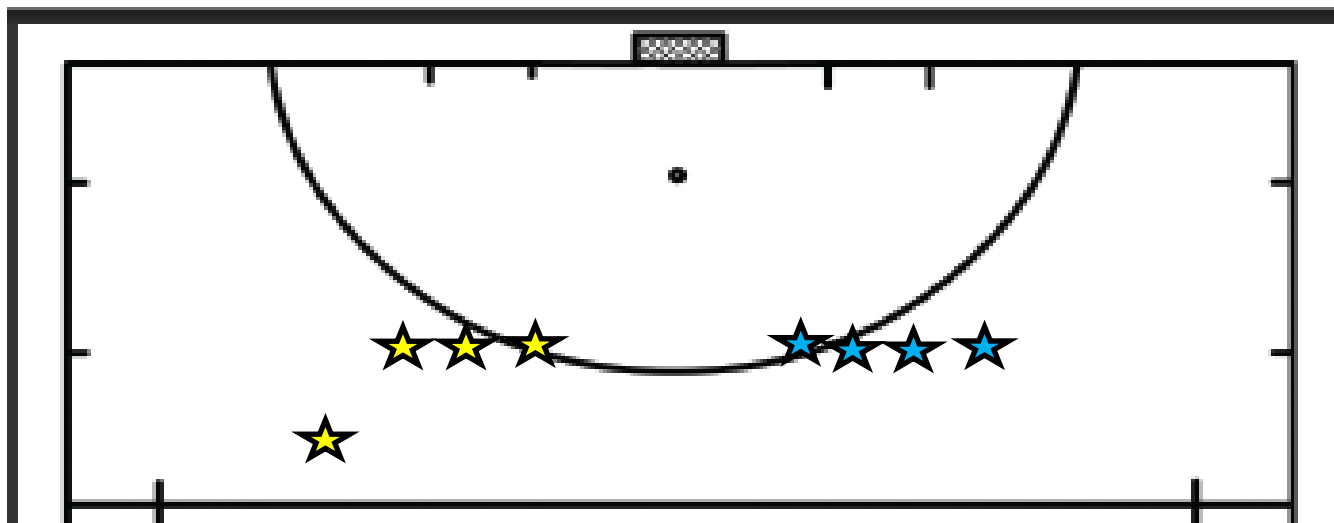
Drill 4: 2 vs 1s – 10 minutes



- The aim of this is to isolate the defender and pass the ball **DOWN THE DEFENDERS LEFT FOOT**
- The player with the ball waits for the defender to draw close and then makes the pass through eliminating the defender. Start off with a parent/coach in the middle to get the principle of the drill first and then let the drill flow and give them free reign to try other passes
- **To end the session put a parent/coach in the middle and give the boys 10 attempts. They must score 6/10 otherwise the all have to do 10 push ups each! Reinforce passing down the left foot and let the ball go passed. If it is onto the strong stick intercept the ball to ensure they learn.**

Numbers game (Use cones for goals if not available) – 10 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

***** YOU CAN ALSO CALL 1 NUMBER FOR 1 TEAM AND 2 NUMBERS FOR THE OTHER TEAM TO ENCOURAGE THEM TO PRACTICE 2 VS 1'S *****