



# Suburban Lions

## Cubs & Minkey Program Week 8

### Warm-Up- 5 minutes

#### Drill 1: 90 Degree passing 5-10 minutes (anti-clockwise)

- In 4's, pass in an anti-clockwise direction.
- Encourage players to have a low open body stance so that the players can receive the ball and pass without having to move their feet
- Have a race to see how many passes they can make in one minute then try to beat it through concentrating on the pass more



#### Drill 2: 90 Degree passing 5-10 minutes (anti-clockwise)

- In 4's, pass in a clockwise direction.
- Encourage players to have a low open body stance and let the ball go across their body outside their right foot in a position to pass
- Have a race to see how many passes they can make in one minute then try to beat it through concentrating on the pass more



#### Drill 3: Tackle Box: 5-10 minutes

In 4's form a square with one player in the middle. Use cones approximately 6/7 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.

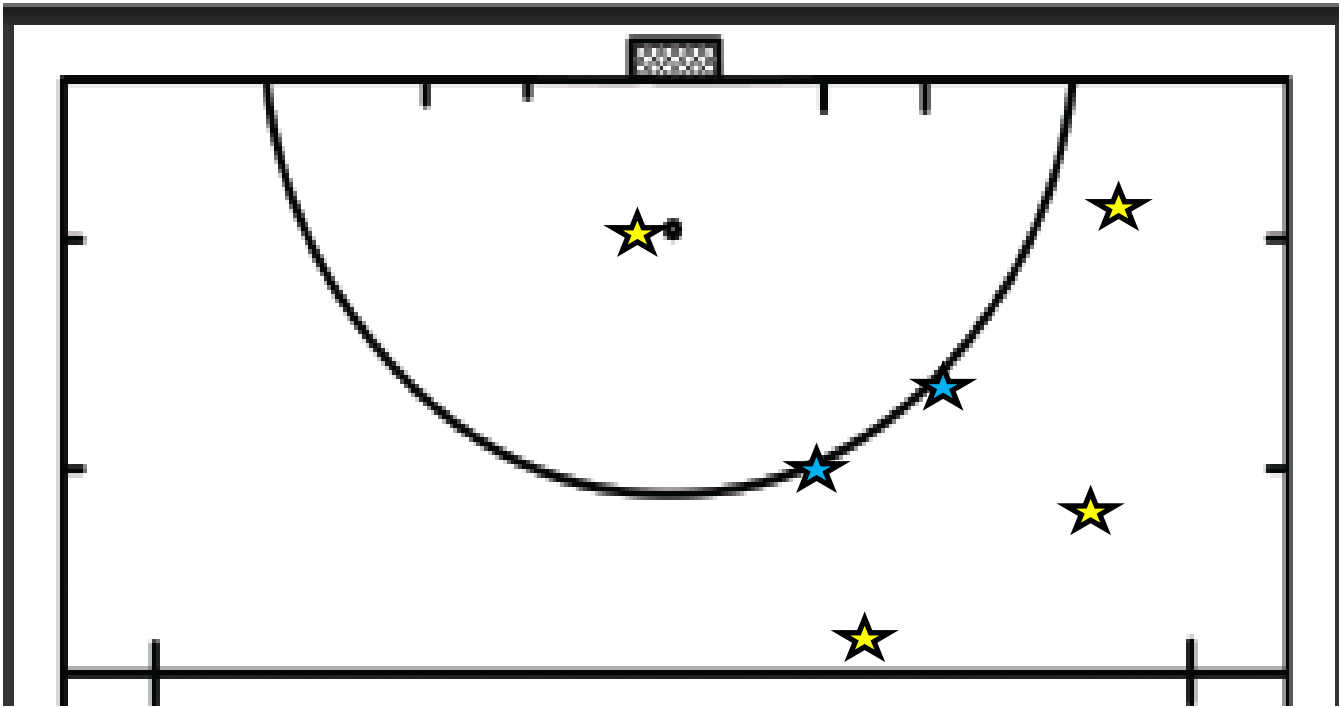
#### Drill 3: 4 vs 2- Until the end of the session

We are now looking to introduce match play situations at both cubs and minkeys levels in order to slowly progress up to year 5/6 levels of hockey. 4 vs 2 can be executed down the middle of the pitch or alternately on one side of the pitch. Encourage positive communication throughout on both sides.

All 4 attackers start altogether at the top and will look to lead into the areas shown below. The defenders start next to each other approximately 5 yards away from the attackers.

Rotate defenders every 5 minutes to give players an opportunity to experience all positions.

As the drill progresses you can play on for long corners, free hits (e.g foot).



#### Attacking Principles of 4 vs 2

- Pass the ball early
- Get high and wide up the pitch (on in the 'd' on the back post, one really wide)
- Do not pass onto a flat stick

#### Defensive Principles of 4 vs 2

- Defend the middle of the pitch
- Stay together as a pair
- Stay low and talk to each other through out
- Clear the ball wide not straight down the middle