



Suburban Lions

Cubs & Minkey Program Week 9

THE THEME FOR THE REMAINDER OF THE SEASON IS GAMEPLAY WITH ONE ADDITIONAL SKILLS ADDED IN TODAY (LIFTING THE BALL). IT IS A GOOD IDEA TO LOOK BACK THROUGH PREVIOUS PLANS AND EMPHASISE SPECIFIC SKILLS AS APPROPRIATE TO STRENGTHS AND WEAKNESSES OF SPECIFIC SKILLS IN YOUR TEAM.

Warm-Up- Tackle Box: 5 minutes

In 4's/5's form a triangle/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. We are repeating this drill regularly as it is high tempo and reinforces first touch, vision, awareness and low tackling.

New Skill: Lifting/Jinking the ball- The Technique

- Knees bent with the ball out in front of your body. Normally in line with your right foot (not at 2 'o' clock)
- Give yourself extra space between the ball and your body which opens up the face of the stick
- Gently slide the stick under the ball using its forward momentum to lift it a couple of inches off of the floor.
- The right hand is the dominant hand which does the lifting of the ball

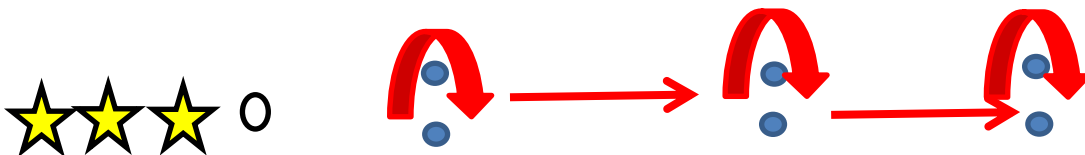
Drill 1: Practicing in open space- 5-10 minutes

All in a line and space everyone has a ball each. Ask them to try lifting the ball 2-3 inches off of the floor and then control the ball repeatedly in a line up to a coned lined 10 yards in front.

After 4/5 repetitions give them a challenge to see how many 'lift and controls' they can fit in the area.

NOTE: THE PURPOSE IS NOT TO SEE HOW HIGH/FAR THEY CAN FLICK THE BALL, A LIFT IS NOT A FLICK!

Drill 2: Lifting Course- 5 – 10 minutes

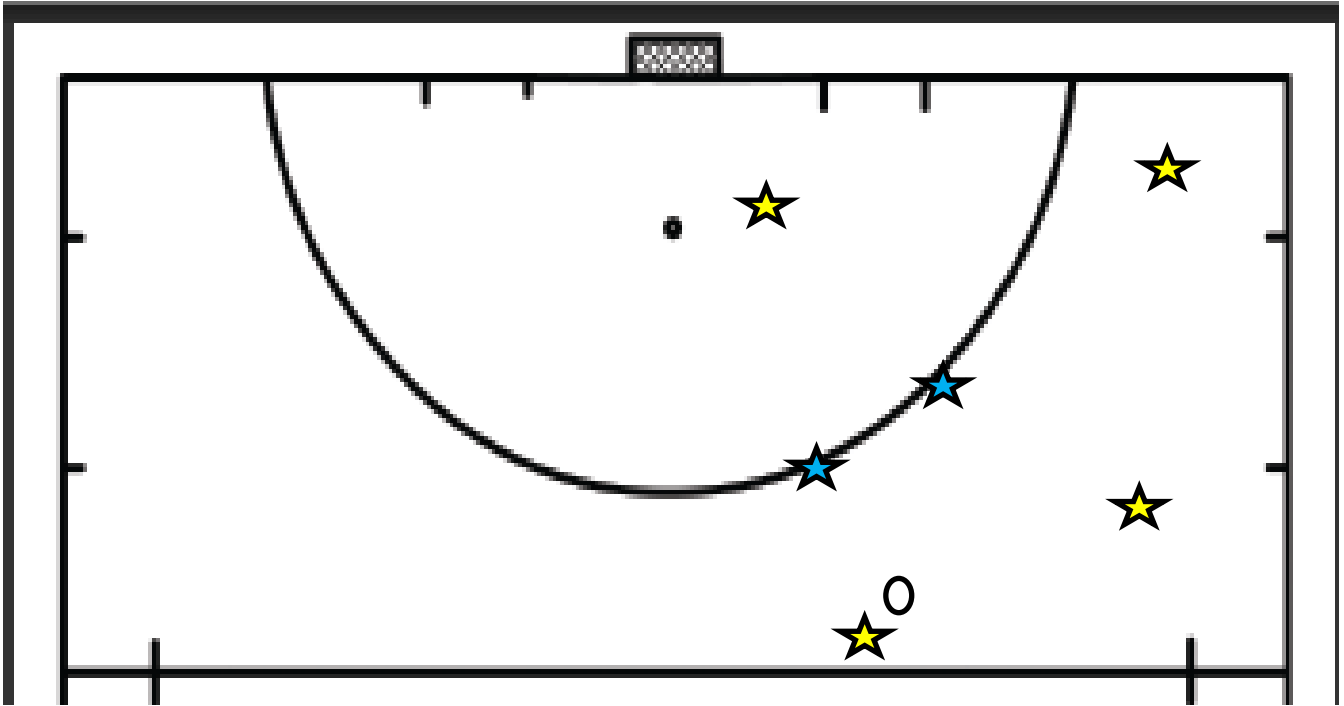


- Athletes lift the ball over the cones at each station and then go to the back of the queue
- If the drill is going well add a goal to shoot into after.

Drill 2: 4 vs 2- 15 minutes

Like week 8, we are now continuing to introduce match play situations 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. After 5 minutes rotate the defenders. 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.



Attacking Principles of 4 vs 2

- Pass the ball early
- Get high and wide up the pitch (one in the 'd' one 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

Drill 3. 5 vs 5 – Remainder of the session

- Using the shape of the number 5 on a dice, teams must look to keep possession of the ball
- Every time a team make 3 consecutive passes their team gets a point. No goals necessary.

