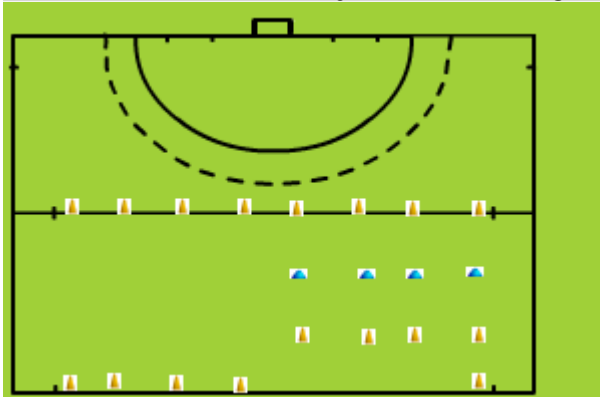


Equipment: Cones Ball each stick each half a pitch

Purpose: To introduce running with the ball on the forhand site

Notes: Organisation set the cones out so taht you have the minimum disturbance an interruption during the session. Know how much space and how many players. balls, and cones , sticks you will have for the session. with this information plan your session. Having planned the session you will be able to concentrate on the delivery and the coaching of the session



Notes

Demonstration to the players walking around with the ball glued to the stick last week the players should have learned how the hold the stick so a quick reminder of how the stick is held (left hand at the top and right hand underneath) **Action** give every player a ball instruct the players to walk around with the ball glued to the stick on the flat site.



Moving with the ball through space

COACHING POINTS

- Strong, low body position body upright
- Knees bent
- Eyes up
- Hands apart to enable maximum control
- Left hand at top so you can see 4 knuckles when you look down
- Stick at an angle (approx 45 degrees) on ground and in contact with the ball
- Ball position well ahead of feet and slightly to the right, carry it where it enables you to see most passes.

Notes

Coaching Points Call all the players in and give each player a number 1 to 4 tell the number 1's to stand behind number 1 cone and numbrs 2 to go behind number 2 cone etc. Ech player still with a ball As a coach you position yourself so you so the players are running towards you on your command the players the first player from each cone runs to wards the other side. First run across with ball glued to the stick. After this before every run the coach can add



Open Side Dribble

DESCRIPTION

- Set out the practice as shown.

Players are given a number from 1 to 4.

- No. 1s should stand behind the black cone.
- No. 2s behind the pink cone.
- No. 3s behind the red cone.
- No. 4s behind the yellow cone.

On the coaches command the players dribble across to their colour cone on the opposite side.

Notes

Development (progression) Once the coach has introduced the coaching points (3 to 4) Instruct each group of players to send half their players to the opposite cone and create a relay situation. and start getting the players to test the new learned skill by increasing the speed by having some relay races.



Dribbling Players v Runners

DESCRIPTION

- Setup the cones as shown.
- Split the group into two groups, one with balls and sticks, the others with just sticks.

On the command the player with the ball runs around the blue cones, with the player without a ball running around the red cones. It is a race to see the first one back.

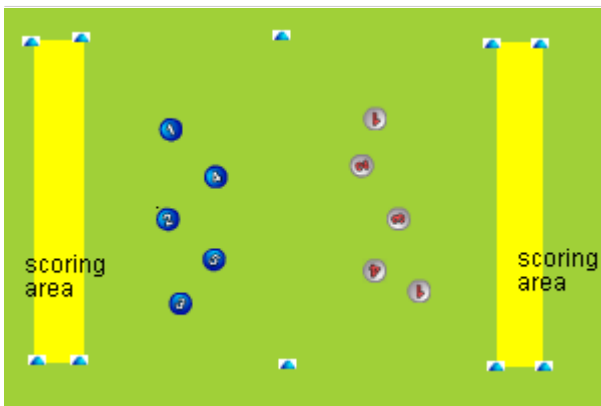
- When running anti-clockwise it is a lot easier for players to move the ball first then let their feet follow.
- When running around clockwise its advisable for the player to leave the ball behind, move their feet around the ball before picking up the ball again. This allows the player to get a tighter line to the cones.

Notes

Game last ly test the skill in a game situation try to isolate the skill if possible so the playres donnot have to worry about all different rules make the rule the skill

COACHING POINTS

- The two red cones should be moved according to the skill level of the players if low the cones should be further away from the blue cones compared to when the skill level is high (you know you have it just right if the race is close each time)



Running with ball rugby

DESCRIPTION

5 a side conditioned game in which the rule is that the players in possession of the ball has to keep moving with the ball (not allowed to stop) remind the players that they are allowed to pass. A goal is scored when a plyer runs in control of the ball into the scoring area of the opposition.

Notes

Debrief the session and warm down

COACHING POINTS

Any free hit (ie ball runs off the pitch or player not moving with the ball) is taken by a player just starting to run with the ball (no pass to start the game) you could get one of the players to umpire the game only to blow for the 2 above rules