

Skill Session 1

Passing and receiving

5-7 min Hitting and trapping

The players should be provided with a demonstration of how important ball handling is. Go through the drills, practice them, evaluate, stop and make comment, then get them back into it. Highlight good examples
When practicing allow for some intensity to develop.

Coaching points

Grip

Ball placement

Vision

Early target stick on the ground for passer

Body position, Distance of ball away from your feet

Ability to move in different directions with the ball – backwards / forwards / sideways – angles

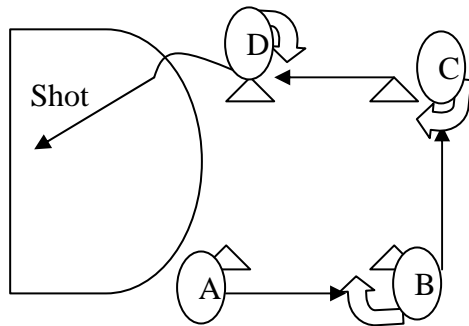
Encourage a change of pace

Drill 1

10-12 mins

Player A passes to player B

Player B leads back for the ball, lets the ball come across the front of the body. B passes to C; C passes to D and has a shot on goal. Always pass on the outside of the marker, two touch = receiving – passing- follow your pass



Drill 2

10-12 mins

Player A dribbles the ball forward then passes to player B

Player B leads off the marker, letting the ball come across the front of the body

C leads off their marker receives the ball across the body and has a shot on goal

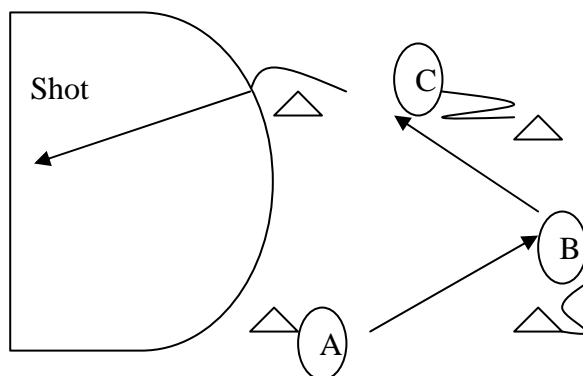
Follow your pass

Coaching Points

No standing still, receive ball on the move

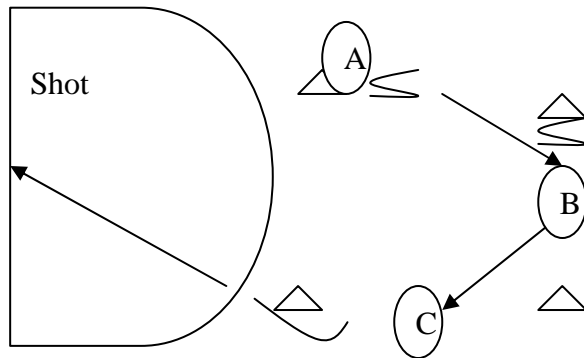
Time leads

two touch = receiving – passing



Drill 3
10-12mins

Reverse stick receive, ball comes across their body roll the stick over the top of the ball- keep stick in close contact
Same as drill above



Drill 4
15-20 mins

A passes to B who is leading leads back for the ball receives on the fore stick, then through cones

B passes to C leads back for the ball receives ball on fore stick drags cones and passes to D leads back and turns to receive on the back stick and finishes with a shot on goal.

Variation

Add a defender on D passive at first then build intensity

Take markers away from B add defender so that C must find space to lead into B to receive on back stick

