



U8 Girls Lesson Plan #5  
Objective: **Defense**



**WARM-UP**

- Tag game
- Game w/o stick and ball

**FOOTWORK DRILLS**

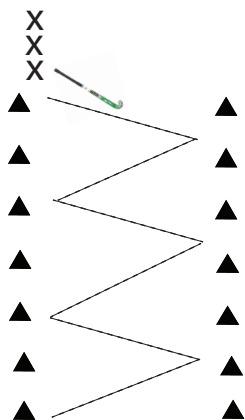
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

**EQUIPMENT**

- Balls, Cones, Pop-Up Nets
- Stamps
- Playground Rubber Balls

**SKILL DEVELOPMENT**

**#1. Defensive Footwork**



**a.) Side Shuffles (x3)**

- always facing same direction

**b.) Cross-Overs (x3)**

- to the right: cross over with left foot
- to the left: cross over with right foot
- always cross your leg over in FRONT

**c.) Running (x3)**

- make sure stick stays in the same position even though your running direction changes

**#2. Channelling ("Refrain from Tackling")**

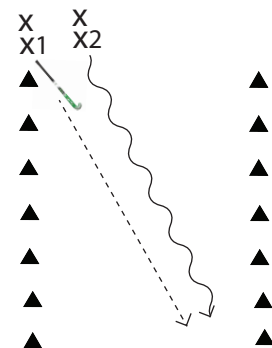
**a.)** Each person dribbles (x3) and channels (x3)

**b.)** Dribbler can't stop and check ball so person channelling works on footwork so as not to get beat

- Forcing the player to the LEFT. In pairs, X1's goal is to dribble diagonally to their left to the double cones at the end of the grid.
- X2's goal is to channel X1 diagonally to the left and X2 needs to keep their feet behind the ball at all times

**#1 COACH TIPS**

- LEFT HAND ONLY on stick
- Stick angle faces the turf
- Make sure their body position is very low (bent knees) and their LEFT hand is 6-10 inches from the turf.



**#3. Flapper Drill**

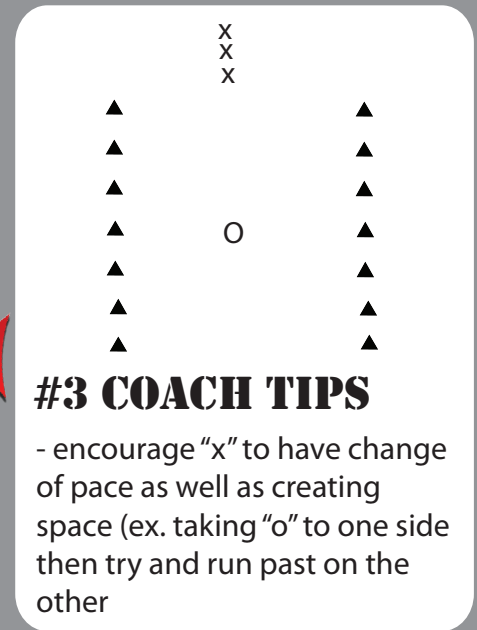
Played without stick and balls.

**"o" = defense**

- responsible for closing time and space
- needs to keep elbows tucked in at all times
- working on footwork to prevent "x" from getting by
- can touch "x" with hands (without extending arms)

**"x" = offense**

- trying to run past "o"
- encourage them to run fast towards "o" instead of dancing around at the top of the cones



**#3 COACH TIPS**

- encourage "x" to have change of pace as well as creating space (ex. taking "o" to one side then try and run past on the other)