



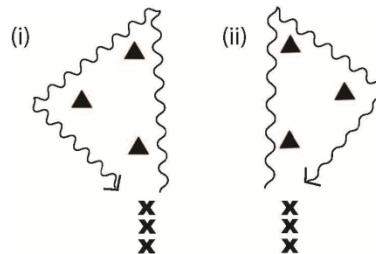
## 1. WARM-UP (AGILITIES / FOOTWORK)

- (i) single steps
- (ii) double steps
- (iii) crossovers (face sideways, LEFT leg leads)
- (iv) crossovers (face sideways, RIGHT leg leads)
- (v) in, in, out, out
- (vi) hopscotch - double out, double in
- (vii) hopscotch - double out, single in

## 2. DRIBBLING SKILLS

Push Dribble: “The Silent Dribble”

Encourage athletes to keep the ball on their stick. Ball position changes as they go around the cones. In (i), ball moves from 2 o'clock to 12 o'clock before a turn. In (ii), the ball moves from 2 o'clock to 4 o'clock.



## 3. PASSING & RECEIVING

Stationary push passing: “The Silent Pass”

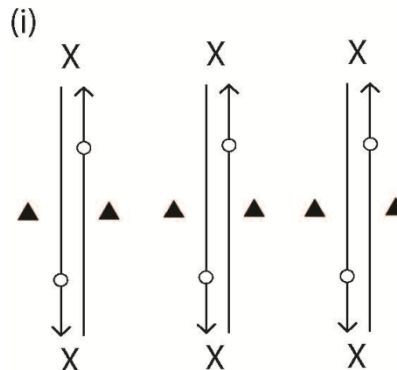
Athletes will be 7-10 yards apart.

a.) In Pairs:

Place two cones like gates to help the athletes focus on making straight, accurate passes to their partner.

*Challenge:* Ask the athletes to count how many passes they can do in one minute.

b.) In groups of four, two on each side, after making pass, player runs to end of opposite line to keep drill continuous.



## 4. SKILLS GAME

Hockey Volleyball

In two teams, each team from their own half tries to push pass the ball over the opposite team’s end-line while also “defending” their own end-line.

- Ensure athletes make 2 passes amongst their team before sending ball to other team’s endline
- Add an additional ball to increase movement of players and awareness

### 1. COACH TIPS

- BREAK THE ATHLETES INTO TWO GROUPS
- CAN USE STICKS ON THE GROUND OR CONES IF YOU DON'T HAVE AGILITY LADDERS

### 2. COACH TIPS

- ENCOURAGE TIGHT CURLS AROUND THE CONES KEEPING THE BALL ON STICK AND CLOSE TO CONES
- IN (ii), ENCOURAGE THE BALL SPEED TO BE SLOWED DOWN AND LET THE FEET MOVE PAST THE BALL TO MAKE THE TURN EASIER

### 3. COACH TIPS

- FOCUS ON ONE OR TWO POINTERS FOR BOTH THE PASS & RECEPTION
- PASSER: LEFT SHOULDER FACES PARTNER & FOLLOW THROUGH SHOULD BE TOWARDS PARTNER
- RECEIVER: FACES PARTNER SQUARE ON WITH ONE FOOT SLIGHTLY IN FRONT OF THE OTHER. RECEIVE BALL IN FRONT OF RIGHT FOOT WITH LEFT HAND PUSHED OUT TO ANGLE STICK TOWARDS TURF

