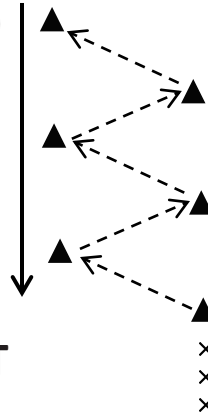




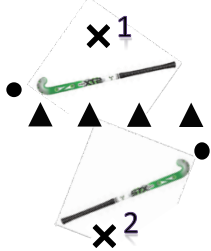
UNDER 10 – LESSON PLAN #3

1. WARM-UP (AGILITIES/FOOTWORK)

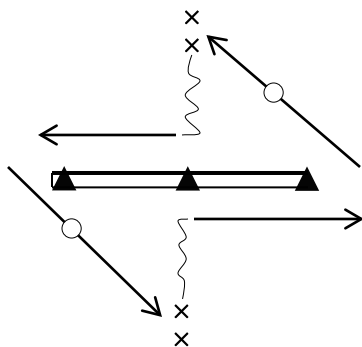
- Plant and push on change of direction (face forward, hand touches each one)
- Plant and push without touching cones
- Studder step at each cone & accelerate to next cone
- Figure 8's with feet around cones
- Left and right foot pivots (right foot pivot at left cone, left foot pivot at right cone)



2. DRIBBLING SKILLS – DRAWS RIGHT



a) Draws left and right



b) Continuous Drill:

- Draw right at the board
- Fake left over top of the ball (Drawing a "C" around the ball, keeping stick on the ground) and then draw right

1. COACH TIPS

- ENCOURAGE A LOW BODY POSITION
- USE QUICK CHANGE OF DIRECTION
- BEND AT THE KNEES

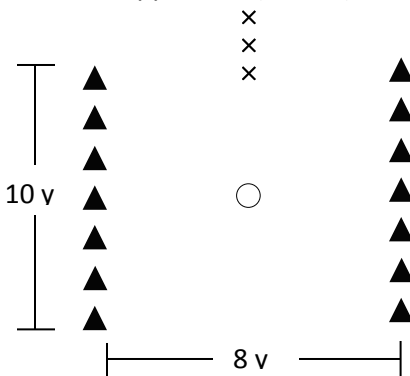
2b. COACH TIPS

(i) HAVE PLAYERS DRIBBLE TOWARD MIDDLE CONE AND KEEP STICK ON BALL FOR THE DRAW. ENCOURAGE THE DRAWY FROM LEFT TO RIGHT TO COME PAST THEIR RIGHT FOOT (REALLY WIDE)

(ii) HAVE THE PLAYERS START THEIR "C" OR FAKE A FEW STEPS EARLIER BEFORE THE BOARD TO GIVE TIME FOR FAKE AND DRAW RIGHT **AFTER DRAW, HAVE THE BALL COME BACK TO 12 O'CLOCK TO MAKE PASS ACROSS BODY EASIER

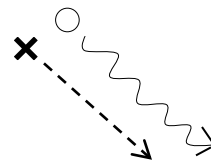
3. DEFENSIVE SKILLS

- Flapper Drill (no ball)



- Shadowing Drill (with ball)

O = Offense
X = Defense



Do this skill over 25 yards. Change the ball carrier at each end.

4. SKILLS GAME

MINI GAME: Make a field about 25 X 30 yards using two cones (1 yard apart) per goal. Have multiple goals spread randomly throughout the grid. Teams can score in any goal just not the same goal twice in a row.

Variations: (1) goal = "shoot" through the cones (2) goal = pass to team mate through cones (3) goal = dribble with control through cones