



COACHING NOTES: Review the following coaching notes prior to the day of practice. Use these tips throughout the drills to help kids progress.

DRIBBLING SKILLS – DRAW LEFT AND RIGHT

a) Draws left and right:

(i) In partners – a ball each. Athletes will stand one on each side of the line of 2-4 cones. The cones will be the length of a stick. X1 and X2 will be doing the drill at the same time.

- Players will stand with feet shoulder width apart, keeping knees bent
- The ball will be a stick length away from their feet
- The top of the stick will be pointing at their belly button

(ii) pull the ball from one end of the cones to the other. Start with the ball at the RIGHT end of the cones and use the strong stick to pull/draw the ball across to the LEFT. Keep the stick on the ball and transfer weight from (R) to (L).

(iii) Once the ball is at the LEFT end of the cones, roll your stick over the ball (protecting the ball) allowing the stick to spin in the right hand. Now you have your reverse stick on the ball. Use the reverse stick to pull the ball back to the RIGHT. *REPEAT* (See how many times the athletes can do this in one minute. The goal is to improve their own score!*

b) Draw RIGHT with progressions: *Only use two balls*

(i) Have players work through movements without a ball first. Practice transferring of body weight from left to right. The drill is continuous. Players will start from both ends of the drill. Players at the start of each line will dribble forward towards the cones. Moving the ball from 2 o'clock to 12 o'clock (slightly in front of their left foot). As the players approach the cone, they will draw the ball to their right. The stick will move over the ball while pulling the ball with their reverse stick to their strong stick. The weight transfer is left to right. They dribble forward and pass to the next person in line. (make sure the ball is moved to 12 o'clock before making the pass)

(ii) Same as above but the players draw the letter "C" on the ground and over the ball before the draw. They must start to draw the "C" a little earlier than they would do the normal pull to give them time and prevent them from running into the board.

DEFENSIVE SKILLS: FLAPPER DRILL AND SHADOWING DRILL

(i) Flapper drill – played without a stick

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| "O" = DEFENDER | - responsible for closing time and space, needs to keep elbows tucked in at all |
| | - working on footwork to prevent "X" from getting past them |
| | - can touch "O" with hands but is not allowed to extend arms |
| "X" = ATTACKER | - trying to run past "O" |
| | - encourage them to have a change of pace and create their own space |
| | - run forwards on angles instead of "dancing around" at the top of the grid |

(ii) Shadowing drill – give each athlete the opportunity to dribble with the ball. This can be done over 25 yards

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| "O" = OFFENCE | - dribbles the ball in any direction moving forward |
| "X" = DEFENCE | - shadows the ball carrier using their defensive footwork |
| | - defender must keep their stick in the ground (preferably using only their left hand) |
| | - not trying to tackle |

**Keep your body weight on your toes or balls of feet, thank "Happy Feet!"