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UNDER 10 – LESSON PLAN #9 - NOTES

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

PASSING AND RECEIVING

X1 minimizes touches on the ball and footwork after the pull back. Ideally, X1 pulls back, using a rocker step and as the weight is on the right foot, the right foot pivots and the left foot comes around to shield the ball before making the pass to X2. X3 holds their lead until the ball is sent - this way X3 is running onto the pass that is sent into space.

PASSING AND RECEIVING: INDOOR SWEEP PASS

Hands are apart (left hand at top of stick, right hand at bottom of stick grip). Stick angle is the same as a push pass. LEFT shoulder is facing the target. The ball is rolled towards target; the stick is swept along the turf before making contact with the ball.

Follow through points towards target. The contact with the ball is made just slightly behind the LEFT foot.

Drill (ii): make sure the receiver is looking before the pass is made. When the ball is received, either let it cross the body or shield the ball. Minimize the touches on the ball and footwork before making the next pass.