

Date: **18/04/2016**

Venue:

Duration:

No of Players:

Ability / Level:

Equipment:

Purpose:

Time

Task / Activity / Session Content

2 v 2 up and down**Description**

First set out some 2 vs 2 pitches consisting of 2 goals, 15 to 20m apart with each goal being 1 stick length wide.

Once the pitches are laid out, number the pitches 1,2,3,4, etc with 4 players and one ball per pitch.

The aim of the game is to try and score goals from about 2m out.

The length of the game is approximately 2-3 minutes long and starts on the first whistle and stopped by the second whistle.

Coaching Points

When the game is stopped it is important that there is a winner on each pitch. In the case of a draw the winners is decided on the throw of a stick (flat or round).

Once every pitch has a winner all the winners move up one pitch, (so if the players are on pitch 3 they move to pitch 4). The losers do the opposite, and move down one pitch.

The winners on pitch 1 and the loser on the lowest pitch have nowhere to move so they stay on their pitches.

Once everyone has moved the game can start again.

**Find a new ball****Description**

Every player with a ball and stick.

Players can run anywhere they like or restrict the area.

On the whistle all the players leave the ball and have to find another ball to continue to run with the ball until the next whistle.



Musical Hoops

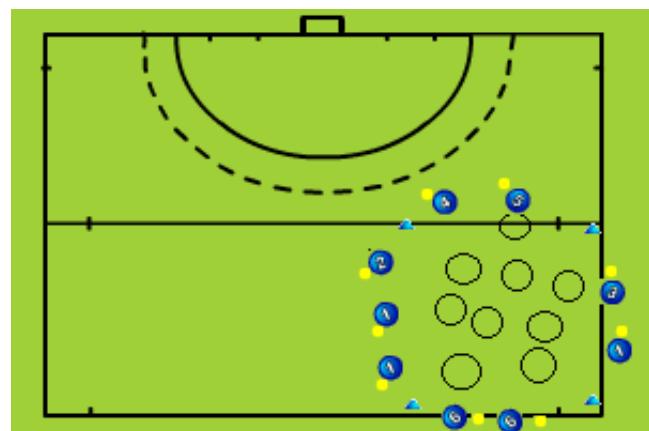
Description

Put down the same number of hoops as you have players. and set out a square with cones for the players to run around.

H1

Coaching Points

- First play the game without a ball. Last one in the hoop.
- 2 in a hoop
- Then give the players a ball each. Players run around the outside of the square. When the coach gives the sign (whistle) the players have to run with the ball into a hoop (no hands allowed)



Once the players understand you could take a way a hoop each time. OR if you want to keep everyone involved all the time take away the persons ball and they can continue playing. It is the last player into the hoop with the ball that loses the ball each time. Last person with the ball is the winner.

Racing Track

Description

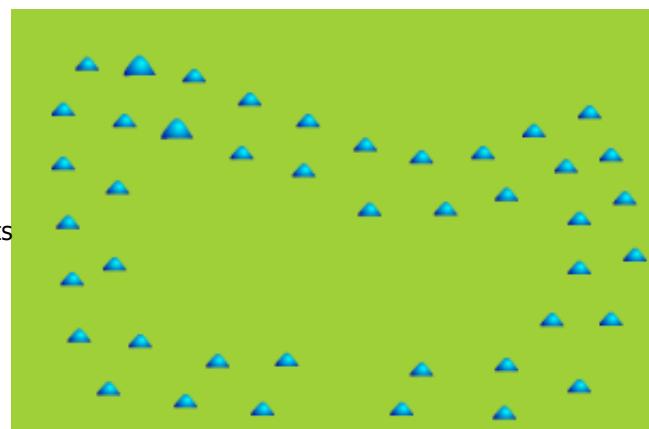
Set out small racing tracks with cones or ropes.

Players run between the cones.

Waiting players in the middle.

Coaching Points

2 players start opposite sides of the track and run around until one catches up the other or one shoots off the track (ball outside the cones)



Relay Dribbling

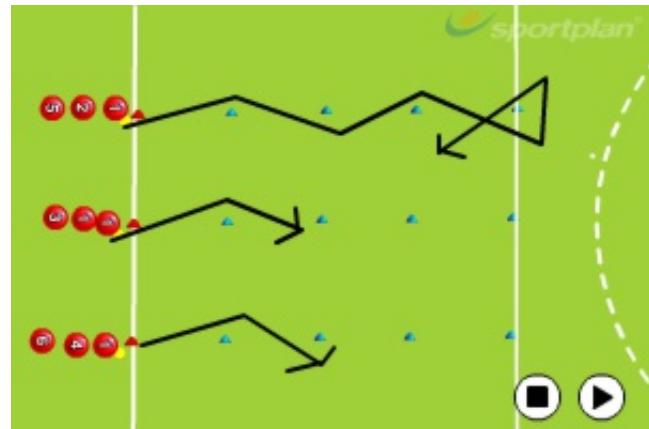
Description

Set out 3 or 4 identical lines of cones between the half way line and the 23 meter line.

Coaching Points

Depending on your players' ability you can choose which relays you might like to run.

1. Players slalom through the cones, there and back.
2. Slalom one way and run back straight.
3. Run to cone and reverse stick drag the ball to open stick in front of each cone.
4. first player runs through slalom and has to score a goal the next player in line can only leave when the ball is in the goal (player has to get ball if it misses and put it in goal).



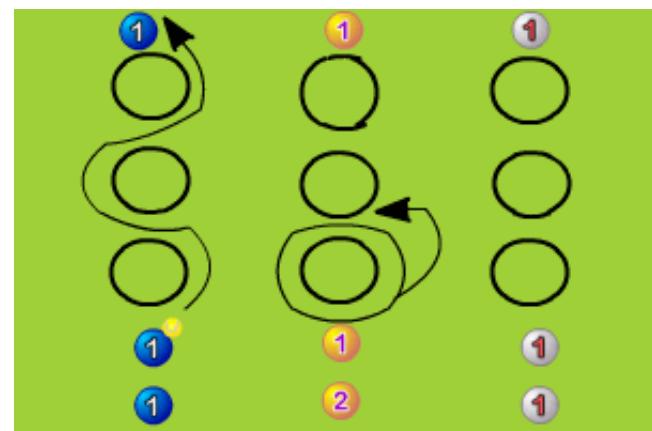
Slalom Hoops

Description

Set out a slalom course with hoola hoops and divide the players into groups of 3

Coaching Points

- Straight forward slalom
- Go anti clockwise round first hoop then clockwise round the 2nd and anthe the next before giving the ball to the next player.



Twin Tag

Description

Two players hold hands and have to try and tag the other players. when they tag someone they also link hands with the pair. on catching the 4 player they should form 2 pairs and continue to catch. untill no one is left to tag

