

2009



YEAR 5 - 8 SKILLS DAYS

TIME: **YEAR 5 & 6** **9.00AM – 10.20AM**
YEAR 7 & 8 **10.30AM - 11.50AM**

COACHES

WEEK 1 SUNDAY 18TH MAY 2008

**DEB PITTM, WAYNE KELMAN, BRIAN HELLIER,
GRANT LAMBERT, JACINDA MCLEOD, CAROL
COTTAM**

WEEK 2 SUNDAY 25TH MAY 2008

**DEB PITTMAN, WAYNE KELMAN, BRIAN HELLIER,
ALAN MOSCRIP, CAROL COTTAM, GRANT
LAMBERT, RIAN ELLIOT, ANGUS LINDSAY,
CALVIN CODLIN**

PROGRAMME FOR WEEK 1 & WEEK 2

WEEK 1:

JINKING HITTING RECEIVING & PASSING DRIBBLING

WEEK 2

JINKING DRIBBLING RECEIVING ON SPEED

WEEK 1

DRAGS FROM LEFT TO RIGHT

Position eight cones as shown in the illustration to mark off the drag areas. Explain to the children that they should experiment using different techniques to beat an opponent, including different kinds of body or foot dummies during the execution of the drags. To stimulate the young players' fantasy and creativity, the coach declares the player with the finest technique (no technical mistake) or the most original dummy as winner.



Mistakes are touching the ball more than twice (the first time for changing the direction and the second time for controlling the ball again after the side pass), playing the ball too diagonally in front (so that it runs through the range of a defender), passing the ball too far or less than 3meters to one side and not using a change of speed in the moment of changing the direction of the dribble.

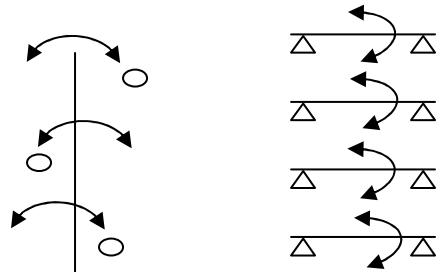
JINKING

Bounce the ball over the line, the aim is to only let the ball bounce once.

Once the players have that concept under control they will then go through the continuous jink

Key Tips:

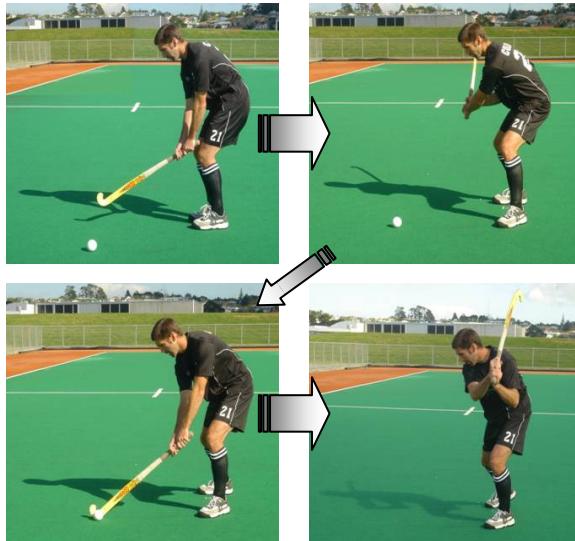
- Hook of the stick on the under half of the ball when jinking.
- Right hand must be half way down the stick.
- Once you jink the first set of cone try and only let the ball bounce once.



HITTING

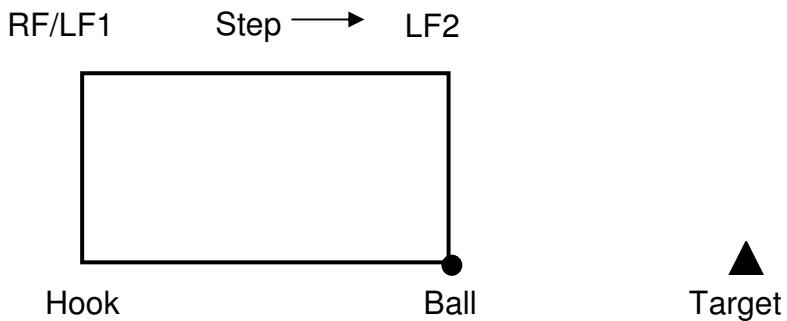
COACHING POINTS

- Developing power
- Hands together
- Hit the middle of the ball with the middle of the hook
- Smooth controlled swing
- When hitting a moving ball ensure the final touch is in the direction that you wish to hit the ball in



Box Hit

This diagram may help in your explanation, (see photos). Both feet start together hook on the ground with blade vertical. Hook, ball and target are all on the same line. When the player steps they should step so that they make a box



ACTIVITY: Wrist Hitting in Pairs

Split group into pairs and spread across the turf ensuring that each pair has a safe distance between them so no one gets hurt.

We are coaching them to hit the ball with a shorter grip and a shorter back swing. After 5 mins place a cone in between each pair and get the players to try and hit the cone

REVERSE TRAP AND PASS

Split group into pairs and place them 5m a part. One player will be passing the ball to the reverse hand side of partner. The player receiving the pass must attempt to trap the ball in the:

HAKA POSITION – Bent knees

Eyes over the ball

Head up

Balanced Feet

If you have a line try and get the players to stop the ball without making a sound or on a line (cushioning the ball will help)

Once they have received the ball they then drag the ball across their body onto their forehand side & then pass the ball to the reverse hand side of their partner who receives the ball on their reverse hand side.

Variation:

Get the players to pass the ball back with the edge of their stick. This is a controlled pass with little back swing.

WEEK 2

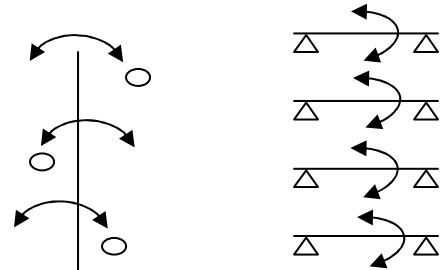
JINKING

Bounce the ball over the line, the aim is to only let the ball bounce once.

Once the players have that concept under control they will then go through the continuous jink

Key Tips:

- Hook of the stick on the under half of the ball when jinking.
- Right hand must be half way down the stick.
- Once you jink the first set of cone try and only let the ball bounce once.

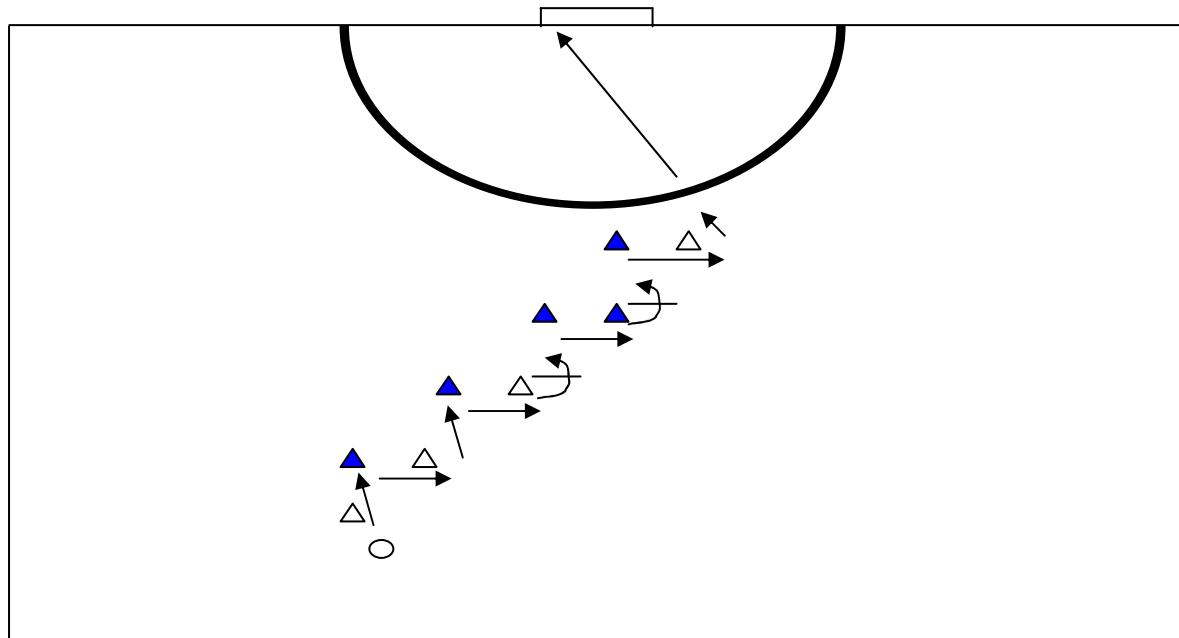


DRAGS FROM LEFT TO RIGHT (WITH JINK & SHOT)

Position eight cones as shown in the illustration to mark off the drag areas. Explain to the children that they should experiment using different techniques to beat an opponent, including different kinds of body or foot dummies during the execution of the drags. To stimulate the young players' fantasy and creativity, the coach declares the player with the finest technique (no technical mistake) or the most original dummy as winner.



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RECEIVING ON SPEED

This drill is designed to move on from week 1, when we taught receiving on the ball on the reverse side of the body.

The aim of this drill is to teach our players to receive the ball on the move with out slowing down.

Players X runs back towards the ball, they lead around the double orange cones and then receive the ball over their right shoulder on speed heading back towards the yellow goal. Player X's lead should be at full speed.

Players X needs to ensure that they are facing the yellow cones when receiving the ball. Once they receive the ball the must get through the yellow cones as quickly as they can.

One variation is to have someone starting 1m behind player X trying to tackle player X. This player has to go round all the cones and must not cut corners.

