

Active warm up (5 mins):

Warm Up Activities	Organisation:	Key points / safety:
1. Toe Touch	<ul style="list-style-type: none">- Players begin in pairs facing each other- Players must try to touch each others' toes with their feet whilst trying to avoid having their own toes touched- Each toe touch gains a point	<ul style="list-style-type: none">- Low intensity to begin with- Focus on footwork- Emphasise safety (no stamping)
2. Knee Tag	<ul style="list-style-type: none">- Using a similar game, the players must get lower and try to touch the knee of their partner, while trying to avoid having their knee touch- Each knee touch gains a point	<ul style="list-style-type: none">- Encourage players to bend knees while remaining agile- Emphasise safety, especially clashing of heads

2. Short Stretch (5 mins)

Keep stretches simple (see page 4, Whole Body Stretch, from [Hooked on Fun](#)).

3. Stick and Ball Warm-up: Motorbikes (10-12 mins)

Organisation:

Players have a ball each in the circle (or a space that allows them enough space to move around freely and safely). The players follow the following instructions as if they were moving around on a motorbike with the stick as handle bars:

REVISE:

Green light: Travel with your ball jogging with your eyes UP (Gliding)

Red Light: Stop your ball by placing the flat side of the stick upon the top

Amber Light: Indian dribble. This can be stationary for beginners, then walking before moving to running. Ensure the players are moving the ball outside the line of the feet side to side.

Roundabout: The player finds a cone and maneuvers the ball around the cone (once or twice) keeping the ball on the end of the forehand side of the stick and as close as possible to the cone.

ADD ONs

Reverse: Players stop their ball and then move backwards with it but continuing to face forwards. This should be done for 3-4 steps only.

Motorway: To encourage the players to travel at maximal speed they can move outside of the designated area on the call of 'Motorway'. They can run as fast as they can out of the area and then back.

Humpback Bridge: Players can use the cones as a bridge and they have to use a small lift to get the ball over the cone (this is a more advanced technique)

Taxi: Swop balls with a partner

To ensure the players don't get tired they should not work for more than 15-20 seconds and can then be given a rest. This can be done by them bouncing the ball on the stick with the ball in the air (Keepy Uppy). This allows them to rest their backs and develop their hand to eye co-ordination.

Safety Points: Ensure there is sufficient space for the players to move safely
Keep emphasizing the need for 'eyes' up
Do not allow them to have their ball on the surface for too long – 20 seconds at a very maximum to prevent sore backs

4. KING OF THE CIRCLE (10 mins)

Organisation:

Using the area from Motorbikes each player has a ball and has to try and keep their ball in the circle while others come and knock it away. Once your ball has been knocked away you become a defender.

The winner (the King) is the last player with their ball in the circle. The King should then start without a ball for the next game.

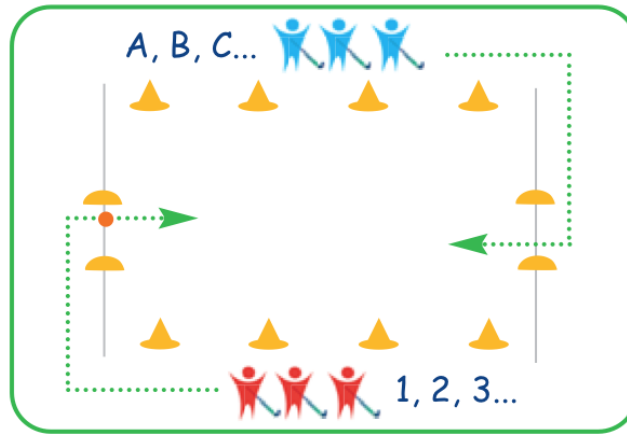
Players should be encouraged to use the skills they have practiced in Motorbikes.

Safety Points: Players should not swing their sticks. Tackles should only be made with the stick head on the pitch. Coaches should keep emphasizing this point.
Stop the game after 30-40 seconds to see who is left and who is out (this gives the players a break)

5. 1 v 1 NUMBERS AND LETTERS (10 mins)

Organisation:

Players are divided into 2 teams (maximum 6 players per team) put on either side of the channel. One of the teams are numbers (1, 2 etc.) and the other team are letters (A, B etc.). The coach calls a number and a letter (e.g. B2) and a player from each team must run to a designated end of the channel where the coach has put a ball for one of the teams. The player with the ball has to try and cross the end line of the opposition (or score a goal). Quickly increase the game to 2 v 2 and 3 v 3. ENSURE TO ALTERNATE WHO DEFENDS AND WHO ATTACKS.



Safety Points: Players should only defend with their sticks on the turf and **MUST** not swing their sticks.
Tackles should only be made with the stick head on the turf.
Players with the ball should keep their eyes up.
Try to match up similar abilities where possible.

6. WARM DOWN AND STRETCH

Once more, keep stretches simple and use alternative suggestions from [Hooked on Fun](#) (see page 4, Whole Body Stretch).