



Warm up and Stretch

Given the amount of hitting completed in this session there should be an emphasis on the following:
• Quads • Groin • Lunges • Lunges with rotation • Arms/shoulders

10 mins

1. Play

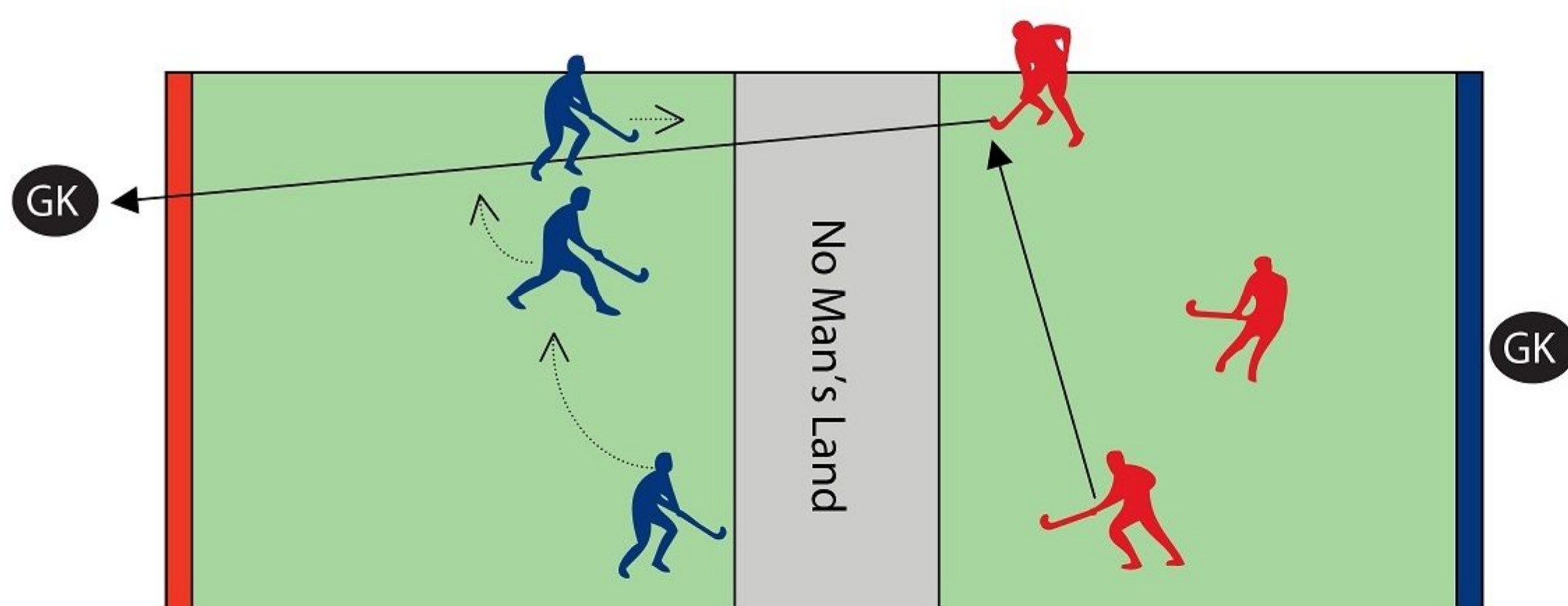
10-12 mins

OBJECTIVE

The objective of this game is to hit the ball through the opposition's end-line.

SET UP

A tennis court sized playing area with a marked central zone of 3-5m length. This is the 'No Man's' area. The group should be divided into teams of 3 and play against another group of 3.



RULES

Players cannot step into the No Man's Area. Each team stays in their own defensive half.

1. A team scores by hitting through the opposition's back-line
2. Hitting should be controlled with no 'wild' swings
3. If the ball lifts no goal can be scored
4. If the ball hits a defender's foot the opposition get the ball back
5. A goalkeeper can be introduced behind the back-line. The team must hit to the goalkeeper.

SAFETY POINTS

- Ensure each playing area is divided by at least 3m (under 10)
- Each playing area should be in the same direction so teams are hitting in the same direction to prevent possible injury



2. Practice

35 mins

OBJECTIVE

This section isolates the hitting technique.

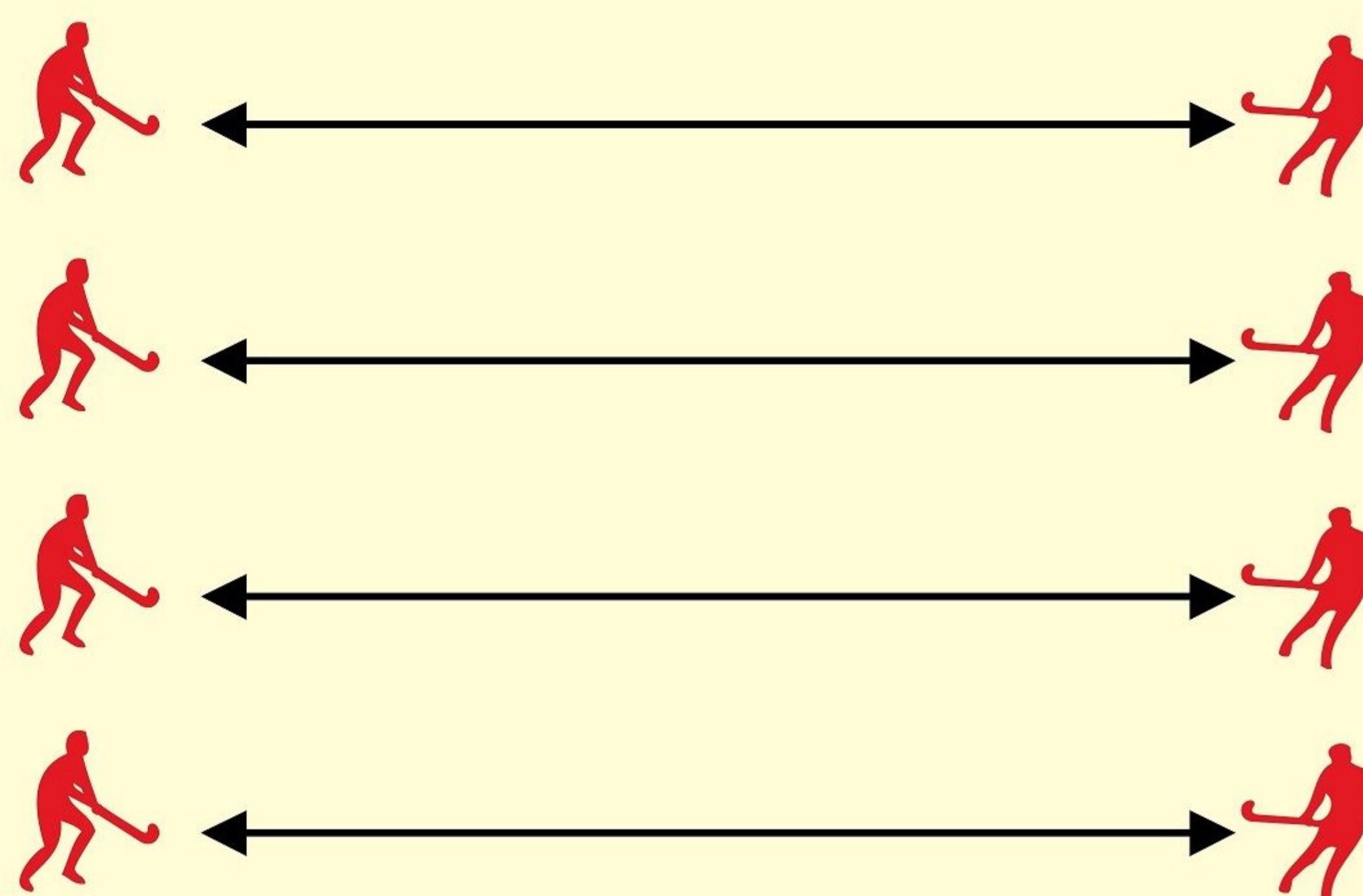
ORGANISATION

Players work in pairs hitting to each other. Each pair in the group should be hitting in the same direction (see diagram below). The distance should be relative to players' ability. Start at 10-15m apart.

TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Passing, Hitting)

- ⇒ Low relaxed body in side on position (left shoulder pointing to target)
- ⇒ Move ball and step with left foot in direction of target
- ⇒ Hands move together so that little finger of bottom (right) hand is against index finger of top (left) hand
- ⇒ The swing should be relaxed with the wrists breaking (so that stick swings more than the arms)



KEY

- | | | | |
|--------|----------------------|------|-----------------|
|> | Moving without ball | ⊙ | Cones |
| - - -> | Running with ball | ● | Ball |
| —▶ | Pass | ■ | Throw Down Line |
| | Player in possession | ⊙ GK | Goalkeeper |
| | Defender | | |