



Warm up and Stretch

Given the amount of running with the ball completed in this session there should be an emphasis on the following: • *Quads* • *Groin* • *Calves* • *Lunges*. Ensure the players do some small run and footwork drills before commencing the stick and ball section.

10 mins

1. Play

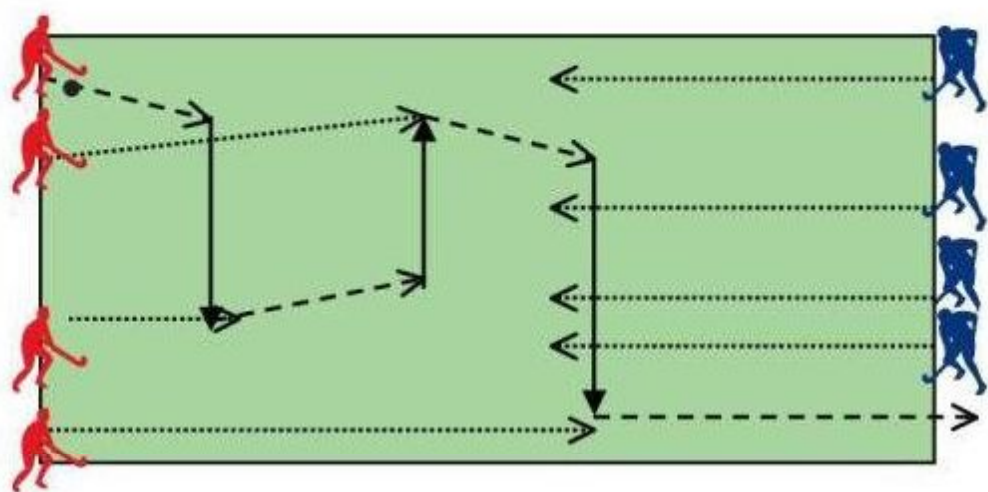
15 mins

OBJECTIVE

This game demonstrates the technical requirements of passing and receiving across the pitch on the move.

SET UP

- An elongated pitch (roughly 12m x 20m) should be set up. Divide the players into teams of 4.



RULES

1. Teams alternate between attacking and defending
2. After each play teams retreat to their own defensive line
3. The team attacking starts with a ball and attack the opposition's line. They score by controlling the ball over the opposition's back-line (like in rugby).
4. They may run with the ball but only for a maximum of 5 steps at which they must pass
5. When the attacking team starts the defending team can leave their line
6. If a free is won the defenders must drop back 3 meters

KEY

	Moving without ball		Defender
	Running with ball		Cones
	Pass		Ball
	Player in possession		Goalkeeper

SAFETY POINTS

- Be careful to ensure there is only one ball on the pitch at any time
- Defenders should try to keep the head of their stick on the surface at all times



2. Practice

35 mins

OBJECTIVE

This section is to get the players working on their elimination and passing/receiving techniques for this situation. Working from a passive (no defender) to a competitive situation.

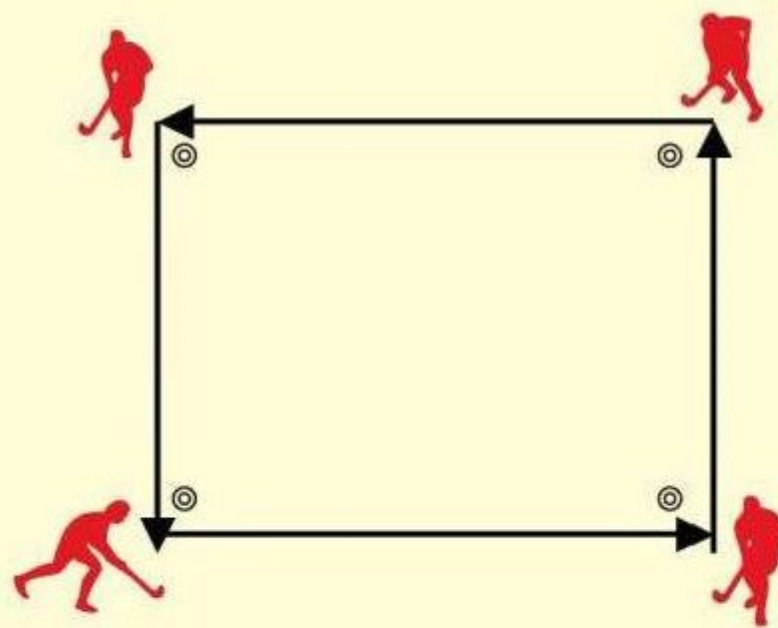
1. RECEIVING

Receiving across the body:

The key focus here is to allow the ball to come across the body so that the ball is outside the line of the right foot. Divide players into groups of 4 and pass the ball around a grid (as shown below) in an anti-clockwise direction.

Key Points:

- Face where the ball is going, not where it is coming from
- Have the stick close to the surface and as a 'target' for the passer
- Try not to receive the ball too early but make contact as the ball is coming across the body
- Have soft hands so that the ball is cushioned but not stopped until the ball is outside the line of the right foot



Receiving right to left:

The focus changes by passing the ball in a clockwise direction.

Key Points:

- Again, face where the ball is going, not where it is coming from
- Look to offer the target of the stick by the right foot
- Ensure that the left hand is out and away from the body
- Get the stick and right foot in line with the ball