

2. Practice (continued)

Once the coaching points have been developed subsequent commands can be introduced and worked upon:

'Roundabout': The player finds a cone and manoeuvres 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. The feet must work hard.

'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 on each side.

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

'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).

'Motorway': To encourage the players to travel at maximum 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.

TECHNICAL FOCUS

(refer to IHA Core Skills DVD, Moving with the ball)

↓↑ Roundabout - Changing direction using a spin

- Start by moving anti-clockwise
- The turn is governed by the top (left hand) pulling across the body so it is under the right elbow
- Work the feet hard so the players run around the ball

↓↑ Amber Light - Indian Dribble

- Ball is moved outside the feet on each side
- The ball should travel from side to side (not forward and back)
- The flat side of the stick should face the ball at all times
- The bottom right hand should be loose to allow the stick to move through it

↓↑ Reverse - Pull Back

- The stick is placed on the far side of the ball
- Pull the ball backwards and move the feet at the same time
- Keep body facing forwards (whilst moving backwards) and try and keep eyes up and facing forward

↓↑ Motorway - Accelerating

- The ball may be stopped at first before completing this technique
- The ball should be in front of the body
- The stick should be turned so the flat side is facing upwards
- Get the head of the stick under the bottom of the ball
- Flick the right hand up so the ball rises with the hand - keep the ball close to the stick

↓↑ Humpback Bridge - Small Lifts

- Main points are the same as 'Gliding'
- To go faster the body should be more upright and the hands closer together
- Accelerate off the back foot

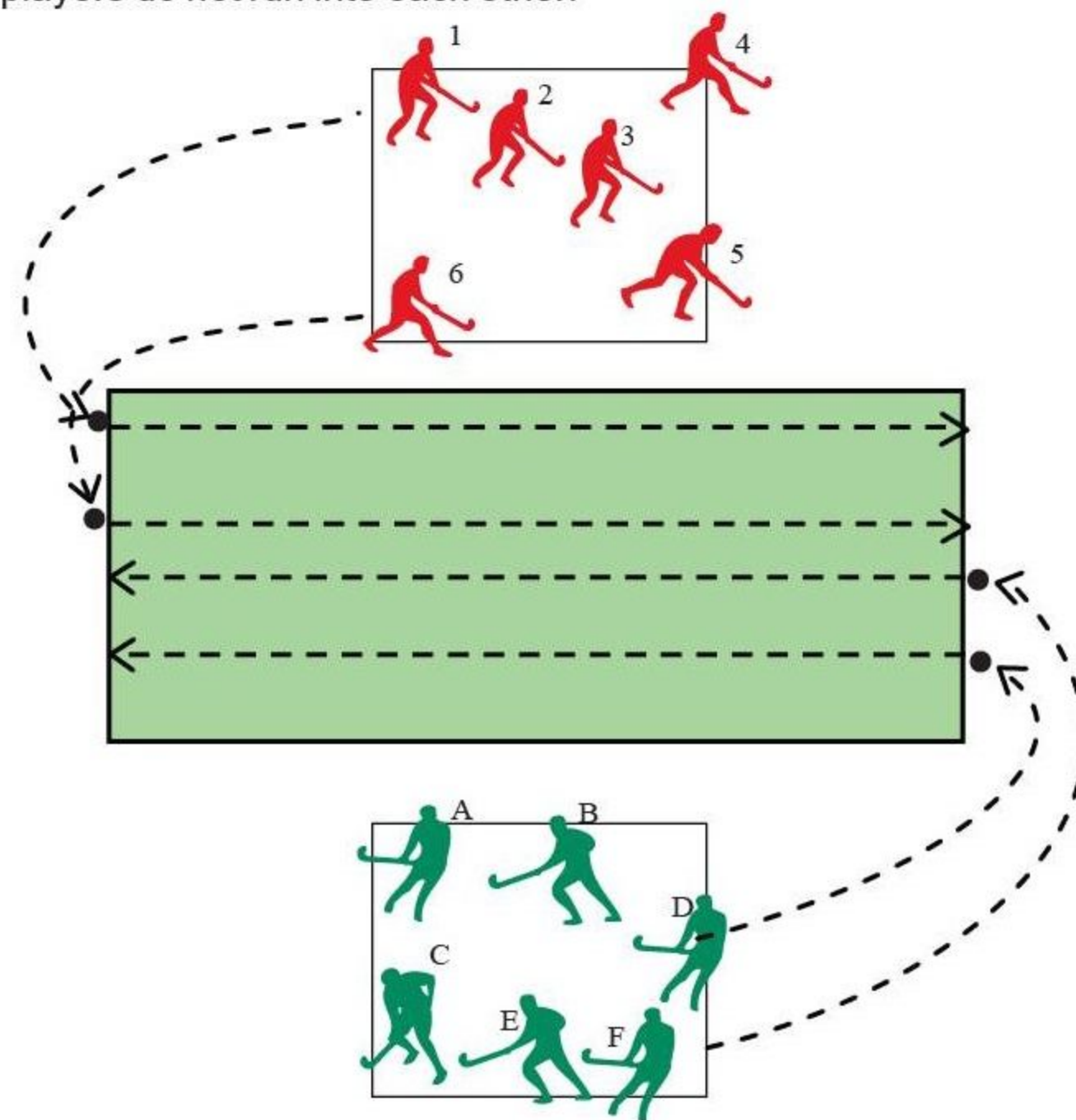
3. Play

25 mins

OBJECTIVE

To practice the techniques developed in a competitive game environment using the same area as the introductory game:

- Each team should recognise that they are faster now they have worked technically.
- It is possible now to have 2 balls at each end and to call 2 numbers and 2 letters. The team to get the points is the first to have both balls controlled on the line. Care should be taken to ensure that players do not run into each other.



TECHNICAL COMPONENTS TO EMPHASISE

- u The most critical components of this game is to ensure players move with:
 - Minimal touches
 - Eyes up
 - Ball under control

SKILL COMPONENTS

- u Players should move aware of the other players and thus be able to avoid them at any time

DEVELOPMENT OF GAME

- u The other skills introduced in 'Traffic Lights' can now be introduced into this game

Examples:

1. Changing Directions Using a Spin

Two cones can be placed 2m apart on the centre line. The players must collect their ball as normal and then travel to a designated cone and spin around them (roundabout) before they travel to the other end of the pitch to score.

2. Indian Dribble

Cones can be placed from the halfway line to the back-line. The players travel to the halfway line with their ball and then Indian dribble through the cones.

3. Small Lifts

Lay sticks down on the halfway line and the players must lift the ball over the halfway line before moving on to score.

Warm down and stretch

5 mins