



Hooked on Games

15 Play-Practice-Play Session Plans



Session 2 1 v 1 Elimination

Equipment needed:
Balls (one per player), cones, throw down lines, bibs

Warm up and Stretch

Given the amount of running with the ball in this session there should be an emphasis on the following:
• Quads • Groin • Calves • Lunges • Lower Back. Ensure to do some Zig-Zag running to demonstrate good turning and the importance of accelerating off a turn.

10 mins

1. Play

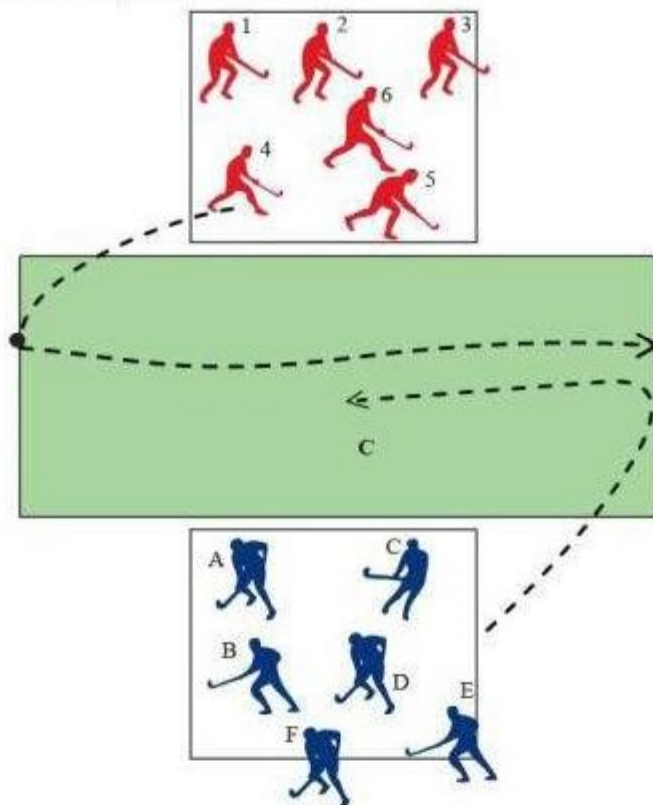
15 mins

OBJECTIVE

To build on the ball carrying developed in Session 1 and to experience getting past a defender in a competitive situation. This is called elimination.

SET UP

- An elongated playing area roughly 12m x 5m
- Divide the group into two teams. Give one group a number (1-2-3-4-5-6) and the other group letters (A-B-C-D-E).
- The teams should be housed in a small grid outside the playing area in a central position as shown



RULES

1. The aim of the game is for the attacker to beat the defender and carry the ball over the opposition back-line
2. There should be a ball on each back-line
3. The coach calls one Number and then (after a couple of seconds) one Letter e.g. 3.....B. The coach should alternate each time which goes first i.e. letter or number.
4. The first named becomes the attacker and goes and gets the ball from their back-line
5. The second named becomes the defender and before they become active they must touch their own back-line
6. These two players then play a 1 v 1 with the attacker trying to get past the defender and get the ball over the opposition back-line
7. If the defender wins the ball they can then become the attacker
8. Play the ball until it becomes dead. If there is a foot or infringement a self-pass can be played with the defender retreating 3m.

SAFETY POINTS

- Be careful to ensure there is always one ball on each back-line (and not two)
- To remove the hazard of balls on the back-line the coach can also roll a ball to the attacker each time
- Ensure the defender has the head of the stick touching the playing surface at all time to prevent any chopping or stick tackles



2. Practice

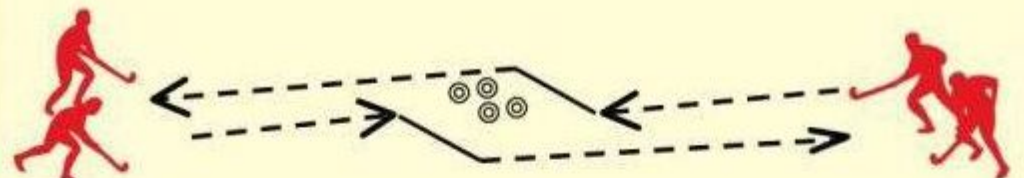
35 mins

OBJECTIVE

This section is to get the players working on their elimination techniques, working from a passive (no defender) to a competitive situation. Prior to doing this the players can revise Traffic Lights from Session 1.

ORGANISATION

- Set up players in groups of 8 and sub divide these into 4s
- The two groups of 4 are placed 18m apart in a line (one behind the other)
- Place a set of cones in the middle
- The players at the front of the line have a ball
- When both players are ready and have made eye contact they leave simultaneously travelling towards each other with their eyes up
- When they reach the cones in the middle they eliminate left to right with a drag and accelerate to the opposition line of players giving the ball to the front player
- This continues so that when the next players are both ready they do the same (it is critical they start at the same time)



TECHNICAL FOCUS

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

- ⚡ 'Glide' towards the opposite player. This means manoeuvre the ball so that minimal touches need to be taken. Keep the stick close to the ball (see Session 1).
- ⚡ Keep the eyes up and the ball towards the front at all times and left hand and elbow out and away from the body
- ⚡ Hands should not be too far apart (loss of pace and vision) or too close together (loss of control)
- ⚡ Stick moves over the ball, facing it at all times
- ⚡ Ensure the drag accelerates the ball across the body and then the player should accelerate away (with their eyes up)

SAFETY POINTS

Be sure each and every player knows which way they are going to eliminate to prevent them crashing into one another. This is easy to do if you use a cone that they head towards and the throw down lines that they move around.

