

Moving with the ball through space

Technique

- Strong, low body position body upright
- Knees bent
- Eyes up
- Hands apart to enable maximum control
- Left hand at top so you can see 4 knuckles when you look down
- Stick at an angle (approx 45 degrees) on ground and in contact with the ball
- Ball position well ahead of feet and slightly to the right, carry it where it enables you to see most passes.



Ask the player what they can remember about the coaching points for running with the ball.

- Watch position.
- hands apart (left at the top).
- ball close to the stick.
- Ball in front of the feet.
- Angle of the stick.



Get rid of the balls

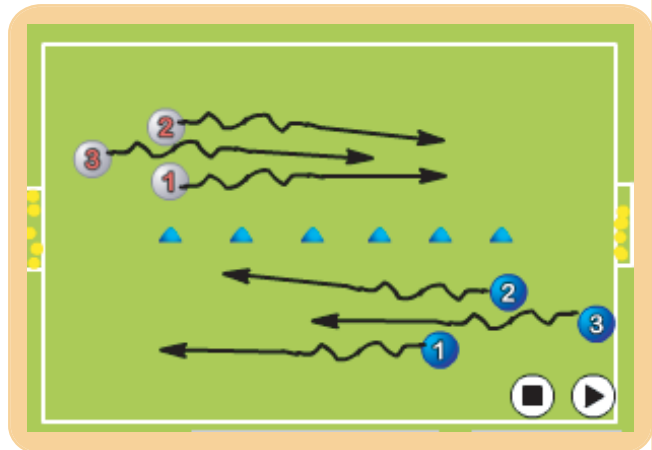
Description

Two teams. Both teams have to try and take all the balls from their goal and put them in the other teams goal. Each team should only stay on their side of the line of cones (one ball per player at any time).



If you have no goals just make them out of cones.

The only thing you need to stress to the players is that they control the ball between the cones each time and not roll them into the goal as the ball will be all over the place.



Run around relays

Description

4 Teams, ball in each team.

1st player in each team has to run around the outside, of the inside square. Returning to their starting cone to give the ball to the next player.



Depending of the level of your players I would suggest that you start anti clock wise and if time permitting change the direction to clock wise, this however will be a lot harder for the players. The key coaching point to make for this to work is to look for the player to run their feet round the ball before changing direction with the ball.

