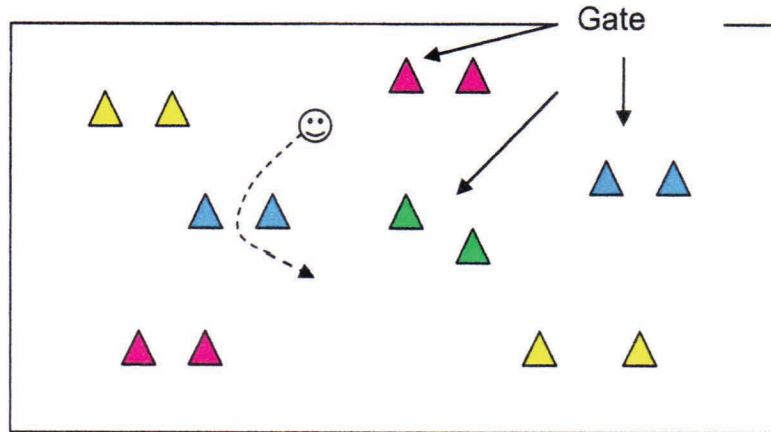


EXAMPLE PRACTICE ACTIVITIES

Dribbling Gates

- Set up an area containing a number of "gates".
- See how many "gates" players can dribble through within one minute. Play a couple of rounds each time encouraging players to beat their previous score.
- All gates must be dribbled through. The same gate may not be dribbled through more than once in a row.

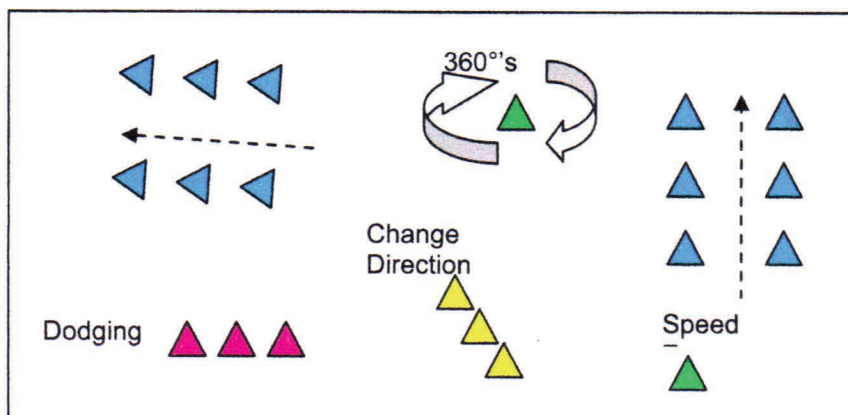


Coaching Points:

- Encourage players to identify and move into areas of space.
- Encourage players to use "vision" while they are dribbling to avoid other players and to look for areas of space and free gates.

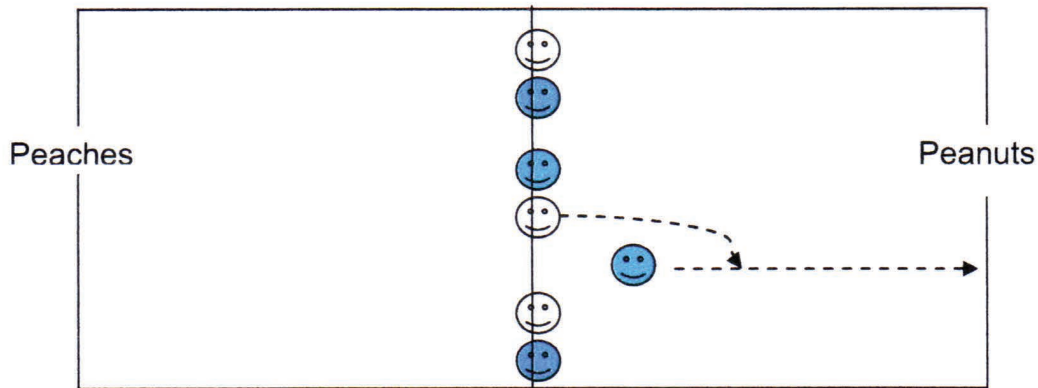
Extension:

- Instead of setting up gates, set up a number of obstacles that players must traverse to score a point. i.e. 360° (360 degrees) around a cone, dodging (dragging) past cones, changing speed or direction through and area.



Peaches and Peanuts

- Set up a rectangular area with a center line.
- Divide the players into two groups “peaches” (white) or “peanuts” (blue) and have them line up along the center line with their sticks.
- Call either “peaches” or “peanuts” and that team has to dribble to their safe line.
- The opposition team must try to tackle them **CLEANLY** before they reach the line.
- If tackled, players join the opposite team.
- Team with most players at the end wins.

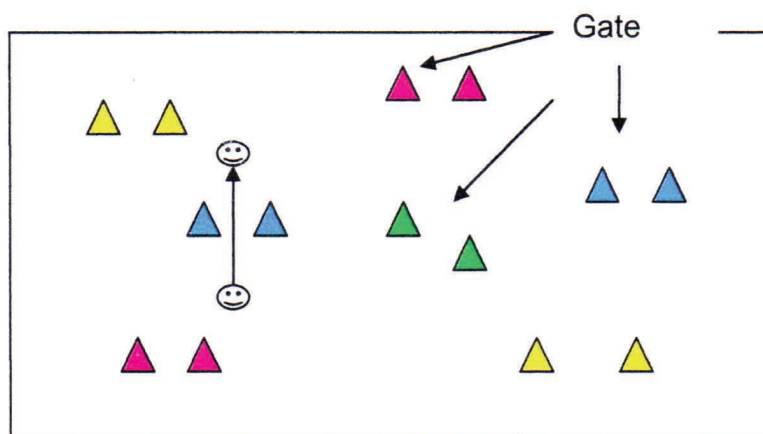


Coaching Points:

- Encourage players to use correct technique when dribbling.
- Ensure that players make clean safe tackles.

Passing Gates

- Set up an area containing a number of “gates”.
- See how many “gates” players can pass through within one minute.
- Passes must go through a gate to be successful and is worth one point.
- Players can not go through the same gate twice in a row and must try to get all gates.
- Play a couple of rounds each time encouraging pairs to beat their previous score.

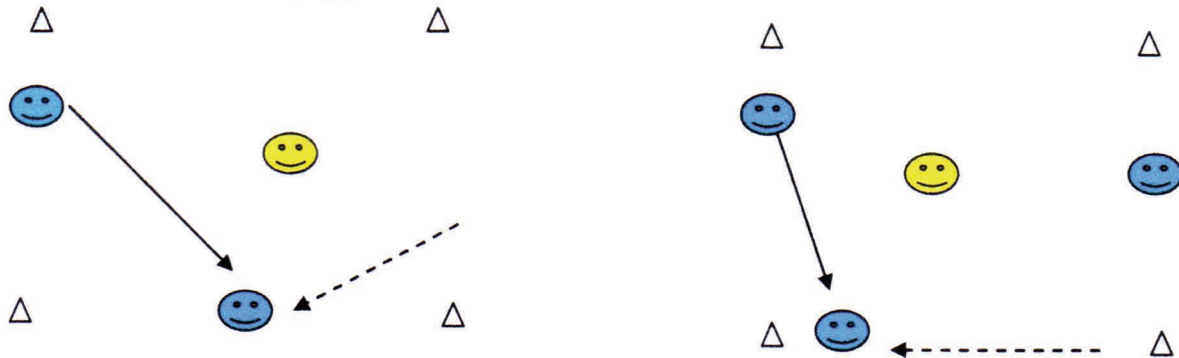


Coaching Points:

- *Ensure players use correct technique when passing.*
- *Encourage players to communicate and use vision to find free space and avoid other players.*

Piggy in the Middle

- Set up a square (not too large 3 – 4m square)
- Divide players into groups of 3 – 4.
- One player is nominated as “piggy” and must stay inside the square and try to intercept the ball with their stick.
- The other 2 – 3 players try to pass between each other while keeping the ball away from “piggy”.
- Players may move around the perimeter of the square to identify a space where they are free (open) for a pass.
- If a pass is intercepted the player making the pass swaps positions with the player in the middle and becomes “piggy”.

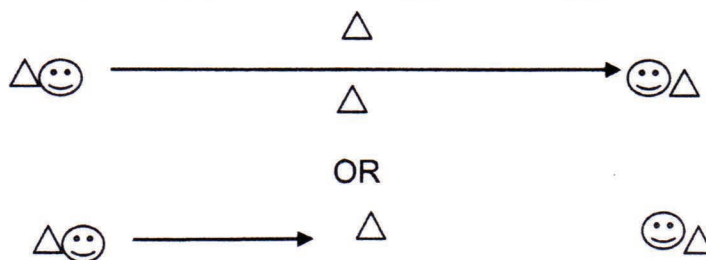


Coaching Points:

- Encourage players to use vision and look before they pass.
- Players need to make quick accurate passes that are outside of the reach of the “piggy”.
- Players looking to receive a pass need to move into space that is not in line with the “piggy” and should be encouraged to call when they are in space.

Accuracy Competition

- This activity can be used for pushing, sweeping or hitting.
 - Set up a series of “gates” (2 cones a stick length apart) – one for each pair.
 - Players stand a distance apart on either side of the gate (greater distance = greater difficulty). You may also want to use cones to mark the distance players need to stand.
 - Players are successful each time they accurately pass the ball through the cones.
 - See how many successful passes each pair can make in 1 minute.
- OR
- As above but instead of setting up a “gate” place a cone in between the pair and see who is the first to hit it or who can hit it the most in 1 minute.

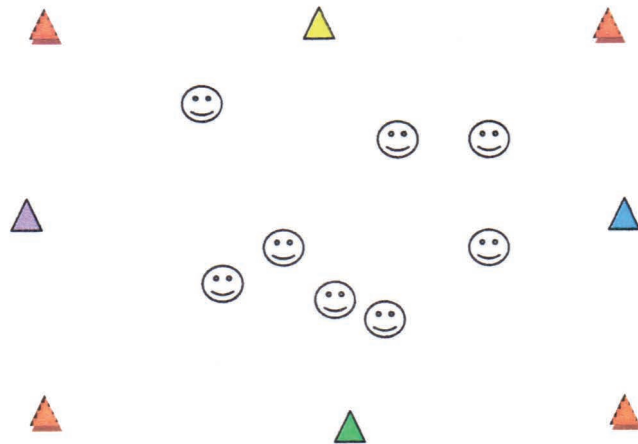


Coaching Points:

- Ensure players use correct technique when passing.
- Match players by ability where possible.

Vision Dribble

- Set up a square with each side being given a coloured cone.
- Each player has a stick and ball and dribbles with it inside the square.
- The coach calls a colour and players must dribble over that line.
- Last over the line must complete an activity i.e. 5 star jumps.

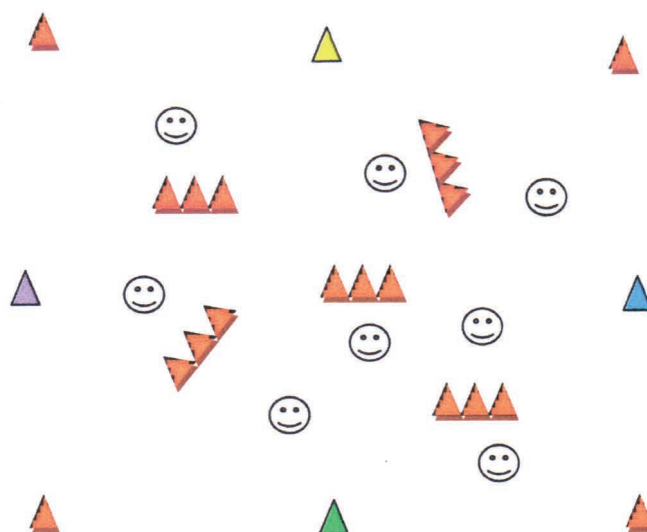


Coaching Points:

- Encourage players to use “vision” while they are dribbling to avoid other players and identify the correct side.
- Ensure players use the correct technique while dribbling and encourage control before speed
- Use quick changes of direction to catch players off guard.

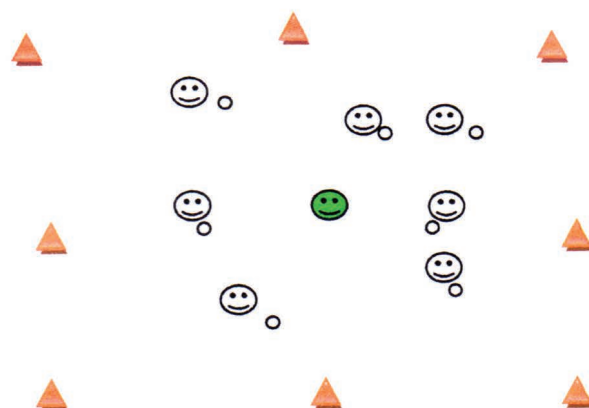
Extension:

- Set up a number of cone “obstacles”.
- Players must avoid the obstacles by dragging, turning away, “popping” the ball over the cone:



King of the Square

- Set up an area; around 3 – 5 meters square.
- Each player has a stick and ball and dribbles with it inside the area.
- One or two players are nominated as tacklers and must tackle other players to gain possession of a ball.
- Players who lose possession become tacklers.
- Play for 1 minute. Player(s) at the end without a ball must complete an activity i.e. 5 star jumps.
- Play 2 – 4 rounds having a quick rest between each round.

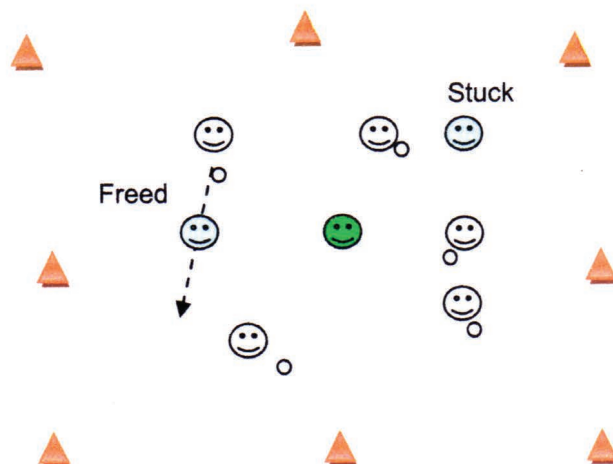


Coaching Points:

- Encourage players to make controlled tackles that win possession rather than just hitting the ball away.
- Avoid having players be “out” – where they are just standing around.
- Ensure players are making safe “legal” tackles.
- Encourage players to keep moving around the area – no standing still.

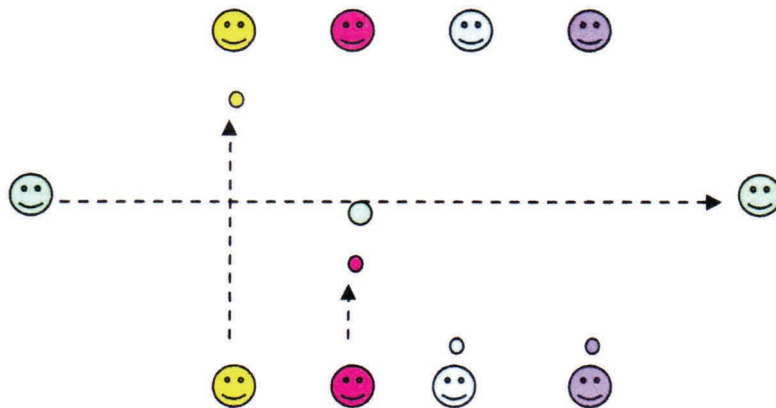
Stuck in the Mud

- Set up an area; around 3 – 5 meters square.
- Each player has a stick and ball and dribbles with it inside the area.
- One or two players are nominated as tacklers and must tackle other players to gain possession of a ball.
- If a player gets tackled and loses possession of their ball they become “stuck in the mud”.
- Once “stuck” players need to stand with their legs apart and their stick by their side.
- Players who are stuck can be “freed” by having another player pass a ball between their legs – they can then retrieve their ball and continue dribbling round the area.



Tunnel Ball

- Half the team line up next to each other with a stick and a ball each.
- The second half of the team stands facing them at a distance of 8 metres. (vary the distance depending on ability)
- Two (senior) players stand at either end of the 'tunnel'.
- The (senior) players then try to pass a ball to each other through the 'tunnel'.
- The players then pass their ball to each other trying to hit the senior players' ball as it passes them.
- When a pair of players hit the senior players' ball the successful pair swap position with the (senior) players and the game restarts.



Coaching Points:

- Encourage to use correct passing (pushing, sweeping) technique.
- Get players to concentrate on timing and accuracy rather than power.

Dribbling Relays

- Two players per relay (3 max).
- Demonstrate what you want the players to do first.
- Make it into a race.

