

Session 4 on 30<sup>th</sup> September 09

WARM UP AND COOL DOWNS AS BEFORE. LADDER DRILLS AS BEFORE BUT NOW PROGRESSING TO SOME BALL SKILLS TOO.

KEEP ALL ACTIVE BY SPLITTING INTO MANY GROUPS

Continue with stix skills one and start stix skill 2 (on website)

Skills – ball carry, push pass, push on the move, receive on the move, first touch, pass and move, reverse pass, dribble on strong side, Indian dribble using reverse.

The drills are similar to the ones used before:

Check ball carry – need 3 per group. Ball carrier runs with ball towards next person and hands over using stick to stick contact. Process continues for 2-3 cycles.

Increase distance and this time ball carrier carries ball half way before push passing and then moves to opposite side. Continue 2-3 cycles.

Similar to above but check accuracy by introducing 2 cones and asking ball carrier to pass between cones to next partner WHO STANDS BEHIND THE 2 CONES TO RECEIVE. Passer continues to run to opposite side after pass.

Introduce few cones so now has to dribble before passing – first only move ball around cones on strong side then using reverse (Indian dribble – if difficult – move back to only strong side dribble).

Introduce first touch for receiver, more aggressive ball receive by attacking ball rather than waiting to receive – dependent on skills of passer and receiver.

Stress accuracy.

Relay races – one group passes and the other run around to see who is quicker – introduces pressure on ball passer.

Game using skills learnt – ball carry/ push / push on the move/ first touch and vision.

***Some of the children will be sent to do the stix skills test during this session.***