

## Day One

### 01.01.01 Basic Grip

#### Execution of Skill:

1. Hold the stick in the air with **HOOK** on **RIGHT** side pointing up in the air;
2. Bend forward and place the stick with the **FLAT** side on the ground;
3. With the **LEFT** hand pick up the stick at the **TOP**;
4. **RIGHT** hand moves forward to shake hands with stick 15 - 20cm below the top.

#### Watch For:

1. When facing the stick forward the **LEFT** hand must curl around the stick;
2. **RIGHT** hand palm must be on back of stick with thumb pointing down.

-----oooooOOOOOooooo-----

### 01.01.02 Basic Yard Stick

#### Objective:

1. Develop "**Close Ball Control**" while transferring the ball from one position to another position;
2. Develop "**Ball Protection**" by turning the stick **OVER** and not **UNDER** the ball;

#### Execution of Skill:

1. To improve vision **BEND KNEES** more so than the back to get down low;
2. **CORRECT GRIP** is important;
3. **RIGHT HAND** can / should move lower down the stick to increase control of stick;
4. Stick is moved **OVER** not **UNDER** the ball (**acts as a form of ball protection**);
5. Weight should transfer from side to side with the movement of the ball;
6. Practice looking up as often as possible without losing control;
7. Keep ball on or very close to the stick at **ALL** times.

#### Watch For:

1. Top (**LEFT**) hand position allows stick to turn 360° comfortably;
2. Stick stay on the ball - **NO SOUND** of tapping can be heard;
3. The stick moves **OVER** and not **UNDER** the ball;
4. Weight transfers with ball;

5. Bottom (**RIGHT**) hand **DOES NOT** turn the stick (**TOP HAND PROBLEM**).

**TARGET: 105 Yard Sticks in 60 seconds (International Target - 175)**

**TEST: The player, whilst stationery, is to move the ball a distance of 1 stick length from right to left and back again. The total number of right to left and left to right movements is counted. Encourage the players to transfer weight left to right and vice-versa, and bend their knees.**



-----ooooooooOOOOOoooooooo-----

### 01.01.03 Close Ball Control - Exercise Number 3

#### Objective:

1. Control of the ball at all times irrespective of where the ball is in relation to the player;
2. Control of the ball at all times irrespective of whether being able to use either one or both hands;
3. Utilizing the skill of ball protection to prevent the ball being taken away from the player through an opposition tackle, further to this, the skill of ball protection would lead to the opponent being penalized for a "**Stick Tackle**" on the player who has the ball under such control;

#### Objective for Future Exercises:

1. Skill exercise for "**Skills - Day Two**" is the "**Indian Dribble**" and later the skills will be "**Tackling and Evading**".
2. This exercise is aimed at developing "**Close Ball Control**" which the player will require for the above and future skill sets.

#### Execution of Skill:

1. Using only the left hand, move the ball around the three beacons in an anti clockwise direction, following the arrows at the beacons;
2. Using only the right hand, move the ball around the three beacons in an anti clockwise direction, following the arrows at the beacons;
3. Using both hands, move the ball around the three beacons in an anti clockwise direction, following the arrows at the beacons;

4. Using both hands, move the ball around the three beacons in a haphazard manner.
5. Rearrange the beacons and add additional beacons into the exercise and maneuver the ball around the beacons in a haphazard manner.

**Watch For:**

1. Top (**LEFT**) hand position allows stick to turn 360° comfortably;
2. Stick stay on the ball - **NO SOUND** of tapping can be heard;
3. The stick moves **OVER** and not **UNDER** the ball;
4. Weight transfers with ball;
5. Bottom (**RIGHT**) hand **DOES NOT** turn the stick (**TOP HAND PROBLEM**).

