

Day Two

TEST - 01.01 Skills - Day One (MONITOR PROGRESS)

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.

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01.04 Basic (or Open Face) Dribble

Objective:

1. Control of the ball in a non confrontational area of the field where **OPEN SPACE** is available to the player.

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 closer to the top of the stick to increase vision;
4. Dribble the ball slightly **OUTSIDE** the **RIGHT FOOT** and **IN FRONT** of body;
5. Lean the stick back towards you to get the ball further out in front;
6. With knees bent look about a meter in **FRONT** of **BALL** so you can see ahead;
7. Also practice looking up as often as possible without losing control;
8. In early stages keep ball on or very close to the stick at **ALL** times.

Watch For:

1. Correct grip;
2. Knees are bent and ball is out in front and to the right;
3. Eyes are looking forward

TARGET: Run in a straight line (40 meters) with full ball control in under 7.5 seconds.

TEST: Time taken to sprint 40 meters with ball. The ball must stay on or near the stick, no Indian dribble and no push ahead and run is allowed.

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01.01.05 Indian Dribble

Objective:

1. Control of the ball at all times irrespective of where the ball is in relation to the player and the opponent;
2. 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;

Execution of Skill:

1. Use of **BASIC GRIP** is important for reverse stick (**Indian**) dribble;
2. Top (**LEFT**) hand remains firm on the stick and bottom (**RIGHT**) hand loose;
3. Only the **LEFT** hand turns the stick;
4. Turn stick **OVER** not **UNDER** ball (**acts as a form of ball protection**);
5. **RIGHT** hand used to push to left and pull back to right;
6. Try to keep the ball on the stick at **ALL** times;
7. Discourage players from tapping ball in front in early stages;
8. Weight should transfer from side to side with the movement of the ball;
9. Extend **LEFT** hand & make stick more upright if stick rolls over ball;
10. Face of the stick should be 90° to the desired direction of the ball.
11. Watch For:
12. Top (**LEFT**) hand position allows stick to turn 360° comfortably;
13. Stick stays on ball - **NO SOUND** of tapping can be heard;
14. Weight transfers with ball;
15. Bottom (**RIGHT**) hand **DOES NOT** turn with stick (**TOP hand problem**).

TARGET: Run in a straight line (40 meters) with full ball control in under 9.5 seconds.

TEST: Time taken to sprint 40 meters with ball. The ball must be moved using the Indian Dribble technique, specifically alternating on the left, center and right side of the player. An average of two movements in each position before transferring to the next position.

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01.01.06 Reverse Stick (Lunge) Dribble

Objective:

1. Control of the ball in a break away situation at speed down the **LEFT** hand side of the field;
2. Eliminate the "**back tackling**" opportunity of the opponent.

Execution of Skill:

1. Stick is held in the **LEFT HAND** only;
2. Poke, Jab or Lunge Tackle executed (Note this tackle sequence is found in 01.03 Skills - Day Three);
3. **CARE MUST BE TAKEN:**
4. **THE PLAYER MUST BE IN THE POSITION TO TACKLE;**
5. **THE PLAYER MUST NOT STRIKE THE OPPONENTS STICK OR PERSON WHILE EXECUTING THE SKILL;**
6. **THE PLAYER MUST ENSURE THAT THE BALL IS TAKEN CLEANLY IN THE TACKLE.**

First paces after the tackle at full speed to create gap;

Control is maintained while running at pace;

Ball is brought under control using "Indian Dribble " technique, before any further skill is attempted.

Watch For:

1. Stick in the **LEFT HAND** only;
2. Speed of the breakaway;
3. Bringing the ball under control using the "Indian Dribble" Technique.

TARGET: Run in a straight line (40 meters) with full ball control in under 6.0 seconds (SAME SPEED AS A NORMAL SPRINT).

TEST: Time taken to sprint 40 meters with ball. The ball must stay under control and travel in a straight line for the duration of the test. The ball must be brought under control using the "Indian Dribble" technique after crossing the 40 meter finishing line.

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01.01.07 Front Stick Dribble

Objective:

1. Control of the ball in a break away situation at speed down the **RIGHT** hand side of the field;
2. Eliminate the "**back tackling**" opportunity of the opponent.

Execution of Skill:

1. Stick is held in the **RIGHT HAND** only;
2. Poke, Jab or Lunge Tackle executed (Note this tackle sequence is found in 01.03 Skills - Day Three);
3. **CARE MUST BE TAKEN:**
4. **THE PLAYER MUST BE IN THE POSITION TO TACKLE;**

- 5. THE PLAYER MUST NOT STRIKE THE OPPONENTS STICK OR PERSON WHILE EXECUTING THE SKILL;**
- 6. THE PLAYER MUST ENSURE THAT THE BALL IS TAKEN CLEANLY IN THE TACKLE.**

First paces after the tackle at full speed to create gap;

Control is maintained while running at pace;

Ball is brought under control using "Indian Dribble" technique, before any further skill is attempted.

Watch For:

- 1. Stick in the RIGHT HAND only;**
- 2. Speed of the breakaway;**
- 3. Bringing the ball under control using the "Indian Dribble" Technique.**

TARGET: Run in a straight line (40 meters) with full ball control in under 6.0 seconds (SAME SPEED AS A NORMAL SPRINT).

TEST: Time taken to sprint 40 meters with ball. The ball must stay under control and travel in a straight line for the duration of the test. The ball must be brought under control using the "Indian Dribble" technique after crossing the 40 meter finishing line.