

Day Three

TEST - 01.02 Skills - Day Two (MONITOR PROGRESS)

BASIC (OPEN FACE) DRIBBLE

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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INDIAN DRIBBLE

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.
(TOTAL TIME - 5 MINUTES)

NOTE: 01.02 Skills - Day Two Tests are to be run in groups concentrating on the skill and not the time - the time is only a target for the players - speed will increase as the players become more confident with the skill.

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01.01.08 Jab Tackle

TEST - 01.01 Skills - Day One plus Poke (Jab) Tackle - Stationery (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.

ADDED TO THE SKILL - POKE (JAB) TACKLE - STATIONERY - the team mate of the player performing the Yard Stick attempts to Poke or Jab the ball away the instant that the ball leaves the players stick.

(TOTAL TIME - 5 MINUTES)

Objective:

1. Used to tackle players who have a large area in which to move;
2. Used to make player move ball to cause errors, channel and / or set up for flat tackle;
3. Used to tackle a fast moving opponent.

Execution of Skill:

1. **BEFORE** tackling **MIRROR** and / or **CHANNEL** opponent;
2. Discuss how best to play this game - **MIRROR** opponent until they slow down;
3. Practice mirroring opponent;
4. Show how to **CHANNEL** opponent from one side or the other;
5. Show how to move backwards by pivoting on the back foot rather than crossing feet over;
6. Practice moving / running backwards without crossing feet;
7. Practice channeling;
8. Players should concentrate on the ball and not the opponents stick or body feints;
9. The tackler can also employ deceptive stick and body movements to influence what the opponent does with the ball;
10. Players should be taught to appreciate their and their opponent's position in relation to the goal and / or team mates.
11. Wait until opponents are where **YOU** want them to be;
12. Look for ball control errors or when opponents moves are limited;
13. Knees should be bent and weight balanced to allow quick recovery;
14. Stick is held in both hands **EXCEPT** for the **LUNGE FORWARD**;
15. Step forwards and **QUICKLY** extend stick (**held in LEFT hand only**);
16. Use **DUMMY LUNGES** to make the opponent move the ball and create errors;
17. Poke the ball behind the opponent rather than try and sweep it to the side;
18. If unsuccessful step backwards **ASAP** to continue to mirror the opponent and repeat lunges;
19. If successful, execute where possible, the 01.01.06 Reverse Stick (**Lunge**) Dribble, then bring the ball under control, using 01.01.05 Indian Dribble as described in 01.02 Skills - Day Three.

Watch For:

1. Player slows down opponent before tackling;
2. Player waits for the best time to tackle;
3. Player is balanced to allow quick recovery;
4. Player does **NOT RUSH** at the opponent;
5. Lunge is made with stick only held in the **LEFT HAND**;

6. Stick returns to **BOTH** hands **ASAP**;
7. Player moves backwards if lunge is **NOT** successful;
8. Player moves forward **AT PACE ASAP** if the lunge is successful.

Practice Drills:

1. Practice tackling in a confined area;
2. Small game points for goal and poke tackle;
3. Small game points for **FLAT TACKLES** in **DEFENCE** and **POKE TACKLES** in the **FORWARD AND MIDFIELD**.
4. **NOTE: FLAT STICK TACKLES HAVE NOT BEEN TAUGHT AS YET, THIS WILL BE DONE IN THE NEXT FEW TRAINING SESSIONS.**