

Day Four

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)

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01.01.09 Basic Flat Stick Tackle

Objective:

1. Used to present a large tackling surface (**opponent needs a big drag to avoid the tackle**);
2. Used to tackle a player who is attempting to enter the circle;
3. Used to tackle a player who has a limited area in which to move.

Execution of Skill:

1. **BEFORE** tackling **MIRROR** and / or **CHANNEL** opponent;
2. Wait until opponents are where **YOU** want them to be;
3. Look for ball control errors or where the opponents moves are limited;
4. Knees should be bent and weight balanced to allow quick recovery;
5. Knuckles of **BOTH HANDS** should be on the ground so that the stick is flat;
6. Place **RIGHT ELBOW** behind the **RIGHT KNEE** to get strength in the tackle.

Watch For:

1. Player slows down the 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 opponent;
5. Stick is low enough so ball **CANNOT** go under it at any point.

PRACTICE DRILLS:

1. Practice tackling in a confined area;
2. Small game points for goal and flat stick tackle.

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TEST - 01.02 Skills - Day Two (MONITOR PROGRESS)

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.

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01.01.10 Reverse Flat Stick Tackle

Objective:

1. Used to present a large tackling surface (**opponent needs a big drag to avoid the tackle**);
2. Used to tackle a player who is attempting to enter the circle;
3. Used to tackle a player who has a limited area in which to move;
4. Used to tackle a player who has forced you onto your reverse stick.

Execution of Skill:

1. **BEFORE** tackling **MIRROR** and / or **CHANNEL** opponent;
2. Wait until opponents are where **YOU** want them to be;
3. Look for ball control errors or where the opponents moves are limited;
4. Grip should allow stick to be reversed easily;
5. Knees should be bent and weight balanced to allow quick recovery;
6. Knuckles of **BOTH HANDS** should be on the ground so that the stick is flat;
7. Place **LEFT ELBOW** behind the **LEFT KNEE** to get strength in the tackle;
8. If opponent drags from fore to back stick **SWEEP** stick along ground (**NOT OVER THE TOP**).

Watch For:

1. Player slows down the 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 opponent;
5. Stick is low enough so ball **CANNOT** go under it at any point;
6. Stick swept along ground (**NOT OVER THE TOP**) to change from fore to reverse stick tackle.

PRACTICE DRILLS:

1. Practice tackling in a confined area;
2. Small game points for goal and reverse stick tackle.