

## Day 6

### TEST - 01.01.06 Reverse Stick (Lunge) Dribble

**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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**NOTE:** The Hitting on the Run, Pushing on the Run and Trapping on the Run can be coached together and the practice integrated to incorporate all three skills. Variations of these skills can be found under 99.00 Drills - Vision, Hitting, Pushing, Trapping and Signaling & Leading.

### 01.01.16 Hitting On the Run

#### Objective:

1. Used to deliver the ball quickly without slowing down;
2. Prevents opponents catching up and tackling from behind;
3. Enables a player to quickly follow-up any goal shot.

#### Execution of Skill

1. **LEFT** hand at the top of stick turned anticlockwise from basic grip;
2. **RIGHT** hand at the top of stick immediately under left hand;
3. Hit can be made off either foot;
4. Ball should be placed near the front (**LEFT or RIGHT**) foot;
5. Keep face of the stick at 90° to the direction of ball contact;
6. Transfer weight from **BACK** to **FRONT** foot when swinging through the ball;
7. It is important that the player does not slow down, shuffle the feet or skip (**DON'T break stride**);
8. Player should continue to move forward even after delivering ball;
9. If necessary have the players start at walking pace and build up to a full sprint.

#### Watch For:

1. Hands together on the stick;
2. Eyes focused on ball **UNTIL** the ball delivery is complete;
3. Ball starts near front (**LEFT or RIGHT**) foot;
4. Swing is fluent (**elbows NOT tucked in**);
5. Weight transfer from **BACK** to **FRONT** foot;

6. Player does not break stride;
7. Face of stick is at **RIGHT ANGLES** to direction of push.

### PRACTICE DRILLS

1. In pairs, one player runs beside as other hits at goal while keeping up with the first player;
2. In pairs, one player chases as second player runs towards the goal for a shot;
3. Run in to circle, have a shot then follow up on the goalkeepers pads;
4. Small games points for goals and hit on the run (**hit on the run for a goal is 2 points**).

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### 01.01.17 Pushing On The Run

#### Objective:

1. Used to deliver the ball quickly without slowing down;
2. Prevents opponents catching up and tackling from behind;
3. Enables a player to quickly follow-up any goal shot.

#### Execution of Skill:

1. Grip is as per dribble. The **LEFT** hand should be comfortable;
2. **RIGHT** hand should be placed to exert maximum forward power;
3. Push can be made off either foot;
4. Keep knees bent to get greater power into the thrust;
5. It is important that the player does not slow down, shuffle the feet or skip (**DON'T break stride**);
6. Power can be imparted by scraping the stick along the ground with ball on stick;
7. Keep stick on the ball and **ACCELERATE** it as it scrapes the ground;
8. Keep face of stick at 90° to the direction of the push throughout;
9. Extend stick through direction of the push after release;
10. If necessary, have players start at walking pace and build up to a full sprint.

#### Watch For:

1. Hands apart on stick;
2. Eyes focused on ball **UNTIL** ball delivery is completed;
3. Stick **STAYS ON BALL** throughout the push;
4. Stick **SCRAPES** the ground as ball is pushed;
5. Player does not break stride;
6. Face of stick is at **RIGHT ANGLES** to direction of push.

### PRACTICE DRILLS

1. In pairs, one player runs beside as other hits at goal while keeping up with the first player;
2. In pairs, one player chases as second player runs towards the goal for a shot;
3. Run in to circle, have a shot then follow up on the goalkeepers pads;
4. Small games points for goals and hit on the run (**hit on the run for a goal is 2 points**).

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### 01.01.18 Trapping On The Run

#### Objective:

1. Used to prevent player from behind catching up; also used to run onto a ball passed in front of a player.

#### Execution of Skill:

2. Same grip as for dribble, **LEFT** hand can shift anticlockwise for comfort;
3. Eyes to focus on ball throughout its travel until the trap has been completed (**Establish which is the stronger eye of the player**);
4. Feet must move quickly to get eye behind line of ball as early as possible;
5. Bend knees to get low down;
6. Keep stick upright to allow for bouncy ball and prevent slowing down (**NOTE: Advanced skill will teach ASTRO Stopping on the Run**);
7. Stick tilted forward so as to control the ball and prevent it rebounding;
8. Keep face of stick at 90° to the direction of the ball;
9. Push / bunt ball forward as it meets stick so that it stays on the stick as you move forward.

#### Watch For:

1. Players keep their eyes behind the line of the ball;
2. Players watch the ball all the way on to their stick;
3. The stick is not held too softly or too firmly;
4. Players are well balanced;
5. Player propels the ball forward so that it stays on the stick.

#### Practice Drills:

1. Two lines hit to a player who is already running forward to trap on the run, then **Hit On The Run, or Push On The Run**;
2. Small game points for goal and trapping on the run.

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**90.00.12 Drill - Pig In A Square or Triangle**

- 1. Players form a square or triangle with an extra player in the middle.**
- 2. The players forming the square or triangle pass the ball between them and the player in the middle tries to get it.**
- 3. If the player gets it or a bad pass is made, the player in the middle swaps with the one who lost the ball or made the bad pass.**
- 4. Initially players can be stationary but for advanced players, they can be allowed to lead around the square.**