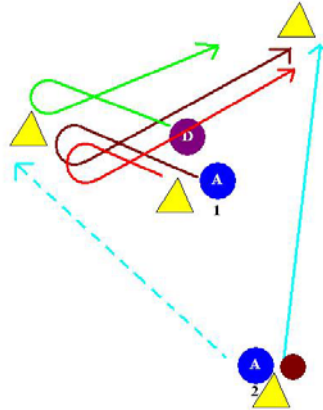


## Day 9

### 03.01.01 Dutch Lead

#### Objective:

1. Used to eliminate a single opponent by passing or using the team mate to deceive and eliminate the opponent one on one;
2. Often the players do not recognize actual or potential two on one situations as they occur in the game.



#### Execution of Skill:

1. Attacker 1 leads away to the left hand side of the field;
2. Attacker 1 draws the Defender;
3. When the Defender is in a position past Attacker 1's right shoulder, Attacker 1 braces on the right leg and spins around blocking the Defender (**NOTE: Attacker 1 should use the left leg as a blocker by placing this leg across the Defender's path**);
4. Attacker 1 runs into the space that was created by the original lead and collects the pass from Attacker 2;
5. Alternate, if the Defender does not follow Attacker 1, Attacker 2 can pass the to Attacker 1 along the Dummy Ball Movement Lines.
6. **NOTE: Signaling & Leading has been coached in 01.07 Skills - Day Seven (pg 36) of Skills Progression - 1. Basic Skills**

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### 03.01.02 Aussie Lead

#### Objective:

1. Used to eliminate a single opponent by passing or using the team mate to deceive and eliminate the opponent one on one;
2. Often the players do not recognize actual or potential two on one situations as they occur in the game.



### Execution of Skill:

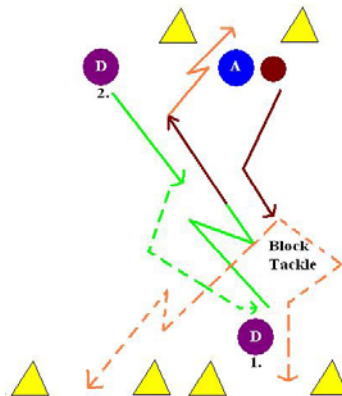
1. Attacker 1 leads away to the opponents goal;
2. Attacker 1 draws the Defender;
3. When the Defender is in a position behind Attacker 1, Attacker 1 braces on the right leg and moves forward blocking the Defender with the body;
4. Attacker 1 runs into the space that was created by the original lead and collects the pass from Attacker 2;
5. Attacker 1 lays the ball back to Attacker 2 using a wall pass;
6. Alternate, if the Defender does not follow Attacker 1, Attacker 2 can pass the to Attacker 1 along the Dummy Ball Movement Lines.

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### 03.01.04 Double Defence leading to 2-on-1 Attack

#### Objective:

1. To develop Double Defence techniques to break down an opposition attack and initiate a 2-on-1 attack by the Defenders.
2. To ensure that Double Defence is effective, it is important to ensure that 1-on-1 tackling is at an advanced skill level.



### Execution of Skill:

1. Defender 1 hits the ball to Attacker;
2. Defender 2 channels the Attacker;
3. Defender 1 steps up to close the space;
4. Defender 1 makes a block tackle on the Attacker;
5. Defender 1 communicates with Defender 2 when to release the Attacker from channeling;
6. Defender 1 now becomes Attacker 1 & Defender 2 now becomes Attacker 2 - Defenders now form a 2-on-1 against the original Attacker.

**NOTE: 2-on-1 has been coached in 01.07 Skills - Day Seven (pg 30) of Skills Progression - 1. Basic Skills**

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**03.01.05 Aerial Stick Work - Vertical - (Skill used by Tom de Nooijer of Holland) - Progression 1 (NOTE: This is a Vertical Yard Stick)**

**Objective:**

1. To develop stick & ball control while doing a Vertical Aerial Yardstick. The aim of this skill is to keep the ball in the air for 1 minute - time is the objective and not the number of transitions recorded.



**Execution of Skill:**

1. Transfer the ball from the left to right then back to left while the stick is vertical;
2. **CORRECT GRIP** is important;
3. **RIGHT HAND** can / should move lower down the stick to increase control of stick;
4. Keep ball on or very close to the stick at **ALL** times.

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**03.01.06 Aerial Stick Work - Horizontal - (Skill used by Tom de Nooijer of Holland) - Progression 2 (NOTE: This is a Horizontal Yard Stick)**

**Objective:**

1. To develop stick & ball control while doing a Horizontal Aerial Yardstick.
2. The aim of this skill is to keep the ball in the air for 1 minute - time is the objective and not the number of transitions recorded.



Horizontal  
Aerial  
Stickwork

#### Execution of Skill:

1. Transfer the ball from the left to right then back to left while the stick is Horizontal;
2. **CORRECT GRIP** is important;
3. **RIGHT HAND** can / should move lower down the stick to increase control of stick;
4. Keep ball on or very close to the stick at **ALL** times.

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#### 03.01.06 Aerial Stick Work - Aerial Pass Trapping

##### Objective:

1. To eliminate a defender by dummieing a flick pass, then aerial pass trapping the ball in the air and returning it to its starting point.  
(NOTE: This skill should be possible from both the front and back stick side - further skill progressions can be developed to use the aerial pass trapping for all elimination of defenders. For example: 01.01.24 Stick Feints - Swerve & Drag, Show & Go, Dummy Over the Ball.)

1. Flip over Stick - Control the ball and bring back while still in the air

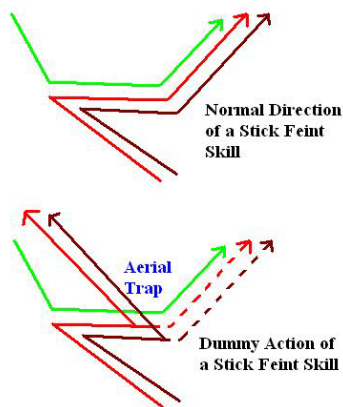


2. Be able to perform this skill on both "Front" and "Back" Stick sides - Progress through to dummy passes



#### Execution of Skill:

1. The basic skill is practiced on the ground - **For Example: Stick Feint;**
2. The basic skill is practiced with the ball being lifted into the air - height of the lift is no higher than 15 cm.
3. Progression on the skill to advanced skill level is to sell the Defender a dummy and vary the skill on the ground - **For Example: A Big Drag** can be dummied for the full distance, but half way through the skill distance, the ball can be stopped and pulled back to the original point;



Progression on the skill to advanced skill level is to sell the Defender a dummy and vary the skill in the air.

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Player's Test:

Each player is asked to prepare a skill set for the next practice to show the other players a set of skills which they can use to utilize during a match.  
**For Example: 2-on-1 attacking options.**