



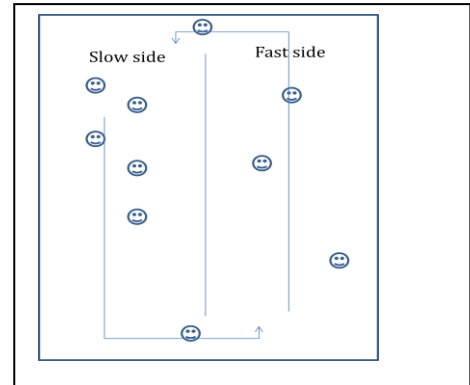
Skills Lane

Objectives:

- Improve Ball manipulation

Setup:

- Mark out a 15x20m area.
- Split this area down the middle with cones so you have two 7.5x10m areas. One side is the 'fast' side and one is the 'slow' side. Leave a 1m gate at the end of the centre line.
- All the players in the area with a ball.



How to play:

- On the 'fast' side, challenge players to get from one side to the other in as few touches as possible without losing control or bumping into other players.
- On the 'slow' side challenge players to take as many touches as possible and cover as much area as possible without bumping into any players or losing control.

Key coaching points:

- On the 'fast' side:
 - Take firm touches with the stick
 - Keep eyes ahead.
 - Emphasise a change of pace.
- On the 'slow' side:
 - Encourage lots of changes of direction.
 - Smaller touches with all parts of the stick.
 - Head up- looking for space.

Progressions:

- Turn some players to run opposite direction.
- Add in minimum and maximum numbers of touches.
- Players must complete one turn/trick/dodge/fake whilst on the slow side.