

Minkey/Modified Skills

Drill 1: Grip and Dribbling



SCHEDULE

- 8.30 am: Warm-up (jog and stretching)
- 8.35 am: Drill start
- 8.45 am: Matches start
- 9.30 am: Finish

HOW TO HOLD A STICK

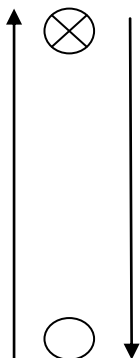
Coaching points:

1. Place stick on the ground.
2. Pick stick up at the top of the handle using the left hand.
3. With left hand in same position, rest head of stick on ground.
4. Place right hand on stick halfway down, approx. 20-30 cm below the left hand.

RUNNING WITH THE BALL

Coaching points:

1. Hand position (left hand at top, right hand in the middle approx. 20-30 cm apart).
2. Ball stays in contact with stick.
3. Ball position (carry ball outside the right foot).



Players run with ball around marker and return to start