

Minkey/Modified Skills

Drill 5: Hitting



SCHEDULE

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

HITTING

Coaching points:

1. Hand position (left hand at top, hands together)
2. Feet together
3. Ball ahead of feet
4. Step towards ball and hit simultaneously



Players stand approx. 5 metres apart and hit to each other

Notes:

1. Take a few minutes to ensure players have the grip correct. Start from the basic grip that we have covered in the last four weeks (hands apart).
2. Have them slide their right hand up the stick until it meets the left hand, making sure the left hand stays at the top of the stick.
3. For players who are struggling to make solid contact, some 'choking' of the grip is allowed, but preferably no more than two inches.
4. The 'V's formed by the thumb and index finger should point in a line down to the toe edge of the stick.