

Minkey/Modified Skills

Drill 6: Hitting (continued)



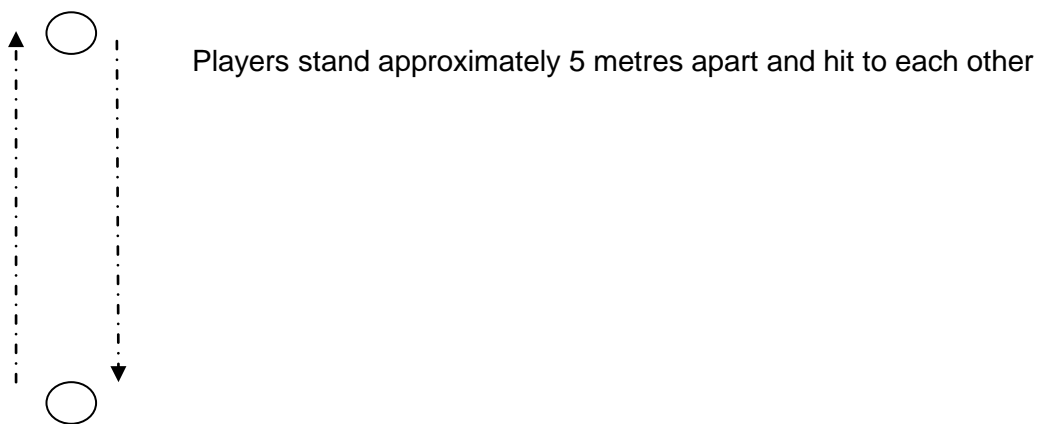
SCHEDULE

- 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.



Drill progression: Take the markers back so they are approx. 10 metres apart. Have players run with ball for 5 metres then hit the pass to the opposite marker.

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.