

Minkey/Modified Skills

Drill 8: Pushing Continued



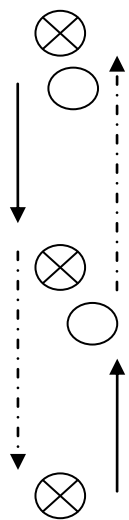
SCHEDULE

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

PUSHING ON THE MOVE

Coaching points:

1. Hand position stays the same for running and passing.
2. Players must stay down on the ball when passing (no 'standing up' to pass).
3. Encourage players to get their head up and look where they throw the pass.



Set up 3 markers approx 3 metres apart from each other. Players start at one end running with the ball until they reach the middle, where they pass to the other end.

Drill progression: Introduce a stick on the ground that players have to run around.

PUSHING TECHNIQUE

Coaching points:

1. Hand position (left hand at top, right hand in middle).
2. Ball positioned between feet, closer to back foot than front.
3. Ball starts on stick, and stays on stick until released (no backswing).
4. Step forward with left foot while pushing.