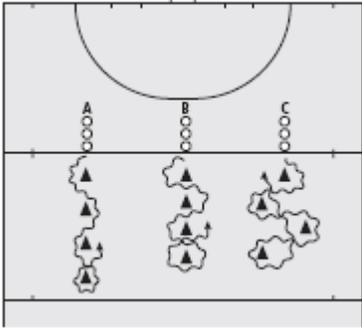
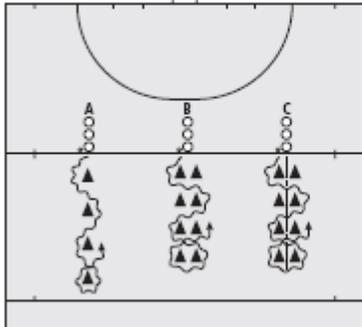
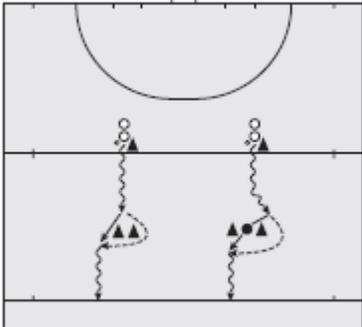
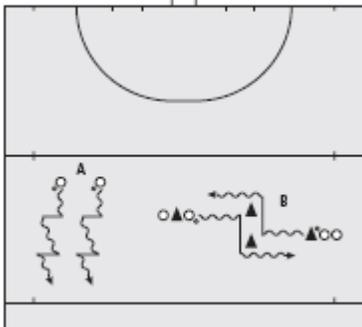
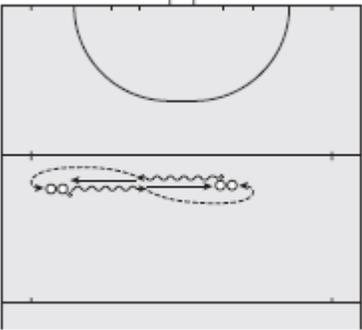
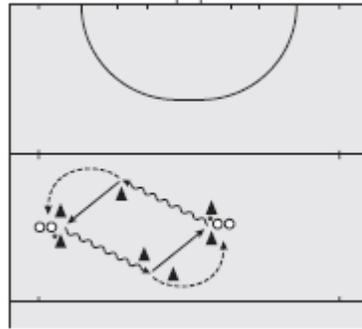
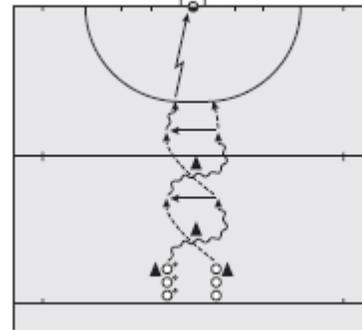
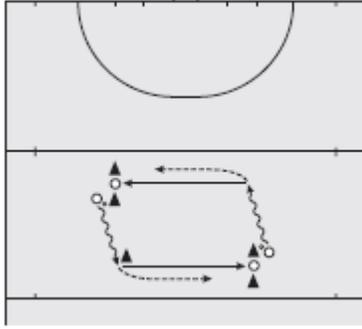


## LEGEND

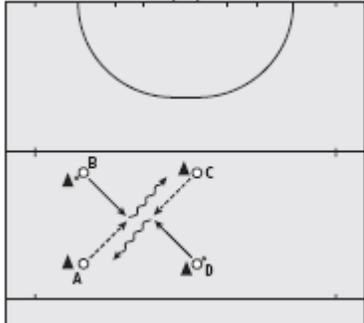
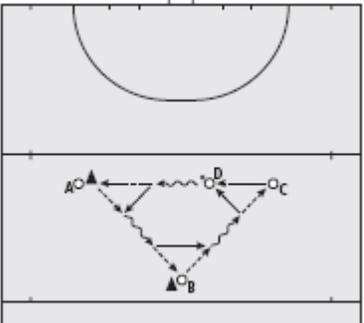
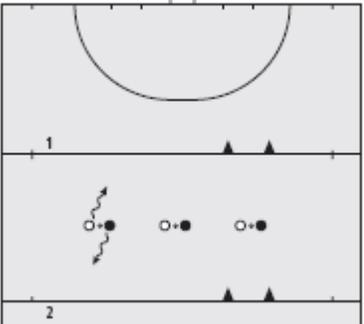
-----	Player running without the ball
~~~~~	Player moving with the ball
————→	Passing the ball
<b>T</b>	Trainer / Coach
<b>O</b>	Player in group with ball possession
° <b>O</b>	Player with the ball
●	Defenders
⊖	Goalkeeper
⋯⋯⋯	Balls
▲	Beacons

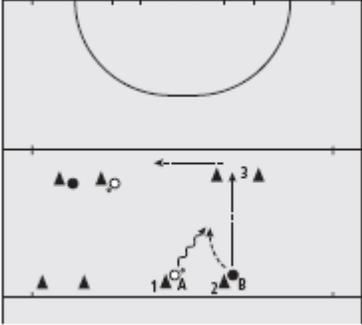
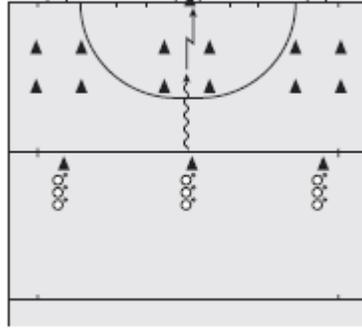
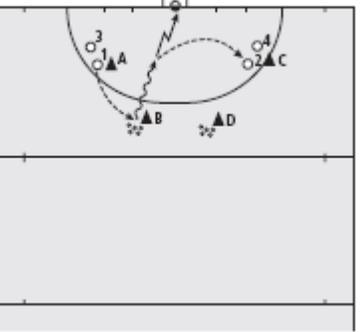
## Skill Training Exercises Beginner Players

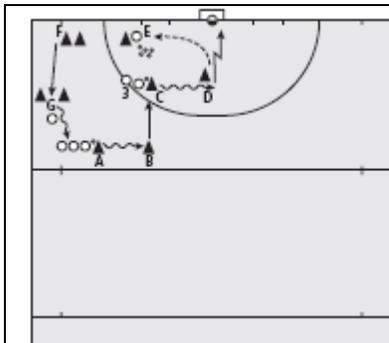
Moving with the Ball	
	<p><b>Dribbling forehand and changing direction</b></p> <p><b>Organisation:</b> Players Slalom around the beacons</p> <p><b>Variations:</b> To increase the difficulty add a time limitation on the exercise or vary the distance between beacons Players can repeat the exercise using Indian dribbling</p>
	<p><b>Indian dribble</b></p> <p><b>Organisation:</b> Players slalom around the beacons</p> <p><b>Variations:</b> Beacons can be added to increase the difficulty of the exercise widening the distance that the ball must be dribbled Players can also run straight, but the ball moves around the beacons</p>
	<p><b>Herring bone elimination</b></p> <p><b>Organisation:</b> Players eliminate two beacons that serve as a passive defender</p> <p><b>Variations:</b> The beacons can be replaced by a passive defender The defender becomes more active as the level of elimination skill increases</p>
	<p><b>The dummy</b></p> <p><b>Organisation:</b> In order to master this skill the player must first learn to pull the ball in a standing position. Then they can attempt it while moving</p> <p><b>Variations:</b> Start slowly and slowly buildup the tempo. The ability of the players will determine this build up As their skill level increases so the distance of the beacons can be enlarged to encourage a longer pull Introduce fakes prior to pulling the ball</p>

<b>Passing the Ball</b>	
	<p><b>Pushing the ball</b></p> <p><b>Organisation:</b> Shuttle relays with 4 – 5 players involved</p> <p><b>Variations:</b> Beacons can be added to ensure accuracy. The distance of the beacons can be varied Distance between the players can be increased to lengthen the pass Competition can be added between the groups Players can push off the left and right foot</p>
	<p><b>Pushing to the left</b></p> <p><b>Organisation:</b> Players move around a grid in groups of 4 or 5</p> <p><b>Variations:</b> Decrease the size of the corners to improve accuracy Distance between the players can be increased to lengthen the pass Competition can be added between the groups Players can push off the left and right foot</p>
	<p><b>Pushing to the left and right</b></p> <p><b>Organisation:</b> Ball carrier dribbles on the diagonal and the support player overlaps behind to receive the pass</p> <p><b>Variations:</b> The distance between beacons can be made smaller as can the size of the goal Distance of the pass can be increased by starting the groups further away After two passes the support player can become a defender on the ball carrier The ball starts on the opposite side and introduce the reverse stick pass</p>
	<p><b>Pushing to the right</b></p> <p><b>Organisation:</b> Players move around a grid in groups of 4 or 5</p> <p><b>Variations:</b> Decrease the size of the corners to ensure accuracy Distance between the players can be increased to lengthen the pass Competition can be added between the groups Players can push off the left and right foot</p>

Receiving the Ball	
	<p><b>Receiving the ball forehand – closed</b></p> <p><b>Organisation:</b></p> <ul style="list-style-type: none"> <li>A) Start opposite each other in pairs</li> <li>B) Player B receives the ball in the closed position and dribbles around either of the two beacons</li> </ul> <p><b>Variation:</b></p> <p>Vary the type of passing skill from bunt to push to hit, this increases the difficulty of receiving</p> <p>Add a passive defender onto the receiver and slowly increase the defensive activity of the defender</p>
	<p><b>Receiving the ball on the forehand – open</b></p> <p><b>Organisation:</b></p> <p>A plays the ball to B on the forehand, B received the ball open and plays the ball to F</p> <p>At the same time C plays the ball to D who receives the ball open and passes to E</p> <p>All players follow their passes</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>Distance between the beacons can be increased</li> <li>Ball can be passed to the reverse stick side of the receiver</li> </ul>
	<p><b>Receiving the ball on the forehand – open</b></p> <p><b>Organisation:</b></p> <p>Same organisation as above, except beacons are placed wider apart</p> <p>A plays the ball to B (starts on the opposite beacon) on the forehand, B received the ball open and plays the ball to F</p> <p>At the same time C plays the ball to D (starts on the opposite beacon) who receives the ball open and passes to E</p> <p>All players follow their passes</p>
	<p><b>Receiving the ball from the front</b></p> <p><b>Organisation:</b></p> <p>Receiving the ball on the move in shuttles of three or four players</p> <p>As A rounds the beacon the ball is passed on the front stick side by B. The shuttle continues</p> <p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>Vary the length of the pass</li> <li>Add a shot at goal</li> <li>Add a defender for the ball carrier to eliminate</li> </ul>

	<p><b>Receiving the Ball from the Left</b></p> <p><b>Organisation:</b> Four players stand opposite each other in a square, as A reaches the middle, B passes the ball. A receives the ball from the left. As A completes the skill, C starts to move to receive the ball from B</p> <p><b>Variations:</b> Increase or decrease the size of the square Change the type of receive to open receiving A and C can start at the same time to encourage vision</p>
	<p><b>Receiving the ball from the right</b></p> <p><b>Organisation:</b> Four players arrange themselves in a triangle as illustrated Ball carrier (D) dribbles to the opposite beacon and passes left to the leading player (A)</p> <p><b>Variations:</b> Goals can be placed to pass through Pass can be slightly lifted Increase the pace of pass and dribbling</p>
<b>Defending Drills</b>	
	<p><b>Front defending</b></p> <p><b>Organisation:</b> In pairs, each player goes for the ball. The aim is for the ball carrier to cross over line 1 or 2</p> <p><b>Variations:</b> The players can add 1 bully movement before going for the ball Players can stand with their backs to each other before starting Add goals to pass through, i.e. narrow the line</p>
	<p><b>The jab</b></p> <p><b>Organisation:</b> Start in a stationery position to perfect the technique. Player A moves the ball from side to side and B attempts to jab the ball away</p> <p><b>Variations:</b> The ball carrier speeds up the movement of the ball and adds more change of direction The defender can change the angle of the jab to jab from the side or behind</p>

	<p><b>Tackling back on the forehead</b></p> <p><b>Organisation:</b> Player A starts with the ball from beacon 1 and tries to get through the goals at 3. B starts from beacon 2 and tries to prevent A from crossing the goals</p> <p><b>Variations:</b> Increase the tempo of the ball carrier Encourage the ball carrier to change direction often</p>
	<p><b>Front and reverse tackling</b></p> <p><b>Organisation:</b> Player A carries the ball to the circle edge and shoots at goal. At the same time as the shot, player B tries to dribble the ball through goal 1. Player A must turn immediately after the shot and tackle player B. Tackling will often be from behind.</p> <p><b>Variations:</b> Change the distance i.e. move A closer to the goal Vary the angle at which player B approaches the goals from Add competition element by adding scores for goals Vary the type of shot at goal</p>
<b>Scoring Skills</b>	
	<p><b>Hitting and pushing at goals for direction</b></p> <p><b>Organisation:</b> Pushing the ball at goals from different angles. If the ball passes through the beacons and is on target the player gets 3 points. If it passes through the beacons but misses the goal the player gets 1 point</p> <p><b>Variations:</b> Narrow the distance between the beacons Change the angle at which the player approaches the goal Include competition between the groups</p>
	<p><b>Pushing at goal for speed</b></p> <p><b>Organisation:</b> Player 1 runs to beacon B and collects a ball. The ball is dribbled into the circle and a shot at goal is taken, player 1 continues to beacon C.</p> <p><b>Variations:</b> Add targets in the goal mouth Add a second goalkeeper Draw an imaginary line between A and C. Start the groups at the same time and the player to cross the line first may have the shot at goal</p>



### Hitting at goal when dribbling from the left

#### Organisation:

Create a flow exercise to encourage passing to the left, including a shot at goal. Player E collects a ball and hits it through the goals to player G. Player G dribbles the ball to beacon B and passes to player C. Player C dribbles across the circle and shoots at goal.

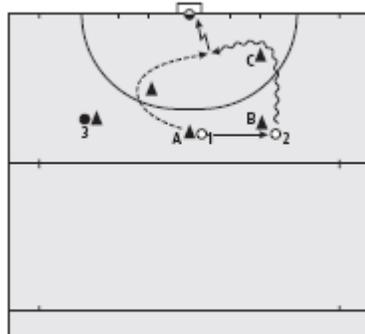
#### Variations:

Vary the size of the goals or increase the distance the ball has to be passed over

Change the angle of the pass to the left

Add goals within the goals

Increase the tempo of the exercise



### Scoring from a rolling ball

#### Organisation:

Player 1 plays the ball to player 2 on beacon B. Player B dribbles towards the circle and at beacon C, passes the ball to player A. Player A receives the moving ball and shoots at goal.

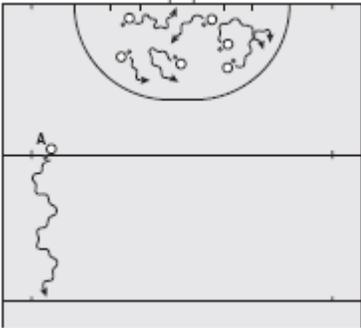
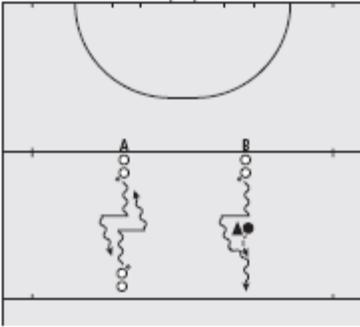
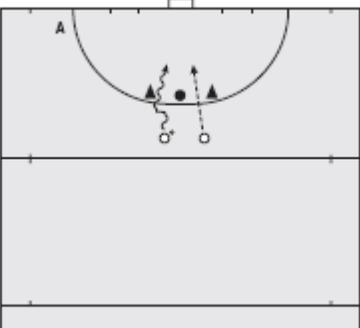
#### Variations:

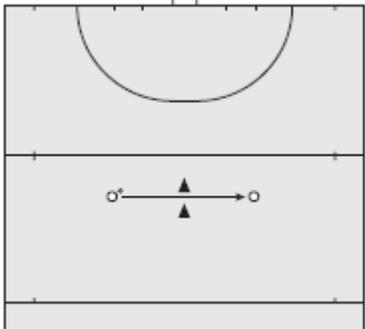
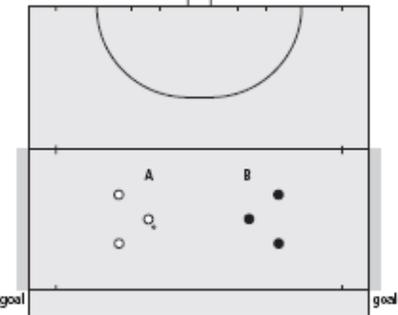
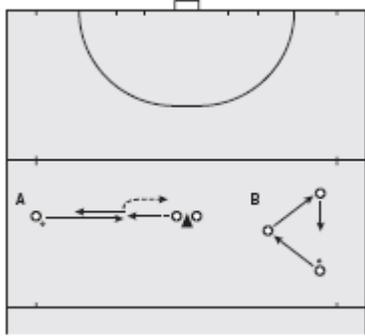
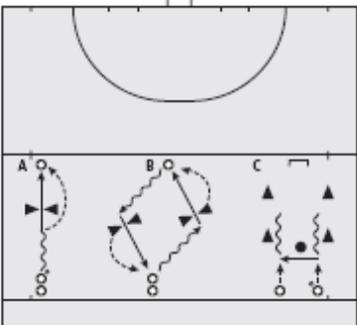
Repeat the exercise to the opposite side

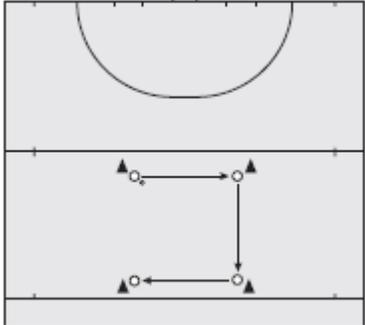
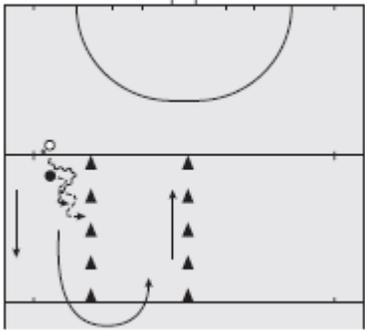
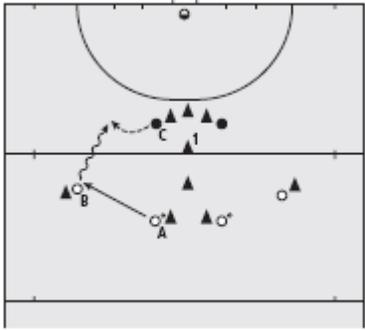
Increase the tempo of the exercise

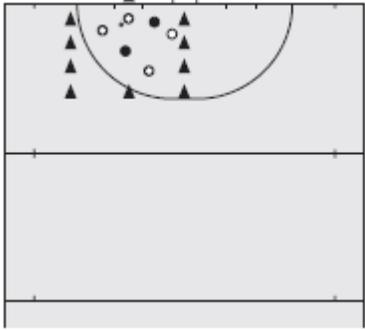
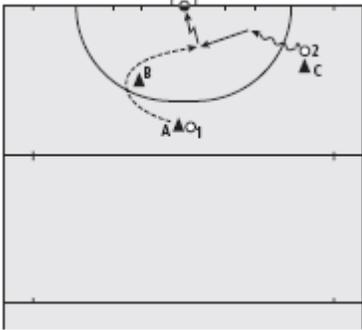
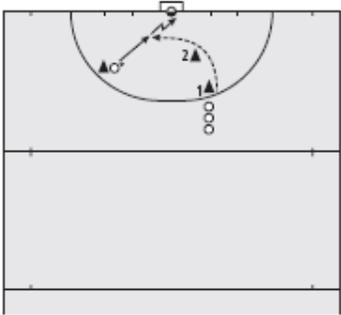
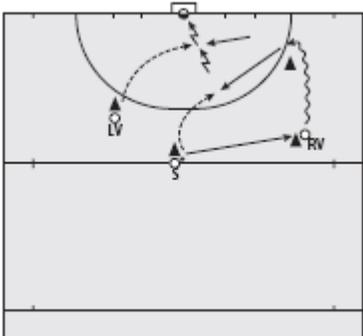
Add a defender to increase the difficulty

## Skill Training Exercises Intermediate Players

Moving with the Ball	
	<p><b>Indian dribbling</b></p> <p><b>Organisation:</b>            Ex. A: Players' Indian dribbles the ball over 25 yds. Encourage change of direction.            Ex. B: Players Indian dribble between each other in a restricted area.</p> <p><b>Variations:</b>            Increase the number of players in the area or decrease the size of the area            Add beacons as obstacles</p>
	<p><b>Dummy to the right and left</b></p> <p><b>Organisation:</b>            Ex. A: Players dribble towards each other in a shuttle. Good vision and elimination skills will prevent players crashing.            Ex. B: Add a passive defender to be eliminated.</p> <p><b>Variations:</b>            Start at a low tempo and build up            Increase the activity of the defender to include tackling back            Add fakes and dummies to the skill. Show one way and pull the ball the other            Include pulling the ball to the left</p>
	<p><b>Drag to the left</b></p> <p><b>Organisation:</b>            Teach this skill in the 2:1 situation. The ball carrier dummies the pass to the supporting player and then pulls the ball left to eliminate the defender.</p> <p><b>Variations:</b>            Add a zone that the defender cannot move out of            Increase the activity of the defender</p>

Passing the Ball	
	<p><b>The hit</b></p> <p><b>Organisation:</b> Two players stand opposite each other and start by pushing and end up hitting to each other.</p> <p><b>Variations:</b> Add beacons to increase accuracy Increase the distance between the players</p>
	<p><b>Gaining ground</b></p> <p><b>Organisation:</b> Two teams of three organise themselves within the 25yard area. Team A tries to hit the ball over the sideline, team B defend the line. Each team takes turns to hit the ball from where it is intercepted.</p> <p><b>Variations:</b> Change the type of skill used to pass the ball</p>
	<p><b>The bunt</b></p> <p><b>Organisation:</b> Exercise A is a shuttle that encourages passing directly ahead of the player. Exercise B encourages the bunt pass in different oblique directions.</p> <p><b>Variations:</b> Change the direction of the ball Add a second ball to the exercise Add beacons to increase accuracy</p>
	<p><b>Lifting the ball</b></p> <p><b>Organisation:</b> Exercise A: Shuttle exercise where the ball carrier is encouraged to lift the pass over the beacons. Exercise B: Shuttle exercise in a square formation. Player's are encouraged to lift the ball over the beacons. Exercise C: The ball carrier is encouraged to lift the pass to the support player in front of a passive defender.</p> <p><b>Variations:</b> Increase the height of the beacons Have the players change their angle of approach to the beacons</p>

<p><b>Receiving the Ball</b></p> 	<p><b>Receiving on the reverse stick side</b></p> <p><b>Organisation:</b> The ball is passed around the grid. The receiver receives the ball on the reverse stick side.</p> <p><b>Variations:</b> Receive and pass the ball on the move How many passes can be made in 1 minute?</p>
<p><b>Defending Drills</b></p> 	<p><b>1:1 Defending: Positioning and footwork</b></p> <p><b>Organisation:</b> The exercise is executed in pairs and is used to enhance footwork and positioning. The ball carrier moves through the channel continually changing direction. Once players get to the next channel they change roles. The defender can use jabs, steals and flat tackles.</p> <p><b>Variations:</b> Change the width of the channels</p>
	<p><b>Front defending</b></p> <p><b>Organisation:</b> Player A passes the ball to player B, B attacks the circle and player C defends. Player C can only leave the beacon when player A passes.</p> <p><b>Variation:</b> If player C dispossesses, player A and B becomes the defenders on player C</p>
	<p><b>Channeling</b></p> <p><b>Organisation:</b> Attacker A and defender B start in the demarcated area. A receives a pass from C and B channels the attacker wide to prevent a shot at goal.</p> <p><b>Variations:</b> Player C can become a defender and join player B in defending. This will encourage B to channel and delay the attack Player B can start looking to intercept the pass from C preventing the attacker from receiving the ball</p>

	<p><b>The jab</b></p> <p><b>Organisation:</b> Four players have possession of the ball, the two defenders must try and see how many times they can jab the ball away in 1 minute. Continually change the defenders.</p> <p><b>Variations:</b> Vary the size of the demarcated area Encourage the defenders to defend in pair's on the ball carrier</p>
<b>Scoring Skills</b>	
	<p><b>Scoring from a rolling ball</b></p> <p><b>Organisation:</b> Player 2 dribbles the ball into the circle and sets up the pass for player 1. Player 1 moves around beacon B to receive and shoot while moving.</p> <p><b>Variations:</b> Vary the angle of player 1's run Vary the height of the pass (lifted ball) Vary the distance from the goals</p>
	<p><b>Deflections on the front and reverse stick side</b></p> <p><b>Organisation:</b> Players start at beacon 1 and run around beacon 2 to meet the ball. As they round beacon 2 the ball is hit hard at the far post of the goal box. The ball is deflected in by the attacker.</p> <p><b>Variations:</b> Narrow the angle of approach to increase the difficulty Increase the pace of the pass Increase the area between the receiver and the goal mouth Repeat exercise to the opposite side to encourage reverse stick deflections</p>
	<p><b>Combination of the hit and bunt at goal</b></p> <p><b>Organisation:</b> In groups of 3, Player S passes the ball to RV, RV dribbles around the beacon and either passes to S (Hit) or LV (bunt)</p> <p><b>Variation:</b> Repeat the exercise to the left hand side. Vary the distance of RV's pass.</p>