

Title: **V-Drage Introduction**



Date: 14/10/2016	Venue: RGS	Duration: 1 Hour	No of Players: 8-16	Ability / Level: U12s
Equipment: Balls. Sticks. Cones.	Purpose: Develop Core Skills: V-drag left to right, V-drag right to left, open stick dribble.			

Time	Task / Activity / Session Content
WARM UP	
5-10	Jog + Dynamic stretches + Warm up activity (see 'Warm up suggestions' for ideas)
Introducing the V-drag	
30	<p>Discuss the V-drag: Used as an elimination skill. Aim is to send defender one direction then drag the ball back across body and accelerate away in other direction.</p> <p>Demonstrate V-drag left to right: Carry ball out in front of feet, move ball as far as possible diagonally out to the left (at about 45 degrees), drag the ball back across your body (at same angle) to outside your right foot, accelerate away to the right. Use good body position (bent knees, straight back) to maximise vision. Aim to drag the ball over as greater distance as possible. Good footwork is required in order to pull the ball back across body and accelerate away. Ball should be in contact with the stick at all times. Angles of movement (body and ball) crucial. Exaggerate initial ball movement in order to deceive the defender and make them 'dive-in'.</p> <p>Demonstrate V-drag right to left: Same as above but move the ball out to the right before dragging back across body to outside of left foot and accelerating away. Consider switching to a 'frying pan grip' before accelerating away.</p> <p>Practice: 1) Static practice. Each player has a ball. Players must move the ball in the shape of a 'W' in front of them. Aim to make the 'W' shape as large as possible. For beginners make sure they stop the ball under control before dragging it back in the other direction. For more experienced players aim for a fluid motion. Stick in contact with ball at all times. Ensure players are maximising their vision by adopting the 'toilet seat' position so their heads are not facing directly down to the floor.</p> <p>2) Use 3 cones to make a 'V' shape. Set up 4 'V' shapes consecutively (2 on the left and 2 on the right). One at a time players perform a V-drag at each set of cones and accelerate away to the next set. Include 2 left to right V-drags and 2 right to left V-drags. Once all 4 V-drags are completed return to the back of the queue.</p> <p>Progression: Stand in one of the 'V's as a passive defender to ensure players are dragging the ball back in a V shape (rather than horizontally). Space 'V's closer together to increase difficulty and further apart to reduce difficulty. If possible, introduce a goal at the end of the 4 'V's for players to shoot into.</p>
Small Sided Game	
15	Open play small sided game
COOL DOWN + REVIEW	
5	JOG + STRETCHES + Discuss key points covered in the session. Ask questions to players. Ask what AND why!

